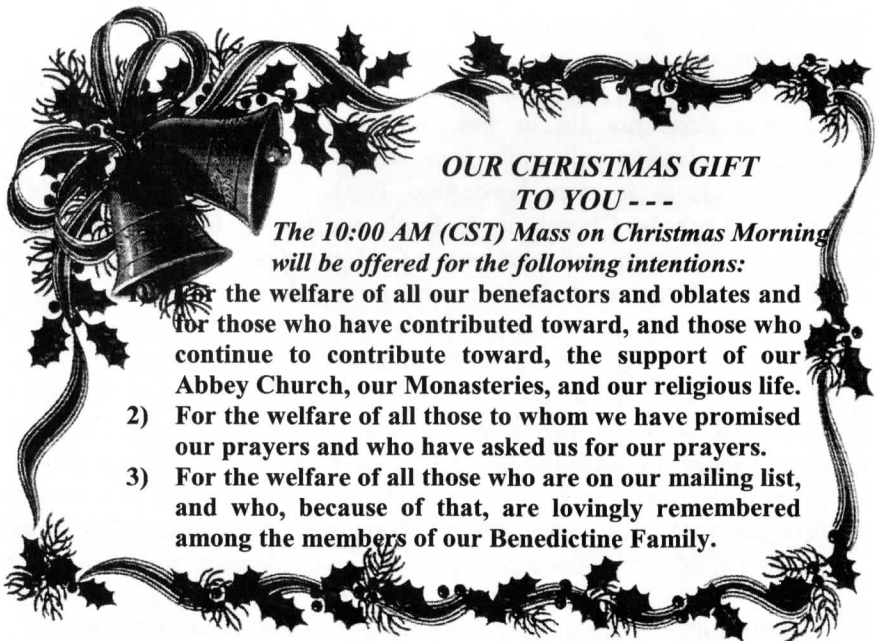


IS TOO MUCH - TOO MUCH?

“A deadly pitfall lies hidden in the desire of some to pour themselves out in works of zeal for God's glory, to which the evil spirit not uncommonly urges those whom he sees full of zeal. It is evident, even to one little versed in the way of the spiritual life, that a multiplicity of external occupations, even though good and meritorious in themselves, must by their very nature hinder that calm peace of soul which is essential for interior union with God. For one who has advanced in the way of interior union, no life, no matter how occupied or full of distracting work, will prove much of a hindrance; such a one has learned how to ride on the waves of worldly care and not to be engulfed by them, he refuses to put himself out or be totally absorbed in things which have only a fleeting interest; but it is not so with the beginner in the spiritual life. Overwork has broken down not a few weakly bodies and has damaged many souls. It is capable of drying up, if not destroying, all love for prayer and the things of God, leaving the wreck of many a ‘spoiled saint’ strewn on the road of life.

“A heavy responsibility rests on the shoulders of those who heap impossible burdens on the shoulders of the ‘willing horse,’ more anxious for the material success of their particular charitable undertakings than for the spiritual progress of those whom God has entrusted to their care.”
(Father William Doyle, S.J., 1873 – 1917)



**OUR CHRISTMAS GIFT
TO YOU ---**

*The 10:00 AM (CST) Mass on Christmas Morning
will be offered for the following intentions:*

- 1) For the welfare of all our benefactors and oblates and for those who have contributed toward, and those who continue to contribute toward, the support of our Abbey Church, our Monasteries, and our religious life.
- 2) For the welfare of all those to whom we have promised our prayers and who have asked us for our prayers.
- 3) For the welfare of all those who are on our mailing list, and who, because of that, are lovingly remembered among the members of our Benedictine Family.