



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

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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

CONFESSIONS

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

First Sunday of Lent

February 22, 2026



Si Filius Dei es, mitte te deorsum. Scriptum est enim: Quia angelis suis mandavit de te, et in manibus tollent te, ne forte offendas ad lapidem pedem tuum. (Mt 3:6)

From Fr. Stack

This first Sunday of Lent reminds us that at the outset of His public ministry Our Lord fasted. It is a practice which is not strictly Catholic as it long predated Our Lord and now is even being promoted in the secular world as a means to good health. However, during this season in which we enter into the desert with our Lord for 40 days, we are not so concerned with fasting for the sake of physical health but spiritual as is evidenced by the very prayers of Holy Mass. Internet columnist Michael Foley wrote about these goals of fasting as noted in the liturgy itself (1).

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Goals of Fasting (Michael Foley, *New Liturgical Movement*)

As one of my friends jokes, the Great Fast is not “Forty Days to a Thinner, Hotter You.” Fasting is not dieting, which aims to improve the body or its appearance; neither is it an assault on the body, as if the body were an evil to be punished or a stumbling-block to holiness. In fact, the fine Catholic art of fasting, this most bodily of acts, has almost nothing to do with the body and virtually everything to do with the soul. The traditional Preface for Lent helps us understand this profound paradox when it asserts that God Himself uses our “fasting of the body” to “curb our vices, elevate our minds, and bestow virtue and reward.” Let us look at each of these in turn with the help of the traditional Mass prayers for Lent.

Curb our vices. Bad moral habits (i.e., vices) can remain in a soul even after it has been absolved of its sinful acts through Confession; and concupiscence (a proclivity to evil) remains in the soul even after it has been cleansed of original sin through Baptism. The Christian response to both is a habit of mortifying the “flesh,” by which is meant not the body per se, but the soul’s bodily desires wounded and disordered by concupiscence or vice. In particular, the mortification through prayerful fasting is a powerful means of loosening the grip that vice and concupiscence have on us. Accordingly, the proper prayers during Lent describe the Great Fast as “medicinal” or “healing” for both body and soul.

Elevate our minds. God willing, bodily mortification leads to spiritual renewal - or to put it in horticultural terms, the “pruning” of the flesh can cause a “growth spurt” in the soul. A recurring theme of the proper prayers of Lent is for the outward acts of fasting to effect an inward transformation. We want God to “enlighten our minds... so that we may see what should be done and be able to perform what is right.” It is by being instructed in heavenly disciplines, in turn, that the fast is made profitable. Paradoxically, the habitual feeling of compunction and contrition that bodily penance encourages is a life-affirming disposition that brings with it great peace of mind. One Lenten Collect sums up this ascetical pattern nicely:

Grant...that these fasts which chasten us may also fill us with holy joy: that with our earthly affections weakened, we may more easily grab onto the things of heaven.

Bestow virtue and reward. With God’s grace, prayerfully abstaining from food strengthens our fallen natures to abstain from vice, and abstaining from vice makes it easier for us to follow justice. An increase of virtue in general is the goal of fasting, and an increase of charity in particular is a principal goal of the Great Fast. From the earliest centuries, the Church has emphasized that Lenten asceticism is meant to increase our love of God and of our brothers in need. Money saved because of fasting, for example, should be given to the impoverished: as Pope Saint Leo the Great put it, “May the abstinence of the fasters be the refreshment of the poor.”

(1) <https://www.newliturgicalmovement.org/2022/03/the-great-fast.html>.

LITURGICAL SCHEDULE

SUNDAY, FEBRUARY 22

First Sunday of Lent

6:30 am Pope Leo XIV

8:00 am Susan Martin by 6:30am Breakfast Club

9:30 am Jason Ogden by Ann Glaser

11:00 am (High Mass) Pro Populo

1:00 pm Allen and Judith Murphy by Allen Murphy

5:00 pm Solemn Vespers and Compline

MONDAY, FEBRUARY 23

Chair of St. Peter (Transferred)

8:30 am (High Mass) 2nd Littleton FNE Troop

by Stacie Eggemeyer

TUESDAY, FEBRUARY 24

St. Matthias, Apostle

8:30 am Archbishop Aquila

WEDNESDAY, FEBRUARY 25

Ember Wednesday in Lent

8:30 am Rodger and Regan Daley by Allen Murphy

THURSDAY, FEBRUARY 26

Feria of Lent

8:30 am Emelia Trujillo by Paul Trujillo

FRIDAY, FEBRUARY 27

Ember Friday in Lent

8:30 am John Jambor+ by Bruno Jambor

6:00 pm Stations of the Cross

7:00 pm (High Mass) Jon and Mary Gossman

by Emma Hecker

SATURDAY, FEBRUARY 28

Ember Saturday in Lent

8:30 am Diane Veazie by Milly Ritter

SUNDAY, MARCH 1

Second Sunday of Lent

6:30 am OLMC Volunteers

8:00 am Susan Martin+ by 6:30am Breakfast Club

9:30 am Sullivan Family

11:00 am (High Mass) Pro Populo

1:00 pm Gene McCaffrey by Jule Salazar

5:00 pm Solemn Vespers and Compline

Fr. Dalimata’s Private Intentions

23 Robert Duran+ by Emma Hecker

24 David Trujillo, Sr.+ by Paul Trujillo

26 Godchildren of Jule Salazar by Jule Salazar

28 Kenton True by Harry True

ANNOUNCEMENTS

Fr. Loftus is away Feb 23-Mar 6 inclusive.

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

Today - FNE Butter Braid Sale after all Masses. Delivery will be the evening of Thu, Mar 26. Please support them as they earn their Summer Camp dues. Scan QR code to order online through Feb 28.



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. High Mass will begin directly afterwards at 7pm.

Fridays in Lent - The Friday Evening Mass will be a high Mass. This is a good opportunity to hear the beautiful chant for the penitential Masses of Lent.

This Thu, Feb 26 - Adult Catechesis: Fr. Dalimata will be giving a presentation of what is commonly known as 'The Preventative Method' of youth formation. The talk will focus specifically on how this method forms the youth in a close relationship with God through the church and on how to implement this today in our families and communities. Open to all adults. More information on the back page

This Sat, Feb 28 - 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.

This Sat, Feb 28 - OLMC Chant Workshop: Dr. Edward Schaefer, a renowned scholar of Gregorian chant, will present a workshop on the study of chant from manuscript sources. The topics which Dr. Schaefer will address: *The Theology of Chant, Introduction to Semiology, Where does chant come from? How did it come to be the music of the Church?*, and *Working with longer, more elaborate melodies.* The workshop is open to any interested parishioners, but RSVP is necessary. For more information and to sign up, please use the QR or see Flocknote



ANNOUNCEMENTS

Triumph of the Heart Film Screening

This Sat, Feb 28 - The parish will be hosting a private screening of the film *The Triumph of the Heart*, based on the life of St. Maximilian Kolbe in the Auschwitz concentration camp during World War II at 5pm. It is an intense film and parents of younger children will need to exercise discernment and discretion in allowing their children to see it. Please scan QR code to RSVP



K of C Baby Bottle Drive in support of our Aid and Support After Pregnancy (ASAP) program, which helps women who choose life through pregnancy resource centers. Pick up a bottle from the parish hall beginning March 1 and return it filled with loose change or bills by March 31. For questions, contact James Cook at jamescook1295@gmail.com

Sun, Mar, 8 - OLMC Blood Drive from 10:30am-2:30pm in the St. Elijah Room hosted by the Knights of Columbus and run by Vitalant. Please sign up using QR code. Walk-ins welcome. An excellent Lenten exercise.



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 Filipezak, 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

Fr. James B. Doran, John & Eugenia Casbergue, Ronald & Dorothy Seybert, Blake Bratcher, James Hamm, Tony Morley, Susan Martin, Joyce Doherty, Keith Hoyt, Mary Spreier

HOMEBOUND

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

ALTAR FLOWERS

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

Electronic Giving via Faith Direct



St. John Bosco's + Preventative Method of Disciplining, Educating, & Raising Children



Thursday,
February 26

5pm: Potluck
Talk will begin
at 5:45pm

Our Lady of Mount
Carmel Catholic
Church

5612 S Hickory St
Littleton, 80120

Free and Open
to all Adults,
and youth ages
14+

Speaker **Fr. Joseph
Dalimata, FSSP**

St. John Bosco's love for and success in education for the youth is legendary. But, contrary to what we might think, his success was not merely an effect of his outstanding holiness and charismatic personality.

St. Bosco's system known as the Preventative Method contributed to his renowned success with youth of all backgrounds. Come learn about his system, along with its principles and practical guidelines, and how we can apply it today in families, schools, and youth ministry.

*Free Childcare provided, goodwill donations accepted. Please [RSVP HERE](#) for childcare.

CO-HOSTED BY:

+ **OLMC HOMESCHOOLING MOTHERS &
OLMC CONFRATERNITY OF CHRISTIAN MOTHERS**

Fr. Joseph Dalimata is the Co-Founder and CEO of Bosco Ministries, which hosts boys' camps, retreats, and mission trips staffed by the priests and seminarians of the FSSP. Fr. Dalimata is passionate about human and spiritual formation for men and boys, beautiful liturgy, and the proclamation of the Truth that is Jesus Christ to all men. He is guided by the firm belief, taken from St. John Bosco, that to be fully Catholic is also to be truly joyful.