



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.

Fourth Sunday after Easter

April 28, 2024

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
office.manager@olmcfssp.org
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



*Cum autem vénerit ille Spíritus veritátis
docébit vos omnem veritátem.*

From Fr. Krager

Vanity

The classic mnemonic device taught to us in seminary for the seven deadly sins is “PLACES G,” Pride, Lust, Anger, Covetousness, Envy, Sloth, and Gluttony. Thomas Aquinas, though, considers pride more generally as the animating force behind all sin, and instead of pride, names the first of the “seven deadlies” as vanity.

Pride and vanity, however, are very closely intertwined and even used interchangeably sometimes. Pride is the inordinate desire for excellence. Although God created us for excellence, indeed to share the divine nature in the form of Sanctifying Grace, pride desires excellence in a disordered way.

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Satan, for example, desired greatness as independent of God and His plan. Our first parents followed Satan's example by desiring to become like God on their own terms rather than God's.

Vanity is a close ally to pride. If pride is the interior rot, vanity is its external manifestation, desiring external glory. External glory, of course, is not evil in and of itself. God even promises it to the Saints, giving them robes and crowns in Heaven (Rev. 4, 1 Cor. 9). Vanity is the desire for that external stuff without having the interior qualities that merit those externals. A vainglorious man rejoices in being thought of as chaste even if he is in reality a serial adulterer, he rejoices in being thought of as honest even if he readily deceives others to get his way. It is an "empty" glory, and vain is another word for empty. Vanity enslaves us to the opinions of others.

The virtuous man lives for the good, the vain man lives for other people to perceive him as good regardless of his own personal goodness. The virtuous man strives to cultivate interior virtue and holiness so as to be worthy of the external glory that may be bestowed on him, either in this life or the next. The external glory itself, especially if it is received in this life, is a matter of indifference for the most part, it is just gravy.

Since vanity is about that disordered desire for attention and external glory, the virtue which most directly fights against it would be modesty. Contrary to what some will have you think, modesty is not first and foremost about female elbow concealment. It is a virtue which directs your external deportment according to right reason. That external deportment includes dress, but also speech, movements, and actions. Excessive focus on manner of dress can make us lose focus on the bigger picture of this beautiful and much neglected virtue. The modest man seeks proper decorum and comportment and does not put himself front and center, rather focusing on service to God and neighbor.

Pride can sometimes seem like a nebulous vice to combat, but vanity, being its external manifestation, is a little easier to spot. Fr Alphonsus Rodriguez SJ gives excellent advice on this matter in his book "Practice of Perfection and Christian Virtues."

"Let this be the first remedy against vainglory... setting ourselves to consider and examine attentively how the opinion and esteem of men is all a puff of wind and vanity, giving nothing and depriving us of nothing... The second means is to take very great care to let no expressions slip out of our mouths that may turn to our own praise... In the third place, we should go further and do all we can to keep secret the good works that we do... This is the precaution taken by travelers, to conceal the money they carry with them, for if they showed and made a display of it, the thief would catch sight of it and rob them... [Fourthly] be on your guard and do not aspire after the praises of men lest God should pay you therewith for any good you may happen to have done in this life... For the fifth remedy, take care to rectify our intention, raising our heart to God, and offering Him all our thoughts, words and actions, to the end that, when vainglory comes to claim a part of them, we may say to it "You come too late: all is already given to God."

LITURGICAL SCHEDULE

SUNDAY, APRIL 28

Fourth Sunday after Easter

6:30 am Hannah Oligny by Kevin Eubanks

8:00 am Mary Sweeney Dan Sweeney

9:30 am Holy Souls in Purgatory+ Seybert Family

11:00 am (High Mass) Pro Populo

1:00 pm Robert E. Dalton+

5:00 pm Vespers and Compline

MONDAY, APRIL 29

St Peter, Martyr

8:30 am For an End to Abortion

TUESDAY, APRIL 30

St. Catherine of Siena, Virgin

8:30 am OLMC Volunteers

WEDNESDAY, MAY 1

St. Joseph the Workman, Spouse of the BVM

8:30 am (High Mass) Martha Rojas+ by Laurel Family

THURSDAY, MAY 2

St. Athanasius, Bishop & Doctor

8:30 am Hugh Enockson by Gerrie Enockson

FRIDAY, MAY 3

Feria in Paschaltide

8:30 am Nora Rose+ by Karen Carver

7:00 pm Patricia Enockson+ by Hugh and Gerrie Enockson

SATURDAY, MAY 4

St. Monica, Widow

8:30 am (High Mass) Susan Blaufuss+ by Whittredge Family

SUNDAY, MAY 5

Fifth Sunday after Easter

6:30 am Susan Blaufuss+ by Whittredge Family

8:00 am Allen Yip+ by Michael and Michelle Felipe

9:30 am Matthew and Sydney Quartararo

by Barbara Ceurvels

11:00 am (High Mass) Pro Populo

1:00 pm Sophia Quartararo by Barbara Ceurvels

5:00 pm Vespers and Compline

Fr. Nolan's Private Intentions

29 Jake Zappa+ by Maguire Family

30 Anthony Verrone+ by George and Judith Lenormand

1 Henry Martin+

2 Gordon Collinson+ Charles and Anne Fitch

4 Nora Rose+ by Karen Carver

ANNOUNCEMENTS

Welcome to David Hughes the new choir director who will be completing his move from Connecticut to Colorado this week. David brings a wealth of talent and expertise to the OLMC music program which he is keen to develop and expand, particularly for youth and children.

Priest Meal Dishes: Thank you to all who provide our priests with nutritious meals. Please check the table in the parish hall to claim any dishes.

Pentecost Altar Flowers: Donation envelopes are in the church vestibule and office. The 8am Mass on Pentecost Sunday will be offered for the donors' intentions.

Archbishop's Catholic Appeal now underway is a way to give to parishes, schools, seminarians and Catholic charities in the Denver diocese. Learn more at archden.org/give.

This Wed, May 1 - High Mass at 8:30am for the feast of St. Joseph the worker


This Sat, May 4 - May Crowning: There will be a High Mass at 8:30am followed by a Marian procession and potluck breakfast. Please bring something to share.

This Sat, May 4 - Catholic Inquiry Classes for all those interested in learning about the Catholic Faith starting at 10:30am, taught by Fr Krager. There is no fee and no obligation to convert. If you are non-Catholic or away from the Church, you are strongly encouraged to come. Please encourage anyone you think might be interested to come. The worst they can say is no! Email Fr Krager with any questions.

This Sat, May 4 - Wine & Cheese Party: *Senectutem* invites youngish Catholics to a wine & cheese tasting party from 6-9pm. RSVP to Stephen Weigel 172student@gmail.com or 608-425-8721. More info in the Flocknote.

Thu, May 9 - Ascension Thursday is not a holy day of obligation in this diocese. Mass times will be 8:30am, 12pm, and 7pm (High Mass).

Thu, May 9 - The Marian Friars Minor (MFM) invite anyone interested in learning about the MFM Franciscan Third Order to a formation meeting starting at 5pm. *The Necessity and Duty to Obtain Holiness: A Reflection on the Imitation of St Francis of Assisi in Our Day* will be the topic. Please contact MFMThirdOrderCO@proton.me for more information and the meeting address.

Sat, May 11 - Confirmations and 1st Holy Communion: Help is needed to decorate, run, and clean up for the reception celebrating our class of 30 children receiving their first sacraments. You can volunteer via the QR code or on Flocknote. 


Tue, May 14 - St. Joseph Business Club: All are welcome to join us for our next lunch and learn from 11:30-1pm. More info to come.

Sun, May 19 - Women's Conference Tabling outside the front of the church and in the parish hall. Volunteer opportunities still available during the conference. Contact Jennifer at jtraughber2016@gmail.com.

ANNOUNCEMENTS

Spring Craft Fair

Next Sun, May 5 - after all Masses in the parish hall. This is a perfect opportunity to source unique handmade Catholic gifts for Mothers' Day, Weddings and First Sacraments.

Sat, Jun 8 - Father-Daughter Dance 5-9pm. Tickets are \$10 per person, 3 and under free, all ages welcomed. Please scan QR for more information and to purchase tickets. 

Mon, Jul 29 to Thu, Aug 1 - OLMC Girls' Summer Camp for OLMC parishioners ages 6-18. Sign up soon - the camp already is half full! Registration forms are available on Flocknote and in the parish office. All forms & payment are due to the OLMC business manager by 6/28/24. Adults interested in helping should contact the OLMC business manager and olmcsummercamp2024@gmail.com.

Appropriate Dress: Please show respect for Our Divine Lord and fellow parishioners at Mass. Men should be in collared shirts (no T-shirts with graphics etc.) and long pants. Ladies should be in opaque clothing coming up to the neckline front and back, covering the torso and shoulders/upper arms, skirts coming down to at least the knees.

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

Please Pray for the Sick

David Williamson, Joanne Leary, Jamie Jimenez, Kim Poletto, Jacob, Jaxson, Indigo Williamson, Jeff McBride, Shannon Coffey, Susan Martin, Miriam Halazon

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

The altar flowers this Sunday are donated for Natli Molloy+ by Carolyn Mulligan

The flowers before Our Lady of Guadalupe this Sunday are donated for Francis J. Smith+ by Tia Hadley

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



Our Lady of Mount Carmel



Spring Craft Fair

Sunday, May 5th

7am-2:30pm

In the Parish Hall

~Unique, handmade Catholic gifts~

Jewelry Art* Children's Books*

Rosaries Baked Goods*

Cards Accessories*

and much more!

*Find the perfect gifts for First Communions, Confirmations,
Weddings and Mothers' Day!*