



Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

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



THE TWENTY-THIRD SUNDAY AFTER PENTECOST
(Sixth Sunday after the Epiphany)
November 19, 2000 - - - Green
Mass of Sunday: G1; Cr; Pref Trin.

Weekly Bulletin # 643



CATHOLIC EXPERIENCE -- BENEDICTINE SPIRITUALITY

BENEDICTINE SPIRITUALITY does not so much consist in the recital of a multitude of prayers and the performance of countless devotions, as it consists in the devotional and prayerful UNION with the Beloved - - Benedictine Spirituality is a BEING - not a DOING! Benedictine Spirituality certainly calls for a strong prayer life, though it discourages a ceremonial prayer life (this has no reference to the liturgy). "And let us be assured that it is not in many words, but in the purity of heart and tears of compunction that we are heard. For this reason prayer ought to be short and pure." (Holy Rule - Chapter 20) - - and - - "But if perhaps another desireth to pray alone in private, let him enter with simplicity and pray, not with a loud voice. . . that another may not be disturbed." (Holy Rule - Chapter 51). Benedictine Spirituality is interior and personal and private, while at the same time very disciplined so that the corporate effort of all the members of the Community remains intact, however giving the feelings of the individual members the respect that is due them. The corporate effort of the entire membership of the Community is much more important, and the Community praying with "one voice" more necessary and much more likely of being heard by God, than a Community that sends up a variety of messages to God simultaneously. In the Benedictine Monastery, this is effectively taken care of in the chanting of the Divine Office in Church by the assembled Monks and Nuns.

The "CONVERSIO" - the turning back - that we so often speak of is not to be looked upon as the labor of lone Religious men and women in VOWS. With equal strength "CONVERSIO" applies to the corporate effort of the entire Community acting as a unit. "CONVERSIO" is especially peculiar to Benedictine Monasticism. It is a Vow for the Benedictines - not so for most of the other Catholic Orders. Each Order is different and performs in different ways. The model, however, for practically all Religious Orders is the Holy Rule of St. Benedict - - it is the oldest in the West. "There are different systems of training, of course, and nothing could be more opposed than the Benedictine and Jesuit methods, for instance, but they are for different vocation of different temperaments and different work." (Dom John Chapman, O.S.B. - Abbot of Downside Abbey - England). Multitudes of prayers, countless external devotions and practices, conversion of the heathen and all the rest, are all good in themselves, but they are only means to an end. The END itself simply has to be the "CONVERSIO" - the turning back OF THE INDIVIDUAL PERSON AND of the INSTITUTE ITSELF. Without HUMILITY, however, the turning back is impossible.

The things that are said in our Weekly Bulletins are not instructions mainly to those of us who live the life of professed Monks and Nuns. With proper modifications, what is said in our Bulletins applies equally well to the life lived by the good and holy Faithful People who live in the world - the UNWORLDLY PEOPLE. The Monks and Nuns give the example, the Faithful receive the example and follow it to the best of their ability - for the greater honor and glory of God, and the salvation of their souls. THE REQUIREMENT OF HUMAN EXAMPLE AND THE EFFORT OF SELF-DISCIPLINE IS OF THE HIGHEST IMPORTANCE IN ANY SITUATION WHERE EVERY GESTURE AND EVERY WORD WILL BE IMITATED AND WHERE DEDICATION MEANS REPRESENTING ALL VIRTUES TO ANYONE WHO LOOKS AND LISTENS. In a certain way, the Benedictine Monastery is an updated, though probably a weak replica of the House of Nazareth. Not by argument, nor by proof, neither by debate or any coercion, the example of good willed and simple and sacrificing and holy Monks and Nuns, overcame the Barbarians who were overrunning Europe (and the Church) in the early parts of the Middle Age. As Europe was being reconstructed by such holy men and women, the Age of Faith began to show the formation of blossom - and what a beautiful blossom it was!

As soon as one enters the Monastery, the first thing that confronts him is HIMSELF! -- EGO! and the battle begins and it lasts a lifetime! Fortunately, wherever Good Will exists the Ego suffers losses. The war between the Ego and God, began at THE FOOT OF THE TREE IN THE CENTER OF THE GARDEN. It is at the foot of that SAME TREE that the war can come to an end, not only for Monks and Nuns alone, but for every man, woman and child who recognizes the purpose of life on earth. It was Man who turned away and had to leave. Now it must be Man - - MONK, NUN AND EVERYMAN - - who has to turn around and go back! It is as simple as that, but the effort - WITHOUT GOD - is overwhelming!

It must be clearly understood that pride (and all of its vicious offsprings) is also - like prayer - a matter that is private, and personal and interior. The conflict in the Heart of Man caused by pride, bruises every thought, every motive, every act, every move



Advent

ADVENT

Monastic



Wreath



Home Altars


that has its birth in the Heart and Mind of Man. Pride is so insidious and tricky, that it can easily invade the stronghold of the "CONVERSIO", to the extent that it can snugly co-exist with a life full of prayers, external devotions and pious practices - deluding the soul completely and all the while preparing the soul for the fires of hell. Easy to see, a soul can be formed in such a way by pride so as to obey ALL THE PRECEPTS of holiness and acquire all the good habits of piety, and memorize a book full of prayers, and still find at the end of a "good holy life" that it had been led by the false self and not by the true! The performance of all religious exercises is of great value, but it must remain secondary. Performance is different from being. What must be of the first importance with all religious practices is the Reality Whose presence kindles them and Whose absence kills them: the rebirth of self in God, and the recognition that God and not the EGO must be the center of the self. To repeat: the House of Nazareth remains the only true and effective answer to the "CONVERSIO". The House of Nazareth, if you take careful note, was built at the FOOT OF THE TREE THAT IS IN THE CENTER OF THE GARDEN!



!Happy Thanksgiving!



Without the actual and true
Body and Blood
of Jesus Christ
in the Sacrament of the
Most Blessed Eucharist = = = =
the Catholic Religion
makes no sense!
Whatsoever!



1. A Blessed and Gratitude filled THANKSGIVING DAY to us all! Gratitude to God and to His Angels and Saints is absolutely a MUST.

From TIME IMMEMORIAL - in Catholic America - in most places - the Friday after Thanksgiving Day has been a NO ABSTINENCE DAY. The same holds true for us at this time. Therefore, meat may be eaten on Friday after Thanksgiving Day: - "left over day".

2. BLESSED WHEAT IS AVAILABLE TODAY. Instructions will be found on the attached sheet.

3. The 2001 A.D. Calendars are available, and the cost will be the same: \$6.00. It is good for every Catholic Family to have a Catholic Calendar in the home:

THE MONASTIC HOME - - with a Monastic home Altar.

As usual contact: Mrs. Paul Roy in Montgomery
Mrs. Pam Olson in Birmingham
(Mrs. Neibuhr is away)

Abbot Leonard in Cullman.

4. Please pray for the Sick and Shut-Ins of our Chapels.
5. Confessions are heard before Masses on Sunday - do not overlook this powerful source of Grace.
6. EARLY ANNOUNCEMENT: Friday, December 8, 2000 is the Feast of the Immaculate Conception and is a HOLY DAY OF OBLIGATION. This year - on Friday - because of the feast, meat may be eaten at all meals.

NOTE WELL: Thursday, December 7, 2000- the Vigil of the Feast is a day of fast and complete abstinence.

Masses in the Abbey Church: 6:00 A.M. 8:00 A.M. 7:00 P.M.

7. THANKSGIVING DAY: Mass of Thanksgiving in the Abbey Church - - 8:00 A.M.
8. This year - at Christmas Midnight Mass - Brianna Kelley and Andrew Winland will bring the Baby Jesus into the Church and place Him in the Crib.

CATHOLIC LIFE EXPERIENCE - - CATHOLIC LITTLE THINGS

ADVENT CUSTOM - - - BLESSED WHEAT - - - Set aside a flower pot - or a shallow container - about 10 inches in diameter. Clean it thoroughly and decorate it as best you can - well done - with the help of your children - of course. Fill it with fresh potting soil, and place it (or them) in some important spot near a window which is bright and sunny. As you take the Blessed Grains of Wheat home with you (available today) instruct your children that with EACH ACT OF SACRIFICE PERFORMED IN SECRET they are to plant ONE grain of wheat in the little pot. Beginning with the first Day of Advent, the little grains of wheat will develop tender shoots, and on Christmas Day, each little green shoot will be a reminder of some small sacrifice made for Baby Jesus - each little shoot a tremendous GIFT for Baby Jesus. The mother and father must see to it that the plants are properly watered with the water of close Family Affection. On Christmas Day, before all go in to see what Santa Claus has brought everybody, the wheat plants of love and sacrifices are brought in and placed around the Crib. THESE ARE THE REAL GIFTS - FIT FOR THE LITTLE KING OF KINGS. With care, the plants should easily last until Epiphany. After that they should be planted out of doors where they will continue to develop and where they will remain a source of interest.

SERIOUSLY - - - - would it not be a wonderful part of this custom, if the parents, themselves, would each have one of these small containers where they, too, might plant their many sacrifices made in the Name of Jesus, and for the Infant King? If this could and would be done by the parents, EVERYTHING else about Christmas Day would fall in to place, IMMEDIATELY. This is but one of the many littlest things that pertain to Christmas, which, if entered into with the proper spirit and intention, the entire Family will be kept busy as each new day offers more opportunities to construct gifts for the Infant Lord. These customs which we present are some of the FORGOTTEN customs of Catholic living and life. They were once well known, and they were developed over the years by the religious experience of the Holy Church. Little, child-like customs - profound customs - that brought Catholic living and life into focus within the Family Circle. Each year, these customs were fresh and crisp and the little ones look forward to them, while all the while they are living Catholic life. Let us not introduce customs that are out of context with Catholic life and living, so that our children will not be confused when they are forced - - later - - to live the broken up life of the world. Customs that have evolved out of personal preferences will soon wilt and will eventually be put out of the mind.



ADVENT



Even for the most genuine and serious minded Catholic, CATHOLIC LIFE EXPERIENCE - the way Catholics once lived and believed - has very much "GONE WITH THE WIND". In the modernist catholic church all that was catholic church all that is Catholic has been reduced to argumentation, proving, anathematization of **everybody**, and poor catholicism. Where has our precious FAITH gone? Perhaps the largest problem facing religion today is that people neither read or study and hearsay catholicism has infected the minds and hearts of even the best intentioned. Solid Catholic Experience is no longer available, except peryaps, in a very few places where an old (very old) priest is still about. When these are all gone to their graves, Catholic Experience goes to the grave with them! and private interpretation will come out full force. The young teachers simply cannot perpetuate what they have never experienced! This is only logical, and it is a very real problem, and present day conscientious Traditional Religious Leaders, if they are truly conscientious, have to address the problem in all of its alarming reality!

Christ the King Abbey distributes Weekly Bulletins and in these Weekly Bulletins are carefully prepared INSTRUCTIONS concerning the Catholic Faith as it was once lived by Catholic People. These INSTRUCTIONS are not hearsay instructions or picture book instructions - actual experience presents them FIRST HAND. It is a tragedy that so few of our good people read and study our Bulletins. A casual and quick glance, and the Bulletin is set aside or disposed of, and catholic inexperience takes over. Our Bulletins do not spend time with the Catechism, that was done once, and once is enough, besides the best that the Catechism can do is to tell one what one must do - IT DOES NOT TELL ONE HOW one saves his or her soul.. It is not enough for us to ACT Catholic, WE HAVE TO BE CATHOLIC. We are reminded of this over and over again. It is not good enough for us to attend Mass regularly, and say a multitude of prayers. Regular Mass attendance and all the rest DO NOT CONSTITUTE AN AUTOMATIC PASSPORT TO HEAVEN!! The sooner we become seized with this one reality, the sooner will we become serious with our Holy Religion. The sooner we become serious with our Holy Religion, the sooner will we do something about our INTERIOR LIFE: the interior life of the Heart and Soul - - NOT THE INTERIOUR DEVELOPMENT OF THE MIND. With the beautiful Season of Advent on the way, it is a MUST that we spend time reconstructing our thinking, and rearrange our priorities. Worldliness for too many of us holds free range, even in some of our traditional family strongholds! It must be understood that one cannot be worldly and maintain a solid Catholic Spirit at the same time. During Advent this year, let us give stronger consideration to PRAYER, and to our FAITH, and to our HONEST HUMILITY.



*Do not forget
The
Advent table reading*

9. MASSES FOR THE WEEK: (Abbot Leonard's Schedule Only)
- | | |
|------------|--|
| SUNDAY: | For the People of the Chapels |
| MONDAY: | Special Int. John and Rita Dumbacher |
| TUESDAY: | Welfare Ross & Marcella Giambroni - Wedding Anniv. |
| WEDNESDAY: | Dec. Arthur Mark Moser |
| THURSDAY: | THANKSGIVING DAY MASS OF THANKSGIVING FOR US ALL |
| FRIDAY: | For the Poor Souls |
| SATURDAY: | For the Poor Souls |

