



# Mary Help of Christians Traditional Roman Catholic Church

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Colorado Springs, CO 80903

mary-help-of-christians.org

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## **February 18<sup>th</sup>, 2024 † 1<sup>st</sup> Sunday of Lent**

**Sunday, Feb. 18, HOLY MASS 9:00 am – St. Simon, BM**

*Pro Populo*

**Mon., Feb. 19, HOLY MASS 9:00 am – Lenten Feria (St. Gabinus, M)**

*RIP Poor Souls (Smith)*

**Tues., Feb. 20, HOLY MASS 8:00 am – Lenten Feria (St. Eucherius, B)**

*RIP Poor Souls (Medina)*

**Wed., Feb. 21, HOLY MASS 8:00 am – EMBER WEDNESDAY (Partial Abstinence)**

**Distribution of COMMUNION and ASHES, TALK, STATIONS 6:30pm**

*RIP Poor Souls (Dour)*

**Thurs., Feb. 22, HOLY MASS 8:00 am – St. Peter's Chair at Antioch**

*RIP Poor Souls (Mcdonald)*

**Fri., Feb. 23, HOLY MASS TBA – St. Peter Damian, BCD (EMBER FRIDAY)**

**Stations of the Cross 2:00pm**

*RIP Poor Souls*

**Sat., Feb. 24, No Mass in Springs – EMBER SATURDAY (Partial Abstinence)**

*RIP Poor Souls*

**Sunday, Feb. 25, HIGH MASS 9:00 am – 2<sup>nd</sup> Sunday of Lent**

*Pro Populo*

### **Serving Schedule:**

**Sun., Feb. 18<sup>th</sup>:** Anthony Vigil, Joseph Fries

**Tues., Feb. 20<sup>th</sup>:** Andrew Fries, Hugo Vigil

**Wed. 6:30pm:** Eric, Anthony Kosovich, Nick Vigil

**Fri., Feb. 23<sup>rd</sup> :** Volunteer

**Sun., Feb. 25<sup>th</sup>:** Alexander Vigil, Andrew Fries

**Sun., Mar. 3<sup>rd</sup>:** Anthony Kosovich, Joseph Fries

**Mon., Feb. 19<sup>th</sup>:** Volunteer

**Wed., Feb. 21<sup>st</sup>:** Alexander & Jude Vigil

**Thurs., Feb. 22<sup>nd</sup>:** Tobias Vigil, John Fries

**2pm:** Joseph Fries, Hugo Vigil, Tobias Vigil

***Behold now is the acceptable time, behold now is the day of salvation. - St. Paul***

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

**Ending Hymn:** God of Mercy and Compassion    Pg.35    #23

**Catechism Classes:** No classes today

**Blessing of Religious Articles:** Third Sunday of the month immediately following Mass

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

**PLEASE PRAY FOR:** Arlin Wertish, the Slusher Family, Gabriel Trujillo, Pauline Buonocore, Maria Allie, Kyle Kaltenbacher, Elijah Nosko, Joshua Potts, Cynthia Bernard, Miller Family, Michael Micklich, our Military and Police, Tom Gallegos, RIP Charles Lambrecht and family, RIP Jose Raul Flores, RIP Frances Kwitek, RIP Susan Walz, RIP Malachai Miller, RIP Matias & Ben Trujillo, RIP Richard Micklich and all those in need. (Contact Sister to add to this prayer list.)

**LENTEN RETREATS:** will be held in Colorado Springs for adults on Saturday, March 2<sup>nd</sup>; for children on March 7<sup>th</sup>, and in Denver for adults on Saturday, March 16<sup>th</sup>. A Men's Retreat will be held in Spokane in March. See the flier in the back for details.

**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.

