



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. DAVID RAMIREZ, FSSP
father.ramirez@olmcfssp.org

IN RESIDENCE
REV. JOSEPH DALIMATA, FSSP
father.dalimata@olmcfssp.org

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

OFFICE MANAGER: Mr. Bruce Muhe, III
office.manager@olmcfssp.org

SECRETARY: Mrs. Jessica Medlin
secretary@olmcfssp.org

DIRECTOR OF MUSIC: Mr. 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

Eleventh Sunday after Pentecost

August 9, 2026



*Misit dígitos suos in aurículas eius: et éxspuens, tétígit linguam:
et suspiciens in caelum, ingemuit, et ait illi:
Ephphetha, quod est, Adaperire. (Mk 7:33)*

From Fr. Ramirez

St. Thomas Aquinas' Prayer to Obtain Virtues

O God, all powerful, Who knowest all things, Who hadst neither beginning nor end, Who dost give, preserve, and reward all virtues; deign to make me steadfast on the solid foundation of faith, to protect me with the impregnable shield of hope, and to adorn me with the wedding garment of charity.

Give me justice, to submit to Thee; prudence, to avoid the snares of the enemy; temperance, to keep the just medium; fortitude, to bear adversities with patience.

Grant me to impart willingly to others whatever I possess that is good, and to ask humbly of others that I may partake of the good of which I am destitute; to confess truly my faults; to bear with equanimity the pains and evils which I suffer. Grant that I may never envy the good of my neighbor, and that I may always return thanks for Thy graces.

(Continued on page 2)

Let me always observe discipline in my clothing, movements, and gestures. Let my tongue be restrained from my vain words, my feet from going astray, my eyes from seeking after vain objects, my ears from listening to much news. May I humble incline my countenance, and raise my spirit to Heaven.

Grant me to despise all transitory things, and to desire Thee alone; to subdue my flesh and purify my conscience; to honor Thy Saints and to praise Thee worthily; to advance in virtue, and to end good actions by a happy death.

Plant in me, O Lord, all virtues, that I may be devoted to divine things, provident in human affairs, and troublesome to no one in bodily cares.

Grant me, O Lord, fervor in contrition, sincerity in confession, and completeness in satisfaction.

Deign to direct my soul to a good life, that what I may do be pleasing to Thee, meritorious for myself, and edifying to my neighbor.

Grant that I may never desire to do what is foolish, and that I may never be discouraged by what is distasteful; that I may never begin my works before the proper time, nor abandon them before they are completed.

Grant me, O merciful God, that what is pleasing to Thee, I may ardently examine, truthfully acknowledge, and perfectly accomplish for the praise and glory of Thy Name. Regulate my whole life, O God, and let me know Thy will that I may fulfill it; give me the grace to do that which is necessary and profitable for my soul.

Grant, O Lord my God, that I may not fall into prosperity or in adversity, avoiding pride in the former and discouragement in the latter. May I rejoice in nothing but what leads to Thee, grieve for nothing but what turns away from Thee. May I wish to please no one but Thee.

Make me, O Lord, my God, obedient without contradiction, poor without depression, chaste without corruption, patient without murmuring, humble without pretense, cheerful without dissipation, sorrowful without despair, serious without constraint, prompt without levity, God-fearing without presumption, correcting my neighbor without haughtiness, and edifying him by word and example without hypocrisy.

Give me, O Lord God, a watchful heart, which no curious thought will turn away from Thee; a noble heart, which no unworthy affection will drag down; a righteous heart, which no irregular intention will turn aside; a firm heart, which no tribulation will crush; a free heart, which no violent affection will claim for its own.

Grant me, finally, O Lord my God, intelligence in knowing Thee, diligence in seeking Thee, wisdom in finding Thee, perseverance in trusting Thee, and the confidence of finally embracing Thee. Let me accept Thy punishments as a penance for my sins, and enjoy Thy benefits by grace in this world, and Thy blessedness by glory in the next. Who livest and reignest true God, forever and ever. Amen.

LITURGICAL SCHEDULE

SUNDAY, AUGUST 9
Eleventh Sunday after Pentecost
6:30 am J Rooney by Rooney Family
8:00 am FSSP and Preservation of the TLM
9:30 am Estrella, Drew & Baby Rossman by Jessica Baca
11:00 am (High Mass) Pro Populo
1:00 pm Maximillian Ludden by Maria Gannon
5:00 pm Solemn Vespers & Compline

MONDAY, AUGUST 10
St. Laurence, Martyr
8:30 am Katie Sakura Mudd by Rick Mudd

TUESDAY, AUGUST 11
Feria
8:30 am Darina Katherine Streater by Rick Mudd

WEDNESDAY, AUGUST 12
St. Clare, Virgin
8:30 am Cecilia Richards by David & Mandi Richards

THURSDAY, AUGUST 13
Feria
8:30 am Wilson Shaw by Richard & Judy Shaw
7:00 pm Adoration & Benediction

FRIDAY, AUGUST 14
Vigil of the Assumption of BVM
8:30 am Eileen Pulse by Wendy Thomas
7:00 pm Fr. Benedict Groeschel+ by Mark Paul Tamisiea

SATURDAY, AUGUST 15
Assumption of the Blessed Virgin Mary
8:30 am (High Mass) Thomas E. Crum+ by Comstock Family
12:00 pm (High Mass) Pro Populo

SUNDAY, AUGUST 16
Twelfth Sunday after Pentecost
6:30 am Sheila Eyre+ by Kyle Eyre
8:00 am James Wahl by So Family
9:30 am Jose Victor & Fatima Souza by Daniele Craveiro
11:00 am (High Mass) Pro Populo
1:00 pm Mother Maria Regina, FLM
5:00 pm Solemn Vespers & Compline

Fr. McCarthy's private intentions:
10 Paul Enockson+ by Hugh & Gerrie Enockson
11 Diego Hernandez by Juan Hernandez
12 Maria Luisa Villalobos Amarillas by Yadira Dunsford
13 Tilden Family by Joanna Mounce
14 Eliezer Pinto by Claire Pinto
15 Douglas Wagner+ by Linda Wagner

Fr. Dalimata's private intentions:
10 The Hernandez Family by Juan Hernandez
11 Alphonso Pinto by Claire Pinto
12 Tilden Family by Joanna Mounce
13 Maria Luisa Villalobos Amarillas by Yadira Dunsford
15 Karly Tuttle by Dad & Mom

ANNOUNCEMENTS

Appropriate Dress: Please show respect for Our Divine Lord and fellow parishioners at Mass. Men should be in collared shirts (no T-shirts with graphics etc.) and long pants. Ladies should be in opaque clothing coming up to the neckline front and back, covering the torso and shoulders/upper arms, skirts coming down below the knees.

Our Lady of Good Counsel Homeschool Co-op is looking for knowledgeable and enthusiastic individuals to teach a one-hour Life Skills class during the fall and/or spring semester at the parish. Life skills include: Catholic courtships, virtuous friendships, résumé writing/interview skills, workplace professionalism, nutrition/meal planning, first aid/emergency preparedness. Contact Martina at 917-816-1053 or Rachelle at 720-261-2782 if you are interested.

Tue, Aug 11 - Business Lunch & Networking: Join the Colorado Catholic Business Network from 11:30am-1pm for a lunch-and-learn event. \$10 Earlybird pricing is available. Visit www.coloradocatholics.betterworld.org to register.

Tue, Aug 11 - OLMC Young Adults Group: Ages 18 to 35 are welcome to join us at 6:30pm in the parish hall for a Theology on Tap talk. Fr. Loftus will be speaking on vocational discernment. Wine and beer will be provided for those over 21. Feel free to bring a snack to share.

Sat, Aug 15 - Assumption of the BVM is a not a Holy Day of Obligation this year. Mass times are at 6:30am (High Mass at Carmelite Monastery), 8:30am, and 12pm (High Masses).

Sat, Aug 15 - Parish Assumption Cookout: All are welcome to join us for our third annual cookout after the 12pm High Mass. Cake and drinks provided by the parish. Please bring burgers, condiments, and sides as this is an entirely volunteer-run event. See the sign up in the Flocknote for more information.

Tue, Aug 18 - OLMC Men's Night Meeting: The Men's Group will say the Rosary at 6:00 PM in the church followed by a talk by Father Ramirez in the parish hall. All men of the parish are welcome to attend!

Sun, Aug 23 - Burrito Breakfast after all morning Masses sponsored by the Knights of Columbus.

Aug 29 & Aug 30 - St. Peter's Drama Troupe Presents "Murder in the Alps", a comedy. Blackmail, murder, a very silly suitor, and lots of tea - all under one roof. Join us for showings at 6pm in the parish hall. Tea and light snacks will be provided in collaboration with the Leisure and Culture group.

Sept 13 - 12th Annual Nun Run/Charity Race for the Denver Sisters of Life: The race includes a 1/2 marathon, 5k and a 1-mile Family Fun Walk. As each race finishes, games, snacks, and fellowship are enjoyed in deKoevend Park, Centennial. We are blessed to conclude the morning with an outdoor Mass at 11:00am in the park. Visit <https://www.nunrunsistersoflife.com>.

Sept 21-26 OLMC Young Adult Beatification of Fulton Sheen Pilgrimage: Fr. Loftus will be leading the trip to St. Louis, MO which will also feature visits to the FSSP seminary, the Abbey of Our Lady of Ephesus, and more! For more information email young.adults@olmcfssp.org.

Sept 27 - Annual Parish Picnic at deKoevend Park in Centennial after the 1pm Mass. Mark your calendars! More details to come.

ANNOUNCEMENTS

Three Hearts Pilgrimage

Oct 15-17 - Join the OLMC chapter on the annual Three Hearts Pilgrimage in Oklahoma with pilgrims from across the U.S for a two day, 35-mile penitential walk. Register soon as space is limited! Limited transportation is available from OLMC. For more information or to sign up, visit olmcthreehearts.com to register or contact Chapter Leader, Carl Cushnie at cdcushnie4@gmail.com.

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

PRAYERS FOR THE SICK
Contact the parish secretary to have your name published in the bulletin: secretary@olmcfssp.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, Theresa Dalimata, Art Maestas, Karin Layman, Barbara McCarthy, David Beckel, Cindy Arellano

Please Pray for the Repose of the Souls of
Joyce Doherty, Keith Hoyt, Loye Bussey, Mary Spreier, Bill Bowling, Br Ignatius Maria, Jim Lake, Patrick T. Dolan, Mary Machado, Paul Enockson, Joan Anselmi, John Miller, John Baker, Kevin Smith

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

MONTHLY OFFERTORY - July
Offertory Total: \$92,516.69
Building Total: \$4,803.26
Poor Box: \$1,128.00

Sanctuary Flower Intentions		
Feast		Intention
XI Sunday after Pentecost	Main Altar	Angie Chase+ by Alice Cassidy
	Our Lady of Guadalupe	Lang Family by Gwyn Duke
Assumption of the BVM		Chris & Shari Nearing

Electronic Giving
(ParishSoft Giving)



Learn to become a Valiant Catholic Woman in The Federation of North-American Explorers!

Who shall find a valiant woman? In the great Explorer sisterhood, we learn to practice our faith through games, comradeship, and outdoor activities. Our team is the patrol, and each member helps the others grow and thrive, to be the best they can be. The FNE teaches us the courage, honor, resourcefulness, and commitment we will need to conform ourselves to the proverb of the valiant woman. As we find in the Explorer Law: "An Explorer controls herself; she smiles and sings under all difficulty." A valiant woman does



God's will cheerfully and accepts the cross without complaint. *Give her of the fruit of her hands; and let her works praise her in the gates.* Through the

work of our hands, we desire to bring glory to God, however big or small the task. "An Explorer is made to serve and save her neighbor." is the third article of the Explorer Law. As our Lord put Himself below all men and served them, we roll up our uniform sleeves and offer ourselves as servants to others. *The heart of her husband trusteth in her.* "An Explorer's honor is to be trusted." Through our Explorer Law and our Promise to live by it, we learn what it means to be true to God and live lives of virtue. The making and keeping of the Explorer Promise teaches us to be utterly faithful; it prepares us for the lifelong commitment of religious vows or marriage. *She hath looked well to the paths of her house, and hath not eaten her bread idle.* The Explorer Law requires us to be obedient and hardworking; for "An Explorer obeys proper orders and leaves nothing half finished." As

Explorers, we are expected to put aside our own wills to obey God, and to do what He asks of us well and thoroughly. *She hath sought wool and flax, and hath wrought by the counsel of her hands. She is like the merchant's ship, she bringeth her bread from afar. And she hath risen in*

the night, and given a prey to her household, and victuals to her maidens. "An Explorer is thrifty; she takes care of her own possessions and those of others." We learn many skills in our program, skills that will help us to be valiant and resourceful women in the state of life God is calling us to. The FNE gives us a unique opportunity to learn to grapple with reality; we are called upon to be responsible, to make decisions, and to rise to challenges.



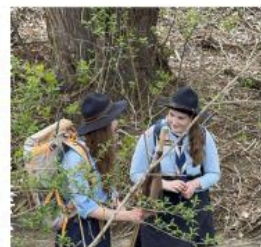
The Federation of North-American Explorers

For over 100 years, the Catholic scouting program of Venerable Father Jacques Sevin has developed boys and girls into outstanding **Catholic men and women who listen for God's call and embrace it with their whole selves.** Many holy priests (over 80% of all seminarians in France and many of the French FSSP seminarians) and bishops have grown up in this program, as well as a large number of men and women religious and countless strong families, heroically raising many children even in today's Europe where large families are even more countercultural than in the United States. Besides its Venerable Founder, two Blesseds: Marcel Callo and Christian de Chergé, have been raised to the altars after having been formed by this movement. **Our motto is simple: To Save Souls.**

Program Levels:

Otters (5-8 years old): The Otters bask in the abundant opportunity to laugh, learn, live, and grow in the love of God. The FNE Otter Lodge is a safe and joyful place where faith is enhanced, and friendships are grown. Here, self-esteem and confidence are nurtured, thus creating the foundation of unshakeable individual character destined to last a lifetime.

Timber Wolves (8-12 years old): In this program level, which was co-founded by a Catholic Englishwoman named Vera Barclay, girls are brought into the great adventure of the Jungle Book. They take the role of Mowgli, learning important moral and social lessons while playing in the jungle with Baloo and Bagheera, under the wise and watchful eye of Akela, the leader of the Seeonee wolf pack!



Explorers (12-17 years old): At this level, in the "School of the Woods," the youth live in camp in small girl-led groups called Patrols, where they learn how to live in a society. They learn that each must take their place, do their duty, lead, follow, and serve one another if their micro-society is to function well. They learn the social doctrine of the Church, not through lectures or reading, but by living it! **We're still looking for a valiant Catholic woman to lead our Explorer Girls this season**

Wayfarers (17 and older): At this level, the young woman embarks upon the pilgrimage that will encompass the rest of their lives, the constant movement towards God that defines Catholic life. The Wayfarer, through prayer, contemplation, and service, begins to work in the world to build up the reign of Christ. Most importantly, having established the reign of Christ in all her life, she is prepared for God's call and ready to answer it and embrace her vocation. **We'll be hosting a few girl's Wayfarer events this season to get this group started**

For more information on how to get your family involved in this unique Catholic movement, email info@olmcexplorers.org