

FOR ADDITIONAL MESSAGE

IMPORTANT NOTICE

Due to new postal requirements, please check your address label. If **any part** of your address is missing or incorrect, please let us know immediately. The Post Office may not deliver future issues to you if your address is not **TOTALLY** correct. Thank you very much.

Much of the high tension and neurosis and depression, all too common in our day, could be eliminated if each person in the world were to spend the first hour of the day in silent prayer. Persistent problems and duty's dull routine would not seem as overwhelming if the torrent of the world's affairs would be held back for an hour before one faces the day. Surprisingly, there are a great many people who do this, and they find that a solemn stillness enters their hearts, and tranquility stays with them all day long. That hour, in touch with the divine Life, gives them the courage and the strength they need. The din of the factory, the push of rush hour, tension, fear, anxiety, sickness become less irritating, and disturbing. They have made room in their hearts for God. With the presence of God come peace and quiet and calm. Hope then begins to stir around in their hearts. Senses dead to the world's discordant din are better able to recognize the Divine Voice when It whispers in their hearts.

Tear at the perforation and return to:
Christ the King Abbey
P. O. Box 1616
Cullman, AL 35056-1616