



■ On Sunday, January 29, 2006, Sister Mary Bernadette, OSB, made her Simple Triennial (three year) Vows of Obedience, Stability, and Conversion of Life. Actually, for the Benedictine, five Vows are pronounced: the three just mentioned, plus Poverty and Chastity – which are included in the Vow of Conversion of Life. Stability is a Vow peculiar to Benedictines and a few other Orders. The Vow of Stability simply means that the religious is bound to one monastery or convent in one locality. The religious does not move around from place to place.

■ On our new Website, a short and practical spiritual reflection is presented each day. Just click on the button at the top right of the scroll entitled: “Daily Spiritual Notes.”

■ Again this year, the weather has been most unusual. Frosty winter mornings have been few and far between. Warm days and nights have brought about the multiplication of many new varieties of summer bugs, and an increase of those bugs that have always been here. The winters for the past few years have been quite mild. However, for the first time in years, we can say with joy that during the night of Saturday, February 11, 2006, we had an unexpected light snow fall. When we awoke Sunday morning we were delighted to see the white fields. But by Sunday night it was mostly gone.

■ Due to the weather, outside work has made little progress this winter. Inside work, however has profited, with many projects that had long been postponed finally being attended to. One of the most important inside projects is the continuation on the work of renovating the monks’ very old choir stalls. These choir stalls are over 100 years old and in serious need of repair. When finished, they will hopefully be good for another one hundred years!

BE ASSURED OF THE PERPETUAL PRAYERS
OF THE MONKS OF CHRIST THE KING ABBEY
AND THE NUNS OF SAINT JOSEPH’S MONASTERY.
PLEASE THINK ABOUT PLACING US IN YOUR WILL.

Our incorporated name is:
Christ the King Abbey, Inc.
P.O. Box 1616 - Cullman, AL 35056-1616
(Non-Profit Religious Organization)

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