



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.

PASTOR

REV. MATTHEW J. MCCARTHY, FSSP

ASST. PASTOR

REV. ERIC KRAGER, FSSP

father.krager@olmcfssp.org

OFFICE HOURS

MON - FRI: 9:15 AM - 4:15 PM

OFFICE MANAGER: Bruce Muhe, III

office.manager@olmcfssp.org

SECRETARY: Kaleigh Sims

secretary@olmcfssp.org

DIRECTOR OF MUSIC: David Hughes

music.director@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

Quinquagesima Sunday

March 2, 2025



*Interrogávit illum, dicens: Quid tibi vis fáciam ?
At ille dixit: Dómine, ut vídeam.*

From Fr. Krager

The Danger of Watering Things Down

In the 19th century, industrialization was in full swing. Formerly, most employment was in agriculture. Now the cities were filling and food suppliers had to intensify their efforts to feed everyone. Some unscrupulous men saw an opportunity to make a quick buck. Milkmen were the worst offenders, introducing additives to a high-price, high-demand commodity to make a tidy profit. At first, they just added a little water to stretch the volume. As more water was added, it became clear (literally and figuratively) that the milk was adulterated, so they took to adding chalk or plaster dust to thicken it up. The race to the

(Continued on page 2)

bottom eventually got so bad that the dairy salesmen were adding formaldehyde to the milk as a sort of super-preservative.

When children began dying from this “embalmed” milk, the public demanded action. Dr Harvey Washington Wiley of the US Department of Agriculture formed “The Poison Squad” whose members dined dangerously, eating meals adulterated with substances which Wiley thought were dangerous: dyes, preservatives, additives. With proof in hand, he eventually forced Congress to act, passing consumer protections. Things are, of course, far from perfect now, but I will wager you won’t find formaldehyde in your milk.

Faith, too, can be watered down. Formerly it provided the foundation of our identity and our communities. Now, it is often treated as a hobby which we give an hour to on Sundays. Maybe. How many times have we been surprised to find out that someone is a Catholic because, despite knowing many things about him, we never saw him pray, attend Mass, say or do anything which could distinguish him from a secular person?

Especially after the 1960s, we saw many signs of diluting the Faith. Catholic colleges and universities ceased to be Catholic. Priests and religious threw off their habits in favor of secular clothing. The moral demands of Christ took a back seat to social programs and dialogue with a Godless world. At first, everyone went along with this dilution, but our equivalent to the “embalmed milk” event came to pass. Religious indifference, Marriage and religious vows trampled without a second thought, and nothing less than mass apostasy.

As Catholics who have withstood this destruction, we need to do the work of Dr Wiley in destroying those dangerous toxins and dilutions of the Faith. One way to do this is taking Lent seriously. If Lent is easy for you, you are not doing it right. Pick something difficult which makes you uncomfortable. The greatest expression of love is sacrifice. If you are not sacrificing for God, you do not love God.

The traditional penances are prayer, fasting, and almsgiving. build your Lenten regimen around one form of each:

Prayer - Daily Mass once a week; Sunday Vespers at the parish; Compline (night prayer) at home using an app called IPieta (make sure it is set to the Traditional form!) or DivinumOfficium.com; Stations of the Cross.

Fasting - Cut out all snacking; abstain from alcohol or soda; eat breakfast quickly while standing; eat something you hate for one meal a day like plain oatmeal; abstain from meat more frequently than just Friday.

Almsgiving - Give until it hurts, not just from excess income. Many worthy causes need contributions: *My Father’s House* is a Catholic Denver-based charity which helps men reenter society from prison, giving them transitional housing, job placement assistance and life-skills training. Our Lady of Guadalupe Seminary in NE

LITURGICAL SCHEDULE

SUNDAY, MARCH 2

Quinquagesima Sunday

6:30 am John James Ahern+
by Brett and Maria Ammerman
8:00 am Shaffer Family
9:30 am Daniel and Cecilia Dougherty
by Michaela Dougherty
11:00 am (High Mass) Pro Populo
1:00 pm Rebecca Perez
5:00 pm Vespers and Compline

MONDAY, MARCH 3

Feria

8:30 am Kenneth V. Wilson+ by Muecke Family

TUESDAY, MARCH 4

St. Casimir, Confessor

8:30 am Special Intention by Tom Chavez

WEDNESDAY, MARCH 5

Ash Wednesday

8:30 am Gabriel Morton by Jessica Morton
12:00 pm Rebecca Perez and Family
7:00 pm (High Mass) Greg Gleason+
by Bob and Lorri Bolduc

THURSDAY, MARCH 6

Thursday after Ash Wednesday

8:30 am Daily Mass Congregation by Tom Chavez
7:00 pm Adoration and Benediction

FRIDAY, MARCH 7

St. Thomas Aquinas, Confessor and Doctor

8:30 am (High Mass) Souls of the SOMD+
7:00 pm (High Mass) Arnaldo Castañeda+
by Gonzalez Family

SATURDAY, MARCH 8

Saturday after Ash Wednesday

8:30 am Barbara McCarthy

SUNDAY, MARCH 9

First Sunday of Lent

6:30 am Henry Jerome Martin by Dave Parrott
8:00 am FSSP and Preservation of the TLM
9:30 am Robert E. Dalton+
11:00 am (High Mass) Pro Populo
1:00 pm Tom Longua+ by Dave Parrott
5:00 pm Vespers and Compline

trains priests for the FSSP. *The Benedictines of Our Lady of Ephesus* in Gower MO are fully traditional and flourishing, founding several daughter houses which need contributions to help with construction and repair work. *Saint Martin’s Academy* is a Kansas-based Catholic boy’s boarding school that is actually Catholic and that cultivates a deep spiritual life, provides a classical education, and has the boys work with their hands on the school’s farm.

ANNOUNCEMENTS

Current Canon Law on Abstinence, Penance and Fasting:

Days of Abstinence:

- Begins on one's 14th birthday
- Ash Wednesday and the Fridays of Lent
- Obliges abstinence from flesh meat

Days of Penance:

- Applies to all the Faithful
- Lent and Fridays outside of Lent
- Obligation is lifted on days celebrated as Solemnities

Days of Fast:

- Applies to everyone aged 18 to 59, inclusive
- One full meal permitted and two other meals may be taken which, when combined, are less than a full meal
- Ash Wednesday and Good Friday

This Wed, Mar 5 - Ash Wednesday: Masses will be at 8:30am, 12pm and 7pm High Mass. Ashes will be distributed promptly at the start of Mass.

Ash Wednesday is a day of Fast and Abstinence by law, not pious custom.

All Fridays in Lent are days of Abstinence by law, not pious custom.

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

Fridays in Lent - Stations of the Cross starting at 6pm in the church. Booklets will be provided. Mass will begin directly afterwards at 7pm.

The 7pm Friday Mass during Lent will be a high Mass.

This Mon, Mar 3 - Lenten Meditations: To the Desert: Online and in-person day of reflection with parishioner Daniel Campbell. Dates: 3/3 Online, 3/4 In person (St. John Paul II Center - 1300 S Steele St, Denver 80210) Time: 9:30am-1:30pm (Denver time) Cost: \$30 Video recordings provided.

This Tue, Mar 4 - Feast of the Holy Face of Jesus: Join us after the 8:30am Mass for a Holy Face Hour of Reparation. The community will make public reparation by praying together for our sins against Almighty God. An 1879 Veil of Veronica relic image sealed by Pope Leo XIII will be available for veneration.

Mar 5-Apr 14 - Behold Your King: Former parishioner Dr Alan Fimister will present a seven-part course on Catholic Social Teaching from Pope Pius XI's 1925 encyclical, Quas Primas, instituting the feast of Christ the King. Starts Mon Mar 5 at 10am MST or on demand for \$79. Visit: video.voiceofthefamily.com/courses/behold-your-king/

Next Sun, Mar 9 and Sun Mar 23 - FNE Butter Braid Sale after all Masses. Please support them as they earn funds for summer camp! Order deadline is Mar 23. Contact Danielle at 720-364-0578 with any questions.

ANNOUNCEMENTS

Parish Spring Outing:

Sun, Mar 16 - The parish is invited to join the FSSP seminarians at Main Event in Highlands Ranch at 2:30pm for bowling and an additional activity of choice. RSVP is required for accurate head count. RSVP deadline is next Sun, Mar 9. Scan QR code or see Flocknote for signup.



Sat, Mar 22 - Saint Martin's Academy is a boys Catholic boarding school that combines classical academics with a working farm program. Join us here in Denver to learn more, meet the faculty and alumni, support the mission, and enjoy good food and fellowship. RSVP with QR code.



Sep 28 - Oct 11 - 2nd Holy Face Pilgrimage of Reparation: Join Fr. Frank Furman and Jule Lane for a TLM pilgrimage to France. Places visited will include Holy Face Archconfraternity tombs of St Veronica & St Therese, and Mont St. Michel. Also, Marian Apparitions: Lourdes, La Salette and Rue de Bac. Additional sites: Paray le Monial (Sacred Heart), Notre Dame, Chartres, and Ars. For more info, scan QR code.



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, Jamie Jimenez, Jacob Jaxson, Indigo Williamson, Jeff McBride, Shannon Coffey, Miriam Halazon, John Filipeczak, Laurie Lewis, Cristina Vigil, Maria McKinley, Rebecca Noël Moser, Joanne Leary, Ronald Rider.

Please Pray for the Repose of the Souls of
Lance Martin, Marc Munoz, Jack Lappan, Earl Ammerman, Mary Robles, William Luetticke, Elvie Proto, Kim Poletto.

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

Sanctuary Flower Intentions		
Feast		Intention
Quinquagesima Sunday	Main Altar	John Hope+ by Charlotte Hope
	Our Lady of Guadalupe	Palaschak Family by Dianne Palaschak

Electronic Giving via Faith Direct



