



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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March 6th, 2022 † 1st Sunday of Lent

Sunday, Mar. 6, HOLY MASS 9:00 a.m. - St. Gabriel of Our Sorrowful Mother, C

Pro Populo

Mon. Mar. 7, HOLY MASS 6:00 a.m.- St. Thomas Aquinas, CD

Shirley Fisher's Intention

Tues. Mar. 8, HOLY MASS 8:15 a.m. - St. John of God, C

Private Intention

Wed. Mar. 9, HOLY MASS 8:15 a.m. - St. Frances of Rome, W (Ember Wednesday)

Holy Communion, Lenten Talk, Stations 6:30pm

Shirley Fisher's Intention

Thurs. Mar. 10, HOLY MASS 8:15 a.m. - Lenten Feria (Forty Holy Martyrs)

Lost Souls / National Repentance & Restoration of the Church

Fri. Mar. 11, HOLY MASS 7:00 a.m. - Ember Friday

Stations 2:00 pm *For Rosalie Pottenger's Intention and RIP Richard Pottenger*

Sat. Mar. 12, No Mass in Springs - St. Gregory the Great, PCD (Ember Saturday)

Lost Souls / National Repentance & Restoration of the Church

Sun. Mar. 13, HOLY MASS 9:00 a.m - 2nd Sunday of Lent

Pro Populo

Serving Schedule:

Sunday, Mar. 6th: Andrew Fries, Alexander Vigil Mon. Mar. 7th: Volunteer

Tues. Mar. 8th : Eric Vigil, Anthony Griess

Wed. Mar. 9th: Anthony Vigil, Jude Vigil *Stations:* Anthony, Steven & Eric Kosovich

Thurs. Mar. 10th: Andrew Fries, Alexander Vigil

Fri. Mar. 11th: Volunteer *Stations:* Joseph & Andrew Fries, Jude Vigil

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

Sunday, Mar. 20th: Steven Kosovich, Oliver 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, Mar. 6th, 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.)

EMBER DAYS: This week Wednesday, Friday and Saturday are the Ember Days. All those over 21 and under 59 are obliged to the Lenten Fast. Those 7 and older are obliged to partial abstinence (meat only at the main meal) on Wednesday and Saturday, complete abstinence on Friday.

EASTER LILY COLLECTION: will be taken today to help glorify the Church with lilies for Easter!

DAYLIGHT SAVINGS TIME: begins next Sunday, March 13th!

COLLECTION TOTALS FOR FEBRUARY: 2-6 \$721; 2-13 \$1038; 2-20 \$969; 2-27 \$967

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.

Little Crosses – By Fr. Daniel Considine

Suffering which comes to us from God is best; our circumstances, our surroundings, ourselves, and those we live with: these come from God, being permitted by Him. Some big thing may come to us on Monday or Tuesday, and we say, ‘Oh, I took that very well, I am getting on,’ but what about Wednesday, and Thursday, and the rest of the week? The spiritual life is a growth: we don’t grow on odd days. Your life from moment to moment gives you occasions of bearing lovingly for God’s sake any amount of suffering. People forget to sanctify the daily little crosses of life; they must be big and marked with a red cross, that we may recognize they come from God. But we can’t get away from these little crosses and mortifications, they are woven into our life—a clear sign they come from God. Someone slights you, or speaks unkindly of you, and you get over it in a week, and think yourself very virtuous: God wants you so to overcome your pride that you should not be affected by it at all. Do we receive crosses as a great deal less than we deserve? Do we take them in a spirit of resignation, and a sense of their justice? Our limitations, of nature, position, intellectual gifts, are very real mortifications and crosses; but if we have some realization of what we have deserved for our sins, we shan’t be lost in admiration of our patience, but we shall accept them quite naturally, and bear them as brightly and cheerfully as we can. There is nothing so good for the education of character as having something to bear. It brings out all that is best in us. If I have all I can desire, excellent food and lodging, and no cares and anxieties, what is there to try my temper? What is there to admire in me, if I am amiable and cheerful under these circumstances? We admire those who, in spite of difficulties, bear their burdens cheerfully and unselfishly, thinking of others’ sorrows rather than their own. How then shall we value suffering in our daily life, and let it bring out what is great and noble in our characters? We must have a harder ideal, and profit by the difficulties of life. Wouldn’t it be well to act upon what we acknowledge in theory to be excellent? Our good God desires us to have happiness in His service. Often you will see that the heavier the cross, the lighter is the step, and the more cheerful the countenance with which it is borne. Why let yourself be so easily disturbed? You are not living with saints and angels, you are not one yourself. God allows natural laws to create difficulties, and then helps us to overcome them. Have absolute confidence in God.

