

# Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

Cullman, Alabama

Every Sunday:

6:00 AM and 10:00 AM

6:00 AM Daily

Holy Days of Obligation:

6:00 AM - 8:00 AM - 7:00 PM

Our Lady of Lourdes Chapel

Montgomery, Alabama

10:45 AM

Only on first Sunday  
of each month

St Pius V Chapel

Birmingham, Alabama

9:30 AM

Every Sunday except  
first Sunday of each month

TENTH SUNDAY AFTER PENTECOST

Weekly Bulletin #893

July 24, 2005 – Green

Mass of Sunday; Gl; Cr; Pref. Trinity

## *A FATHER'S BLESSING*

All salvation comes to us from the Holy Cross. Throughout the ages, our Holy Catholic Religion has taught us to bless all things – even ourselves – with the Sign of the Cross. We have also been taught that the Sign of the Cross carries a marvelous efficacy with it. The beautiful custom – wherever it is practiced – of children obtaining their father's or their mother's blessing before going to bed should be sacredly preserved. We strongly advocate that wherever this custom is not practiced it should be introduced into the family circle. The father's blessing brings about a mysterious bond which keeps the children's hearts united with their parents in reverence and love. It is the father's privilege, indeed, it is his duty as the head of his family, to give his blessing, and families in which even the grown-up sons and daughters reverently ask for and receive the paternal blessing are surely safe under the protection of God and His holy Saints and Angels.

Therefore we recommend that the father of the family (or the mother, if the father is absent) should each night, at a specified hour, call together all the members of his family into the area of the Home Chapel and after a short night prayer place his blessing upon them all before they go to bed. We caution that no force of any sort whatsoever be put upon any member of the family to be present. This must be a totally free religious practice. Let only the force of good example do the work.

With a Crucifix in hand, and holding it over the members of his household, the father places the blessing of Christ on all present.

Fathers, do not be afraid or timid in this regard. In so doing not only does the blessing reach each member of your family, but blessing and grace comes to you in abundance and superabundance.

MAY THE BLESSING OF ALMIGHTY GOD,  
FATHER, SON, ✠ AND HOLY GHOST,  
DESCEND UPON YOU AND REMAIN WITH YOU FOREVER.  
AMEN.

