ABOUT DEVOTION

We must be careful not to confound devotional practices with true devotion. Devotional practices merely are the instruments of true devotion. Therefore, should adopt one they them as seem be spiritually helpful. Private devotional practices and special prayer practices are important, and it is wrong to neglect them through sloth, inconstancy, or whim. At the same time, it would be a serious mistake to undertake too may devotions, to detriment of the needs of our family or the requirements put upon us by obedience or charity. Anyone who makes devotion consist of vocal prayers, fasting, or unusual practices of penance, without at the same carefully guarding the senses and without exercising the spirit of true sacrifice or accomplishing faithfully all the duties needed for the welfare of others, labors under a fatal illusion. Devotion is a spirit of love which dedicates itself to God without reserve. It yields to the inspirations of grace and submits prayerfully to all the dispositions of God's Divine Providence. This is the which we should never cease to ask of God and which we should ever seek to obtain by our practice of true devotion.

	Please list here your very special INTENTIONS for which you wish our prayers and good works
-	(confidential information) and return to the Abbey BEFORE NOVEMBER
	1, 2005. This paper will be kept on the High Altar next to the Tabernacle
İ	until after Christmas. The Monks, in their daily prayer and work, will
	remember you and your dear loved ones - both living and departed.
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