



Mary Help of Christians Traditional Roman Catholic Church

920 E. Cache la Poudre Street

Colorado Springs, CO 80903

mary-help-of-christians.org

Pastor: Fr. Augustine Walz: (509)-379-1953 (augustinewalz87@gmail.com)

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February 27th, 2022 † Quinquagesima Sunday

Sunday, Feb. 27, HIGH MASS 9:00 a.m. - St. Gabriel of Our Sorrowful Mother, C

Pro Populo

Mon. Feb. 28, No Mass in Springs.- Feria (St. Oswald, BC)

For the most forgotten soul in Purgatory

Tues. Mar. 1, HOLY MASS 8:15 a.m. - Feria (St. David of Wales, BC)

For the dear souls in Purgatory

Wed. Mar. 2, HOLY MASS and BLESSING of ASHES 8:15 a.m. - ASH WEDNESDAY

Holy Communion, Stations, Lenten Talk 6:30pm

Kathy Hawk

Thurs. Mar. 3, HOLY MASS 8:15 a.m. - Lenten Feria (St. Cunegunda, Emp)

For the dear souls in Purgatory

Fri. Mar. 4, HOLY MASS, BENEDICTION and EXPOSITION 6:30 pm - First Friday

Stations 2:00 pm *For the dear souls in Purgatory*

Sat. Mar. 5, REPOSITION 8:50 am, HOLY MASS 9:00 am - First Saturday

For the dear souls in Purgatory

Sun. Mar. 6, HOLY MASS 9:00 a.m - 1st Sunday of Lent

Pro Populo

Serving Schedule:

Sunday, Feb. 27th: Anthony Kosovich, Anthony Griess

Tues. Mar. 1st: Eric Vigil, Anthony Griess

Wed. Mar. 2nd: Anthony Vigil, Joseph Fries

Stations: Anthony, Steven & Eric Kosovich

Thurs. Mar. 3rd: Andrew Fries, Alexander Vigil

Fri. Mar. 4th: Oliver Vigil, Eric Kosovich

Stations: Anthony Griess, Toby & Hugo Vigil

Sat. Mar. 5th: Dominic Pulliam, Joseph Fries

Sunday, Mar. 6th: Andrew Fries, Alexander Vigil

Sunday, Mar. 13th: Anthony Vigil, Jude Vigil

Confessions: Sundays - 8:00 am and after Mass Tues. & Wed. - 7:35am Thurs. - 2:00pm

Holy Week and Easter Choir Practice: Every Monday 6:30 - 8:00pm.

Children's Catechism Classes: Today, Feb 27th, 8:15 - 8:45am.

PLEASE PRAY FOR: Kyle Kaltenbacher, Elijah Nosko, Mrs. Rosalie Pottenger, Mr. Jose Anaya, Daniel Gonzales, Christopher Fries, Sarah Watterson, Rebekah Hibdon, Michael Micklich, Christopher, Jimmy, Camron and Stephanie Howe, our Military and Police, RIP Eugene Kauhane, Maria Atwood, Tom Gallegos, Fray Leon, RIP Marilyn Soisson and all the sick. (Contact Sister to add to this prayer list.)

HOLY WEEK and EASTER CHOIR PRACTICES: begin this week and will be every Monday evening from 6:30 to 8:00pm. Please make every effort to attend so that we can learn new material efficiently and review the many ceremonies of Holy Week and Easter.

DAY of COMPLETE ABSTINENCE: Ash Wednesday is a day of complete abstinence from meat.

WEDNESDAYS OF LENT: There will be Holy Communion, followed by the Stations of the Cross and a Lenten talk each Wednesday of Lent beginning at 6:30pm.

STATIONS of the CROSS: will be prayed every Friday in Lent at 2:00 pm.

LENTEN RETREATS: will be held in Denver on March 5th and in Springs on April 2nd.

FIRST FRIDAY and FIRST SATURDAY MASS: in reparation to the Sacred Heart of Jesus and the Immaculate Heart of Mary are this week. Please sign up for the all night adoration on the Google sheets link that has been sent out. All the hours must be filled in order for us to have this privilege! Devotions for First Saturday will begin at 8:00am; these include the Rosary with meditations and prayers to the Immaculate Heart.

CHRISTIAN MOTHER'S MEETING: will held in the Church on Friday, March 4th, at 1:00pm.

LENTEN FAST LAWS (for those aged 21 to 59) - Only one full meal is allowed daily. - Two smaller meatless meals may be taken besides, which, if taken together would not equal what you would normally eat at your main meal. - It is not permitted to eat between meals. - For those 21 -59, meat is only allowed at the main meal (except no meat at all on Friday, as usual). - The main meal may not be taken before noon. - Liquids, including milk and alcoholic drinks, may be taken any time, but fortifying drinks such as milkshakes or protein drinks are not allowed between meals. - Exceptions to the Church fast may apply to those unable to fast for a legitimate reason (illness, hard work, etc.) Please ask a priest if you think you are excused from fasting. (Women who are pregnant or nursing do not need to ask, as they are always excused from fasting.) - There is never any fasting or abstinence on Sundays. - The law of the Church fast binds all who have completed their 21st year (beginning the day after their twenty-first birthday) up to the beginning of their sixtieth year. (Hence the law ceases the day after their fifty-ninth birthday.)

- * NOTE that the "F" on the calendar shows that it is a fast day for those aged 21 to 59. The "meat only once a day on a fast day" rule only applies to those aged 21-59 who are obliged to follow the church fast. Those aged 7 and older who are not 21-59 must only follow abstinence laws as marked by a picture of a fish or half fish on the Catholic calendar.

HOW TO FAST IN THE HEART ~ by the Priests of the Congregation of St. Paul, 1893

The Spirit of God, which inspired every word He uttered and guided every act He performed, led our Divine Lord and Savior to enter upon His forty days' fast in the desert. The spirit of Catholic faith and devotion directs us to imitate the action and the example of our Lord and Master during the Holy Season now before us. The imitation of Christ is the one essential aim of Christian life, and if we seek not to follow in the path He trod, our Christianity is a delusion and a lie. Lent is a time for interior repentance even more than external works of penance. "Rend your hearts and not your garments," is the motto that is set before us in all our penitential exercises. External practices count for little without the renewal of the soul. What merit can a man have for his fasts or his abstinences when his heart is a hot-bed of sin, and he crucifies Christ by his corrupt deeds while he pretends to imitate Him by keeping Lent? sin must be repented of and abandoned, there must be sorrow of the soul, otherwise the mortification of the body will not profit us much. Do not, therefore, deceive yourselves! Let no man imagine for a moment that he can get any real good out of the Lenten season as long as he remains the willing slave of sin. Let every Christian-soul recognize the solemn duty of the hour. This season of Lent demands some sacrifice from all. Something special must now be done for Christ's sake. If you cannot fast, give alms, hear Mass every morning, visit the church every evening, give up drink and other unnecessary indulgences of the appetite. The Cross has to be taken up in some shape or other if we mean to follow Christ. The heights of Calvary are before us, and to reach heaven climb them we must. Without a part in their gloom there can be no share in their glory.