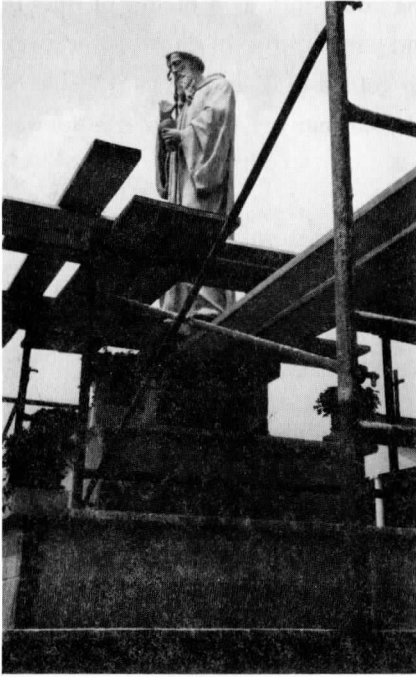


# THE BENEDICTINE TOUCH . . .



The Benedictine Touch is being put upon the statue of our Most Holy Father Benedict. From the time of St. Benedict and nearly up to the dawn of very modern times, the Benedictine Touch is to be found on almost every important page of Western religion, culture and history. How much would have been forever lost to man, but for the Benedictine Monks and Nuns. And this grand tradition continues, thanks be to God, here, at the Benedictine Abbey of Christ the King in Alabama.

## MY GOD IS MY ALL . . .

If you wish to be entirely at the service of God, keep in mind the three following rules of conduct:

- (1) The first is to do everything to please God. Let that be the general and particular intention of your actions. **THIS RULE WORKS AS AN ALL PERVADING FEELING MORE THAN AS AN ACTUAL THOUGHT IN DIRECTION OF EACH NEW ACTION.** It adapts itself to everything and lets you do things in the **ORDINARY WAY**. A general intention suffices. In the case of a greater difficulty a special intention will do much good to the soul.
- (2) The second rule is to attend to all things in a spirit of simplicity, that is, to do things with a free mind, insisting on them only in so much