



# Our Lady of Mt. Carmel

## CATHOLIC CHURCH

www.olmcfssp.org + 5612 S. Hickory St. Littleton, CO 80120 + (303) 703-8538



A parish of the Archdiocese of Denver, CO served by the Priestly Fraternity of St. Peter (FSSP) dedicated to the Traditional Latin Mass and Sacraments according to the 1962 Missal of Pope St. John XXIII.

### Sixteenth Sunday after Pentecost

### September 17, 2023

PASTOR  
**REV. MATTHEW J. MCCARTHY, FSSP**

ASST. PASTORS  
**REV. DANIEL NOLAN, FSSP**  
asst.pastor1@olmcfssp.org  
**REV. ERIC KRAGER, FSSP**  
father.krager@olmcfssp.org

OFFICE HOURS  
**MON - FRI: 9:15 AM - 4:15 PM**  
secretary@olmcfssp.org

SACRAMENTAL EMERGENCIES  
**303-241-2946**

SUNDAY LOW MASS  
**6:30 AM | 8:00 AM | 9:30 AM | 1:00 PM**

SUNDAY HIGH MASS  
**11:00 AM**

DAILY MASS  
**8:30 AM MON - SAT**  
**Also 7:00 PM FRI**

CONFESSIONS  
**30 MINUTES BEFORE EACH MASS**  
**SAT: 8 - 9:30 AM**  
**SAT: 3 - 4 PM**

DAILY MASS  
**6:30 AM SUN - SAT**  
Carmelite Monastery  
6138 S. Gallup St. Littleton, CO 80120



*Amice, ascende superius.*

**From Fr. Nolan**

**HUMILITY OF HEART by St. Cajetan**

#### Thoughts and Sentiments on Humility

1. In Paradise there are many Saints who never gave alms on earth: their poverty justified them. There are many Saints who never mortified their bodies by fasting, or wearing hair shirts; many Saints too who were not virgins. But in Paradise, there is no Saint who was not humble.

God banished angels from heaven for their pride; how can we pretend to enter therein, if we do not keep ourselves in a state of humility? We ought to be convinced of this truth- that though we may lack other virtues we may yet be saved; but not if we lack humility. There are some who flatter themselves that

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they have done much by preserving chastity, and truly chastity is a beautiful adornment; but as the angelic doctor Aquinas says: "Speaking absolutely, humility excels virginity."

Alas, how rarely do we use diligence and caution to conquer spiritual vices, of which pride is the first and the greatest of all, and which sufficed of itself to transform an angel into a demon!

2. Jesus Christ calls us all into His school not to learn to astonish the world by healing the sick, raising the dead or casting out devils, but to be humble of heart. *"Learn of Me, for I am meek and humble of heart."* (Matt 11:29) He said this to all, and to all He has given the power to learn it. Of all the infinite virtues of the Son of God, the only one He asked us to imitate was His humility.

3. St. Augustine says that humility contains all things, because in this virtue is truth; and since God is Truth itself, He must dwell therein also. Whoever possesses this virtue may be said to possess all virtues; but he who lacks humility, lacks all.

4. No greater example of humility can be given than God becoming Man. God cannot exalt Himself above His own vast and infinite perfections, but He can humiliate Himself. By this union of the Creator with the creature, the Highest was united with the lowest. Jesus Christ summed up all His heavenly doctrine in humility, as St Augustine says: *"He was unwilling to command others to follow what He Himself did not practise."*

And to what purpose did He do all this, if not that His followers should learn after Him? What profit do we derive from His teachings, which are practical and not theoretical? How shameful it would be for any one, after studying for many years under an excellent master, if he were still to remain ignorant! But our shame is great indeed, who have lived so many years in the school of Jesus Christ, and yet have learnt nothing of that holy humility which He sought so earnestly to teach.

5. No one can deny this truth, that humility is essential to all those who wish to be saved. But what care or solicitude do we display to acquire it? How and when do we practice its acts, acknowledging and confessing our unworthiness before God? The man who would honor God most, does so not by accomplishing great acts of virtue (which may indeed inflate him with secret pride) but rather by humility.

The following was the frequent prayer of St Augustine: *"May I know Thee; may I know myself"* and by this prayer he asked for humility, which is nothing else but a true knowledge of God and of oneself. To confess that God is what He is – the Omnipotent, the Almighty, the Infinite, and to declare that we are but nothingness before Him – this is to be humble.

## LITURGICAL SCHEDULE

### SUNDAY, SEPTEMBER 17

#### Sixteenth Sunday after Pentecost

6:30 am Daveav Gurule by Charles and Angie Gurule  
8:00 am Jeff and Kathy Hartmann  
by William and Kathleen Morkes  
9:30 am Amparo Castro+ by Helen Monares  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Michael Castro+ by Helen Monares  
5:00 pm Vespers and Compline

### MONDAY, SEPTEMBER 18

#### St. Joseph of Cupertino, Confessor

8:30 am Carla DePalma by Pasquale and Joann DePalma

### TUESDAY, SEPTEMBER 19

#### St. Januarius, Bishop, and Companions, Martyrs

8:30 am Jackie Briggs+

### WEDNESDAY, SEPTEMBER 20

#### Ember Wednesday

8:30 am Roger Hartley+ by Alex Hartley

### THURSDAY, SEPTEMBER 21

#### St. Matthew, Apostle and Evangelist

8:30 am Charles Minervino+  
by George and Judith Lenormand

### FRIDAY, SEPTEMBER 22

#### Ember Friday

8:30 am Walker Family by Field Family  
7:00 pm Welch Family by Field Family

### SATURDAY, SEPTEMBER 23

#### Ember Saturday

8:30 am Capra Family by Field Family

### SUNDAY, SEPTEMBER 24

#### Seventeenth Sunday after Pentecost

6:30 am Joseph Doran & Family by Thomas Doran & Family  
8:00 am Cecilia and Clayton Cammon Family  
by Thomas Doran and Family  
9:30 am Annabelle Miller+ by Jennifer Filipi  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Kathleen Morkes by William Morkes  
5:00 pm Vespers and Compline

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#### Fr. Krager's Private Intentions

**19** Robert E. Dalton+

**20** Albert Potthoff+ by Kristen Hrecho

**21** Henry Monares+ by Helen Monares

**23** Peter Doran+ & Family by Thomas Doran & Family

To request a Mass, please fill out a Mass intention offering envelope and put it in the drop box outside of the parish office or mail in a request.

## ANNOUNCEMENTS

Today - **Last Day to Register** for First Confession Classes.

**Sun Oct 1 - Fr. Lawrence, FSSP** the NA Provincial Superior will be visiting OLMC and will be available to speak with parishioners after Mass.

**Jumble Sale Donations:** Donate your clean, unbroken, useful, and beautiful treasures! Drop off times are **Sat, Sep 23** from 9:30am-12:30pm at the rectory and **Thu, Sep 28** all day in the parish hall.

**This Sat, Sep 23 - Prayer Vigil:** Please join us to pray at Planned Parenthood starting at 10:15 am. The facility is located at 7155 E 38th Ave. in Denver

**Next Sun, Sep 24 - Annual Parish Picnic** at DeKoevend Park, Shelter C in Centennial after the 1pm Mass. Food will be served at 2:15pm. The Knights of Columbus will be making hotdogs and hamburgers. OLMC will be providing drinks. Please bring a side to share and yard games to play.

**Sun, Sep 24 - Collegium Sanctorum Angelorum** tabling after all Masses. This four-year liberal arts college provides an affordable and classical education in Maryland. It is faithful to the intellectual, moral, spiritual, and liturgical traditions of the Catholic Church. Visit their website at [www.the-collegium.org](http://www.the-collegium.org).

**Mon, Sep 25 - Children Schola Classes:** Fr. Krager will be teaching a beginners music class for Elementary and Middle school age children. Topics covered will be matching pitch, Gregorian chant, and basic notation. Classes will be every Mon from 6-7:15pm until Dec 18. Cost is \$100 per family. Contact Fr. Krager to register by Mon, Sep 18 or with any questions or to inquire about financial assistance.

**Wed, Sep 27 - Rescheduled Men's Night:** Author and parishioner, Anthony Morley, will discuss his book "Geometry & the Interior Life," which explores the influence of St. Thomas Aquinas on 17th Century mathematician Gottfried Leibniz. Rosary at 6pm.

**Thu-Sat, Sep 28-30 - Jumble Sale** begins on Thu from 8 -9:30pm (parishioners only) and Fri/Sat from 9:30- 4:30pm.

**Sun Oct 1 - THP Final Preparation Meeting** at 12:30pm in the St. Elijah room. This is also the last day to register for the pilgrimage. From Sep 28, there will be a jar in the parish hall for parishioners to submit pilgrimage intentions.

**Sat, Oct 7 - Irish Ceili** at OLMC from 6-8:30pm with live Irish music, dance performances and group dance lessons. Open to the whole family + no dance experience required. Tickets are \$10/adult, \$5/6-18 & 60+, under 6 free, \$40 max per family. RSVP using the link in the Flocknote by Oct 3rd. Contact [johannaconder@yahoo.com](mailto:johannaconder@yahoo.com) with questions.

**Sat, Oct 7 - Solemn Religious Professions** at the Benedictine Abbey of Our Lady of Ephesus, Gower MO (where Sr Wilhelmina, OSB is interred).

**Sat, Oct 14 - Carmelite Clothing Ceremony:** 10am at the Littleton Carmel.

## ANNOUNCEMENTS

### Human Trafficking Awareness Event

This Tue, Sep 19, 6-8pm, beginning with a Rosary in the church. Operation Underground Railroad's (OUR) Colorado ambassador will speak about the organization's work and how you can help. RSVP by emailing [coloradoOUR@gmail.com](mailto:coloradoOUR@gmail.com).

**Sat, Oct 7 - St. Stephen Protomartyr Vocations Group:** If you are a young man of the parish considering a religious or priestly vocation, you are invited to an informal monthly breakfast after the 8:30am Mass. The group's purpose is to stay motivated and to support one another along the way. Contact Stephen Weigel [172student@gmail.com](mailto:172student@gmail.com) to join. Pray for us and those of us who have entered religion!

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**OLMC Online Parish Calendar** is available via the website or the code to the right. Please check there for upcoming events.



### DAILY PRAYER LINE REQUESTS

Contact Jane Brennan: [jmbrennan555@gmail.com](mailto:jmbrennan555@gmail.com)

### Please Pray for the Sick

David Williamson, Lane Reagan, Joanne Leary, Jamie Jimenez, Kim Poletto, Jacob, Jaxson, Joan Anselmi, Esther Garcia

### Please Pray for the Repose of the Souls of

Peter Nalty, Tom Weigel, Susan Blaufuss, Robert Dalton, Maria Joseph Daniel, Bob Anselmi, Esther Lerma De Castillo, Peter Doran, Jackie Briggs

### ALTAR FLOWERS

The altar flowers for the Exaltation of the Holy Cross were for Rhodes and Macagno Families donated by Wendy Rhodes.

The altar flowers this Sunday are Virginia Sequeira, donated by Carl and Lisa Cushnie.

### HOMEBOUND

Any parishioner confined to home who would like to receive the sacraments or the bulletin, please contact the parish office.

**Electronic Giving via Faith Direct**





ST. MATTHEW