

*"Uphold me, O Lord,  
according to Thy Word  
and I shall live,  
and  
let me not be confounded  
in my expectation!"*

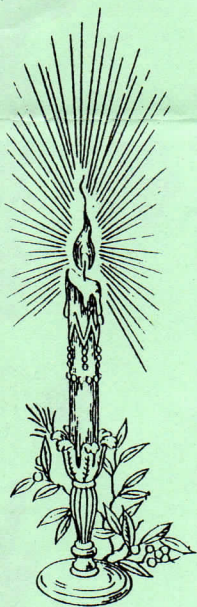
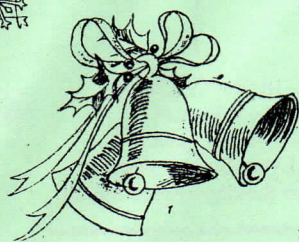
*Palm 118*

**CATHOLIC EXPERIENCE**  
**CONTEMPLATIVE LIFE**

God made man for God's own purposes, and God's purposes are that man should be with Him for all eternity. Man must, therefore, employ all the means whereby he can achieve what God has in Mind. It is understood, that man must live out his life on earth fulfilling the normal and reasonable needs of his human nature. But his human needs must always be kept as secondary needs. Man's primary needs are to develop his spiritual needs as required by God, Himself. Therefore, man's spiritual life – his INTERIOR LIFE – must be interior. The spiritual life has to be interior or it is nothing. The spiritual life must be progressive or it is nothing. The only way to be faithful to his spiritual obligations, man must trust in nothing short of God. This, of course, is the basis of the CONTEMPLATIVE LIFE. The Contemplative Life is not, as some believe, composed of MYSTICAL EXPERIENCES.

In his spiritual life – his CONTEMPLATIVE LIFE – man lives out the mystery of his life – which is Christ – by his consideration of others, through his courtesy, sincerity, respect, reverence, integrity, friendliness, openness, tenderness, affection, gentleness, dignity - - - HUMILITY AND PRAYER.

The grace or contemplation is not for a privileged few, but for the privileged Many. Contemplation is designed in the Providence of God to be the outcome of the summit of holiness. Contemplation is nourished by Faith in God as the Will of God unfolds Itself in all Its mysterious ways to the Heart of Man.



*Our Spiritual Bouquet*

*This Morning we asked the Infant Jesus to make your happiness greater through the prayers we offered Him for you.*

*In our Masses and Holy Communion, your intentions were remembered in a very special way to express our profound gratitude to you for your goodness to us. We prayed also for you families, your sick and your departed loved ones. We prayed for the children.*

*The Monks and Nuns  
Christ the King Abbey  
St. Joseph Monastery*

**God save the Human Race**