

Journal 2015

"Don't waste time thinking about what thinking can't change" Evagrius Ponticus, c 3rd century.

"Don't be afraid, God is there to help you" Pope Francis.

**"God does not germinate in sad souls, she said "He wants a heart that is free and happy".
St. Mary Magdalene de' Passi 1566-1607.**

Don't exclude anyone from our love or concern. Make room for all. Exclusion often is related to power and control.

The Lord is compassion and love, slow to anger and rich in mercy. Psalm 102 v 8.

Reconciliation. Confession can be a regular, consistent, ongoing experience of God's mercy in the context of forgiveness. We may go to confession over and over, telling the the same sin or sins for years. God never says: oh how boring; can't you come up with something new? Not at all. We are forgiven the hundredth time as we were the first. It is a miracle where we experience God's steadfast love and compassion. It is the miracle of our conversion and growth in holiness.

Without Faith it is impossible to please God. Heb. 11-5 & 6,

Bear one another's burdens, and so you will fulfill the law of Christ. Gal. 6:2.

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. Gal 6:9.

Pleasant words are a honey comb, sweet to the soul and healing to the bones. Proverbs 16:24.

God knows the depths of the heart. Psalm 63 V 7.

Blessed is everyone who fears the Lord, who walks in his ways! Psalm 127.

I pray daily for all those who I have met in my life.

For we do not know what we should pray for as we ought, but the Spirit pleads for us Romans 8. 26.

For those who love God all things work unto good for us Romans 8. 28.

For and with God all things are possible Psalm 85.

Brother Conrad Fleischmann

QUOTES 2015

Speak well of others. Yes, it's tempting to do otherwise.

Today is a new beginning.

The Lord remembers me He will bless me, Psalm 113 b.

Avoid saying or thinking "oh some one else will do this or that task".

Tolerance, to put up with another even though we don't agree with them.

Fiat from Latin "Let it be".

Support another in word and deed.

God you are near to all who call upon you for help.

Jesus says "Follow me".

God will give you DOUBLE what you give Him. Blessed Cyprian Iwene Tansi.

Stick-to- tuffness. Abbot James Fox.

Live TODAY, not yesterday or tomorrow!

Trust in God's Mercy and Forgiveness.

Be compassionate.

Every one struggles with evil, it's not just ME!

Careful, do not become discouraged or sad.

Live in reality.

How we judge others is how God judges us!

Tell Jesus you love Him.

Pardon others when we are offended.

This person was deeply grieved over a loved one who taken his life, and he was asked "what would you do if he stood before you this instant and the former said well I would put my arms around him/her and say I LOVE YOU SO MUCH". God does the same so we must be CAREFUL to judge!!

Don't take yourself too serious.

Laugh at yourself.

To see the face of Christ in our neighbor.

God is a God of Mercy and Compassion.

JOURNAL 2016

If you get discouraged and depressed and do not feel close to God, you are not unusual, or lost. Remember even Christ said, "My God, my God why hast thou forsaken me?"

Life is a long lesson in humility. James M. Barrie.

If we had no trials, there would be no triumphs. Ancient Wisdom.

Doing the best we can at this present moment puts you in the best place for the next moment. Oprah Winfrey.

Wrinkles should merely indicate where smiles have been. Mark Twain.

For eyes to see the miracle in what has been right in front of us today.

For ears to hear God's call in everything we have done today.

For lips to speak words of praise to God and gentleness and compassion to our brothers and sisters.

For tongues to taste the sweetness of God's word, in our midst.

For hands to continue to do the work God has given as gift to us.

Grace to do the ORDINARY things WELL each day!

In this life you can either grow slowly toward what God wants you to be, or you shrink away from it and become absorbed by the world around you!

Nothing is impossible-- Nothing can take the place of perseverance!

Persistence and determination alone are important.

GAL 6:2 Bear one another's burdens, and so you will fulfill the law of Christ.

GAL 6: 9 Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up.

2 COR 13:5 Examine yourselves to see whether you are living in faith. Test yourselves. Do you not realize that Jesus Christ is in you!

Try always, try to do the best you can! Brother Conrad Fleischmann

GOD ANSWERS PRAYER

PRAYERS ONE CAN SAY ANYTIME AND ANYPLACE

Lamb of God, who takes away the sins of the world, have mercy on all sinners.

Thank you, O God, for my many blessings.

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for my sins and those of the whole world. For the sake of His sorrowful Passion, have mercy on us and the whole world. "St. Faustina".

Jesus.

My Jesus Mercy.

Jesus meek and humble of heart, make my heart like unto Thine.

Lord Jesus Christ, Son of God have mercy on me a sinner.

Jesus, Mary and Joseph, I put my trust in You.

Jesus and Mary help me that I may never be the cause of another's sin.

Sacrament most holy, O Sacrament divine, all Praise and all thanksgiving be every moment Thine.

O Angel of God, my Guardian dear, to whom His love commits me here, ever this day be at my side to light to guard, to rule and to guide.

To become "familiar in praying to God", as we are familiar in talking to a loved one or close friend, takes time and patience.

O Mary, conceived without sin, pray for us who have recourse to thee.

Brother Conrad Fleischmann OCSO

These THOUGHTS were made by a Priest while driving down here to Gethsemani for Christmas--was caught in several traffic jams and cancelled his trip.

I think it's AWESOME.

Conrad, 1984

- 1* Smile at everyone...I'll make your smile a blessing to others.**
- 2- Look at everything in the perspective of eternity.**
- 3- The more you give to others...the more I'll give myself to you.**
- 4- If you knew how I wait for you...how I wait for souls.**
- 5- When you are tired...think of my fatigue.**
- 6- Be exquisitely kind even when your neighbor is not present
Speak well of him.**
- 7- Talk to me...Talk to me.**
- 8- Keep a careful watch on your words.**
- 9- Say 'Good Morning' to me every time you awaken...just as though
you were arriving in Heaven.**
- 10- I give each person the life that may best lead him to me.**
- 11- Every day say to me... 'I'll be better than yesterday'...
then look for opportunities to improve.**
- 12- I've taken care of you to the point of dying for you....trust me.**
- 13- You don't see me but I'm always with you.**
- 14- Enjoy me...Give yourself a rest from saying prayers...
that you may enjoy my Love.**
- 15- Of course in an instant I can change you...but you must believe it...
you must put your trust in me.**
- 16- If you only have faith you would receive in a single request
what it takes you years to obtain.**
- 17- I never leave you unless you drive me away.**
- 18- It is not what you do that matters but the way you love me
while you work.**

- 1- Look at me often...Look at me always.
- 2- Don't be discouraged...Call out to me...Don't be afraid if you fall believe in my power.
- 3- Don't you know that because of my compassion...single acts of perfect love atone for a whole life time.
- 4- Alone you can't do anything...but trusting in me and leaning on me and submerged in me you can do anything.
- 5- Don't get the idea that it's the greatest number of prayers that touches your God...it's the way you speak to Him.
- 6- Don't you think that I prefer someone who has fallen and was tempted to one full of pride and his good works.
- 7- You know...I am more sensitive than the most sensitive of men and your child-like tender words.....cut within my heart.
- 8- Remember what I told you when there is nothing you can do about a situation...give it to me full of trust and I'll put things right for you.
- 9- Always trust...trust more and more..even to the point of expecting a miracle.
- 10- Never be discouraged...remind yourself often that I am with you
Can I be with you and not help you?
- 11- I am always ready to forgive.
- 12- Even though you don't always feel me beside you I never leave you.
- 13- Everything you have is a gift from me.
- 14- Practice the presence of my love...I am everywhere....
Put you head on my heart.
- 15- Come to me and bring others in your heart....Can't I heal at a distance...just bring them to me.
- 16- When I ask you to be simple...I mean above all in your relations with me...Don't get the idea that I need special words and gestures...just be yourself.
- 17- How ready you would be to smile at everyone if you could only see your Jesus in them...but remember this and don't economize your kindness...it is I myself who will receive it.

Anointing, Reception, Mass and Burial of a Monk at Gethsemani.

Anointing.

When a brother is close to death the Community gathers in the Infirmary. The Abbot anoints the brother, the appropriate prayers are said and a Hymn sung and the Our Father recited.

When a Monk dies the Funeral Home Director is called, comes picks up the body, embalms and prepares the body. The bells are tolled . Members of the family are called. At 5:15PM or some other appropriate time the undertaker brings the body to the Monastery. A "body sling" of heavy cloth with six straps attached, made by our monk tailor is placed in the bottom of the Bier and the remains are placed there upon.

The Reception of the departed Brother.

The community assembles in the Cloister. While the Pall Bearers, carry the Bier, the community sings a refrain and verse. A greeting by the Abbot and the sprinkling with Holy Water follows. During the sprinkling all sing the ANTIPHON "Awake, O Sleeper, Arise from the dead, and Christ shall give you light". A reading. Then in Procession to Church . "How lovely is your dwelling place, Lord, God of hosts"! When in Church the Abbot incenses the remains. The Paschal candle is placed at the head of the Bier. Vespers begins.

After Vespers, Monks take turns, two at a time praying the Psalms at the Bier till time for the funeral the next day.

Mass and Burial.

Ten minutes before Mass the pall bearers move the bier up to the Sanctuary. Members of the family, friends and retreatants are present.

The Abbot is Celebrant and gives the Homily.

After Mass the Pall Bearers carry the remains to the cemetery. From this time on till the burial is over the bells are tolled. The community and the rest follow. When all are present the Abbot says some prayers , blesses the grave with Holy Water and incenses the grave. A ladder is placed in the grave and a brother climbs into the grave and ladder is removed temporarily. Pall Bearers lift the remains by the six straps from the Bier and slowly the body is lowered into the grave and brother arranges the body and pulls the hood over the head and places a blue sheet over the body. Then the ladder is placed into the grave and the brother climbs out.

The Abbot incenses the remains and Holy Water is sprinkled over the body.

All pray the Our Father. A brother holds a shovel of dirt and the Abbot takes a hand full and drops it onto the remains. Starting with the Family and who ever wants to can do like wise. Then closing prayers by the Abbot. The Monks fill in the grave soon after.

Some added information. We began Embalming in 1978. Br. Zachary Amps died 4 April and was the first one to be embalmed. To this time our Infirmarians washed and dressed the body for showing. I remember a group of us Monks out in the woods (in the 1960's cutting wood for the boilers when we heard the tolling of the bells and we knew that brother X had died).

Till 2000 we Monks dug all the graves. Then our neighbors, Charlie and Son Eric and Nolan Boone and Son Kirk come and dig the graves with a Back Hoe, free of charge. We are clothed in our Monks Habit. We do not use Caskets.

We have a 4:30 PM Mass or other appropriate time for the burial. We have a 4:30PM Mass for the Anointing of the sick during November for those of the community who are to be anointed.

Since 1994 The Rush Religious Study from Chicago, Il, come once a year to do a study on those who are 65 and over regarding Alzheimer's. After death the Under Taker takes the body to Lexington, Ky. to the Laboratory who removes a part of the brain for further study and then to the Funeral Home.

From the Choir Religious Usages Chapter X (alt).

A Crucifix is placed at his place in the refectory for thirty days. The Dinner and Supper of the deceased is served in the refectory and the porter gives it to the poor. This was discontinued in the late forties. Since then we give a donation to some one in need, IN MEMORY OF THE RECENTLY DECEASED OF OUR COMMUNITY.

As of this date there have been 85 monks died since I entered in 1957.

Br. Conrad Fleischmann August 2016