



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. JOSEPH LOFTUS, FSSP
father.loftus@olmcfssp.org

ASST. PASTOR

REV. PADRAIC STACK
father.stack@olmcfssp.org

IN RESIDENCE

REV. JOSEPH DALIMATA, FSSP
father.dalimata@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

CONFESIONS

30 MINUTES BEFORE EACH MASS
SAT: 8 AM until the line is gone.
SAT: 3 - 4 PM

DAILY MASS
6:30 AM SUN - SAT
Carmelite Monastery

6138 S. Gallup St. Littleton, CO 80120

Second Sunday after Epiphany

January 18, 2026



*Et deficiēte vino, dicit mater Jesu ad eum:
Vinum non habent. (Jn 2:3)*

From Fr. Loftus

An excerpt from *The Consoling Thoughts of St. Francis De Sales*
Gathered and Arranged by Rev. Pere Huguet
INDIFFERENCE ABOUT OUR ADVANCEMENT IN VIRTUE (Part 1).

God has ordered us to do everything we can for the acquirement of holy virtues; let us, then, neglect nothing to succeed in this holy enterprise. But after we have "planted and watered," let us know that it is God who "gives increase" to the plants of our good habits and inclinations. We must, therefore, expect the fruit of our desires and labors from Divine Providence. And if we do not perceive the progress and advancement of our souls in a devout life to be such as we could wish, let us not be troubled, let us remain in peace, let tranquility ever dwell in our hearts.

(Continued on page 2)

It is for us to cultivate carefully our souls, and so far, we must be faithfully attentive. But as for the abundance of the harvest, let us leave the care of that to Our Lord. The laborer cannot be blamed if a splendid crop is wanting, but deservedly if he has neglected to till the ground and sow the seed.

Let us not be disturbed to find ourselves always novices in the practice of virtue; for, in the convent of a devout life, everyone considers himself always a novice, and the whole life there is destined to probation, no evidence being more convincing that one is not only a novice, but even deserving of expulsion and reprobation, than to imagine himself professed; for according to the rules of this order, it is not by the solemnity, but by the accomplishment of vows, that novices are professed.

Now vows are never accomplished, so long as anything remains to be done for their observance, and the obligation of serving God and of making progress in His love endures until death. "But," someone will say to me, "suppose I know that it is by my own fault my advancement in virtue is retarded, how can I prevent myself from being saddened and disquieted?" It is necessary to be sorry for faults committed, with a repentance, strong, calm, peaceful, and constant, not turbulent, not disheartened. Are you certain that your delay on the highway of virtue is the result of your own fault? If so, humble yourself before God, implore His mercy, entreat His forgiveness, confess your fault, and cry to Him for mercy, even in the ear of your confessor, to obtain absolution for it. But having done this, remain in peace, and having detested the offence, embrace lovingly the disquiet that is left to you for the delay of your advancement in good.

Behold this beautiful soul, I beg of you: it greatly desired and strove to get free from anger, in which God favored it, for He discharged it from all the sins that had previously proceeded from anger; it would now wish to die rather than say a single injurious word, or allow one sign of hatred to escape it. Nevertheless, it is still subject to the assaults and first movements of this passion, which are certain starts, shocks, and sallies of an irritated heart, that the Chaldaic paraphrase terms tremblings or flutterings, saying: "Tremble, and sin not," where our sacred version has it: "Be angry, and sin not"; which is in fact the same thing; for the prophet only means to say, that if anger surprises us, exciting in our hearts those first flutterings, we must take care not to allow ourselves to be carried further, or we shall commit "sin." But though these tremblings are no sin, yet the poor afflicted soul is often troubled and disquieted by them, and thinks it does well to be sad, as if it were the love of God that could produce this sadness. Heavenly love does not produce this sadness, for it is offended only with sin; it is our self-love, which would have us exempt from the pain and labor attached to those assaults. It is not the fault that displeases us in those bursts of anger, for there is no sin therein; it is the pain of resisting them that annoys us.

LITURGICAL SCHEDULE

SUNDAY, JANUARY 18

Second Sunday after Epiphany

6:30 am Dominic, Rachel and Jacob Lee by Laura Lee

8:00 am Esteban/Tillie Mosqueda+

by Hugh/Gerrie Enockson

9:30 am Mary Grace McCool

11:00 am (High Mass) Pro Populo

1:00 pm Fr. Jose Maria Salgado, FSSP+ by Jule Salazar

5:00 pm Solemn Vespers and Compline

MONDAY, JANUARY 19

Feria

8:30 am Dan Gevara+ by David Wilson

TUESDAY, JANUARY 20

Ss. Fabian, Pope, and Sebastian, Martyrs

8:30 am Maria Ann Lang by Gwyn Duke

WEDNESDAY, JANUARY 21

St. Agnes, Virgin and Martyr

8:30 am Debra Harris by Sally Woods

THURSDAY, JANUARY 22

Ss. Vincent and Anastasius, Martyrs

8:30 am For an End to Abortion

FRIDAY, JANUARY 23

St. Raymond of Peñafort, Confessor

8:30 am Private Intention by Sanchez Family

7:00 pm Neva Wilson+ by Wilson Family

SATURDAY, JANUARY 24

St. Timothy, Bishop and Martyr

8:30 am OLMC Volunteers

SUNDAY, JANUARY 25

Third Sunday after Epiphany

6:30 am David and Kerry Feist Family

8:00 am Personal Intention by Tom Chavez

9:30 am Miriam Halazon by Fred Halazon

11:00 am (High Mass) Pro Populo

1:00 pm Kyrillos Bunderson by Carl Bunderson

5:00 pm Solemn Vespers and Compline

Fr. Stack's Private Intentions

19 Kate Schwach by Marc Schwach

20 Daniel Calderon Acosta+ by Otilia Calderon

21 Alfonso and Shabda by Sanchez Family

22 Claudia Sanchez by Mason Inman

24 Holy Souls in Purgatory+ by Louis Pippin

Fr. Dalimata's Private Intentions

21 Neva Wilson by Wilson Family

22 Cecilia Margarita Alba Sanchez

23 Dymphna Gergerich by Sherry So

24 So Children by Sherry So

ANNOUNCEMENTS

Yearly Donation Statements will be available at the parish office at the end of January.

The Parish Office will be closed tomorrow.

Fr Dalimata is away until Tuesday.

Today - Signature Gathering for CO Ballot Initiatives in the social hall to put the following on the ballot:

- 108 - Punishment for Child Traffickers
- 109 - Protecting Girls Sports
- 110 - Prohibiting Gender Transition Surgeries on Minors

2026 FSSP Calendars are still available for \$10 on the Parish Bookshelf.

Today - Irish Dance Ceili: Bring the family and join us for an Irish Dance Ceili on January 18th at 6:00pm after Vespers. No experience is required and partnered group Ceili dances will be taught as part of the event. Fr. Loftus will be making an appearance with his fiddle! Bring an appetizer to share. The event is free, though donations will be accepted to defray costs. RSVP to attend: johannaconder@yahoo.com

This Thu, Jan 22 - Roe vs Wade Anniversary is a day of penance per the USCCB. The Mass of the day will be the Votive Mass for Peace.

This Sat, Jan 24 - Planned Parenthood Prayer Vigil: Join us for our monthly parish prayer vigil starting at 10:15am. The abortuary is located at 7155 E 38th Ave. in Denver.

Sun, Jan 25 - The Shroud of Turin: Jesus, Our Hope with Fr. Andrew Dalton. Presentation is at Holy Family High School, 5195 W. 144th Ave, Broomfield from 2-4pm in the Theater, Shroud exhibit following. RSVP by scanning QR code or see Flocknote.

Sat, Jan 31 - Hidden War: Join us for a private screening of Tim Ballard's documentary on human trafficking at 5:00 pm in the parish hall. The Director of Special Operations for the Tim Ballard Foundation, Tye Holland, will be available to answer questions following the screening. Scan QR to RSVP.

Mon, Feb 2 - Candlemas High Mass at 7pm begins with the blessing of candles. Candles to be blessed can be dropped off in front of the Divine Mercy Image in the church before Mass.

Tue, Feb 3 - St. Blaise Throat Blessing will be given after the 8:30am Mass at the communion rail.

Feb 7-8 - Being Catholic in the Modern World - a conference in Houston on, featuring speakers Bishop Joseph Strickland, Father Chad Ripperger, Mr. Kyle Clement, and Dr. Annie Tinnin. For more details and to register, use the QR code.

Holy Land Pilgrimage - Jan 25-Feb 04, 2027: The pilgrimage is organized by George Bannoura, the proprietor of Bethlehem Handicrafts whose extended family still lives in Bethlehem. Fr McCarthy will be pilgrimage chaplain. Use the QR Code for more information and to register online. Informational brochures are available outside the parish office.

ANNOUNCEMENTS

Young Catholic Professionals

This Tue - Jan 20: *Young Catholic Professionals* will host its *Executive Speaker Series* event at OLMC. General Kevin P. Chilton, an independent national security consultant and retired U.S. Air Force general who served more than 34 years, culminating as Commander of U.S. Strategic Command will speak about the power of Providence in his life's journey and his deep devotion to the Eucharist which he brought with him on all three Space Shuttle missions. For more info & to register, scan QR code.



Schedule:

- 6:30 PM-7:15 PM – Check-in & Networking
- 7:15 PM-8:15 PM – Talk & Q&A
- 8:15 PM-9:00 PM – Closing Prayer & Networking

Feb 27 - Mar 1 - Retrouvaille Marriage Retreat: No matter how close or far apart you may feel, the Retrouvaille program offers a path to reconnect and heal. You are not alone. Many couples have found renewed love, deeper communication, and lasting peace. Take the first step toward rediscovering the relationship you once cherished. Visit retrouvailleofdenver.org to learn more or to register.

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 Filipczak, Cristina Vigil, Maria McKinley, Rebecca Noël Moser, Joanne Leary, Ronald Rider, Robert Tancredi, Pat Bergman, Maria Lonardo.

Please Pray for the Repose of the Souls of

Michael Anderson, Fr. James B. Doran, John & Eugenia Casbergue, Ronald & Dorothy Seybert, Blake Bratcher, James Hamm, Tony Morley, Susan Martin, Joyce Doherty.

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
Second Sunday after Epiphany	Main Altar	Daniel Orcutt+ by Mary Baker
	Our Lady of Guadalupe	In Honor of the BVM by Matthew Dvornak

Electronic Giving via Faith Direct





THE MEANING OF THE MASS

*with Fr.
Dalimata*

Part I: Thu, Jan 22

This is My Body

Part II: Fri, Jan 23

This is My Blood

5:45pm-6:45pm

**Open to all adults of the parish, or to
15yo+ who are accompanied by a parent
or guardian.**