



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

February 15th, 2026 † Quinquagesima Sunday

Sunday, Feb. 15, HOLY MASS 9:00 am - Ss. Fausinus & Jovita, Mm

Pro Populo

Mon., Feb. 16, No Mass in Springs - Feria (St. Onesimus, BM)

Private Intention

Tues., Feb. 17, HOLY MASS 8:15am - Feria (Flight into Egypt)

RIP Mathias Trujillo (Trujillo)

Wed., Feb. 18, BLESSED ASHES and HOLY MASS 8:15am - ASH WEDNESDAY

Jason Fries (Fries)

Complete Abstinence

Thurs., Feb. 19, REQUIEM HIGH MASS 11:00am - Lenten Feria (St. Gabinus, M)

RIP Kyle Kaltenbacher

Fri., Feb. 20, HOLY MASS 8:15am - Lenten Feria (St. Eucharius, B)

Stations of the Cross 2:00pm

Marie Fries (Fries)

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

LENTEN RETREAT

Quinlan Kratz & Kratz Family

Sunday, Feb. 22, HIGH MASS 9:00 am - 1st Sunday of Lent

Pro Populo

Serving Schedule:

Sun., Feb. 15th: Andrew Fries, Tobias Vigil

Tues., Feb. 17th: Joseph Fries, Jude Vigil

Wed., Feb. 18th: John Fries, Tobias Vigil

Thurs., Feb. 19th: Andrew Fries, Anthony & Alex Vigil

Fri., Feb. 20th: Andrew Fries, Hugo Vigil (John Fries)

Sat., Feb. 21st: Eric Kosovich

Sun., Feb. 22th: Anthony Vigil, John Fries

Sun., Mar. 1st: Anthony Kosovich, Joseph Fries

“Cast yourself into the arms of God and be very sure that if He wants anything from you, he will fit you for the work and give you strength.”

Confessions: Sundays - 8:00 am and after Mass

Tues. & Wed: 7:45am

Benediction with Rosary and Confessions: will be at 1:50pm on Wednesdays that Mass is scheduled

Ending Hymn:

Catechism Classes: No class today

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

PRAY FOR: Jacqueline Meyer, Anna Ahern, Christine Flores, Frank Eberwein, Rose Borders, Mark Gilmor, Arlin Wertish, the Slusher Family, Alex and Xavier Trujillo, Pauline Buonocore, Elijah Nosko, Joshua Potts, Cynthia Bernard, Michael Micklich, our Military and Police, RIP Kyle Kaltenbacher, RIP Gerard Crochet, RIP Mary Allie, RIP Gabriel Trujillo, RIP Mary Watson, RIP Timothy Pogar, RIP Don Hopkins, RIP Roger McCarville, RIP Joe Vogel, RIP Hol 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 Matias & Ben Trujillo, RIP Richard Micklich, RIP Edward Ponder and all those in need. (Contact Sister to add to this list.)

PURIFICATION CANDLES: Beeswax candles are available in the back of Church. A donation to help cover the cost of the candles would be appreciated.

FUNERAL for KYLE KALTENBACHER: The wake will be Wednesday, Feb 18th, from 5-8pm with the Rosary at 7pm; Feb. 19th: Rosary at 10:30am, Requiem High Mass at 11:00am and reception after Mass at Summa Restaurant (817 W Colorado). The burial is for the family only.

LENTEN RETREATS: for adults in Springs will be on Saturday, Feb. 21st from 8am - 1:45pm; for children in Springs will be Tuesday, Mar. 3rd from 8:15am - 12:15pm; for adults in Denver - to be announced.

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.

