

Christ the King Abbey

(Traditional Benedictines)

Cullman Alabama

Every Sunday

6:00 A.M. and 10:00 A.M.

6:00 A.M. Daily

Holy Days

6:00 A.M.; 8:00 A.M.; 7:00 P.M.

Our Lady of Lourdes Chapel

Montgomery Alabama

10:45 A.M.

Only on First Sunday
of each month

St. Pius V Chapel

9:30 A.M.

Every Sunday except
First Sunday of each month

(St Francis of Assisi Chapel)

THE SIXTEENTH SUNDAY AFTER PENTECOST

October 1, 2000 - - - Green

Mass of Sunday - Gl, Cr. Pref Trin

Weekly Bulletin # 636

Catholic Experience - - The Spiritual Combat

The little book called The Spiritual Combat 1905 Edition
written by Father Laurence Scupoli a Theatine
Priest - is one of the topmost books on Interior Spirituality.

Chapter 1

Part 1

Wouldst thou attain in Christ the height of perfection, and by a nearer and nearer approach to thy God become one spirit with Him? Before undertaking this greatest and noblest of all imaginable enterprises, thou must first learn what constitutes the true and perfect spiritual life. For many have made it to consist exclusively, in austerities, maceration of the flesh, hair-shirts, disciplines, long vigils and fasts, and other like bodily hardships and penances. Others, especially women, fancy they have made great progress therein, if they say many vocal prayers, hear many Masses and long offices, frequent many churches, receive many communions. Others (and those sometimes among cloistered religious) are persuaded that perfection depends wholly upon punctual attendance in choir, upon silence, solitude, and regularity. And thus, some in these, others in various similar actions, suppose that the foundations of perfection may be laid.

But it is not so indeed; for as some of these are means to acquire grace, others fruits of grace, they cannot be held to constitute Christian perfection and the true life of grace. They are unquestionably most powerful means, in the hands of those who use them well and discreetly, of acquiring grace in order to gain strength and vigour against their own sinfulness and weakness, to defend themselves against our common enemies, to supply all those spiritual aids so necessary to all the servants of God, and especially to beginners in the spiritual life.

Again, they are fruits of grace in truly spiritual persons, who chastise the body because it has offended its Creator, and in order to keep it low and submissive in His service; who keep silence and live solitary that they may avoid the slightest offence against their Lord, and converse with heaven; who attend divine worship, and give themselves to works of piety; who pray and meditate on the life and passion of our Lord, not from curiosity or sensible pleasure, but that they may know better and more deeply their own sinfulness, and the goodness and mercy of God,—enkindle ever more and more within their hearts the love of God and the hatred of themselves, following the Son of God with the cross upon their shoulders in the way of self-abnegation; who frequent the holy sacraments, to the glory of His divine majesty, to unite themselves more closely with God, and to gain new strength against His enemies.