



Oblates of St. Benedict Belmont Abbey

June, 2013



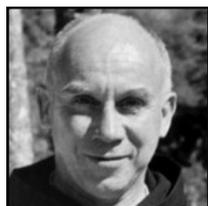
Meeting in June

Oblates will meet in June on the 16th.

First year novices will gather at 2:30 p.m. in the Gallagher Room on the first floor of Stowe Hall at Belmont Abbey. They will continue reading *Finding Sanctuary: Monastic Steps for Everyday Life* by Abbot Christopher Jamison. They should continue to read *Step Two: Contemplation of Part Two: Monastic Steps in the Jamison book.*

Second year novices will also gather in the Gallagher Room at 2:30 to continue with *The Life of St. Benedict* by Terrence Kardong and *A Guide to Living in the Truth: Saint Benedict's Teaching on Humility*, by Fr. Michael Casey, OCSO.

(For a cool panoramic photo of the Gallagher Room, type this URL into your browser: <http://bit.ly/12jpAk1>.)



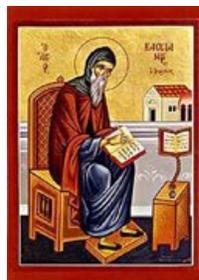
Finding interior solitude

You will never find interior solitude unless you make some conscious effort to deliver yourself from the desires and the cares and the attachments of an existence in time and in the world.

Do everything you can to avoid the noise and the business of men. Keep as far away as you can from the places where they gather to cheat and insult one another, to exploit one another, to laugh at one another, or to mock one another with their false gestures of friendship. Be glad if you can keep beyond the reach of their radios. Do not bother with their unearthly songs. Do not read their advertisements.

The contemplative life certainly does not demand a self-righteous contempt for the habits and diversions of ordinary people. But nevertheless, no man who seeks liberation and light in solitude, no man who seeks spiritual freedom, can afford to yield passively to all the appeals of a society of salesmen, advertisers and consumers. There is no doubt that life cannot be lived on a human level without certain legitimate pleasures. But to say that all the pleasures which offer themselves to us as necessities are now "legitimate" is quite another story. A natural pleasure is one thing; an unnatural pleasure, forced upon the satiated mind by the importunity of a salesman, is quite another.

Thomas Merton
New Seeds of Contemplation, pp. 84-85



Prayer without ceasing: O God, Come to my assistance

... this was delivered to us by a few of those who were left of the oldest fathers, so it is only divulged by us to a very few and to those who are really keen. And so for keeping up continual recollection of God this pious formula is to be ever set before you. "O God, Come to my assistance: O Lord, make haste to help me," for this verse has not unreasonably been picked out from the whole of Scripture for this purpose. For

- it embraces all the feelings which can be implanted in human nature, and can be fitly and satisfactorily adapted to every condition, and all assaults.
- it contains an invocation of God against every danger,
- it contains humble and pious confession,
- it contains the watchfulness of anxiety and continual fear,
- it contains the thought of one's own weakness, confidence in the answer, and the assurance of a present and ever ready help. For one who is constantly calling on his protector, is certain that He is always at hand.
- It contains the glow of love and charity,
- it contains a view of the plots, and a dread of the enemies, from which one, who sees himself day and night hemmed in by them, confesses that he cannot be set free without the aid of his defender.

This verse is an impregnable wall for all who are labouring under the attacks of demons, as well as impenetrable coat of mail and a strong shield. It does not suffer those who are in a state of moroseness and anxiety of mind, or depressed by sadness or all kinds of thoughts to despair of saving remedies, as it shows that He, who is invoked, is ever looking on at our struggles and is not far from His suppliants. It warns us whose lot is spiritual success and delight of heart that we ought not to be at all elated or puffed up by our happy condition, which it assures us cannot last without God as our protector, while it implores Him not only always but even speedily to help us.

This verse, I say, will be found helpful and useful to every one of us in whatever condition we may be. For one who always and in all matters wants to be helped, shows that he needs the assistance of God not only in sorrowful or hard matters but also equally in prosperous and happy ones, that he may be delivered from the one and also made to continue in the other, as he knows that in both of them human weakness is unable to endure without His assistance.

- St. John Cassian
Conferences 10, 10.



The Trinity in us

Let us consider ourselves, and the actions of the 'Trinity in us,' from the beginning of the world until the end.

Let us see how that Majesty upon whom lie both the administration and the governance of the ages has been concerned not to lose us forever. Indeed he had made all things mightily, and he was governing all things wisely. There was goodness in God as well, goodness great beyond measure; but it lay concealed in the heart of the Father, to be lavished at a seasonable time upon the race of the children of Adam.

His own kindness induced the Word of God, who was on I high, to come down to us; his compassion drew him; the truth by which he had promised that he would come compelled him; the purity of a virginal womb received him; virtue reared him; obedience steered him in all things; patience armed him; and charity revealed him by words and miracles.

He gave us his life to instruct us, his death to destroy ours, his resurrection to herald ours, his ascension to prepare for ours, and finally his Spirit to assist us in our weakness. This Spirit gives us the pledge of salvation, the force of life, and the light of knowledge. He is the sweet and gentle Spirit who bends our will, or rather straightens and directs it more fully toward his own so that we may be able to understand his will truly, love it fervently, and fulfill it effectually.

- Bernard of Clairvaux

Ordo

Listed are the Feast days and Memorials that are observed at the Monastery and follows the Ordo of the American Cassinese Congregation. You can also see the observed feast days by going to: <http://oblatesosbbelmont.org/ordo/>.

JUNE

- 16 11th Sunday in Ordinary Time (Week I)
- 19 Romuald
- 21 Aloysius Gonzaga
- 23 12th Sunday in Ordinary Time (Week II)
- 24 Nativity of John the Baptist (Solemnity)
- 28 Irenaeus
- 29 Peter & Paul (Solemnity)
- 30 13th Sunday in Ordinary Time (Week III)

JULY

- 3 Thomas (Feast)
- 7 14th Sunday in Ordinary Time (Week IV)
- 9 Augustine Zhao Rong & co.
- 11 Benedict, Patriarch of Western Monasticism
- 13 Henry II, Co-patron of Oblates, Opt. Memorial
- 14 15th Sunday in Ordinary Time (Week I)
- 16 Our Lady of Mount Carmel, Opt. Memorial
- 21 16th Sunday in Ordinary Time (Week II)

- 24 Sharbel Makhluf
- 25 James (Feast)
- 26 Joachim & Anne, parents of the Bl. Virgin Mary
- 28 17th Sunday in Ordinary Time (Week III)
- 29 Martha, Mary and Lazarus
- 31 Ignatius of Loyola

AUGUST

- 1 Alphonus Liguori
- 4 18th Sunday in Ordinary Time (Week IV)
- 6 Transfiguration of the Lord (Feast)
- 8 Dominic
- 10 Lawrence (Feast)
- 11 19th Sunday in Ordinary Time (Week I)
- 14 Maximilian Mary Kolbe
- 15 Assumption of the Bl. Virgin Mary (Solemnity)
- 18 20th Sunday in Ordinary Time (Week II)
- 20 Bernard
- 21 Pius X
- 22 Queenship of the Bl. Virgin Mary
- 23 Rose of Lima
- 24 Bartholomew (Feast)
- 25 21st Sunday in Ordinary Time (Week III)
- 27 Monica
- 28 Augustine
- 29 Martyrdom of John the Baptist

SEPTEMBER

- 1 22nd Sunday in Ordinary Time (Week IV)
- 3 Gregory the Great
- 8 23rd Sunday in Ordinary Time (Week I)
- 13 John Chrysostom
- 14 Exaltation of the Holy Cross (Feast)
- 15 24th Sunday in Ordinary Time; Our Lady of Sorrows (Week II)

Meeting in September

Oblates will meet in September on the 15th. Should you have any questions, please contact:

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