

action holy and pleasing to the One Who wants our love. All day long we will be aware of His presence. All day long we will be aware of His help! All day long we will know peace! All day long we will have His protection – whether there be wind, or flood, or earthquake, or fire all around us. We will be safe and we will be free from harm! To the degree that we love God – to an even greater degree does He love us. Such a condition of love will insulate us from the frenzy, the anger, the despair, the depression, the hatred, and the jealousy that flood the streets of Babylon. Those who have no love for God, or who actually hate God, are they not persons full of frenzy and despair? The Angels of the Lord surround the Children of God – those who love Him!

Establish in your home a fitting and no-nonsense place – a “Home Altar” – a little refuge for prayer and meditation. Go there often during the day whenever possible, and teach your children to enjoy the spiritual refreshment to be found there. Go there often to express your love for God. Only after you establish such a place will you come to understand fully just how wonderful and important such a place really is – your “Home Altar”. Fathers (mothers) of families, each evening before bedtime, when the day’s work is done, gather your family together, and ask them to kneel while you place your paternal (maternal) blessing upon them. After a short prayer allow silence and quiet to enter your home. Turn off all the noise makers: the radio, the TV, the computer, and, as everyone prepares for bed and a beautiful night of pleasant sleep, allow the mind to think upon God and His everlasting goodness to those who love Him. By your example, teach your children that the love of God is the most wonderful thing – after all – that there is on earth.

Thank you profoundly for your goodness to us. May you be repaid with abundance. God bless you.

The Monks of Christ the King Abbey  
The Nuns of Saint Joseph’s Monastery

+ *Donald Brinkine*  
Abbot

