



# 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. 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

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### 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**

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### 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**

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

## Third Sunday after Epiphany

### January 25, 2026



*Dómine, non sum dignus, ut intres sub tectum meum:  
sed tantum dic verbo et sanábitur puer meus. (Mt 8:8)*

### From Fr. Stack

"I have discovered that all the unhappiness of men arises from one single fact, that they cannot stay quietly in their own chamber... on further consideration, when, after finding the cause of all our ills, I have sought to discover the reason of it, I have found that there is one very real reason, namely, the natural poverty of our feeble and mortal condition...when we imagine a king attended with every pleasure he can feel, if he be without diversion, and be left to consider and reflect on what he is, this feeble happiness will not sustain him." (1)

(Continued on page 2)

In paragraph 139 of his *Pensées*, Blaise Pascal writes one of his most famous lines in which he claims to have discovered the reason for humanity's unhappiness—namely, an inability to sit quietly in one's room. Pascal is not suggesting that we should all live lives of solitary confinement, though one might argue that this would at least eliminate inter-personal conflict. Instead, as Pascal continues to reflect upon the need for solitary time in silence, he indicates that this will force an individual to "reflect on what he is." (2)

Pascal titles this paragraph "Diversion", and though he lived in the 1600s, it is clearly worth consideration in our own day. We live in a time fraught with diversions, that is distractions, a time in which people cannot sit still for more than one second before reaching for their phone. No matter whether we are in a home, a car, a restaurant, or merely walking down the street, we are assaulted by distractions—advertisements, news, sports, food, drugs, etc.

What if, as Pascal suggests, we take a moment to consider "the natural poverty of our feeble and mortal condition"—memento mori? Can we not see that all of the distractions that offer a moment of fleeting pleasure can do nothing to preserve us from death? And, in so remembering death, ought we not consider Life and then, who we are as His creature? This, of course, necessitates time of solitary prayer in the silence of our room, just as our Lord instructed: "when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place" (Mt 6:6).

Sadly, the notion of silence, let alone prayer in the midst of silence, terrifies most people. We are often afraid to look into the mirror of silence and confront our true self illumined by the God who speaks to us there with a still quiet whispering sound. So, we busy ourselves with the plethora of diversions that offer a moment of distraction from the nagging questions, "who am I, how have I been made, and for what purpose?" However, should we set to task taking time for solitary prayer in the silence of our inner room, we might discover the One who is the source of happiness and who will make up for our poverty. Then, we will no longer need to waste time on such absurd diversions as whether a man can get pregnant. Instead, we will come to know what man is and the God for whom man was made and to whom we will render an account when death removes all diversions.

1. Blaise Pascal, *Pensées*

2. As a brief aside, the question, "What is a Man?", is apparently a needed follow-up to the question, "What is a Woman?" posed by Matt Walsh a few years ago, this being evidenced recently by the interchange between Senator Josh Hawley and Dr. Nisha Verma - a medical expert - who could not state the very simple biological reality that men cannot get pregnant. How can a licensed MD not state this truth?

## LITURGICAL SCHEDULE

### 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 Kyrollos Bunderson by Carl Bunderson  
5:00 pm Solemn Vespers and Compline

### MONDAY, JANUARY 26

#### St. Polycarp, *Bishop and Martyr*

8:30 am Laura Horn

### TUESDAY, JANUARY 27

#### St. John Chrysostom, *Bishop and Doctor*

8:30 am Gregory Woods by Sally Woods

### WEDNESDAY, JANUARY 28

#### St. Peter Nolasco, *Confessor*

8:30 am Bob Bunderson by Carl Bunderson

### THURSDAY, JANUARY 29

#### St. Francis de Sales, *Bishop and Doctor*

8:30 am Children of Susan Martin by Legion of Mary

### FRIDAY, JANUARY 30

#### St. Martina, *Virgin and Martyr*

8:30 am Jude Finney by Raymond and Meghan Young  
7:00 pm Joanie Ewig+ by Anderson Family

### SATURDAY, JANUARY 31

#### St. John Bosco, *Confessor*

8:30 am Paige Lyon by Ward and Rachelle Lyon

### SUNDAY, FEBRUARY 1

#### Septuagesima Sunday

6:30 am Sr. Veronica Marie, Daughters of Mary, MIH  
by Cordelia Peterson  
8:00 am Sam and Hannah Anderson by Kim Anderson  
9:30 am James Hamm+ by Fleischer Family  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Jim Gallagher+ by Perkins Family  
5:00 pm Solemn Vespers and Compline

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### Fr. McCarthy's Private Intentions

**27** Sydney Markich

**28** James and Jeanné Reed Family

**29** Agnes Josephine Jazo-Castaneda

**30** Pope Leo XIV

**31** Archbishop Aquila

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### Fr. Dalimata's Private Intentions

**26** Cecilia Margarita Alba Sanchez

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**28** Susan Martin+ by Legion of Mary

**29** Troy Ament+

**31** Susan Hranicka by Cordelia Peterson

## ANNOUNCEMENTS

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

**Lost and Found:** Please check the table in the parish hall and collect any of your lost property.

**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

**This Wed, Jan 28 - Men's Group:** Men of the parish are invited to pray the rosary at 6pm in the church. A talk will follow in the parish hall about fasting and how we can be ready for the holy season of Lent.

**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.

**Sat, Feb 7 - The Confraternity of Christian Mothers:** Women of the parish are invited to our meeting after the 8:30am Mass in the St. Albert Room. Bring a brunch item to share, if you are able. Babysitting provided.

**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.



**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](http://retrouvailleofdenver.org) to learn more or to register.

**Bosco Ministries Summer Camps 2026:** Registration opens on Jan 31. Please see the back of the bulletin for the QR code to register. The camp dates are as follows:

- Camp St. Isaac Jogues (boys 13-15): June 12-23
- Camp St. Peter Session 1 (boys 13-15): July 10-21
- Camp St. Peter Session 2 (boys 13-15): July 24- August 4
- Sursum Corda (boys 13-15): June 30- July 12
- Peru Mission Trip (men 17-24): August 6 - Aug 22

**Italy Holy Face Pilgrimage of Reparation - October 4-17, 2026:** Led by Fr. Frank Furman and Jule Lane, this Italian pilgrimage of reparation, the Holy Face and Eucharistic Miracles feature five Eucharistic miracles, Rome's four major basilicas, the Vatican Museums with the Sistine Chapel, and sites honoring Blessed Maria Pierina de Micheli, two Marian apparitions, St. Padre Pio and St. Michael's Cave, the Veil of Manoppello, the Holy House of Loreto, St. Rita and St. Carlo Acutis, St. Francis of Assisi and St. Clare, as well as St. Catherine of Siena and St. Gemma. Scan QR code for more information and to register.



## ANNOUNCEMENTS

### Hidden War

**This Sat, Jan 31** - 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 code to RSVP.



**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 the chaplain for the pilgrimage. Scan QR Code for more info and to register online. Informational brochures are available outside the parish office.



**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, 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
III Sunday after Epiphany	Main Altar	Nancy Lang by Gwyn Duke
	Our Lady of Guadalupe	In Honor of the BVM by Matthew Dvornak

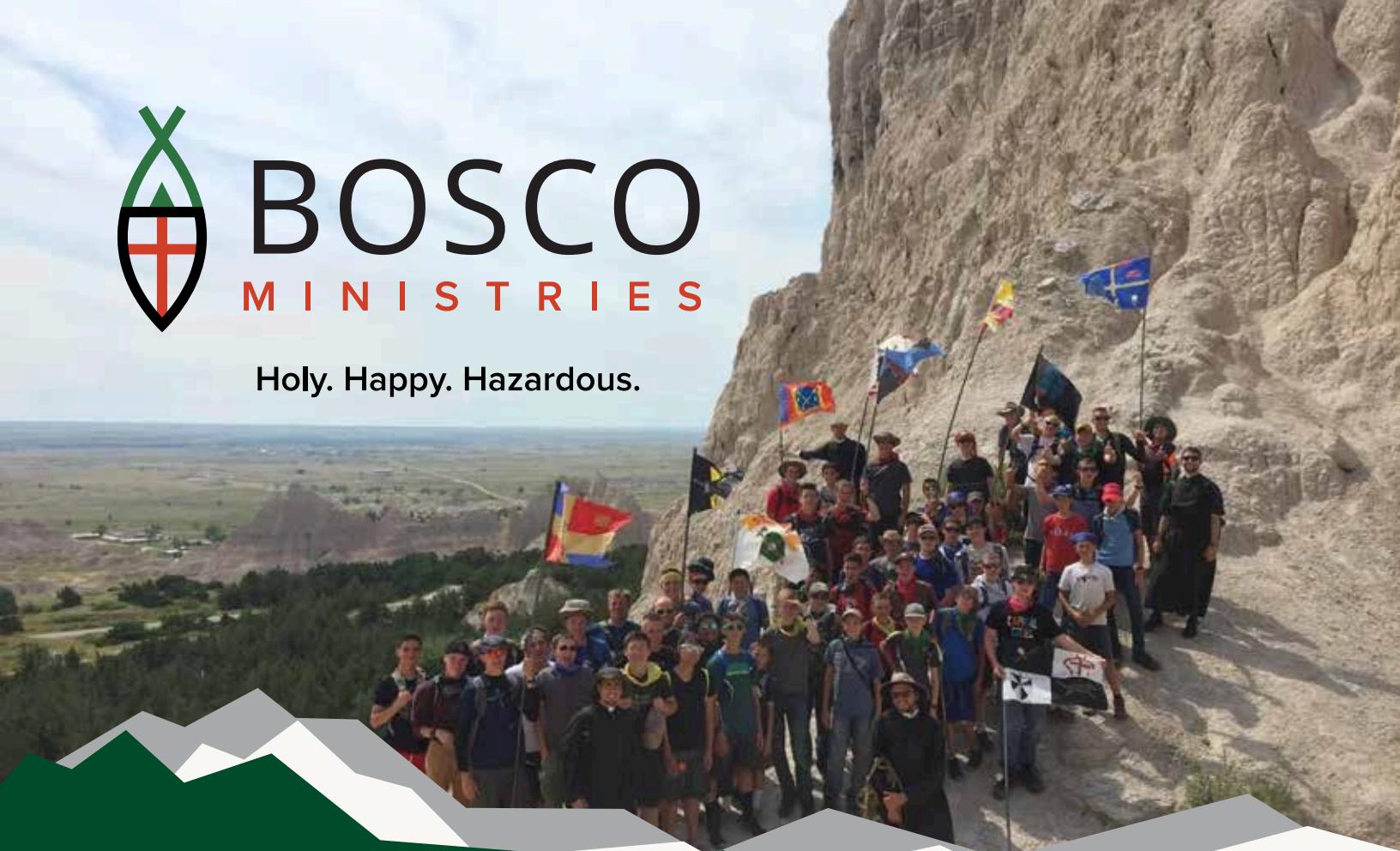
### Electronic Giving via Faith Direct





**BOSCO**  
MINISTRIES

Holy. Happy. Hazardous.



## Forming the Hearts of Boys and Men

Through adventurous Catholic experiences led by FSSP priests and seminarians, Bosco Ministries engages participants in the wonder of God's creation, deepening their faith, strengthening their heart, giving them resilient joy. Inspired by the Preventative Method of St. John Bosco, our programs leverage the presence of the clergy to help participants build a real human connection with the Church, so that they might live AND love the Faith.

## Applications for Summer Programs Open January 31!

Applications for summer 2026 programs will open at the conclusion of an informational webinar on January 31st at 5:30pm MST. Register for the webinar or explore Bosco Ministries and its programs using the links below!

[Explore Programs](#)

[Register for Webinar](#)

[Subscribe for More](#)



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[boscoministries.org/join](http://boscoministries.org/join)