

1. Stations of the Cross and Benediction of the Most Blessed Sacrament each Lenten Friday at 7:00 P.M. Surely this is a sacrifice, for the sake of reparation and adoration, the sacrifice should be made - wherever possible.
2. Catechism Class this morning after the 10:00 A.M. Mass.
3. Please remember the Sick and Shut-Ins of our Chapels especially remembering Manny Gomez and Miriam Roy. Let us also remember Mother Angelica.
4. Wednesday, Friday and Saturday of this week are Ember Days (they follow Ash Wednesday) and are days of Fast and Abstinence. Meat may be eaten on both Wednesday and Saturday. The Question of Abstinence is easy to observe - it simply means NO MEAT in any form at the times forbidden. The Question of Fast is perhaps not so easy to understand. Of course, we know the regulation. A word of warning, however, is put out to those who might take fasting too far, and in so doing let us understand that the Fast is not intended to injure us - headache, serious weakness, inability to perform our regular duties, nervousness, irritability and all the rest. Our religious observances should not be a kind of punishment to those who have to live with us. It is the SPIRIT OF THE REGULATION OF FASTING that we must put into practice. It might be well to read the Epistle and Gospel Lessons for Ash Wednesday and the days immediately following. It must be the SPIRIT OF GOD that must be in everything we do, lest perhaps what we do become NOTHING. This Lent, as has been already said, our "giving up" must not be so much the usual candy and cake and icecream - rather our "GIVING UP" should be the giving up of our self will and self opinion and disobedience (for children). Even here, however, our intention and motive MUST BE the LOVE OF GOD - - all other considerations to the contrary notwithstanding!
5. After serious study and prudent consideration of the REALITIES that we, as a Monastic Family of our day and time, must deal with, we have concluded that we are simply not ready to properly perform the Sacred Liturgy of Holy Week. We are not yet able to render the ceremonies with the dignity and the refinement they demand and deserve. The consensus of opinion amongst the Monks and Nuns of our Monasteries is that if the performance of the Sacred Liturgy and the chanting of the chants cannot be well done, it would be far better to leave them undone until such a time when they can be well done. A forced performance generates discouragement in the ranks of the Monks and Nuns and is a source of disedification amongst the Faithful. Therefore, the Liturgy of Holy Thursday, and Good Friday and Holy Saturday will not take place this year in our Abbey Church. This is not said as an apology. Rather, it is said in the spirit of the Humility of Christ that we willingly submit and accept the realities of our times - THAT IN ALL THINGS GOD MAY BE GLORIFIED!. In our heart of hearts, the Holiness of these awesome days should not be diminished simply because of the absence of the ceremonial. It is the development of our Interior Life that must move our minds and hearts and raise them to God - not a ceremonial! In God's time, IF HE SO WILLS, the desire of our hearts will be given to us once again. We will keep the Three Hours on Good Friday as we have done in former times - 12:00 Noon until 3:00 P.M.
6. MASSES FOR THE WEEK: (Father Abbot Leonard's Schedule Only)

SUNDAY:	For the People of the Chapels
MONDAY:	Dec. Randolph Damico
TUESDAY:	Welfare Gail Gergel
WEDNESDAY:	Dec. Agnes Gall
THURSDAY:	Dec. Florine and Walter Brisbois
FRIDAY:	Special Int. Thomas Hamilton
SATURDAY:	Special Int. Colleen McGinnis

What good does it do to speak learnedly about the Trinity if, lacking humility, you displease the Trinity? Indeed it is not learning that makes a man holy and just, but a virtuous life makes him pleasing to God. I would rather feel contrition than know how to define it. For what would it profit us to know the whole Bible by heart and the principles of all the philosophers if we live without grace and the love of God? Vanity of vanities and all is vanity, except to love God and serve Him alone.