


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:**  
(719) 464-6129

*Church Location:* 626 Aspen Dr.  
Security, Colo. 80911  
(719) 382-0121

*Mailing Address:* P.O. Box 5211  
Colorado Springs,  
Colo. 80931-5211

*Parish Registration, Records, Inquiries:*  
Anita McCowen      cosfssp@gmail.com

*Bulletin:*  
Jill Demian      (719) 646-1400

*Choir:*  
Kelsey Villalobos      (719) 651-9800

*Home-Schoolers' First Friday:*  
Gracey Wike  
cosfssp.homeschoolgroup@gmail.com

*Housekeeping:*  
Jennifer Villalobos      (719) 651-8135

*Pro-Life Events:*  
Michael Smiley      (719) 502-9149  
Michele Smiley      (719) 447-7236

*St. Benedict Altar Guild:*  
Nathan Wike  
cosfssp.altarguild@gmail.com

*Take-Them-A-Meal/Sunday Brunch:*  
Marcella Guilez  
dmjmfamilyllove@aol.com

*Ushers:*  
Kris McCowen      (719) 352-1519

*Website:*  
**www.cosfssp.org**  
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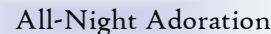
*Young Roses of Mary Girls' Group:*  
Amy Seltzer      caseltzer@gmail.com

Home-Schoolers' First Friday:  
Gracey Wike  
cosfssp.homeschoolgroup@gmail.com

Young Roses of Mary Girls' Group:  
Amy Seltzer                      caseltzer@gmail.com

# Please pray for:

<i>Repose of the Souls of:</i>	Command Sgt. Major Chad Keirns,
Pope Francis	U.S. Army
Jeff Nelson	Capt. Mary McCowen, U.S. Army
Lamar Cole	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
1st Lt. David Bentley, U.S. Air Force	Sgt. Daniel Walsh, U.S. Army
Master Sgt. Chris Biery, U.S. Air Force	Sr. Airman Thomas Walsh,
Spec. 2 Victor Follis, U.S. Space Force	U.S. Air Force
Petty Officer 1st Class Paula Gennitti,	Lt. Col. Nathan Wike, U.S. Army
U.S. Navy	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



Thursday: 7 p.m.

*Priestly Fraternity of St. Peter parish in Colorado Springs*



# The PHILOSOPHY of ANXIETY

by Archbishop Fulton Sheen

Pride, lust, avarice; the devil, the flesh, and the world; the pride of life, the concupiscence of the flesh, and the concupiscence of the eyes — these constitute the new unholy trinity by which humanity is wooed away from the Holy Trinity and from the discovery of the goal of life. It was these three things Our Lord described in the parable of those who offered excuses for not coming to the banquet. One refused because

he had bought a farm, another because he had purchased a yoke of oxen, and the third because he had taken unto himself a woman. Love of self, love of person, and love of property are not in themselves wrong, but they do become wrong when they are made ends in themselves, are torn up from their true purpose, which is to lead us to God. Because there are some who abuse love of self and love of person and love of property,

the Church has encouraged the three vows of obedience, chastity, and poverty to make reparation for those who make gods out of their opinions, their flesh, and their money. Anxiety and frustration invariably follow when the desires of the heart are centered on anything less than God, for all pleasures of earth, pursued as final ends, turn out to be the exact opposite of what was expected. The expectation is joyous, the realization is disgust.

Out of this disappointment are born those lesser anxieties that modern psychology knows so well; but the root of them all is the meaninglessness of life due to the abandonment of Perfect Life, Truth, and Love, which is God.

The alternative to such anxieties consists in letting oneself go, not by a surrender of the spirit to the world, the flesh, and the devil, but by an act of proper abandonment, in which the body is disciplined and made subject to the spirit and the whole personality is directed to God.

...Anxieties and frustrations are due to uncontrolled desires. When a soul does not get what it wants, it falls into sadness and distress. In other generations human desires were less numerous or else were controlled; today even luxuries are considered necessities.

Disappointment increases in direct ratio and proportion to our failure to obtain the things we believe essential to our enjoyment. One of the greatest deceptions of today is the belief that leisure and money are the two essentials of happiness. The sad fact of life is that there are no more frustrated people on the face of the earth than those who have nothing to do

and those who have too much money for their own good. Work never killed anybody, but worry has. It is assumed by many reformers that the principal and major cause of unhappiness is economic insecurity, but this theory forgets that there are economic problems only because people have not solved the problems of their own souls. Economic disorder is a symptom of spiritual disorder.

To conquer anxiety does not mean eliminating our desires, but rather arranging them in a hierarchy, as Our Lord reminded us when He said that life is more than the raiment. This pyramid of values places things at the bottom — and things include everything material in the universe, from a star that inspires a poet to wheat used for the baker's bread. Above things comes humanity, and at the peak of the pyramid is God.

A religious person orders his or her life by the pattern of the pyramid. Such a person overcomes anxiety by making all material things subject to the human, by disciplining the body until it is subject to the spirit, and by submitting the whole personality to God. "For all are yours; and you are Christ's; and Christ is God's" (1 Corinthians 3:22-23). Once the soul recognizes that it is made for God, it abandons the bourgeois idea that every person is to be judged by what he or she has.

There follows, not only a renunciation of evil, but even a voluntary surrender of some things that are lawful, in order that the spirit be freer to love God. When the sacrifices of Our Lord become the inspiration of a life, then its burdens are borne with more than resignation — they are accepted as

## \* MASS INTENTIONS \*

FOR THIS WEEK

**Monday, January 5 ~ Feria in Christmastide**

8 a.m. — Private Intention

**Tuesday, January 6 ~ The Epiphany of the Lord**

8 a.m. — Private Intention

6 p.m. — Private Intention

**Wednesday, January 7 ~ Feria of Epiphany**

8 a.m. — Private Intention

**Thursday, January 8 ~ Feria of Epiphany**

6 p.m. — Private Intention

**Friday, January 9 ~ Feria of Epiphany**

8 a.m. — Private Intention

**Saturday, January 10 ~ Saturday of Our Lady**

8 a.m. — Private Intention

**Sunday, January 11 ~ Holy Family of Jesus, Mary, and Joseph**

7 a.m. — Private Intention

9 a.m. — Private Intention

11 a.m. — *Pro Populo*

*Fr. Saguto may accept Mass intentions*

providential calls to greater intimacy with Him.

But quite apart from Christian motivations — even viewed from a purely natural point of view, it is wise for a person to renounce some desires, simply because the soul cannot find satisfaction in fulfilling them. The desire for wealth is one of these. There are two kinds of wealth: *natural* wealth, which takes the form of the necessary food, clothing, and shelter to sustain the life of the individual or family; *artificial* wealth, which is money, credit, stocks, and bonds. It is possible for a

person to satisfy his desires for natural wealth, because his stomach soon reaches a point where it can consume no more food.

But there is no limit to the desire for artificial wealth. Someone who has a million dollars is never satisfied with that million. There is a certain false infinity about artificial wealth because a person can always want more and more of it. Because natural wealth imposes its own limitations, farming and gardening are among the most satisfying experiences of human life. + + +

## Upcoming Parish Events

**January 9 ~ Pro-Life Vigil at Noon**

One-hour Rosary prayer vigil at Planned Parenthood, located at 3480 Centennial Blvd. Contact Michael Smiley, (719) 502-9149 or, Michele Smiley, (719) 447-7236.

**January 10 ~ Young Roses of Mary**

Girls' group (ages 8-18) to meet 7:45 a.m. for Mass, followed by breakfast and catechesis on feminine virtues. Contact Amy Seltzer, caseltzer@gmail.com.

**January 10 ~ Men's Schola Rehearsal**

Schola rehearsal will begin after Mass Saturday morning. Men interested in singing with an all-men schola may contact Kelsey Villalobos, (719) 651-9800, for more information.

**January 11 ~ Christmas Party, Talent Show**

Our annual Christmas party potluck and talent show will be next Sunday. 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**, dmjmfamilyllove@aol.com; for more information about the talent show, contact **Anita McCowen**, cosfssp@gmail.com.