

# Christ the King Abbey

(Traditional Benedictines)

(St Francis of Assisi Chapel)

[www.christthekingabbey.org](http://www.christthekingabbey.org)

Cullman, Alabama

Every Sunday: 6:00 AM and 10:00 AM

Daily: 6:00 AM

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

THIRD SUNDAY AFTER EPIPHANY

Weekly Bulletin #919

January 22, 2006 – Green

Mass of Sunday; GI; Cr; Pref. Trinity; Comm. St. Vincent

## TRUE CULTURE

*A monk is a man (a nun is a woman) who is constantly occupied with the affairs of God. The frugality of a monk or a nun and the discipline of such men and women reveals the refinement of an ascetic. In reality, an ascetic is anyone who is constantly occupied (even while living in the world) with the affairs of God. In a world gone mad, the ascetic stands tall amongst those around him or her. The ascetic stands out, and cannot but be revered and respected as a man or woman of great culture, even by those who do not agree with his or her unworldly way of living. Culture, as it is here understood, is not to be taken as the appreciation of the arts of man's ingenuity and craftsmanship. Culture, as it is here understood, means the ability of joining the "family of God" with the "family of man" and making them one and the same. True culture is the living of the Christ-life on earth. This means sanctity. Only the ascetic is best suited to live the culture we here speak of. Only the thinking and the attitude of an ascetic can lead to the holy life required of a saint of God. A true monastic ascetic (monk or nun) gives life and reality to the family of man by way of prayer, example, and instruction. It is only natural that the union of the "family of God" and the "family of man" can be best exemplified by the life of the monastic family as lived in a well established monastery or convent. It is from the portals of the monastery and the convent that the "Culture of God" is then "percolated", as it were, to every family under their influence. The family unit is the strength of the world and of all society. Only when the family returns to good order, with the all-embracing power of prayer and good will as presented in the monastic ideal, to the love, respect, and discipline of the father and mother – who guide and instruct with prudence and common sense – only then will our world and our church find healing.*