

# 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; Gl; 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.*

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. **MASSSES 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 Dzedziak
  - 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.*