



# Our Lady of Mt. Carmel

## CATHOLIC CHURCH

[www.olmcfssp.org](http://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.

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

ASST. PASTORS  
**REV. DANIEL NOLAN, FSSP**  
[asst.pastor1@olmcfssp.org](mailto:asst.pastor1@olmcfssp.org)  
**REV. ERIC KRAGER, FSSP**  
[father.krager@olmcfssp.org](mailto:father.krager@olmcfssp.org)

OFFICE HOURS  
**MON - FRI: 9:15 AM - 4:15 PM**  
[office.manager@olmcfssp.org](mailto:office.manager@olmcfssp.org)  
[secretary@olmcfssp.org](mailto: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**

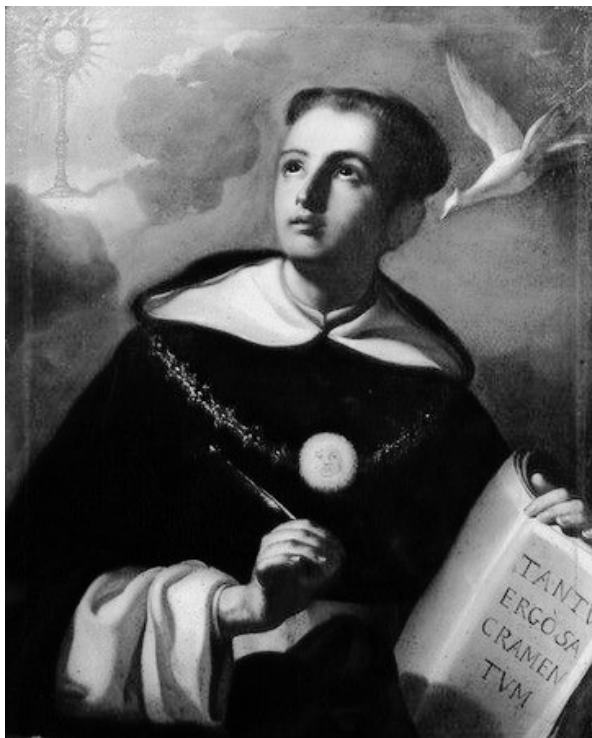
DAILY MASS  
**8:30 AM MON - SAT**  
**Also 7:00 PM FRI**

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

## Third Sunday of Lent

### March 3, 2024



*O salutáris hóstia, quæ cæli pandis óstium.*

**From Fr. Nolan**

Meditation on the Sorrowful Mysteries

### **1st Mystery - The Agony in the Garden. Sorrow for our sins.**

Christ sorrowed so much for our salvation that his sweat became as drops of blood. Do I spend any time sorrowing over my sins? If we kept our sins before our eyes, we would be less likely to repeat them. Christ was God, but he was also man, and desired human companionship. Though comforted by an angel, he grieved that his friends, Peter, James and John, slept in his time of agony. Have we been asleep, when others needed us in times of trial? Our Lord's prayer "*If it be possible, let this*

(Continued on page 2)

*cup pass me by..."* was not to avoid his own sufferings, but to teach us that we can ask God to lessen ours, as long as our prayer includes *"...but not my will be done, but thine."* Matt 26:39. Have I ever rejected suffering, or been angry that God has allowed me to suffer when I sought to avoid it?

**2nd Mystery – The Scourging at the Pillar. Mortification of our senses.** Our Lord's scourging was so barbaric, so extreme, that it rendered him unrecognizable: *"his face was marred beyond human resemblance"* Is 52:14. Christ suffered this extreme cruelty to show us the effect that our sensual sins have on the Mystical Body of Christ. Our sins of lust, gluttony, sloth, drunkenness, indulgence of every kind, may be hidden from the eyes of man, but they are not hidden from God. Let us resolve to overcome sins of the flesh, knowing what they do to the Body of Christ on earth, the Church.

**3rd Mystery – The Crowning of Thorns. Mortification of our pride.** Our Lord, at the point of death from his scourging, was cruelly crowned with thorns, mocked and ridiculed. If sins of the flesh tear at the body of Christ, sins of pride tear at his head. Vanity, superiority, condescension, arrogance. Have I ever raised myself in pride against God? Demanded answers from Him, as though He owed me something? Have I been angry when God does not answer my prayers, though He sees it would be to my spiritually detriment? How can I complain about unjust treatment, knowing that God accepted scorn, spits, and insults on my behalf?

**4th Mystery – The Carrying of the Cross. Fortitude and patience in suffering.** Every step of Our Lord's way of the Cross was an agony, and He had thousands ahead of Him. Christ here gives us an example of perseverance. His suffering surpassed the ability of nature to endure, and His life had to be miraculously preserved, that His Passion may continue. Have I ever been so desperate to escape suffering, that I have looked upon death as a relief? But our Lord prayed that death might be forestalled, that he might suffer even more. How can I refuse to suffer any trial, no matter how long or painful, seeing what God suffered for me?

**5th Mystery – The Crucifixion. Zeal for the salvation of souls.** All Our Lord's previous sufferings are renewed at His Crucifixion. His garments are ripped off, taking the skin with them, like a second Scourging. The jeers of the crowd renew the insult of the Crown of Thorns. Every breath, for three hours, requires the full weight of His body upon the nail wounds in His feet, another Carrying of the Cross. And He endures all this, knowing that a great multitude of sinners will still reject Him, and be lost forever in hell, renewing His Agony in the Garden. He cries out the first line of Psalm 21, *"My God, my God, why hast thou forsaken me?"* that we may know He understands what despair feels like. And yet, He thought not of himself, but only of others. Let us imitate Our Lord, and carry no anger, no bitterness, no resentment in our hearts for those who may have hurt us, but rather, pray with Christ "Father forgive them."

## LITURGICAL SCHEDULE

### SUNDAY, MARCH 3

#### Third Sunday of Lent

6:30 am John Boackle+ by Susan Childress  
8:00 am Terry McGrath+ by Chris Poletto  
9:30 am Davis Mcgrath+ by Chris Poletto  
11:00 am (High Mass) Pro Populo  
1:00 pm Special Intention by Anthony McFillin  
5:00 pm Vespers and Compline

### MONDAY, MARCH 4

#### Feria of Lent

8:30 am Sandy Hofmann+ by Maguire Family

### TUESDAY, MARCH 5

#### Feria of Lent

8:30 am Maria del Refugio Cabral Robles+  
by Gonzalez Family

### WEDNESDAY, MARCH 6

#### Feria of Lent

8:30 am Dwight Cole by Kathy Cole

### THURSDAY, MARCH 7

#### St. Thomas Aquinas, Confessor, Doctor

**8:30 am (High Mass)** Christine Harden by Kathy Cole

### FRIDAY, MARCH 8

#### Feria of Lent

8:30 am Barbara McCarthy  
6:00pm Stations of the Cross  
7:00 pm Vince Cole by Kathy Cole

### SATURDAY, MARCH 9

#### Feria of Lent

8:30 am Donald and Debra Williamson  
by Kendall Williamson

### SUNDAY, MARCH 10

#### Fourth Sunday of Lent (Laetare Sunday)

6:30 am Michael Childress+ by Susan Childress  
8:00 am FSSP and Preservation of the TLM  
9:30 am Timmy Contard+ by Angela Flees  
**11:00 am (High Mass)** Pro Populo  
1:00 pm William Schulz+ by Geraldine Schulz  
5:00 pm Vespers and Compline

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**Fr. Krager** is offering private intentions this week.

## ANNOUNCEMENTS

**Fr. Krager** returns this Sat, Mar 9.

**Next Sun, Mar 10 - Day Light Savings** begins. Please set your clocks one hour ahead so you are not late for Mass.

**2024 Holy Week Schedule** is now available on our website.

**Easter Flower Donation** envelopes are outside the office or in the vestibule. The 8:00am Mass on Easter morning will be offered for donors' intentions. Return to the office by Mar 24.

**Fridays in Lent - Vegetarian Potluck** in the parish hall starting at 4:45pm and ending in time for Stations of the Cross at 6pm. All are welcome to attend. Please bring a dish to share.

**Priest Meal Dishes:** Last chance to claim your dishes! Thank you to all who provide nourishing meals for our priests! Please check the table in the parish hall to claim any dishes from previous weeks.

**This Thu, Mar 7 - High Mass** at 8:30am for the feast of St. Thomas Aquinas.

**This Sat, Mar 9 - Leisure and Culture Game Night** from 6-9pm in the parish hall for adults 21+, to connect adults from all walks of life in an enriching environment. Come in your Sunday best or teatime attire. Contact Hope Hecker (h2jcxavier@gmail.com) with any questions.

**Next Sun, Mar 10 - FNE Butter Braid Sale** after all Masses. Please support them as they earn funds for summer camp! Online ordering available via QR code. Order deadline is Mar 10. Contact Danielle at 720-364-0578 with any questions. Thank you!



**Tue, Mar 12 - St. Joseph Business Club:** Join us for our next lunch and learn from 11:30-1pm in the parish hall. John Cichos will be presenting *Running a Catholic Business in a Modern World*. Sign up via Flocknote or QR code.



**Sun, Mar 17 - ARS St. Joseph Feast Day Celebration:** Join the Altar and Rosary Society in the church hall after all Masses as we celebrate (a little early) the Feast of St. Joseph with a traditional St. Joseph Altar. More details on back of bulletin!

**Sat, Mar 23 - Youth Group Movie Night:** Save the date! For ages 13-17 from 6-9pm in the St. Albert room. The movie will be Mel Gibson's *The Passion of the Christ*. Parents please note that this film has graphic portrayals of the violence of Our Lord's passion.

**Apr 5-7 - Catholic Healing Retreat:** Are you or someone you know suffering from the painful decision of an abortion? You are not alone. There is hope and healing after abortion. Please call to learn more about our confidential Rachel's Vineyard Colorado Catholic Retreat in Evergreen. Contact Lori at 303-904-7414 (no texts), email Ifrank.rvr@gmail.com, or visit rvrcolorado.org.

**Thu, April 11 - OLV High School** is holding an open house from 9-11am. Our Lady of Victory offers a joyfully Catholic classical education, affordable tuition, and small class sizes. RSVP via our website (www.ourladyofvictorydenver.com) where you can find more information about our school and other events.

## ANNOUNCEMENTS

### OLMC Homeschool Drama Club

This Sat-Sun, Mar 9-10 - Our Lady of Good Counsel Coop presents our two-part medieval production of Excalibur and Robin Hood in Ave Maria Hall at St. Mary's Catholic Church (5853 S Prince St.). Show times are Saturday 6pm and Sunday 3pm. All are welcome. Gratis!

**Fri, Apr 12 - Colorado March for Life** at the state capitol. Join us after the 8:30am Mass for a bring-your-own breakfast and afterwards we will head down to the capitol. There is a rally beginning at 11am with the March beginning at 12pm. The route will encircle the Capitol Complex.

**Summer Camps at Annunciation Heights:** Our summer camp schedule begins in June, with six one-week youth sessions and four family camps. Youth camp sessions are offered for boys and girls from grades 4 to 12. We are also launching our first summer of "Counselor in Training" program for Juniors and Seniors in High School. Programming will include climbing, hiking, small group formation, Mass outdoors, adoration, and much more. For info about dates, pricing, and to register, visit <https://annunciationheights.org>.

**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, Joanne Leary, Jamie Jimenez, Kim Poletto, Jacob, Jaxson, Indigo Williamson, Jeff McBride, Shannon Coffey

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

Thomas Morley, Patricia Jambor, JoAnn Ice, Geraldine Marie Pellant, Lydia Ferran, Francis Smith, James Sohmer, Fr. James Buckley FSSP, Tom Rogus, Irene Cornish, Mary Carter

### ALTAR FLOWERS

Lent is a penitential season, so there are no altar flowers this week.

### MONTHLY COLLECTION - February:

Offertory: \$101,557.61

Capital: \$3,165.66

Poor Box: \$693

### 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**







*Please join us for the 2nd annual ARS*

# St. Joseph Altar

*in the OLMC church hall  
Sunday, March 17, after all Masses.*



**Q:** What is the St. Joseph Altar (or Table)?

**A:** The St. Joseph Altar comes from Sicily, where it is told that St. Joseph, the island's patron saint, saved the inhabitants from starvation when they appealed to him to give relief from the drought and resultant famine. He is credited with sending the needed rain and later an altar was set up in appreciation, filled with the bountiful harvest, which was given to the poor.

The “tavola di San Giuseppe” has been traditionally erected in homes and parishes as an expression of veneration and gratitude to the Saint for prayers answered and favors received. It is made up of three tiers covered in white cloth, representing the Holy Trinity as well as the ascent from earth to heaven. An image or statue of St. Joseph sits at the top surrounded by flowers and greenery. Down below is displayed the Lenten feast of pastries, fruit and decorative breads for all to enjoy.



*The Altar and Rosary Society will be providing the sweets and treats for this Lenten feast. As the gospels tell us that the Holy Family was poor, in honor of St. Joseph, we will be collecting donations for the poor. This will give you the opportunity to fulfill one of the traditional pillars of Lent: almsgiving (to be practiced along with prayer and fasting).*

*So, on Sunday, March 17, wear red (in honor of St. Joseph) or green (in honor of St. Patrick) and join us in festivities in the church hall. If you'd like to bring food items to the happy event, you are welcome to do so. The categories are pastries, bread, fruit and gluten-free.*