



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)

Assistant: Fr. Carlos Zepeda: (870)-213-5688 (frcarloszepeda@gmail.com)

Local contact: Jeani Vigil: (719) 205-1434; Sisters: (402) 290-5883

February 26th, 2023 † 1st Sunday of Lent

Sunday, Feb. 26, HIGH MASS 9:00 a.m. - St. Mechtilde, V

RIP Susan Walz

Mon., Feb. 27, No Mass in Springs - St. Gabriel of the Sorrowful Virgin, C

RIP Susan Walz

Tues., Feb. 28, HOLY MASS 8:00am - Feria (St. Oswald, BC)

RIP Susan Walz

Wed., Mar. 1, HOLY MASS 8:00am - EMBER Wednesday (*Partial Abstinence*)

Distribution of Communion 6:30pm

RIP Susan Walz

Thurs., Mar. 2, HOLY MASS 8:00am - Feria (St. Simplicius, PC)

RIP Susan Walz

Fri., Mar. 3, HOLY MASS, BENEDICTION and EXPOSITION 6:30 pm

Stations of the Cross 2:00pm

EMBER Friday

RIP Susan Walz

Sat., Mar. 4, REPOSITION 7:45 am, HOLY MASS 8:00 am - EMBER Saturday

RIP Susan Walz

(*Partial Abstinence*)

Lenten Retreat 9:00am-1:30pm

Sunday, Mar. 5, HOLY MASS 9:00 a.m. - 2nd Sunday of Lent

RIP Susan Walz

Serving Schedule:

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

Tues., Feb. 28th: Eric Vigil, Jude Vigil

Wed., Mar. 1st: Andrew Fries, Toby Vigil

Thurs., Mar. 2nd: Alexander Vigil, John Fries

Fri., Mar. 3rd: Nick Vigil, Eric Kosovich

Sat. Mar. 4th: Anthony Kosovich, Dominic Pulliam

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

Sun., Mar. 12th: Steven Kosovich, Alexander Vigil

Behold, now is the acceptable time, let us approve ourselves in much patience, in much fasting.

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

Ending Hymn: Immaculate Mary Pg. 34 #20

Children's Catechism Class: today, Feb. 26th, 8:15 - 8:45am

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

Servers' Saturday: Saturday, March 25th, 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, RIP Anita Grasins, 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.

THANK YOU: Richard Slusher and his family would like to thank everyone for their continued prayers!

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. The children's retreat will be Thursday, March 9th.

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 7:00am; these include the Rosary with meditations and prayers to the Immaculate Heart.

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

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.

PATIENCE UNDER TEMPTATION & THE MEANS OF CONQUERING

With what arms are we to fight temptations in order to conquer? by S. Alphonsus Liguori

The first and principal, and I may say the only, and absolutely necessary means for conquering temptations, is to have recourse to God by prayer. This means is particularly necessary for conquering temptations against purity; in temptations it is also very useful to make the Sign of the Cross.

The second means of conquering temptations is to humble yourself, and to distrust your own strength. Thus let us humble ourselves, and at the same time let us have recourse with confidence to God Who protects all that hope in Him. He is the protection of all that trust in Him. (Ps. xvii. 31).

The third means of overcoming temptations is to make them known to your spiritual Father.

The fourth means, which is a very important one, of relieving one's self from temptations is to avoid what occasions them. He that loveth danger, shall perish in it (Ecclus. iii. 27). i.e. He that loves danger, and goes in search of it, shall perish in it: nor is it of any use to hope for aid from God; to trust in God, and to expose one's self voluntarily to the occasion of sin, is not a holy but a rash confidence, which merits chastisement.