

Nothing is simpler and less complicated than humility. Humility is not brought into focus by exhaustive analysis, academic theorizations, exhaustive reading, or tedious hair-splitting talk - all of which usually have the effect of turning one INWARD TOWARD SELF and promoting self-centering thoughts. Such analyses serve only to keep the proud man on the center stage of his own imagination. Humility consists in the TURNING OF THE EYES AWAY FROM SELF. Any discussion about the matter simply keeps the mind focused and riveted on the very thing (SELF) that must be forgotten! Only with an uncomplicated assessment of our nothingness can we hope to attain the realization of the Divinity. Only when we look upon ourselves as truly nothing, only then can we set our eyes on God and HIM ALONE! St. Theresa has this to say: "When we really see our wretchedness, we no longer wish to look at ourselves, we only look at our Beloved."

Isn't it most interesting that our desire for "somethingness" brought into view our utter nakedness! While our admission of our nothingness brings into view HIM WHO IS!



1. Today is the Seventeenth Sunday after Pentecost. It is also the beautiful FEAST OF THE SEVEN SORROWS OF OUR MOST BLESSED MOTHER: our Sorrowful Mother. Indeed, indeed, let us all lift up our voices, and to the best of our abilities, let us give some consolation to our Sorrowful Mother.
2. Wednesday, Friday, and Saturday of this week are the Ember Days of September - they follow the Feast of the Exaltation of the Holy Cross, September 14. Ember days are days of fast and abstinence, and therefore are days of penance and mortification. It is a must that we develop a sense of prayer for the sin of the world and for the welfare of sinners - ALL sinners of the world. In cooperation with the wish and desire of God Himself, Who wishes the salvation of all men, let us not be stinting with our simple, devout, genuine, and generous prayer. Meat may be eaten but once on Wednesday and Saturday. The one full meal may be eaten at any one of the times of meals. The other two meals are partial.
3. Saturday, September 21, 2002 is the Feast of St. Matthew the Evangelist.
4. Please pray for all the Sick and Shut-Ins of our Chapels, especially remembering Manny Gomez and Miriam Roy. Pray, also, for all the sick and needy, the suffering and hungry, the oppressed of the world. Pray for all the children of the world. Pray earnestly for all Priests! Pray for sinners! Pray for all who have called upon us for prayer and help.
5. We will return to having Catechism class for the children after the Sunday 10:00 Mass, starting with the last Sunday of this Month, September 29, 2002. The classes will be kept short for the convenience of the waiting parents.
6. **MASSES FOR THE WEEK: (Father Abbot Leonard's schedule only)**

SUNDAY:	For the People of our Chapels
MONDAY:	Deceased James Palm
TUESDAY:	Deceased Joseph Doppler
WEDNESDAY:	Deceased Henrietta Faas
THURSDAY:	Special intention Joan Pang
FRIDAY:	Welfare Mary Peterka
SATURDAY:	Deceased Kevin Cain

