

Holy Redeemer Chapel

✠ ROMAN CATHOLIC ✠

PRE-VATICAN II - TRADITIONAL LATIN MASS

11824 Tenth Avenue SW
Seattle, WA 98146-2776
☎ 206-299-1522
www.holyredeemerchapel.org

Quinquagesima Sunday

February 15th, 2026

Rev. Carlos A. Ercoli - Rev. Héctor L. Romero



✱ **MASS TIMES THIS WEEK** ✱

| | | |
|--|---|-----------------------------------|
| Sunday, February 15 th | QUINQUAGESIMA SUNDAY Sister Elizabeth (<i>Mrs. Joan Pang</i>) ✠Holy Souls in Purgatory (<i>Mr. & Mrs. Lambert</i>) | 8:00 A.M. 10:30 A.M. |
| Monday, February 16 th | Ferial Day Mr. & Mrs. Robert Lambert -weddd. anniv. (<i>Steven Lambert family</i>) | 11:15 A.M. |
| Tuesday, February 17 th | Ferial Day Special Intention (<i>Mrs. Lan Hoang</i>) | 11:15 A.M. |
| Wednesday, February 18 th * <i><u>Fast & Complete Abstinence</u></i> | Ash Wednesday Mrs. Florence Wolf -100 th birthday (<i>Mr. Barry Wolf</i>) | 11:15 A.M. & 6:30 P.M. |
| Thursday, February 19 th | Ferial Day ✠John Roberts (<i>Will Shafer</i>) | 11:15 A.M. |
| Friday, February 20 th | Ferial Day Katherine Brumbaugh -birthday (<i>The Brumbaugh family</i>) | 11:15 A.M. |
| Saturday, February 21 st | Ferial Day ✠Thomas Dang -birthday (<i>Mrs. Joan Pang</i>) | 9:00 A.M. |
| Sunday, February 22 nd | FIRST SUNDAY OF LENT All living (<i>Mrs. Coleen Cortese</i>) ✠Diane Lambert (<i>Mr. & Mrs. Robert Lambert</i>) | 8:00 A.M. 10:30 A.M. |

✱ **ANNOUNCEMENTS** ✱

- **ASH WEDNESDAY:** is a day of *fast & complete* abstinence, and the *beginning of Lenten Fast*. Please note that **Masses** will be said at **11:15 A.M. & 6:30 P.M.** followed by distribution of ashes.
 - **SEVEN SUNDAY OF ST. JOSEPH DEVOTION.** Today is the third Sunday.
-
-

WISDOM OF THE SAINTS

Mortification of the appetite

- *"It is impossible to engage in the spiritual conflict without the previous subjugation of the appetite."* -St. Gregory
- *"Food is necessary for the support of life, but, like medicine, it should be taken only through necessity"* -St. Augustine

PRAYER FOR THE BEGINNING OF LENTEN FAST

O God who dost purify Thy Church by the yearly fast of Lent; grant to Thy household that what we strive to obtain from Thee by abstinence, by good works we may secure. Through Jesus Christ, thy Son our Lord, Who liveth and reigneth with thee, in the unity of the Holy Ghost, ever one God, world without end. Amen.

LENT IS COMING



Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (*cf. Matt 4: 1-11, Luke 4: 1-13*). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.

DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent

1. VOLUNTARY AMENDMENT OF LIFE:

Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

In this category I am going to do _____

2. ACTS OF PENANCE:

Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc.,

In this category I am going to do _____

3. WORKS OF CHARITY: Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Church, ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament, etc...

In this category I am going to do _____

I plan on making a good (general) confession by this day during Lent _____

* A NOTE TO NEWCOMERS *



Welcome to the traditional Latin Mass, and to the unchanged Catholic Faith. The priests and parishioners of Holy Redeemer Chapel reject the changes of Vatican II. They want to preserve the Roman Catholic Faith by maintaining everything that was taught and done by the Church prior to Vatican II. In order to receive the sacraments here, it is therefore necessary that you attend exclusively the traditional Latin Mass, and avoid the new Mass and reformed sacraments. We also invite you to take our booklet entitled *The Traditional Latin Mass*, which is very informative. We encourage you to visit our bookstore for some additional reading & information about the present crisis in the Church.

* PLEASE, OBSERVE OUR DRESS CODE *

For Men: A shirt and tie, with either suit coat, jacket or sweater, and dress shoes on Sundays and holy days of obligation. No earrings. **For Ladies:** A dress or skirt is required; no pants. The skirt must at least cover the knee, and should not be tight or otherwise revealing in any way. Immodest slits are forbidden. Clothing should be loose and not form-fitting. A head covering is also required. See-through blouses are forbidden, as well as clothing which is low-cut. **For Everyone:** No tennis shoes, sandals, denim, even on weekdays. The standards of Catholic modesty must be observed.

* APPOINTMENTS & OTHER INFORMATION *



If you wish to make an appointment with the priest, please call the rectory at (206) 299-1522. **Baptisms** are by appointment. At least one of the **Parents & Godparents** must be practicing Catholics in good standing who reject the changes of Vatican II. If you are contemplating **Matrimony**, catechism instructions may be needed; depending on the case, you may need to contact the priest as early as one year in advance of your wedding. When making arrangements for **Funerals**, please contact the priest before contacting the funeral director. **Extreme Unction & Sick Calls**, please do not put off making arrangements until the last moment. Let us know if a member of the Chapel is sick, hospitalized or in danger of death. For any emergency, please call **Fr. Ercoli** at (586) 215-3251.

- **Confession Schedule:** Sundays & Holydays, 30 minutes before Mass. Saturdays after Mass.
- **Blessing of Religious Articles:** Every First Sunday of the month at the communion rail.

* RULES OF FAST & ABSTINENCE DURING LENT *

- **RULES OF FAST:** The laws of fast apply to persons between the ages of 21 & 59. On a fast day one may eat one full meal and two light meatless meals, which together would not equal the main meal. Meat may be taken at the principal meal, except on days of complete abstinence. Liquids such as water, milk, and fruit juices may be taken between meals.
- **RULES OF ABSTINENCE:** The laws of abstinence apply to everyone seven years of age and over. On a day of complete abstinence no meat, meat gravy or soup made from meat may be taken. On a day of partial abstinence meat may be taken once.