



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 22nd, 2026 † 1st Sunday of Lent

Sunday, Feb. 22, HIGH MASS 9:00 am - St. Peter's Chair at Antioch

Pro Populo

Mon., Feb. 23, No Mass in Springs - St. Peter Damian, BCD

Tues., Feb. 24, HOLY MASS 8:15am - St. Matthias, Ap

Pro Populo

Wed., Feb. 25, HOLY MASS 8:15am - Ember Wednesday (Partial Abstinence)

Quinlan Kratz & Kratz Family (Knight)

Thurs., Feb. 26, HOLY MASS 8:15am - Lenten Feria (St. Mechtilde, V)

Monica Davis (Fries)

Fri., Feb. 27, HOLY MASS 8:15am - St. Gabriel of the Sorrowful Virgin, C (EMBER DAY)

Stations of the Cross 2:00pm

Terrance Keegan (Knight)

Sat., Feb. 28, No Mass in Springs - Ember Saturday (Partial Abstinence)

Martin Toussaint

Sunday, Mar. 1st, HOLY MASS 9:00 am - 2nd Sunday of Lent

Pro Populo

Serving Schedule:

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

Tues., Feb. 24th: Andrew Fries, Jude Vigil

Wed., Feb. 25th: John Fries, Hugo Vigil

Thurs., Feb. 26th: Alexander Vigil, Tobias Vigil

Fri., Feb. 27th: Joseph Fries, Anthony Vigil (Donovan Fair)

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

Sun., Mar. 8th: Steven Kosovich, Andrew Fries

*“Avoid the evil thoughts that roll like waters over the heedless soul, our souls in slavery to bind.” -
Divine Office*

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: Glory Be to Jesus Pg. 34 # 21

Catechism Classes: today, Sun., Feb. 22nd, 8:15 - 8:45am

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.)

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.

CHILDREN'S RETREAT: will be next Tuesday, March 3rd, from 8:15am to 12:15pm.

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.

