



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 8th, 2026 † 3rd Sunday of Lent

Sunday, Mar. 8, HIGH MASS 9:00 am - St. John of God, C

Pro Populo

Mon., Mar. 9, No Mass in Springs - St. Frances of Rome, W

The Kosovich Family (S. Kosovich)

Tues., Mar. 10, CHILDREN'S RETREAT 8:15 am - Lenten Feria (Forty Holy Martyrs)

HOLY MASS and BENEDICTION 11:15am

Ronald Fries (Fries)

Wed., Mar. 11, HOLY MASS 8:15 am - Lenten Feria (St. Eulogius, M)

For the Religious (S. Kosovich)

Thurs., Mar. 12, HOLY MASS 8:15 am - St. Gregory the Great, PCD

John Fries (Fries)

Fri., Mar. 13, HOLY MASS 8:15 am - Lenten Feria (St. Euphrasia, V)

Stations of the Cross 2:00pm

For the U.S.A. (Kosovich)

Sat., Mar. 14, HOLY MASS 9:00 am - Lenten Feria (St. Matilda, Q)

Joseph Fries (Fries)

Sunday, Mar. 15, HOLY MASS 9:00 am - 4th Sunday of Lent

Pro Populo

Serving Schedule:

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

Tues., Mar. 10th: Anthony Vigil, Jude Vigil

Wed., Mar. 11th: Joseph Fries, Alexander Vigil

Thurs., Mar. 12th: Tobias Vigil, Hugo Vigil

Fri., Mar. 13th: Andrew Fries, John Fries (Donovan Fair)

Sat., Mar. 14th: Volunteer

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

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

“The Lord is sweet to all and His tender mercies are over all His works. The Lord is faithful in all His words and holy in all His works.” - 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: God of Mercy and Compassion Pg. 35 # 23

Catechism Classes: today, Sun., Mar 8th, 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.)

CHILDREN'S RETREAT: will be this Tuesday, March 10th, from 8:15am to 12:15pm.

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 be next Sunday, March 15th. Please bring a dish to share. Irish Soda Bread and Blarney Stones will be available for a donation that supports the Sisters.

FEBRUARY COLLECTION TOTALS: 2-1 \$1084; 2-8 \$1776; 2-15 \$888.09; 2-22 \$2073.

FLOWER COLLECTION: will be taken at this Mass for Easter Lilies and Holy Thursday bouquets!

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).

VOLUNTEERS: will be needed to help with the spring cleaning of the church. Please be on the watch for volunteer lists to be posted in the back of Church!

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.

Except from The Season of Lent by Bishop Mark Pivarunas

The second aspect of Lent to be considered is the evil of sin – both original sin and actual sin. Sin is defined as any thought, word, deed, desire, or omission forbidden by the law of God. When our first parents, Adam and Eve, sinned, they grievously offended Almighty God. For although their act of eating of the forbidden fruit was a finite act in itself, their offense was against an Infinite Being – God. This offense not only deprived them and their offspring of the preternatural gifts, the consequences of which were ignorance, suffering, death and a strong inclination to sin, but also and most importantly, deprived Adam and Eve and their offspring of that most precious of gifts – sanctifying grace – by which man shares in the very life of God within his soul. St. Paul says: "By one man sin entered into the world, and by sin death, and so death passed upon all men, in whom all have sinned" (Rom 5:12). When man commits sin, especially mortal sin, he also offends the Divine Majesty and inflicts spiritual injury to his soul (spiritual death in the case of mortal sin). It was to atone for the sins of mankind that Jesus Christ sacrificed His life on the Cross. If we would truly appreciate the sufferings and death of Our Lord, we need to seriously meditate on the Passion. One of the means to accomplish this is to consider the sacred image of Christ Crucified as seen on the Holy Shroud of Turin. This blood-stained linen accurately identifies the wounds inflicted on Our Lord according to the Holy Gospels. We can see for ourselves the multiple marks of the scourges across His Sacred Body, the wounds caused by the thorns circling His Head, the marks of the nails in His Hands and Feet, and finally, the large wound in His Sacred Side.