



Our Abbey's Spiritual Bouquet

On Christmas Morning, we will ask the Infant Jesus to make your happiness greater through the prayers we offer Him for you.

In our Masses and Holy Communions, your intentions will be remembered in a very special way to express our profound gratitude for your goodness to us.

We pray also for your families, your beloved children, your sick and your departed loved ones.

*The Abbot
and the Monks of
Christ the King Abbey*

OF SILENCE:

Without silence, there is no prayer. Without prayer, there is no contemplative existence. Only in silence and in the wonderful solitude of the cloister can a monk or nun reach the heights of recollection or contemplation. A monastery can be likened to the top of a very high mountain. One climbs to the top of the mountain on a clear day. When all have reached the summit, there is nothing but the wind to be heard as it whistles its way through the trees. Billowy clouds, ever so beautiful, can almost be touched. One scarcely whispers for fear of disturbing something, and as the wind finds its way amongst the trees, one can feel Presence! The companions in the climb to the top, each becomes a solitary and wanders off, alone. Speech becomes an annoyance. When one is in the Presence of God, the company of man is unnecessary. Monastic silence should not be viewed as an antisocial disposition on the part of the monks or nuns, nor is it to be interpreted as a dumb taciturnity that finds nothing about which to talk. It is the silence—it is the solitude—that one is compelled to when one is in the presence of the PRESENCE!