

By the Grace of God, Sister Mary Bernadette, OSB,
will make her Simple Triennial Vows as a Nun of Saint Joseph's Monastery
during the 10:00 AM Mass next Sunday, January 29, 2006.
Please keep Sister Bernadette in your special prayers.

“UPHOLD ME, O LORD, ACCORDING TO THY WORD ...”

1. Due to the Baptism of a new baby after the 10:00 Mass, there will be NO Catechism class this morning.
2. There WILL be the usual Sunday Vespers and Benediction of the Blessed Sacrament at 5:00 PM this afternoon.
3. Wednesday, January 25, 2006, is the Feast of the Conversion of Saint Paul the Apostle. Let us pray to this great Saint, that he will obtain for us from God the graces necessary for the conversion of our estranged loved ones.
4. **N.B.:** *Next Sunday, January 29, 2006, Sister Mary Bernadette, OSB, will make her Simple Triennial Vows: **THERE WILL BE NO MASS AT SAINT PIUS V CHAPEL IN BIRMINGHAM NEXT SUNDAY.***
5. **NOTE WELL:** *Sunday after next, February 5, 2006, is the first Sunday of February. **Therefore there will be NO Mass at Saint Pius V Chapel in Birmingham on Sunday after next (February 5, 2006).***
6. *Our Sunday Bulletins are now available on our Website each week, usually by late Saturday evening. Simply click on the “Scriptorium” button, then click on “Our Sunday Bulletins,” then on the Bulletin of your choice.*
7. **N.B.:** *Anyone wishing to have candles blessed on Candlemas Day (Thursday, February 2, 2006), should bring them in nicely decorated containers, WITH PROPER IDENTIFICATION, and place them in the vestibule of the Abbey Church **no later than next Sunday, January 29, 2006.***
8. Please pray for all the Sick and Shut-ins of our Chapels. **LET US ALSO PRAY FOR EVERYONE.** Let us pray for ALL the priests and religious men and women of the world. **NO MAN, WOMAN, OR CHILD SHOULD BE LEFT OUT OF OUR PRAYER.** God made all men to be with Him in heaven for all eternity, and this includes every human being on earth, regardless of station or condition or place. While Our Blessed Lord was hanging on the Cross He did not look around and pick and choose those for whom He was dying. He did not exclude a single member of the Human Race – even His enemies – from the wounded Love that came forth from Him during those momentous moments. Weak human nature and erroneous persuasions will prevent some from achieving the purpose intended for them by God, but that matter remains entirely between all such and God. Our only duty is to pray for souls. We make **no** judgments concerning such matters. If there is any sifting to be done, it is to be done by God, Himself alone. **We are NOT** the ones to do the sifting.
9. **MASSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)
 - SUNDAY: For the People of our Chapels
 - MONDAY: Special intention Bonni Kanzenbach
 - TUESDAY: Special intention Irna Centanni
 - WEDNESDAY: Special intention John Dziejdzak
 - THURSDAY: Special intention Mrs. Thomas McDormott
 - FRIDAY: For the Tsunami Dead
 - SATURDAY: Welfare Joan Burke

THE IMPORTANCE OF SELF-CONTROL

Peace is the tranquility of order, as St. Augustine says. Peace thrives in the atmosphere of serenity, and is proof of the spirit of self-control. Impulse (impetuosity) must be made subject to the principles of self-control, otherwise, it will drag us down to the level of the lower animals. Where self-control is missing, there will at the same time be found agitation of spirit. For some, self-control seems to be out of reach. In reality, it is quite within the reach of those who seek after it. Remember Lot's wife! She lacked self-control. She did not refrain from looking back in her nervous curiosity because she did not control her compulsions. She was too concerned about outward things, and not zealous enough for the interior treasures of her soul. She therefore was disobedient and turned around to look back, for which act of disobedience she was immediately punished. Even though she may have thought that a short, quick look couldn't possibly hurt, she was instantly turned into a pillar of salt.