



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 19th, 2023 † Quinquagesima Sunday

Sunday, Feb. 19, HIGH MASS 9:00 a.m. - St. Gabinus, M

RIP Susan Walz

Mon., Feb. 20, HOLY MASS 9:00am - Feria (St. Eucharius, B)

RIP Susan Walz

Tues., Feb. 21, HOLY MASS 8:00am - Feria (St. Severian, BC)

RIP Susan Walz

Wed., Feb. 22, HOLY MASS 8:00am – Ash Wednesday (*Complete Abstinence*)

Distribution of Communion 6:30pm

RIP Susan Walz

Thurs., Feb. 23, HOLY MASS 8:00am – St. Peter Damian, BCD

RIP Susan Walz

Fri., Feb. 24, HOLY MASS 8:00am - St. Matthias, Ap

Stations of the Cross 2:00pm

RIP Susan Walz

Sat., Feb. 25, No Mass in Springs – BVM Saturday (St. Tarasius, BC)

RIP Susan Walz

Sunday, Feb. 26, HOLY MASS 9:00 a.m – 1st Sunday of Lent

RIP Susan Walz

Serving Schedule:

Sun., Feb. 19th: Frank Natera, Andrew Fries

Tues., Feb. 21st: Eric Vigil, Jude Vigil

Thurs., Feb. 23rd: Frank Natera, John Fries

Sun., Feb. 26th: Nick Vigil, Anthony Vigil

Sun., Mar. 5th: Anthony Kosovich, Toby Vigil

Mon., Feb. 20th: Volunteer

Wed., Feb. 22nd: Andrew Fries, Toby Vigil

Fri., Feb. 24th: Nick Vigil, Anthony Vigil

May He who is the Angels' King to that High Realm, His people bring, Amen!

Confessions: Sundays – 8:00 am and after Mass **Tues. & Wed.** – 7:30 am **Thurs.** - 2:00pm

Ending Hymn: Immaculate Mary Pg. 67 #73

Children's Catechism Class: No Class today

Wednesdays of Lent 6:30pm: Holy Communion, Stations of the Cross, Lenten Talk

Servers' Saturday: First Saturday, March 4th, 9:00 am to noon for all servers

PLEASE PRAY FOR: RIP Susan Walz, RIP Paula Micklich, RIP Robert Bernard, RIP Ben Trujillo, Gloria Trujillo, Maria Allie, Kyle Kaltenbacher, Elijah Nosko, Michael Micklich, our Military and Police, Tom Gallegos, Richard Slusher, RIP Matias Trujillo, Malachai Miller Family and all those in need. (Contact Sister to add to this prayer list.)

LENTEN LITERATURE: is available in the back of Church.

BURRITO BREAKFAST: raised just over \$500 for the Sisters. Thank you all very much!

LENTEN RETREATS: will be held here on First Saturday, March 4th. See the flier for details. There will also be a retreat in Denver on March 11th.

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

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.

