

# Christ the King Abbey

(Traditional Benedictines)  
( Formerly 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

FIRST SUNDAY OF LENT  
February 25, 2007 – Purple  
Mass of Sunday; no Gl; Cr; Pref. Lent

Weekly Bulletin #977

## Lent

**THE ATMOSPHERE OF LENT SHOULD BE ONE OF PRAYER AND MORTIFICATION.**

**ONE CANNOT BE MORTIFIED WITHOUT FEELING A BIT OF PAIN AND DISCOMFORT.**

**ONE SIMPLY CANNOT BE SAID TO BE ABSTAINING WHEN HE CONTINUES TO ENJOY THE TASTE OF MEAT OR WHATEVER.**

**ONE CANNOT FAST WITHOUT FEELING HUNGRY.**

**ONE CANNOT THINK HIMSELF OBEDIENT IF, AT THE SAME TIME, HE INSISTS ON HIS OWN WAY.**

**ONE CANNOT BE CONSIDERED PATIENT WHILE HE STORMS IN AND OUT OF ORDINARY FAMILY AND DAILY HAPPENINGS.**

**ONE CANNOT BE CONSIDERED MEEK IF HIS TEMPER FLASHES CONTINUE TO BRING DREAD TO THOSE AROUND HIM.**

**ONE IS NOT PRAYERFUL IF HE DOES NOT PRAY.**

**DURING LENT WE SHOULD MAKE THE EFFORT – REAL EFFORT – TO COME TO A CLEAR UNDERSTANDING OF JUST WHAT THE SPIRITUAL LIFE REALLY MEANS. IT MUST REMAIN THE RESPONSIBILITY OF ALL LATIN RITE TRADITIONAL PULPITS TO TEACH THE PEOPLE THE BASIC ELEMENTS OF SPIRITUALITY – NOT TECHNICAL, CATECHETICAL INFORMATION. THE ONLY WORDS THAT SHOULD BE HEARD IN OUR TRADITIONAL PULPITS MUST BE CONCERNED WITH:**

**OUR HOLY FAITH –**

**THE TRUE HOLY SACRIFICE OF THE MASS –**

**THE INTERIOR LIFE OF THE SOUL.**

1. **CATECHISM CLASS:** There will be NO Catechism class this morning, due to the distribution of Ashes.
2. There WILL be 5:00 PM Sunday Vespers and Benediction of the Most Blessed Sacrament this afternoon.
3. *Ashes will be distributed at all Masses today. The usual little packets of Blessed Ashes are available, and are to be taken home and used as sacramentals.*
4. **Stations of the Cross each Friday evening in the Abbey Church during Lent starting at 7:00 PM, followed by Benediction of the Most Blessed Sacrament.** Our very troubled times cry out for special penance and sacrifice. Those who can are urged to attend the Stations (or at least do so in their home chapels) and offer this sacrifice for the welfare of all those whose will is good and whose intention is to love God with genuine devotion but who, because of circumstances, are unable to live the life asked of them by their Holy Religion.
5. Wednesday, Friday, and Saturday of this week are the Lenten Ember Days, and are days of special prayer. They are also days of fast and abstinence. The abstinence is partial for Wednesday and Saturday – meat may be eaten **once** (at the main meal) on Wednesday and Saturday!
6. Thursday, March 1, 2007, is the first Thursday of March, with Holy Hour and Benediction of the Most Blessed Sacrament in the Abbey Church from 10:00 AM to 11:00 AM and 3:30 PM to 4:30 PM.
7. Friday, March 2, 2007, is the First Friday of March, with Masses in the Abbey Church at 6:00 AM and 8:00 AM, and all-day Adoration of the Most Blessed Sacrament from 9:00 AM until **5:30** PM.
8. Saturday, March 3, 2007, is the First Saturday of March, with Masses in the Abbey Church at 6:00 AM and 8:00 AM.
9. Next Sunday, March 4, 2007, is the first Sunday of March, **therefore there will be NO Mass at Saint Pius V Chapel in Birmingham next Sunday.**
10. **Early Notice:** This year, Daylight Saving Time begins on Sunday, March 11, 2007. Remember to set all clocks **forward** one hour Sunday after next.
11. **N.B.:** Let us all remember to make our Easter Duty this year: "All the faithful who have reached the age of their reason must sincerely confess their sins at least once a year. This confession need not be made during the Easter time, but because of the prescribed Easter Communion it is practical to make it at this time... All the faithful who have attained the use of their reason must receive Holy Communion at least once during the Easter season... The Easter season within which one must receive Holy Communion usually extends in the United States, from the First Sunday of Lent until Trinity Sunday." (*Moral Theology*, Fr. Heribert Jone, 1961)
12. **EARLY NOTICE:** We will have **First Communion** for children during the 10:00 Mass on **Mother's Day, Sunday, May 13, 2007**. Anyone with a child who is ready for this awesome and important privilege, please see Father Francis, who will examine each child on how well they understand their religion, especially Confession and Communion. First Confessions will be heard on the Sunday before Mother's Day (May 6, 2007).
13. 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.
14. **MASSSES FOR THE WEEK:** (Father Abbot Leonard's schedule only)
 

SUNDAY:	For the People of our Chapels
MONDAY:	Special intention Martha Bruggemann
TUESDAY:	Special intention Jean Rentchler
WEDNESDAY:	Special intention Father Dennis McMahon
THURSDAY:	For the Poor Souls in Purgatory
FRIDAY:	Deceased Mary Clare Lovoy
SATURDAY:	Special intention Paul Roy Family

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**"O Lord, Remember not our former iniquities.**

**Let Thy mercies quickly come to us: for we are become exceeding poor.**

**Help us, O God, our Savior, and for the glory of Thy Name, O Lord, Deliver us:  
and forgive us our sins for Thy Name's sake!"**

# ✠ CHRIST THE KING ABBEY ✠

SUGGESTED READINGS FROM SCRIPTURE FOR EACH DAY OF LENT

## ASH WEDNESDAY:

	Joel:	2: 12-19
	Matt:	6: 16-21
Thursday:	Isaias:	38: 1-6
Friday:	Isaias:	58: 1-9
Saturday:	Isaias:	58: 9-14

## FIRST WEEK OF LENT:

Sunday:	II Cor:	6: 1-10
	Matt:	4: 1-11
Monday:	Ezech:	34: 11-16
Tuesday:	Isaias:	55: 6-11
<b>Ember Wednesday:</b>	Exod:	24: 12-18
	III Kings:	19: 3-8
Thursday:	Ezech:	18: 1-9
<b>Ember Friday:</b>	Ezech:	18: 20-28
<b>Ember Saturday:</b>	Deut:	26: 12-19
	Deut:	11: 22-25
	II Mach:	1: 23-27
	Eccles:	36: 1-10
	Dan:	3: 47-56

## SECOND WEEK OF LENT:

Sunday:	I Thess:	4: 1-7
	Matt:	17: 1-9
Monday:	Dan:	9: 15-19
Tuesday:	III Kings:	17: 8-16
Wednesday:	Esth:	13: 8-11
	Esth:	13: 15-17
Thursday:	Jer:	17: 5-10
Friday:	Gen:	37: 6-22
Saturday:	Gen:	27: 6-40

## THIRD WEEK OF LENT:

Sunday:	Eph:	5: 1-9
	Luke:	11: 14-28
Monday:	IV Kings:	5: 1-15
Tuesday:	IV Kings:	4: 1-7
Wednesday:	Exod:	20: 12-24
Thursday:	Jer:	7: 1-7
Friday:	Num:	20: 1-3
	Num:	20: 6-13
Saturday:	Dan:	13: 1-62

## FOURTH WEEK OF LENT:

<b>Laetare Sunday:</b>	Gal:	4: 22-31
	John:	6: 1-15
Monday:	III Kings:	3: 16-28
Tuesday:	Exod:	32: 7-14
Wednesday:	Ezech:	36: 23-28
	Isaias:	1: 16-19
Thursday:	IV Kings:	4: 25-38
Friday:	III Kings:	17: 17-24
Saturday:	Isaias:	49: 8-15

## FIFTH WEEK OF LENT:

<b>Passion Sunday:</b> <i>(Statues covered in purple)</i>	Heb:	9: 11-15
Monday:	John:	8: 46-59
	Jonas:	3: 1-10
	John:	7: 32-39
Tuesday:	Dan:	14: 27-42
	John:	7: 1-15
Wednesday:	Lev:	19: 1-25
	John:	10: 22-38
Thursday:	Dan:	3: 25-45
	Luke:	7: 36-50
Friday:	Jer:	17: 13-18
	John:	11: 47-54
Saturday:	Jer:	18: 18-23
	John:	12: 10-36

## HOLY WEEK:

<b>Palm Sunday:</b>	Matt:	21: 1-9
	Phil:	2: 5-11
<b>Sacred Passion:</b>	Matt:	26: 36-75
	Matt:	27: 1-66
Monday:	Isaias:	50: 5-10
	John:	12: 1-9
Tuesday:	Jer:	11: 18-20
<b>Sacred Passion:</b>	Mark:	14: 32-72
	Mark:	15: 1-46
Wednesday:	Isaias:	61: 11
	Isaias:	63: 1-7
	Isaias:	53: 1-12
<b>Sacred Passion:</b>	Luke:	22: 1-71
	Luke:	23: 1-53
<b>Holy Thursday:</b>	I Cor:	11: 20-32
	John:	13: 1-15
<b>Good Friday:</b>	Osee:	6: 1-6
	Exod:	12: 1-11
<b>Sacred Passion:</b>	John:	18: 1-40
	John:	19: 1-42
<b>Holy Saturday:</b>	Gen:	1: 1-31
	Gen:	2: 1-2
	Exod:	14: 24-31
	Exod:	15: 1
	Isaias:	4: 2-6
	Deut:	31: 22-30
	Matt:	28: 1-7



## LENT

Why do we observe Lent? The basic reason is that during the Lenten Season the Cross looms as the most significant factor of our salvation. It brings before us vividly the picture of the sacrifice and suffering of the Innocent One – Christ – offering Himself on the Cross for you and for me and for all mankind.

Lent also provides a period of evaluation to stop and ask, “What is happening to me as a person?” “Am I becoming hard, envious, inconsiderate, crude, impressed with my own importance?” Unless we take a serious inventory of ourselves, we can easily drift into such a pattern of living. Lent also provides a period of spiritual nourishment. How easily the well runs dry! Jesus said: “Come unto Me and I will refresh you.”

During Lent the Church calls her children: Come, receive the Sacrament of Penance, make a good Confession, hear the Word of God in the Lenten sermons, pray, partake of the heavenly Bread of Life in Holy Communion, and be refreshed.

Lent means “Spring,” a new birth, a fresh start. The path of the Christian in the earthly pilgrimage is either a steady incline or decline. Each time we start “up” represents a new beginning. While rededication is by no means confined to the six weeks of Lent, the Church wisely realizes that it is helpful to have a definite time each year to re-assert our allegiance to Christ. True, the leaves of Spring may last only until Fall, but each Spring they do blossom forth and each year the tree grows stronger.

All of our prayer must be oriented around the Crucifix, because its virtue comes from the Sacred Passion, which is the very foundation, the source, the root of our own prayer and that of the whole Church.

The statements of observance and discipline which appear in the “Weekly Bulletin” of Christ the King Abbey should not be viewed as private opinions, nor should they be looked upon as resulting from any statement of preference of any individual or group of individuals. The statements concerning Catholic observance or discipline printed in the “Weekly Bulletin” are as accurate as can be made, so that the once observed norms of Holy Tradition can be preserved, and the confusing principles of modern theological teachings can be rendered ineffective. Accuracy must be the underlying characteristic of Traditional Catholics. The promotion of personal likes and dislikes serves only the purpose of reducing, if not completely destroying, credibility in official Traditional Catholic teaching. The “Weekly Bulletin” follows as safe a guide as is possible or available at the present time. Therefore special care is taken not to impose rules which bind Catholics more strictly in disciplinary matters than those which the Church Herself imposes. God gives the orders that penance must be done. The Church has the right and authority to specify how and what. We must not presume to make the laws more binding than what the Church does, and no individual has the right to oblige under sin when the Church does not. The Church has the right to change the disciplinary laws she has made, as long as the change is not against the teaching and the will of Christ. Former practices of penance are most meritorious and strongly recommended, but they cannot be imposed under pain of sin if the Church says otherwise. Every individual is strongly encouraged to follow the former discipline of Lent. Therefore, baring excess and being guided by the norms of discretion and prudence, we set forth the following Lenten Regulations.

## FAST

In keeping with the obligation of doing special penance in reparation for our many sins, the Church obliges us to fast on certain days throughout the year. All persons over the age of twenty-one and under fifty-nine are bound by the Law of Fast – unless their health or the nature of their work prevents them. This means that on a fast day they may have only one principal (full) meal and two lighter meals. They may eat meat at the principal meal except on days of complete abstinence. At the two smaller meals (which together should not equal the quantity of the principle meal), meat may not be eaten. Eating between meals is not permitted, but liquids, including milk and fruit juices, may be taken at any time on a fast day. In former times this law was binding under sin. Even though the Church has relaxed this law, it is very strongly recommended that the daily fast be observed as in former times. The complete disregard of the principle of fast cannot be without sin.

## ABSTINENCE

The customary law of the Church concerning abstinence was that no meat be eaten on all Fridays of Lent, and this law was binding under sin. The Church has relaxed this law, and serious obligation now exists only on Ash Wednesday and Good Friday. Fridays during Lent should be days of special effort with regard to penance and sacrifice. However, it is again strongly recommended that the practice of abstinence be observed as in former times. Such an observance means that no meat or any dish containing meat products may be served. It must be noted that under the present dispensation it cannot be properly said that a person commits serious sin when not observing the Laws of Abstinence, but, as above, the complete disregard of the principle of Abstinence cannot be without sin.

Every Traditional Catholic has the grave obligation of giving a good example to those Catholics who have developed a complete disregard for the principles of fast and abstinence and the proper observance of Lent.