



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

ASST. PASTOR
REV. DAVID RAMIREZ, FSSP

IN RESIDENCE
REV. JOSEPH DALIMATA, FSSP

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

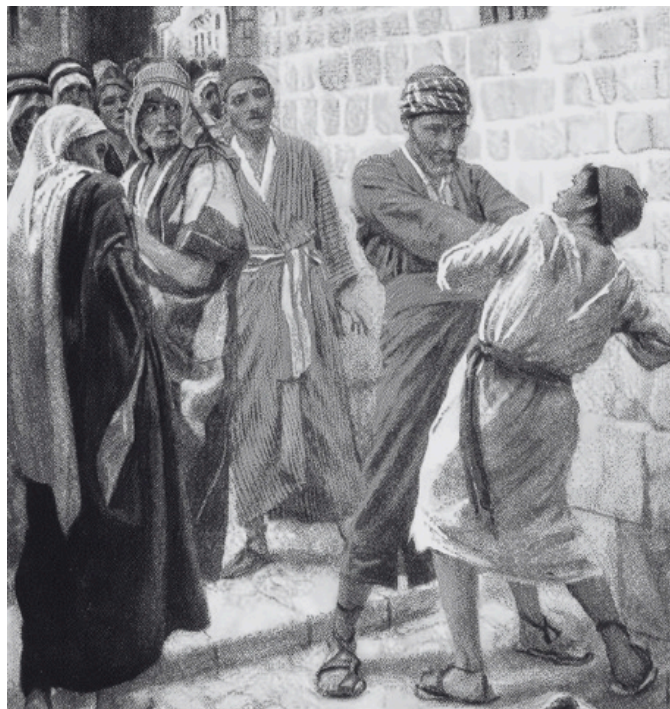
DAILY MASS
8:30 AM MON - SAT
Also 7:00 PM FRI

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

Twenty-first Sunday after Pentecost

October 18, 2026



Et tenens suffocavit eum, dicens: Redde quod debes! (Mt 18:28)

From the Press

[Rules for Life from St Teresa of Avila](#) (Dawn Buetner, CWR)

Admit Your Faults

Unlike many modern [authors], Teresa freely pointed out the mistakes she had made... She drew attention to the devotion of her pious, wealthy parents and lamented her failure to follow their example, also admitting to a teenage preoccupation with reading novels... For almost twenty years, she lived a seemingly unobjectionable life as a nun... However... she was simply “going through the motions.” She was more devoted to her friendships and to chatting with visitors in the convent parlor than to talking to the Lord. Teresa’s autobiography reveals what it looks like to be comfortably stuck in venial sin. Decades passed before she was able to face up to her faults.

(Continued on page 2)

Know Christ and You will Know Yourself

Soon after Teresa had been professed, she became seriously ill and almost died. During her slow recovery, she began to pray more earnestly. But when you are surrounded by 180 nuns, all living more like boarders in a hotel than like vowed religious, it's easy to give up praying. Her father and a Dominican priest confronted her about the frivolous way she was living her faith... A near-death experience, the fraternal correction of others, two decades of failed attempts to improve her life, and a unique movement of grace finally broke open her heart. She fell in love with Jesus Christ... Teresa was only able to recognize that the community in which she was living, which was too large, too lax, and poorly led, was impeding her spiritual growth when she fixed her eyes on Christ... She shocked the other nuns when she began to take prayer seriously.

Know When to Speak and When to Keep Your Mouth Shut

Although [Teresa] bemoaned the years which she had spent chatting with visitors in the convent parlor instead of praying, all that talking had turned her into an excellent conversationalist and an insightful writer... Teresa's gift of gab was useful for her as a religious foundress. She often needed diplomatic skills to beg for donations to support her nuns or to gain permission to found a new community. In her letters, she was both polite and shrewd as she diplomatically handled complicated situations involving bishops, rich nobles, local leaders, and even the king of Spain.

Be Not Afraid of Suffering

Teresa grew up in a comfortable home and was indulged by her father and adored by her younger brothers. She could have become a spoiled brat. Fortunately, her Christlike acceptance of suffering saved her from that fate. Soon after entering the convent, Teresa became seriously ill, and her suffering was exacerbated by poor medical treatment. She almost died, and her family had already dug her grave. Afterward, she was partially paralyzed for three years.

Live for Eternity

When Teresa and her favorite brother, Lorenzo, were children, they liked to talk about God with one another. One concept that intrigued them was the idea of eternity. What does it mean to say, "Forever"? They discussed this for hours... One could argue that all of Teresa of Jesus' life can be explained by that childhood desire to understand eternity and her willingness to die for it.

Complain to God Like a Lover

During one of Teresa's many journeys to establish new communities, she narrowly escaped drowning in a raging river. Tired and hurt, she complained to Jesus, saying "Lord, amid so many ills this comes on top of all the rest!" He replied to her, "Teresa, this is how I treat my friends." Teresa of Jesus famously said to the Lord of the Universe, "Ah my God! That is why you have so few of them!" There is no sign that our Lord found her words offensive. Rather, He knew that she loved Him, no matter where He led her.

Pray Every Day

There is one thing that the young Teresa of Jesus failed to do and which kept her stuck in a life of mediocrity for decades: she failed to pray every day. What Teresa called mental prayer is easy to summarize. Place yourself in God's presence. Talk to Him. Listen to Him.

LITURGICAL SCHEDULE

SUNDAY, OCTOBER 18

Twenty-first Sunday after Pentecost

6:30 am John Allensworth+
8:00 am Kristina and Tom Martinez+
9:30 am Roseann Watkins by S.Watkins
11:00 am (High Mass) Pro Populo
1:00 pm Erika Hasse
5:00 pm Solemn Vespers & Compline

MONDAY, OCTOBER 19

St. Peter of Alcantara, Confessor

8:30 am Bradford Family by Mary Juran

TUESDAY, OCTOBER 20

St. John Cantius, Confessor

8:30 am Farmer Family by Mary Juran

WEDNESDAY, OCTOBER 21

Feira

8:30 am Aaron & Melanie Jones by Aaron Jones

THURSDAY, OCTOBER 22

Feira

8:30 am David & Kerry Feist by Brett & Maria Ammerman
7:00 pm Adoration & Benediction

FRIDAY, OCTOBER 23

St. Anthony Mary Claret, Bishop

8:30 am Mary Juran
7:00 pm The Casey Family by The Vrooms

SATURDAY, OCTOBER 24

St. Raphael the Archangel

8:30 am Stacie Eggemeyer by James Eggemeyer

SUNDAY, OCTOBER 25

Christ the King

6:30 am Geneva Geneva, Gary, Ann and Frank+ by Roseann Watkins
8:00 am Palmer & Maxine Enockson+ by Hugh & Gerrie Enockson
9:30 am Kenton True by The True Family
11:00 am (High Mass) Pro Populo
1:00 pm Diana Craft by The Comstock Family
5:00 pm Solemn Vespers & Compline

Fr Dalimata's Private Intentions

19 John Paul Wilson
20 Mary Sweeney+
21 Edna & Jack Martin+
22 John Miller+ by the 6:30am Breakfast Club
24 Douglas Wagner+ by Linda Wagner

Fr McCarthy's Private Intentions

19 Br. Daniel of the Peaceful Heart of Mary
20 Ernest Silva Sr+
21 John Paul Wilson
22 Kenneth Klispie
23 John Miller+ by the 6:30am Breakfast Club
24 John Miller+ by the 6:30am Breakfast Club

ANNOUNCEMENTS

Fr McCarthy will be away Oct 19 - 31 inclusive.

Bosco Ministries Mexico Mission Trip: Ready to Lead? You are called to be an extraordinary leader. Here is the formation adventure you need to become that. Join FSSP priests and seminarians on a Mission trip in Mexico for an experience of prayer, labor and service which will form you into the saintly leader Christ is calling you to be. Learn more and apply at boscoministries.org/mexico-mission-trip.

Hibernia Music Group: Open Bluegrass Jam and Fiddle Tune Session Second Saturdays at OLMC. We'll be playing traditional bluegrassy songs, and American and Irish fiddle tunes. Beginners welcome. We are a slow player jam. Contact Solomon for more details 720.288.9158.

House of Gold - Pregnancy, Birth & Post-Birth Monthly Support Group: An opportunity to share about your pregnancy, birth, and/or post-birth experiences. No matter how long ago this was for you, or if you are currently going through a difficult time, you are welcome to come. Meeting Dates Oct 2026 - Mar 2027 from 7:00pm - 9:30pm. Tea & sweets will be served and babies are welcome! Contact Mary Morley: Text 720-357-7231.

L.I.G.H.T Nights - Living In Grace and Holiness Together: Join us for engaging conversations about prayer, meditations for time spent with the Blessed Sacrament, and priestly guidance to answer your questions every Thursday at 6:15pm in the parish hall followed by Eucharistic Adoration in the church at 7:00pm.

Today, Oct 18 - Knights of Columbus Burrito Sale in the parish hall after all Masses.

This Sat, Oct 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.

This Sat, Oct 24 - OLMC Christ the King Oktoberfest: Join us as we celebrate the Feast of Christ the King with a farm to table dinner, dancing, live music, hayrides and more at the Brown Family Farm in Greeley at 3pm. TICKETS ARE REQUIRED. See the Flocknote to sign up.

Sun, Nov 1 - All Saints' Day Party: Save the date for our annual All Saints' Day Party to be held after the 1pm Mass. Please email Elle Grandy at justcallmeelle@protonmail.com to sign up to host a Trunk or Treat, volunteer, or with any questions.

Sun, Nov 8 - OLMC Autumn Markers' Market after all Masses in the parish hall. This year's market features handcrafted items made by OLMC parishioners from over 25 vendors. See you there!

Sat, Nov 21 - Please join the Ladies of the ARS to pray the Holy Rosary in the St. Elijah room after the 8:30am Mass every third Saturday. Afterwards, enjoy fellowship and refreshments, followed by our monthly meeting. All women of the parish are warmly welcomed!

Sat, Dec 12 - 5th Annual Advent Evening: Save the date for our Annual Advent evening of spiritual reflection and merriment for the women of the parish! More details soon!

ANNOUNCEMENTS

OLMC Men's Group Meeting

Tue, Oct. 20 - All men of the parish are invited. Anthony Morley will speak about his book "Economy above the Market". What is the purpose of the economy? Is it possible to guide the free acquisition of wealth, without heavy-handed top-down regulation? Rosary at 6pm in the church with the talk to follow in the parish hall.

Sun, Dec 13 - 3rd Annual Advent Lessons & Carols at 4:15pm followed by solemn Vespers. This traditional Advent service centers around readings from Sacred Scripture prophesying the birth of our Lord, interspersed with chants, motets, and congregational hymns. A festive reception will follow.

PARISH CALENDAR

Scan the code to the right or visit our website to learn about upcoming events: olmcfssp.org/calendar/



DAILY PRAYER LINE REQUESTS

Contact the parish office.

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, Shiloh Garza, Toni Beaulieu

Please Pray for the Repose of the Souls of

Paul Enockson, Joan Anselmi, John Miller, Richard Baker, Kevin Smith, Mary Therese Anton, Samuel Conder

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
XXI Sunday after Pentecost	Main Altar	Lora & Merle Verhagen's Anniversary by Sherri Lester
	Our Lady of Guadalupe	Anna Coffey by Shane Coffey

Electronic Giving
(ParishSoft Giving)



Our Lady of Mount Carmel

ALL SAINTS' DAY PARTY

Trunk or Treat

a community gathering in honour of the saints



GAMES • COMMUNITY • SAINTS

Sunday, November 1

After the 1pm Mass. All children are invited to join the celebration in their favorite saint costume. Scan the QR code to sign up to host a trunk!

