



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)

Assistant: Fr. Carlos Borja: (870)-213-5688 (fr.carlosborja@gmail.com)

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

August 30th, 2026 † 14th Sunday after Pentecost

Sunday, Aug. 30, HOLY MASS 9:00 am – St. Rose of Lima, V

Pro Populo

Mon., Aug. 31, No Mass in Springs - St. Raymond Nonnatus, C

Private Intention

Tues., Sept. 1, No Mass in Springs - Feria (St. Giles, Ab)

RIP Mathias Trujillo (Trujillo)

Wed., Sept. 2, No Mass in Springs - St. Stephen, KC

RIP Daniel Kramer

Thurs., Sept. 3, No Mass in Springs - St. Pius X, PC

RIP Daniel Kramer

Fri., Sept. 4, HOLY MASS and EXPOSITION 6:30 pm - Feria (St. Rose of Viterbo, V)

RIP Daniel Kramer

First Friday

Sat., Sept. 5, REPOSITION 8:45am HOLY MASS 9:00 am - BVM Saturday

RIP Daniel Kramer

First Saturday

Sunday, Sept. 6, HOLY MASS 9:00 am – 15th Sunday after Pentecost

RIP Daniel Kramer

Serving Schedule:

Sun., Aug. 30th: Joseph Fries, Anthony Vigil

Fri., Sept. 4th: Eric Kosovich, Nick Vigil

Sat., Sept. 5th: Frater Anthony, Anthony Kosovich

Sun., Sept. 6th: Anthony Kosovich, Tobias Vigil

Sun., Sept. 13th: Steven Kosovich, Alexander Vigil

My hope is in Christ, who strengthens the weakest by His Divine Help. - St. Pius X

Confessions: Sundays – 8:00 am and after Mass Tues & Wed. 7:30pm

Additional confession time may also be scheduled by appointment.

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

Ending Hymn: Full of Glory Pg. 60 #60

Catechism Classes: Sun., Aug. 30th, for the Confirmation Class from 8:15am – 8:55am

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

PRAY FOR: Roland Warns, Christina De la Torre, Ben Pulliam Family, 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 Daniel Kramer, RIP Fred Toussaint, RIP Jonah Corkish, RIP Audrey Hockel, RIP Kyle Kaltenbacher, RIP Mary Allie, RIP Gabriel Trujillo, RIP Mary Watson, RIP Timothy Pogar, RIP Don Hopkins, RIP Roger McCarville, RIP Tom Gallegos, RIP Mike Felthager, RIP Mary Gilmor, RIP Maria Atwood, RIP Frances Kwitek, RIP Susan Walz, RIP Matias & Ben Trujillo, RIP Richard Micklich 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. Please sign up for the all night adoration on the Google sheets link that has been sent out. All the hours must be filled in order for us to have this privilege! Devotions for First Saturday will begin at 8:00 am; these include the Rosary with meditations and prayers to the Immaculate Heart.

THE SPIRITUAL COMMUNION – St. Leonard of Port Maurice

In order to facilitate a practice of such great excellence, ponder what I have to say. When the priest is about to give himself Communion in holy Mass, do you, keeping composed externally and internally, excite in your heart an act of true contrition, and humbly striking your breast, in token that you acknowledge yourself unworthy of so great a grace, make all those acts of love, of self-surrender, of humility, and the rest, which you are accustomed to make when you communicate sacramentally, and then desire with a lively longing to receive your good Jesus, veiled in the Sacrament for your benefit. And to kindle your devotion, imagine that most holy Mary, or some saint, your holy advocate, is holding forth to you the sacred Particle; figure yourself receiving It, and then, embracing Jesus in your heart, reply to Him, over and over again, with interior words prompted by love: "Come, Jesus, my beloved, come within this my poor heart; come and satiate my desires; come and sanctify my soul; come, most sweet Jesus, come!" This said, be still; contemplate your good God within you, and, as if you really had communicated, adore Him, thank Him, and perform all those interior acts to which you are accustomed after sacramental Communion. Now, learn that this blessed and holy spiritual Communion, so little practiced by the Christians of our day, is a treasure capable of filling the soul with a thousand benefits; and, as various authors say (Rodriguez, Exerc. Perf. p. 2, tract. 8, c. 15), "is so useful that it is capable of producing the same graces which sacramental Communion produces; nay, in some cases more. For although, indeed, sacramental Communion, that is, when the sacred Particle is really received, is of its own nature equal to the production of a higher result; because, being the Sacrament, it possesses virtue ex opere operato; nevertheless, a soul may make a spiritual Communion with so much humility, love, and devotion, as to win greater grace than another soul communicating sacramentally but without dispositions so thoroughly perfect. Our Saviour testifies so much favor to this spiritual Communion that on many occasions He has been pleased to respond with evident miracles to the pious longings of His servants. In short, as often as you practice what has been now prescribed, so often you make a spiritual Communion, and thus become enriched with graces and merits of every kind and degree of excellence.

My Saviour and my God! I am not worthy to appear before Thee, for I am a poor sinner; yet I approach Thee with confidence in Thy goodness and mercy, for Thou hast said:

"Come to Me, all you that labor and are heavy-laden, and I will refresh you." Thou wilt not despise a contrite and humble heart. I am truly sorry for my sins, because by them I have offended Thee, Who art infinitely good. Whatever may have been my foolish transgressions in the past, I love Thee now above all things, and with all my heart. I have a great desire, a vehement longing, O divine Spouse of my soul, to receive Thee in Holy Communion, and since I cannot now receive Thee in the Blessed Sacrament, I beseech Thee to come to me spiritually and to refresh my soul with Thy sweetness.

Come, my Lord, my God, and my All! Come to me, and let me never again be separated from Thee by sin. Teach me Thy blessed ways; help me with Thy grace to practice meekness, humility, charity, and all the virtues of Thy Sacred Heart. Receive me, as one who wishes to follow Thee, and let me live and labor and suffer and pray in union with Thee, for the glory of God, for the accomplishment of the heavenly Father's will, and for the salvation of souls. Jesus! I give Thee my heart with all its affections, my soul with all its powers, and my body with all its senses. My divine Master, help me with Thy grace, that I may be ever mindful of Thy presence, and that I may be faithful to the end in Thy services. Bless me in life and in death, that I may praise Thee forever in heaven. Amen.