



# Mary Help of Christians Traditional Roman Catholic Church

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mary-help-of-christians.org

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## March 1<sup>st</sup>, 2026 † 2<sup>nd</sup> Sunday of Lent

**Sunday, Mar. 1, HOLY MASS 9:00 am - St. David of Wales, BC**

*Pro Populo*

**Mon., Mar. 2, No Mass in Springs - Lenten Feria (St. Simplicius, PC)**

*RIP Timothy Pogar*

**Tues., Mar. 3, CHILDREN'S RETREAT 8:15 am - Lenten Feria ( St. Cunegunda, Emp)**

**HOLY MASS and BENEDICTION 11:15am**

*Philomena Fries (Fries)*

**Wed., Mar. 4, No Mass in Springs - Lenten Feria (St. Casimir, C)**

*Kaltenbacher Family (Glover)*

**Thurs., Mar. 5, No Mass in Springs - Lenten Feria (St. John Joseph of the Cross, C)**

*Elizabeth Fries (Fries)*

**Fri., Mar. 6, No Mass in Springs - Ss. Perpetua & Felicitas, Mm**

*First Friday*

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

*For the Bedel Family (Kosovich)*

**Sat., Mar. 7, EXPOSITION 8:00am HOLY MASS 9:00 am - St. Thomas Aquinas, CD**

*Anna Fries (Fries)*

*First Saturday*

**Sunday, Mar. 8, HIGH MASS 9:00 am - 3<sup>rd</sup> Sunday of Lent**

*Pro Populo*

### Serving Schedule:

**Sun., Mar. 1<sup>st</sup>:** Anthony Vigil, Joseph Fries

**Tues., Mar. 3<sup>rd</sup>:** Anthony Vigil, Jude Vigil

**Sat., Mar. 7<sup>th</sup>:** Anthony Kosovich, Andrew Fries

**Sun., Mar. 8<sup>th</sup>:** Steven Kosovich, Andrew Fries

**Sun., Mar. 15<sup>th</sup>:** Alexander Vigil, John Fries

*“Graciously hear, O Lord, the prayers of Thy servants and have mercy on us.” - 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:** What a Sea of Tears and Sorrows Pg. 37 # 27

**Catechism Classes:** today, Sun., Mar 1<sup>st</sup>, 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.)

**FIRST FRIDAY and FIRST SATURDAY:** in reparation to the Sacred Heart of Jesus and the Immaculate Heart of Mary are this week. There will not be All Night Adoration, but Holy Hours can be made privately. Devotions for First Saturday will begin at 8:00 am; these include Exposition of the Blessed Sacrament, the Rosary with meditations and prayers to the Immaculate Heart.

**CHILDREN'S RETREAT:** will be next Tuesday, March 3<sup>rd</sup>, 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.

### **Little Crosses – By Fr. Daniel Considine**

Suffering which comes to us from God is best; our circumstances, our surroundings, ourselves, and those we live with: these come from God, being permitted by Him. Some big thing may come to us on Monday or Tuesday, and we say, 'Oh, I took that very well, I am getting on,' but what about Wednesday, and Thursday, and the rest of the week? The spiritual life is a growth: we don't grow on odd days. Your life from moment to moment gives you occasions of bearing lovingly for God's sake any amount of suffering. People forget to sanctify the daily little crosses of life; they must be big and marked with a red cross, that we may recognize they come from God. But we can't get away from these little crosses and mortifications, they are woven into our life—a clear sign they come from God. Someone slights you, or speaks unkindly of you, and you get over it in a week, and think yourself very virtuous: God wants you so to overcome your pride that you should not be affected by it at all. Do we receive crosses as a great deal less than we deserve? Do we take them in a spirit of resignation, and a sense of their justice? Our limitations, of nature, position, intellectual gifts, are very real mortifications and crosses; but if we have some realization of what we have deserved for our sins, we shan't be lost in admiration of our patience, but we shall accept them quite naturally, and bear them as brightly and cheerfully as we can. There is nothing so good for the education of character as having something to bear. It brings out all that is best in us. If I have all I can desire, excellent food and lodging, and no cares and anxieties, what is there to try my temper? What is there to admire in me, if I am amiable and cheerful under these circumstances? We admire those who, in spite of difficulties, bear their burdens cheerfully and unselfishly, thinking of others' sorrows rather than their own. How then shall we value suffering in our daily life, and let it bring out what is great and noble in our characters? We must have a harder ideal, and profit by the difficulties of life. Wouldn't it be well to act upon what we acknowledge in theory to be excellent? Our good God desires us to have happiness in His service. Often you will see that the heavier the cross, the lighter is the step, and the more cheerful the countenance with which it is borne. Why let yourself be so easily disturbed? You are not living with saints and angels, you are not one yourself. God allows natural laws to create difficulties, and then helps us to overcome them. Have absolute confidence in God.