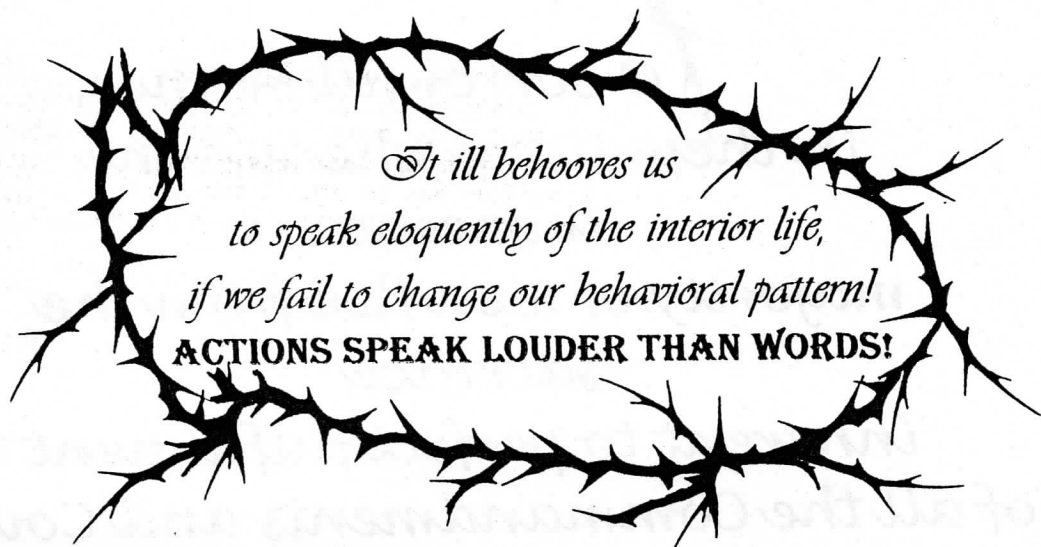


1. Saturday, February 24, 2001 is the Feast of the Apostle - St. Matthias.
2. Some may have the idea that the Benedictine Spirituality which is presented to us in our chapels discourages the practice of private prayer - - Rosaries, Novenas, and other private devotional prayers and exercises. **NOTHING COULD BE FARTHER FROM THE TRUTH!** The Spirituality of the Benedictines very much encourages the practice of private prayer. However, the Spirituality found in Monastic Institutes strongly discourages the practice of prolonged, stretched out and burdensome prayer, making of prayer a type of spiritual marathon. Such a way of prayer causes the soul to feel that it has to be **DOING** something spiritual all day long! Such a way of prayer interferes with the normal and necessary duties that Charity for others demands.
It should be noted that one's holiness of life is not to be gauged by the number of private devotions one practices, and it simply does not follow that an intense program of prayer necessarily leads to holiness of life. The interior disposition is the necessary ingredient. A truly holy man of prayer actually prays all the time. A truly holy man of prayer simply puts his hand in God's Hand and then goes down the path of life's duties trustfully and joyfully with God, doing all for God, and being with God and in God.
INCIDENTALLY: - - The Holy Rosary is strictly a private devotion, and it is not under any order that it must be said under pain of sin if omitted. It is **NOT A SIN** if occasionally the Rosary is not said. The Holy Rosary is a highly recommended devotion, and it is best said out of love rather than under the heavy weight of obligation. The occasional omission of the Rosary does in no way demonstrate lack of love or respect for Our Blessed Mother.
3. ASH WEDNESDAY - - is not a holy day of obligation, but is a day that requires special attention. Some simply cannot attend Mass, in which case at least one hour of special prayer should be kept. For those who can attend Mass, the schedule in the Abbey Church: 6:00 A.M. - - 8:00 A.M. - - 7:00 P.M.



4. MARDI GRAS - - ("Fat Tuesday") - - is coming up next week. Let us all offer to God our best prayers of reparation for the serious sins that the entire affair will cause to take place. It is most unfortunate that the religious overtones which should accompany the thoughts of this festival have been so terribly brutalized by the brutalizers!
For the rest of us - those of us who recognize the correct religious overtones of Mardi Gras - let us not hesitate to enjoy the last day before ASH WEDNESDAY - and the beginning of the Holy Penitential Lenten Season. A lovely supper and a bit of celebration would surely be very much in order and in the proper spirit of the occasion. Such a treat would be done in the good taste of our **CATHOLIC EXPERIENCE**.
5. MASSES FOR THE WEEK: (Abbot Leonard's Schedule Only)

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| SUNDAY: | For the people of the Chapels |
| MONDAY: | Dec. Sister Mary Raphael |
| TUESDAY: | Special Int. Rose Marie Dyer |
| WEDNESDAY: | Special Int. Beatrice Gomez |
| THURSDAY: | For the Poor Souls |
| FRIDAY: | Special Int. Frank Pass |
| SATURDAY: | Special Int. Gerald Lutz |