

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

THIRD SUNDAY AFTER EPIPHANY

January 26, 2003 -- Green

Mass of Sunday: Gl; Cr; Pref Trinity; comm. St. Polycarp

Weekly Bulletin #761

Uphold us, O Lord, and we shall live!

And let us not be confounded in what we hope for.

Be not afraid - and strive to look to the future with courage.

The best preparedness is spiritual preparedness.

Let us say our prayers with greater devotion and attention.

We must leave no one out of our prayers. Pray especially for sinners.

Privately pray the holy Rosary each day and say often the prayer:

"O my Jesus, forgive us our sins, save us from the fires of Hell.

Lead all souls to Heaven, especially those who have most need of Thy mercy."

Let us double our efforts at penance, mortification, reparation, and self-renunciation.

(This is mainly accomplished by a better, selfless performance of our daily duties, remembering to make a proper morning offering and renewing it often during the day.)

Whenever possible, gather the family in front of your Monastic Home Altar for a family Holy Hour, reciting the holy Rosary together and praying for peace.

Pray that the majesty, the power, the glory of Almighty God be manifested before the eyes of all mankind, which have been blinded by pride, and may all mankind be given the grace to fall on its knees in humility.

Read a good spiritual book for a few minutes each day.

Pray especially to our Blessed Mother each day and say:

"O Mary, conceived without sin, pray for us who have recourse to thee!"