



# 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**

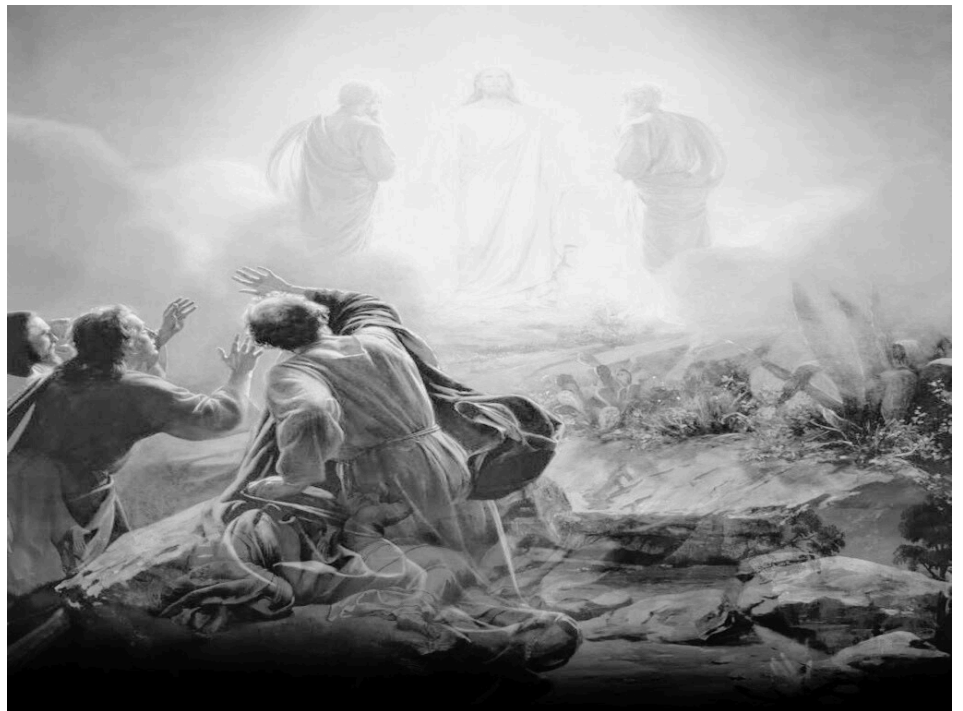
DAILY MASS  
**8:30 AM MON - SAT**  
**Also 7:00 PM FRI**

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

## Second Sunday of Lent

### March 1, 2026



*Et resplénduit fácies eius sicut sol: vestiménta autem eius facta sunt alba sicut nix. Et ecce apparuérunt illis Moyses et Elías cum eo loquéntes. (Mt 17:2-3)*

**From Fr. Dalimata**

The Season of Lent is rich in liturgical food for thought. Every day of Lent has a proper Mass. There are also the seasonal hymns of the breviary and Roman Missal that adorn this time of the year. Reading and meditating on these texts is an excellent way to enter more deeply into the spirit of Lent. Of all these ways it is the poetry of the liturgy that most appeals to me. Throughout the liturgical year the heart of the Church beats with high emotion, sometimes in sorrow and mourning, other times in exuberant joy or quiet gratitude. The hymns for Lent guide our hearts, aid us in seeking out the correct dispositions so that we can be receptive to all the rich graces of this penitential season.

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My personal favorite of this time is the hymn that we pray in the Divine Office at the hour of Lauds (the official morning prayer of the Church). *O Sol Salutis Intimis*. Here is a translation of that hymn:

*Jesu salvation's Sun Divine,  
Within our inmost bosoms shine,  
With light all darkness drive away  
And give the world a better day.*

*Now days of grace with mercy flow,  
O Lord, the gift of tears bestow,  
To wash our stains in every part,  
Whilst heavenly fire consumes the heart.*

*Rise, crystal tears, from that same source  
From whence our sins derive their course;  
Nor cease, till hardened hearts relent,  
And softened by your streams, repent*

*Behold, the happy days return,  
The days of joy for them that mourn;  
May we of their indulgence share,  
And bless the God that grants our prayer*

*May Heaven and earth aloud proclaim  
Trinity's almighty fame;  
And we, restored to grace, rejoice  
In newness of both heart and voice.*

A few thoughts on this hymn. Our Lord has said, "Out of the abundance of the **heart** the mouth speaks" (Matthew 12:34). He has also said, "You shall love the Lord your God with all your **heart**, and all your soul, and with all your mind" (Matthew 22:37). Our Lord is saying that conversion is not just about behavior. It is not just about learning. It is not even just about simply frequenting the sacraments. It is not only a matter of the *mind* nor even of just the *soul*. Conversion is truly also a matter of the **heart**. This hymn echoes that beautifully. It poetically develops what Our Lord said, that conversion is not simply a behavioral, nor merely an intellectual process. It is also a process of the heart, of our affections. Sometimes we think that conversion is simply learning to *resist* our inclinations to sin. But what if they could be changed? Is it really possible NOT to desire sin? What does a conversion of the heart mean if not that it is possible for our affections, our desires to be converted as well as our mind?

This hymn asks that the light of Christ shine so brightly in our hearts that it purge away all desires that are not for Him, that our hard hearts be so softened that we would weep with sadness for our misery and in embracing that sadness, experience the joy of true conversion. These are not merely intellectual concepts. They are realities of the heart that the Church prays we truly experience. Pay attention to the liturgy of this time and notice how frequently throughout the liturgy the Church prays, not simply that we stop sinning, but that we turn with our whole heart, our entire being and all our affections, towards God and away from sin.

## LITURGICAL SCHEDULE

### 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

### MONDAY, MARCH 2

#### Feria of Lent

8:30 am True Family by Harry True

### TUESDAY, MARCH 3

#### Feria of Lent

8:30 am Dianne Trujillo+ by Paul Trujillo

### WEDNESDAY, MARCH 4

#### Feria of Lent

8:30 am Nancy Miller+ by Mark Miller

### THURSDAY, MARCH 5

#### Feria of Lent

8:30 am Virginia Willow Peterson  
by Chris and Shari Nearing

### FRIDAY, MARCH 6

#### Feria of Lent

8:30 am Members of SOMD+  
6:00 pm Stations of the Cross  
**7:00 pm (High Mass)** Confraternity of St Peter Intentions  
by Brad Farr

### SATURDAY, MARCH 7

#### St. Thomas Aquinas, Confessor and Doctor

**8:30 am (High Mass)** 1st Littleton FNE Troop  
by James Eggemeyer

### SUNDAY, MARCH 8

#### Third Sunday of Lent

6:30 am Barbara McCarthy  
8:00 am FSSP and Preservation of TLM  
9:30 am Dan Seltzer by Jack Turner  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Nora Gean Aslin by Mary Hanson  
5:00 pm Solemn Vespers and Compline

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#### Fr. McCarthy's Private Intentions

**2** Tim and Amy Shaw Family by Richard Shaw  
**3** Harry True  
**4** Wyatt Peterson by Chris and Shari Nearing  
**5** Nancy Miller+ by Mark Miller  
**7** Private Intention by Brad Farr

#### Fr. Loftus' Private Intentions

**2** Hank Gibson+ by Rick Mudd  
**3** Judy Shaw by Richard Shaw  
**4** Aaron Genders by Sydney True

## ANNOUNCEMENTS

**Fr. McCarthy** will be away from 3/3-3/5 inclusive.

**Next Sun, Mar 8 - Daylight Savings Begins.** Please remember to adjust your clocks forward one hour on Saturday evening.

### **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

**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.

**Plenary Indulgence – Jubilee Year of St. Francis** On January 10, 2026, the Holy See announced a special Jubilee Year marking the 800th anniversary of the death of Saint Francis of Assisi. A plenary indulgence is available under the usual conditions (Confession, Holy Communion, and prayer for the Holy Father's intentions) for the faithful who make a pilgrimage to a Franciscan church or place dedicated to or connected with Saint Francis, participate in Jubilee rites or spend time in prayerful meditation, and conclude with the Our Father, the Creed, and prayers to the Blessed Virgin Mary, Saint Francis, Saint Clare of Assisi, and all Franciscan saints.

Locations in the Archdiocese of Denver:

- St. Francis of Assisi Church – Longmont
- St. Francis of Assisi Church – Weldona
- Annunciation Church – Denver
- St. Patrick Oratory – Denver

Nearby (within about an hour):

- St. Francis of Assisi Church – Castle Rock
- St. Francis of Assisi Church – Colorado Springs
- St. Francis of Assisi Church – St. Francis, KS

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

**Next 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.



## ANNOUNCEMENTS

### **Baby Bottle Drive**

The K of C is hosting their second baby bottle drive in support of our Aid and Support After Pregnancy (ASAP) program, which helps women who choose life through pregnancy resource centers. Starting today, pick up a bottle from the parish hall and return it filled with loose change or bills by March 31. Contact James Cook at [jamescook1295@gmail.com](mailto:jamescook1295@gmail.com) with questions.

**Sat, Mar 14 - Leisure and Culture Game Night** from 6-9pm in the parish hall for adults 21+, to connect adults from all walks of life in an enriching environment. Come in your Sunday best or teatime attire. Contact Hope Hecker ([h2jcxavier@gmail.com](mailto:h2jcxavier@gmail.com)) with any questions.

**Sun, Mar 15 - St Joseph's Table Celebration!** For the 3rd year, we honor Saint Joseph with a meatless feast of baked goods and breakfast foods! After all Masses in the Parish Hall. Hosted by the Altar and Rosary Society.

**Sat, Apr 25 - OLMC Father Daughter Dance** from 6-8:30pm. The event is open to all ages and will include games, crafts, prizes, and refreshments. All excess proceeds will go to Sodality of the Blessed Virgin Mary. To RSVP scan code or email [angie.flees@gmail.com](mailto:angie.flees@gmail.com) or call/text 720-936-5315 Angie Flees



**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**

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**



# Legion of Mary NEWSLETTER

The Acies  
**SAVE THE DATE**  
March 21st  
1pm @ OLMC



Issue 04

February, 2026

## The Tessera: Our Spiritual Watchword

**“Who is she that comes forth as the morning rising...terrible as an army set in battle array?”** In the Legion of Mary, the Tessera is an important prayer pamphlet that provided to all Legion members, including the official prayers and a reproduction of the Legion Standard (war flag). It is prayed daily, and in all Legion Meetings along with the Rosary. The name is derived from Roman Legion history, and refers to a “tally” shared between friends for mutual recognition or a stone tablet used to pass a watchword through the legion. Today The Tessera serves as a symbol of unity and brotherhood, such that whether a legionary is at home or abroad, they carry the same spiritual watchword and remain linked to the global community through the universal language of prayer.

### THE PROMISE TO THE HOLY SPIRIT

Those Legionaries  
who recently made  
their Promise!

Evening Presidium  
Celine - Jan 2026

This Watchword finds its more stirring expression in the Catena Legionis where we ask “Who is she that comes forth as the morning rising, fair as the moon, bright as the sun, terrible as an army set in battle array”. This little snippet reminds us that our devotion to Mary is not passive. It is a “morning rising” that brings light to the darkness of our daily trials. Like a soldier recognizing his comrade by a shared token, we carry the Tessera to remind us that we belong to a spiritual army. It calls us to move beyond a private faith and into a shared mission, confident that when we stand “in battle array” with Mary, we never face the world’s injustices alone.

## First Saturday Public Rosary

The Legion of Mary will be leading a public Holy Rosary at Bega Park after the 8:30AM First Saturday Mass. Please spread the word and we hope to pray with you all there in reparation to the Immaculate Heart of Mary.

📍 2250 Main St, Littleton, CO 80120

Email Inquires:  
legionofmaryOLMC@gmail.com



## The Acies March 21st! at OLMC

Acies: “This Latin word, meaning as it does an army ranged in battle array, is appropriate to a ceremony in which the legionaries, [active and auxiliary] as a body assemble to renew their fealty to Mary, Queen of the Legion, and from her to receive strength and blessing for yet another year’s battle with the forces of evil.” – *The Legion handbook pg. 173*. The Acies takes place near the Feast of the Annunciation. We will assemble on Saturday **March 21st at 1pm at OLMC** to renew our fealty to the Queen of the Legion. There will be a social afterwards in the Parish Hall.



OUR LADY OF MOUNT CARMEL LEGION OF MARY

📍 MEETINGS: MONDAYS AT 6 PM  
OR THURSDAYS AT 9:20 AM