



# 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.

### Third Sunday After Epiphany

### January 21, 2024

PASTOR  
**REV. MATTHEW J. MCCARTHY, FSSP**

ASST. PASTORS  
**REV. DANIEL NOLAN, FSSP**  
asst.pastor1@olmcfssp.org  
**REV. ERIC KRAGER, FSSP**  
father.krager@olmcfssp.org

OFFICE HOURS  
**MON - FRI: 9:15 AM - 4:15 PM**  
office.manager@olmcfssp.org  
secretary@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 - 9:30 AM**  
**SAT: 3 - 4 PM**

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



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

**From Fr. Nolan**

Holy Communion is the source and summit of both the Mass and the spiritual life. Our union with Christ in heaven is foreshadowed by our union with him here upon Earth in Holy Communion. Therefore, our reception of Holy Communion should be the subject of much thought and preparation. Following are some prayers that will help to put us in the right disposition for receiving well.

#### **Offering at the Beginning of Mass**

Eternal Father, I unite myself with the intentions and affections of our Lady of Sorrows on Calvary, and I offer Thee the sacrifice which Thy

(Continued on page 2)

beloved Son Jesus made of Himself on the Cross, and now renews on this holy altar:

- To adore Thee and give Thee the honor which is due to Thee, confessing Thy supreme dominion over all things, and the absolute dependence of everything upon Thee, Who art our one and last end.

- To thank Thee for innumerable benefits received.

- To appease Thy justice, inflamed against us by so many sins, and to make satisfaction for them.

- To implore grace and mercy for myself, for all my relatives and friends, for all who have asked me for prayers, for all afflicted and sorrowing, for poor sinners, for all the world, and for the holy souls in purgatory. Amen

### **Act of Faith and Adoration – Before Communion**

MY LORD Jesus Christ, I believe that Thou art truly present in the Blessed Sacrament. I believe that in Holy Communion I shall receive Thy sacred body and Thy precious blood. My faith in Thy real presence in the Holy Eucharist is firmly founded on Thy word, O eternal Truth. My Saviour and my God, with the angels who surround Thy altar-throne, I bow down in humble adoration before Thy Majesty. Amen.

### **At Communion Time**

Jesus, Jesus, Jesus! Thou hast come to me in the Sacrament of Thy love. Thou art pleased to make my poor heart Thy sanctuary. Welcome Jesus, Welcome! Thou art the God of my heart, and the God who is my portion forever. I praise Thee and bless Thee for Thy goodness and mercy. "Let all Thy works, O Lord, praise Thee, and let Thy saints bless Thee."

### **Act of Faith and Adoration – After Communion**

Receive, O Lord, my most profound homage in union with that of the Angels and the saints. I bow down before Thee, and with all the powers of my soul I adore thee. Thou art the Christ, the Son of the living God.

### **Act of Love – After Communion**

Jesus, I love Thee, because Thou art infinitely good. I love Thee because Thou hast redeemed me by Thy Precious Blood; I love Thee and thank Thee because Thou hast given Thyself to me in the Sacrament of Thy love. Oh, grant that I may love Thee ever more and more. Thou art the Lamb without spot, that takest away the sins of the world. Take away from me whatever is hurtful to me and displeasing to Thee, and give me what Thou knowest to be pleasing to Thee and profitable to me.

These are just some devotions that can be said with great profit before and during Mass. Other excellent prayers after the reception of Communion include the *Anima Christi* of St. Ignatius of Loyola, and the indulgenced *Prayer before a Crucifix*. Commit these and such prayers to memory and recite them devoutly at every Mass!

## **LITURGICAL SCHEDULE**

### **SUNDAY, JANUARY 21**

#### **Third Sunday After Epiphany**

6:30 am Private Intention by Ramiro Jimenez, Jr  
8:00 am Parker Levesque by Peter and Sarah Levesque  
9:30 am Donna Seibert by Charles and Angie Gurule  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Seibert Family by Charles and Angie Gurule  
5:00 pm Vespers and Compline

### **MONDAY, JANUARY 22**

#### **Sts Vincent & Anastasius, Martyrs**

8:30 am For an End to Abortion

### **TUESDAY, JANUARY 23**

#### **St. Raymond of Penafort**

8:30 am Fr. Stephane Dupre, FSSP by Rita Hendrixson

### **WEDNESDAY, JANUARY 24**

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

8:30 am Fr. Stephane Dupre, FSSP by Rita Hendrixson

### **THURSDAY, JANUARY 25**

#### **The Conversion of St. Paul**

8:30 am Private Intention by Herb Seres

### **FRIDAY, JANUARY 26**

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

8:30 am Charles and Barbara Bullock by Stacie Eggemeyer  
7:00 pm Private Intention by Herb Seres

### **SATURDAY, JANUARY 27**

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

8:30 am Lucia Spotts by Stacie Eggemeyer

### **SUNDAY, JANUARY 28**

#### **Septuagesima Sunday**

6:30 am Mark Finken+ by Robert Weber Family  
8:00 am Marie Monroe by Stacie Eggemeyer  
9:30 am Christina Poletto by Kim Poletto  
**11:00 am (High Mass)** Pro Populo  
1:00 pm Leonard Finken+ by Robert Weber Family  
5:00 pm Vespers and Compline

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### **Fr. McCarthy's Private Intentions**

**22** For an End to Abortion

**23** Archbishop Aquila

**24** Pope Francis

**25** OLMC Volunteers

**27** Sydney Markich

## ANNOUNCEMENTS

**Tomorrow Mon, Jan 22 - Roe vs Wade Anniversary** is a day of penance per the USCCB. The Mass of the day will be the Votive Mass for Peace.

**K of C 2023 Poster Contest Winners:** Congratulations to the winners of this year's poster contest. Posters which finished first place will receive a check for \$25 in the mail and continue to compete in the K of C district competition and potentially in the Colorado state competition. Thank you to all the many artists who submitted an entry.

Age 5 - 7 Division  
Benedict Xavier 1st  
Maria Bunderson 2nd  
Margaret Mallory 3rd

Age 8 - 10 Division  
Claire Perkins 1st  
Cara Xavier 2nd  
Avamarie Sisler 3rd

Age 11 - 14 Division  
Megan Flees 1st  
Ava Mallory 2nd  
Greyson Lovitt 3rd

**Our Lady of Sorrows Prayer Group** meets every Wednesday after the 8:30am Mass in the St Albert room. All women of the parish are invited. Please bring a food item to share.

**This Sat, Jan 27 - 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.

**Next Sun, Jan 28 - Burrito Breakfast:** The Knights of Columbus will be selling burritos after all morning Masses.

**Next Sun, Jan 28 - Basics of Gut Health Talk** in the conference room from 1-2pm. The talk will present some basic strategies for keeping your gut healthy through modifications to your diet. Come find out why gut health matters!

**Fri, 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.

**Fri, Feb 2 - Marian Friars Minor Talk** at 5:30pm in the St Albert room. Friar Anthony, MFM, will speak on *The Necessity and Duty to Obtain Holiness: A Reflection on the Imitation of St Francis of Assisi in Our Day*.

**Sat, Feb 3 - St. Blaise Throat Blessing** will be given after the 8:30am Mass at the communion rail.

**Sat, Feb 3 - Colorado Chapter of the MFM Third Order** would like to invite anyone interested in learning more about the Third Order to our formation meeting after the 8:30am Mass in the St Teresa room. Beverages will be provided, please bring a dish to share.

**Sat, Feb 3 - The Confraternity of Christian Mothers** invites the ladies of the parish 16+ to our monthly meeting and brunch after the 8:30am Mass in the St. Albert room. Christine Trandem will be discussing fasting. Please (don't?) bring a dish to share! Childcare will be provided.

**Sun, Feb 4 - Marriage Preparation Class:** "What Do You Expect? - Practical Aspects of Living Together as Newlyweds" from 12:45-2pm in the St. Teresa Room. This informative & entertaining class focuses on Communication and Expectations new couples will bring into their marriage from their Family of Origin. Bring a T-Shirt and a pair of socks. RSVP is requested to Elizabeth at [ejcelli@gmail.com](mailto:ejcelli@gmail.com).

## ANNOUNCEMENTS

### Children's Music Program

Fr Krager thanks the hard work and dedication of the parents and children involved in the music program this past semester. The spring semester will be Feb-May on Tue from 6-7:15pm, beginning Feb 13. Tuition is \$100 per family and due by Feb 4. Make checks to "OLMC", with "Children's Choir" in the memo. Please email Fr Krager to register or with any questions.

**Sat, Feb 10 - 4th Annual Winter Dance** open to parishioners, 18+, no dance experience required, starts 7pm. Refreshments provided. Goodwill donations will be accepted at the door. If you are a newlywed, please wear your wedding attire! Contact Mary Morley at [mecasalazar22@gmail.com](mailto:mecasalazar22@gmail.com) if you are willing to volunteer.

**Oct 14-23 - FSSP Pilgrimage to Ireland:** The Confraternity of St. Peter is pleased to announce its 2024 pilgrimage to Ireland for the 36th Anniversary of the FSSP, with Fr. James Smith FSSP as chaplain. For more info or to register visit: [www.stcharlespilgrimages.com/smith-fssp](http://www.stcharlespilgrimages.com/smith-fssp).

**From Samuel and Cynthia Larson:** Thank you to all the parishioners who joined us for our wedding last Saturday. The support we received was astounding; we are overjoyed that so many took time to celebrate our special day with us. We are grateful and humbled; it wouldn't have been the same without each and everyone of you.

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**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, Lane Reagan, Joanne Leary, Jamie Jimenez, Kim Poletto, Jacob, Jaxson, Joan Anselmi, Esther Garcia, Indigo Williamson, Jeff McBride

### Please Pray for the Repose of the Souls of

Peter Doran, Jackie Briggs, Thomas Morley, Patricia Jambor, JoAnn Ice, Geraldine Marie Pellant, Lydia Ferran, Francis Smith, James Sohmer, Fr. James Buckley, FSSP,

### ALTAR FLOWERS

The altar flowers this Sunday are for Mark Auger donated by Ellen Auger

### HOMEBOUND

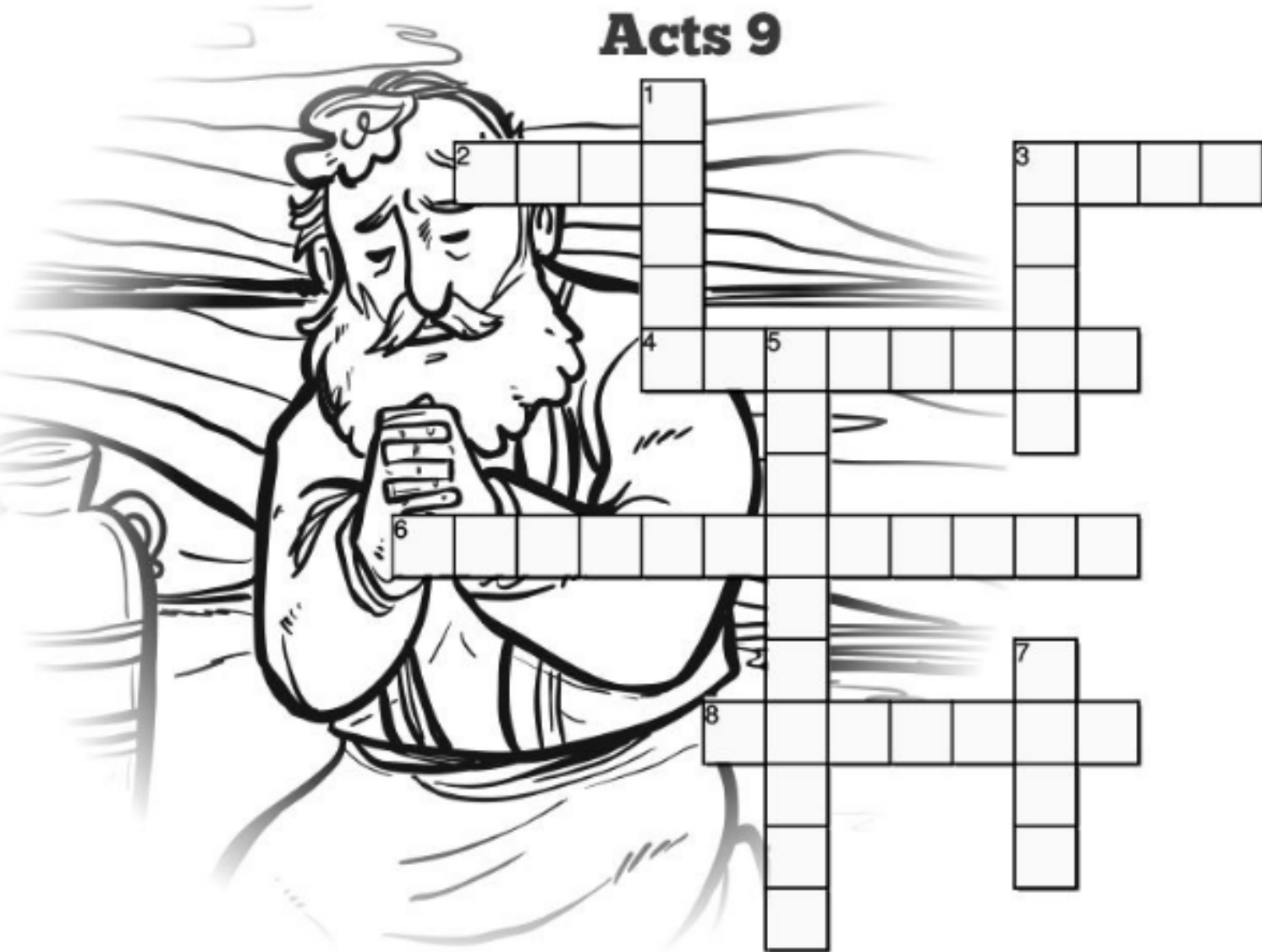
Any parishioner confined to home who would like to receive the sacraments or the bulletin, please contact the parish office.

**Electronic Giving via Faith Direct**



# THE CONVERSION OF PAUL

## Acts 9



### Across

2. What new name did God give Saul?
3. Religious leaders were putting Christians in \_\_\_\_\_.
4. What city was Saul traveling to?
6. Paul suffered through jail, stoning, shipwreck, beating, riots, \_\_\_\_\_, and pain to bring the gospel far and wide.
8. Who did God send to Saul to heal him?

### Down

1. A light that was brighter than the sun left Saul \_\_\_\_\_.
3. Who asked Saul, "Why are you persecuting me?"
5. God chose Paul to be a \_\_\_\_\_, and spread the good news of Christ.
7. Who was the worst enemy of the Christians, and the one who had presided over Stephen's death?