

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

Birmingham, Alabama

9:30 A.M.

Every Sunday except

first Sunday of each month

THE EIGHTH SUNDAY AFTER PENTECOST

Weekly Bulletin # 732

July 14, 2002 -- Green

Mass of Sunday: GI; Cr; Pref Trinity, comm. St. Bonaventure

Of Humility

In a society and culture completely oriented by **achievement** and **self-aggrandizement**, the discussion of HUMILITY comes as foreign matter, and is classified as negativism. But we must speak of humility and teach humility, nevertheless. Without humility, we cannot speak of Christian religious life. Humility is the basis for religious life. Humility is the foundation upon which the building is built. Humility is difficult to recognize; therefore examples of the practice of this virtue will help to make the notion of true humility a bit more clear. The avoidance of all those manifestations of pride so often in evidence would be a sound form of practical humility:

- 1 To speak as little of one's own self or affairs as possible.
- 2 To mind one's own business.
- 3 To avoid curiosity.
- 4 Not to want to manage other people's affairs.
- 5 To accept contradiction or correction with grace and politeness.
- 6 Not to insist upon one's own opinion unless truth or justice require it, and then to do so moderately, but with courage.
- 7 To pass over the mistakes of others, to cover them up if necessary.
- 8 Not to argue beyond the limits of good taste and scholarly demands.
- 9 To yield to the will of others, where neither duty nor charity nor genuine Christian principle is involved.
- 10 Not to boast of one's own ability or talents.
- 11 To avoid ostentation and all forms of self brag.

All such works of humility are within the powers of all. One can, however, go further:

- 1 To accept blame when innocent.
- 2 To accept insults or injuries.
- 3 To accept being slighted or forgotten or disliked.
- 4 Not to seek to be specially loved or admired.
- 5 Not to be put out or overly disturbed at one's own clumsiness or mistakes.
- 6 To be kind and gentle even under provocation and aggravation.
- 7 Never to stand on one's dignity, save where Christian prudence demands it.
- 8 To accept correction gladly and willingly.
- 9 To yield in discussion and argument even though one is right (except in the case of actual sin).
- 10 Not to be self-opinionated or self-assertive.

All of these are praiseworthy. But if we remember first that humility is reverence to God, and secondly that it is not only an imitation of Jesus, but a perfect way of giving oneself to Him, one may be ready to go still further:

- 1 To be glad at being despised.
- 2 To thank God when one is humiliated.
- 3 To rejoice at one's lowliness.
- 4 To be patient with one's own failings, shortcomings and mistakes.
- 5 To meet failure with a ready smile.
- 6 To glory in one's infirmities.

Here love is becoming ardent, and union with Jesus is growing more intimate. Insofar as any of the practices mentioned above are only in the **exterior**, their value is not so great; their true value comes from the **humility of heart**