

# 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

FEAST OF ST. MATTHEW, APOSTLE

**Fifteenth Sunday after Pentecost**

September 21, 2003 – Red

Mass of Feast; Gl; Cr; Pref. Trinity; comm. Sunday

Weekly Bulletin #795

## Psalm 90

*This psalm breathes a spirit of perfect confidence in God through all the perils of life. The image is of a battlefield where the soul of the just man is facing his enemies.*

### CONFIDENT

He that dwelleth in the aid of the Most High, shall abide under the protection of the God of Jacob.

He shall say to the Lord: Thou art my protector, and my refuge: my God, in Him will I trust.

### PROTECTED

For he hath delivered me from the snare of the hunters: and from the sharp word.

He will overshadow thee with His shoulders; and under His wings thou shalt trust.

### SECURE FROM THE ENEMY

His truth shall compass thee with a shield: thou shalt not be afraid of the terror of the night.

Of the arrow that flieth in the day, of the business that walketh about in the dark: of invasion, or of the noonday devil.

### INVULNERABLE

A thousand shall fall at thy side, and ten thousand at thy right hand: but it shall not come nigh thee.

But thou shalt consider with thy eyes: and shalt see the reward of the wicked.

### GOD IS MY GUARDIAN

Because Thou, O Lord, art my hope: Thou hast made the Most High thy refuge.

There shalt not evil come to thee: nor shalt the scourge come near thy dwelling.

### ANGELS

For He hath given His angels charge over thee; to keep thee in all thy ways.

In their hands they shall bear thee up: lest thou dash thy foot against a stone.

Thou shalt walk upon the asp and the basilisk: and thou shalt trample under foot the lion and the dragon.

### GOD SPEAKS

Because he hoped in Me I will deliver him: I will protect him because he hath known My Name.

He shall cry to Me, and I will hear him: I am with him in tribulation, I will deliver him, and I will glorify him.

I will fill him with the length of days: and I will show him my salvation.