



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 15th, 2026 † 4th Sunday of Lent

Sunday, Mar. 15, HIGH MASS 9:00 am - Laetare Sunday

Pro Populo

Mon., Mar. 16, No Mass in Springs - Lenten Feria (St. Abraham, Hermit)

Tues., Mar. 17, HOLY MASS 8:15 am - St. Patrick, BC

Andrew Fries (Fries)

Wed., Mar. 18, HOLY MASS 8:15 am - St. Cyril of Jerusalem, BCD

For all the Families, Friends & Benefactors of the CMD Sisters & those we promised to pray for

Thurs., Mar. 19, HOLY MASS 8:15 am - St. Joseph, CSpBVM

Pro Populo

Fri., Mar. 20, HOLY MASS 8:15 am - Lenten Feria (St. Cuthbert, BC)

Stations of the Cross 2:00pm

Quentin Giarratano, Henry Eisenbrown, Christopher Vigil, Ava Elliott (Elliott)

Sat., Mar. 21, HOLY MASS 9:00 am - St. Benedict, AbC

Dominic Davis (Fries)

Sunday, Mar. 22, HOLY MASS 9:00 am - Passion Sunday

Pro Populo

Serving Schedule:

Sun., Mar. 15th: Alexander Vigil, John Fries

Tues., Mar. 17th: Alexander Vigil, John Fries

Wed., Mar. 18th: Joseph Fries, Anthony Vigil

Thurs., Mar. 19th: Andrew Fries, Jude Vigil

Fri., Mar. 20th: Tobias Vigil, Hugo Vigil (Alexander Vigil)

Sat., Mar. 21st: Volunteer

Sun., Mar. 22nd: Joseph Fries, Anthony Vigil

Sun., Mar. 29th: Joseph, Andrew, John Fries, Donovan Fair, Anthony, Alexander, Jude, Toby, Hugo Vigil

Holy Thursday, Apr. 2nd: Thomas Vigil, Anthony, Jude, Tobias Vigil, John Fries

Good Friday, Apr. 3rd: Thomas Vigil, Andrew Fries, Alexander Vigil

Easter Vigil & Midnight Mass: Thomas Vigil, Joseph, Andrew Fries, Nick, Anthony, Alexander and Tobias Vigil

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., Mar 15th, 8:15 - 8:45am

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

PRAY FOR: Audrey Hockel, Daniel Kramer, 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.)

LENTEN RETREAT: will be at Our Lady of the Snows by Fr. Casmir on March 21st, from 8:30am - 1:45pm.

IRISH POTLUCK: with singing will follow Mass today. Please bring a dish to share. Irish Soda Bread and Blarney Stones will be available for a donation that supports the Sisters.

WORK of MERCY: the academy will be singing for the residents of Pikes Peak Post Acute Nursing Home (2719 N Union Blvd) on St. Patrick's Day from 1 - 2:30pm if anyone would like to join us. Chocolate chip cookies in individual baggies to give to the residents are greatly appreciated.

EASTER DUTY: The faithful are reminded of the Church Law, binding under pain of mortal sin, to receive a worthy Holy Communion during Eastertime, that is from the 1st Sunday of Lent through Trinity Sunday (6 weeks after Easter).

DEEP CLEANING OF THE CHURCH: Please sign up on the volunteer list posted in the back of Church!

SPRING YARD CLEANING: will be Sat., Mar. 28th, from 10am - 1pm. Please bring rakes, garbage bags, and other tools for yard work.

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.

It is the Passion of Christ that has freed us from sin
He hath loved us and washed us from our sins in His own blood.

The Passion of Christ is the proper cause of the remission of our sins:

1. Because it provokes us to love God. St. Paul says, *God commendeth his charity towards us; because when as yet we were sinners Christ died for us (Rom. v. 8).* Through charity we obtain forgiveness for sin, as it says in the gospel, *Many sins are forgiven her because she hath loved much (Luke vii. 47).*

2. The Passion of Christ is the cause of the forgiveness of sins because it is an act of redemption. Since Christ is Himself our head, He has, by His own Passion undertaken from love and obedience delivered us His members from our sins, as it were at the price of His Passion. Just as a man might by some act of goodness done with his hands buy himself off for a wrong thing he had done with his feet. For as man's natural body is a unity, made up of different limbs, so the whole Church, which is the mystical body of Christ, is reckoned as a single person with its own head, and this head is Christ.

3. The Passion of Christ was a thing equal to its task. For the human nature through which Christ suffered His Passion is the instrument of His divine nature. Whence all the actions and all the sufferings of that human nature wrought to drive out sin, are wrought by a power that is divine.

