

JANUARY 2026

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
28	Sunday in the Octave of Christmas	29		30		31		1		2	First Friday (No home-schooler activities)	3	First Saturday
4	Holy Name of Jesus	5		6	Epiphany	7		8		9	Pro-life Vigil	10	Roses of Mary Men's Schola
11	Holy Family Christmas Party	12		13		14		15		16		17	Altar Guild Men's Schola
18	Second Sunday after Epiphany	19		20		21		22		23		24	
25	Third Sunday after Epiphany	26		27		28		29		30	 All-Night Adoration	31	

Contact Us:		
Sacramental Emergency:	Housekeeping:	
(719) 464-6129	Jennifer Villalobos	(719) 651-8135
Church Location: 626 Aspen Dr. Security, Colo. 80911 (719) 382-0121	Pro-Life Events:	
	Michael Smiley	(719) 502-9149
	Michele Smiley	(719) 447-7236
Mailing Address: P.O. Box 5211 Colorado Springs, Colo. 80931-5211	St. Benedict Altar Guild:	
	Nathan Wike	
	cosfssp.altarguild@gmail.com	
Parish Registration, Records, Inquiries:	Take-Them-a-Meal/Sunday Brunch:	
Anita McCowen	Marcella Guilez	
	dmjmfamilylove@aol.com	
Bulletin:	Ushers:	
Jill Demian	Kris McCowen	(719) 352-1519
Choir:	Website:	
Kelsey Villalobos	www.cosfssp.org	
	Alex Baburnic	
	cosfssp.website@gmail.com	
Home-Schoolers' First Friday:	Young Roses of Mary Girls' Group:	
Gracey Wike	Amy Seltzer	
	caseltzer@gmail.com	

Please pray for:		
<i>Repose of the Souls of:</i>		
	Command Sgt. Major Chad Keirns, U.S. Army	
	Pope Francis	
	Capt. Mary McCowen, U.S. Army	
	Lt. Col. Lynn W. Sullivan, U.S. Army	
	Staff Sgt. Marc Snyder, U.S. Marine Corps	
<i>Parishioners in the Military:</i>		
	Spec. 3 Noah Velasco, U.S. Space Force	
	2nd Lt. Jacob Vore, U.S. Space Force	
	Sgt. Daniel Walsh, U.S. Army	
	Sr. Airman Thomas Walsh, U.S. Air Force	
	1st Lt. David Bentley, U.S. Air Force	
	Master Sgt. Chris Biery, U.S. Air Force	
	Spec. 2 Victor Follis, U.S. Space Force	
	Petty Officer 1st Class Paula Gennitti, U.S. Navy	
	Lt. Col. Nathan Wike, U.S. Army	
	Master Sgt. A. Youngblood, U.S. Army	
	1st Lt. Adam Giammattei, U.S. Army	
	Sgt. 1st Class Cinthya Zuniga, U.S. Army	

* IMMACULATE CONCEPTION CATHOLIC CHURCH *



SUNDAY in the Octave of CHRISTMAS

December 28, 2025



Sunday Schedule:

Low Mass: 7 a.m.
9 a.m.

Sung Mass: 11 a.m.

Confessions:
One-half hour before Mass and Saturdays at 4 p.m.

Daily Mass Schedule:
Monday, Tuesday, Wednesday: 8 a.m.
Thursday: 6 p.m.
Friday, Saturday: 8 a.m.

Holy Hour:
Thursday: 7 p.m.

Pastor:
FR. JAMES GORDON, F.S.S.P.



Priestly Fraternity of St. Peter parish in Colorado Springs

The PURPOSE of MEDITATION

from: *Conversation with Christ*, by Peter Rohrbach

A GOOD DEAL of the confusion surrounding meditation results from a failure to recognize its basic, fundamental purpose. Simply stated, the aim of meditation is to provide a framework or setting for a personal, heart-to-heart conversation with Christ. If this primary goal is retained in mind throughout our entire discussion for meditation, much of the mystery will fade away.

St. Teresa sums up the whole matter with one magnificent sweep of the pen in her classical definition of mental prayer: "Mental prayer is nothing else than an intimate friendship, a frequent heart-to-heart conversation with Him by whom we know ourselves to be loved" (*The Life of St. Teresa of Ávila*, *viii*).

Therefore, all that precedes meditation, all that accompa-

nies it, and all that follows it, has for its primary aim the stimulation of this conversation with Christ. Let us repeat it again — for it is of extreme importance — meditation, in its final analysis should be basically a friendly conversation with Christ.

The practice of meditation has assumed frightening proportions in the minds of man. It is regarded warily as one type of mental workout which leaves one better prepared to serve God, a spiritual "setting-up exercise."

The assumption, therefore, is that meditation is intended only for intellectuals, and is definitely not something to be undertaken rashly by those further down the intellectual ladder. Nothing could be further from the truth; meditation is for all, university professors, and

grade-school graduates alike.

First of all, the word "meditation." The term is confusing; for in this conversation with Christ, meditation is only one part of the process. By entitling the entire procedure "meditation," we are in effect calling the whole by one of its parts.

St. Teresa preferred to designate the process "mental prayer," and in her writings one finds the terms "mental prayer" and "prayer" predominantly employed in place of "meditation." But to preclude further difficulty, we will continue to designate the entire process by the more widely accepted term "meditation," with the tacit reservation that meditation is but one of the divisions of mental prayer. In following this pattern, we will here employ the word "consideration" for that part of prayer which is specifically the meditation.

Meditation, then, is interior prayer without the aid of rosaries, prayer books, or missals. It is the prayer in which we talk to God in our own words. It is distinguished from vocal prayer which employs the words and sentiments of some saint, spiritual writer, or the liturgy itself. St. Teresa rather chides at the sharp distinction made between mental and vocal prayer. The erroneous assumption in many quarters is that conversation with God is the aim of mental prayer, but not of vocal prayer.

St. Teresa is vigorous in her assertion that we must talk to God in both mental and vocal prayer. Vocal prayer, she staunchly maintains, in which

interior contact with God is absent, is no prayer at all ["I do not allude to mental prayer more than to vocal prayer. For, if it is to be prayer at all, the mind must take a part in it. If a person neither considers whom he is addressing, what he asks, nor what he himself is who ventures to speak to God, although his lips may move with many words, I do not call it prayer." St. Teresa, *Interior Mansion*, I, i.]. During vocal prayer we rely on the formulae of some other person; in mental prayer we attempt to stimulate a direct conversation with Christ using our own words and thoughts. While it is important to remember what meditation *is*, it is equally important to remember what it *is not*. It is definitely not spiritual reading, nor examination of conscience, nor the formation of rules for better conduct.

Modern methods have lent to the general confusion by attempting to cram spiritual reading, examination of conscience, and amendment of life into the period of meditation. These practices have a definite position of importance in the spiritual life; but that position is not the period of meditation. Spiritual reading is quite necessary in our times to center our hearts on the true purpose of life in face of the unrelenting media which constantly channel a materialistic philosophy of living into our lives and homes. But this is an exercise distinct from prayer.

It is also imperative that we examine our consciences daily if progress in virtue is to be made. Concomitant with this should be the formation of defi-

† MASS INTENTIONS †

FOR THIS WEEK

Monday, December 29 ~ 5th Day in the Octave of Christmas

8 a.m. — + Tom Gonzalez, by Guilez Family

Tuesday, December 30 ~ 6th Day in the Octave of Christmas

8 a.m. — Joseph Vanegas, by Beatriz Rubio

Wednesday, December 31 ~ 7th Day in the Octave of Christmas

8 a.m. — Julie Hartnett, by John Hartnett

Thursday, January 1 ~ Octave of the Nativity of the Lord

7 a.m. — Fr. Dennis Gordon, F.S.S.P., by the Smiley Family

9 a.m. — Private Intention

11 a.m. — *Pro Populo*

Friday, January 2 ~ Feria in Christmastide

8 a.m. — Fr. Dennis Gordon, F.S.S.P., by the Smiley Family

6 p.m. — Reparation to the Sacred Heart of Jesus

Saturday, January 3 ~ Saturday of Our Lady

8 a.m. — Reparation to the Immaculate Heart

11:30 a.m. — Private Intention

Sunday, January 4 ~ Holy Name of Jesus

7 a.m. — Private Intention

9 a.m. — Private Intention

11 a.m. — *Pro Populo*

Fr. Saguto may accept Mass intentions

Upcoming Parish Events

January 11 ~ Christmas Party, Talent Show

Our annual Christmas party potluck and talent show will be in two weeks. Seating is limited so be sure to sign up in the vestibule to reserve a place for you and yours at the table, and to participate in the show. No comedy acts or skits. Limit one entry per person.

For more information or to volunteer to help with the party, contact Marcella Guilez, dmjmfamilylove@aol.com; for more information about the talent show, contact Anita McCowen, cosfssp@gmail.com.

nite resolutions for the future. But again, these are not the primary functions of meditation. Meditation is conversation with Christ, and our talk with Him will often conclude with a promise to be more faithful in

the future. This, however, is something that flows from our conversation; it is not a necessary part of it, for it may or may not be present on different occasions.

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