



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 2nd, 2025 † Quinquagesima Sunday

Sunday, Mar. 2, HOLY MASS 9:00 am – St. Simplicius, PC

Pro Populo

Mon., Mar. 3, No Mass in Springs– Feria (St. Cunegunda, Emp)

RIP Poor Souls

Tues., Mar. 4, HOLY MASS 8:15 am – St. Casmir, C

Victoria Saucedo (Knight)

Wed., Mar. 5, BLESSED ASHES and HOLY COMMUNION 8:15 am – ASH WEDNESDAY

BLESSED ASHES and HOLY MASS 6:30pm

Complete Abstinence

Victoria Saucedo (Knight)

Thurs., Mar. 6, HOLY MASS 8:15 am – Ss. Perpetua & Felicitas, Mm

Charles & Molly Klein and Family (Knight)

Fri., Mar. 7, DISTRIBUTION of HOLY COMMUNION 8:30am

First Friday

STATIONS 2:00 pm

HOLY MASS 6:30 pm – St. Thomas Aquinas, CD *RIP William Stenger*

Sat., Mar. 8, HOLY MASS 9:00 am – St. John of God, C

RIP William Stenger (Kaltenbacher)

Sunday, Mar. 9, HOLY MASS 9:00 am – 1st Sunday of Lent

Pro Populo

Serving Schedule:

Sun., Mar. 2nd: Anthony Kosovich, Anthony Vigil

Tues., Mar. 4th: Anthony Vigil, John Fries

Wed., Mar. 5th, 8:15am: Andrew Fries

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

Thurs., Mar. 6th: Joseph Fries, Toby Vigil

Fri., Mar. 7th, 8:15am: Alexander Vigil

Fri. Stations: Anthony & Hugo Vigil, John Fries

Fri., Mar. 7th, 6:30pm: Anthony Kosovich

Sat., Mar. 8th: Volunteer

Sun., Mar. 9th: Joseph Fries, Alexander Vigil

Sun., Mar. 16th: Anthony Kosovich, Anthony Vigil

“Though you have recourse to many saints as your intercessors, go especially to St. Joseph, for he has great power with God.” - St. Teresa of Avila

Confessions: Sundays – 8:00 am and after Mass

Tues. & Wed. - 8:00am

Ending Hymn:

Blessing of Religious Articles: Following Holy Mass on the Third Sunday of each month.

Catechism Classes: today, March 2nd, 8:15 – 8:45am

Lenten Devotions: Wednesdays at 6:30pm

Fridays at 2:00pm

PLEASE PRAY FOR: Frank Eberwein, Rose Borders, Mark Gilmor, Arlin Wertish, the Slusher Family, Gabriel, Alex and Xavier Trujillo, Pauline Buonocore, Maria Allie, Kyle Kaltenbacher, Elijah Nosko, Joshua Potts, Cynthia Bernard, Miller Family, Michael Micklich, our Military and Police, RIP Joe Vogel, RIP Tom Gallegos, RIP Mike Felthager, RIP Mary Gilmor, RIP Maria Atwood, 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.)

FIRST FRIDAY: in reparation to the Sacred Heart of Jesus is this week.

EASTER CHOIR PRACTICE: will begin next Tuesday, March 11th, 6:30 – 8:00pm. Sr. Jeanne Marie will be directing the Easter Vigil and Midnight Mass.

LENTEN RETREATS: in Springs will be Saturday, March 8th, from 8am – 1:30pm for adults and Tuesday, March 11th, from 8:15am – 12:15pm for the children and teenagers.

LENTEN DEVOTIONS: will be Wednesdays at 6:30pm (Spiritual Exhortations and Holy Mass) and Fridays at 2:00pm (Stations of the Cross).

IRISH POTLUCK and SING ALONG: will follow Holy Mass on Sunday, March 16th. Please bring an Irish dish to share! Blarney stones and Irish soda bread will be available for a donation.

COLLECTION TOTALS for FEBRUARY: 2-2 \$1677; 2-9 \$912; 2-16 \$1028; 2-23 \$1167.

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.