

Our Lady, Help of Christians

Latin Mass Parish of the Diocese of Birmingham, AL

1201 Kingsbury Ave | Huntsville, AL | 35801

O Mary, powerful virgin, thou art the mighty and glorious protector of the Church; thou art the marvelous help of Christians; thou art terrible as an army in battle array; thou alone hast destroyed every heresy in the whole world. In the midst of our anguish, our struggles, and our distress, defend us from the power of the enemy, and at the hour of our death receive our souls in paradise. Amen.

Prayer to Our Lady, Help of Christians composed by St. John Bosco

MARCH 2026 ANNOUNCEMENTS

The month of March is dedicated to the Saint Joseph.

Traditional Catholic Rules of Fast and Abstinence

These rules of fast and abstinence are as observed per the 1962 liturgical calendar and outlined in Canons 1250-1254 of the 1917 Code of Canon Law:

*The law of Abstinence binds all Catholics, beginning on the day after their 7th birthday.

*The law of Fasting binds all Catholics, beginning on the day after their 18th birthday and ending at the midnight which completed their 59th birthday.

*The law of Complete Abstinence forbids the eating of flesh meat and of broth made of meat, but does not exclude the use of eggs, dairy products, or seasonings made from the fat of animals.

*Partial Abstinence permits meat and soup or gravy made from meat, to be eaten only once a day, at the principal meal.

*Partial Abstinence and fasting applies to all days in Lent, except the days listed below and all Sundays

The law of **Fasting** prescribes that only one full meal a day is taken with two smaller meals that does not equal the main one. It is not forbidden to eat both flesh meat and fish at the same meal, nor to interchange the midday and evening meals.

Abstinence is obligatory on all Fridays, except on Holy Days of Obligation outside of Lent.

Fasting and Complete Abstinence are obligatory on the following days:

- Ash Wednesday
- All Fridays in Lent
- Good Friday
- Holy Saturday (until noon—the end of the Easter Vigil Mass)
- Ember Friday in Lent (February 27, 2026)

Sundays in Lent are always a non-Fast day.

*“Ex more docti mystico; Servemus hoc jejunium; Deno dierum circulo; Ducto quater notissimo. (Now, with the slow revolving year; Again the fast we greet; Which in its mystic circle moves; Of forty days complete.)
~ Pope St. Gregory the Great, Lenten Hymn of the Divine Office*



AD JESUM PER MARIAM

March Mass Calendar & Intentions

SUNDAY, March 1 –

7:00 — Jeff & Keshia Green Family
8:45 High Mass — *Missa pro populo*
10:45 — Father's intention

MONDAY, March 2 – Owen Sederstrand

TUESDAY, March 3 – Luke & Zoe Green

WEDNESDAY, March 4 – Scott & Anna Tyo Family

THURSDAY, March 5 – Nicholas Clark

FRIDAY, March 6 – Evelyn Iszak

SATURDAY, March 7 – (+) Holy Souls in Purgatory

SUNDAY, March 8 –

7:00 — (+) Sonya LaRussa
8:45 High Mass—*Missa pro populo*
10:45 – Father's intention

MONDAY, March 9 – Matthew Gagnon

TUESDAY, March 10 – Mr. & Mrs. Matthew Green
& family

WEDNESDAY, March 11 – (+) Florence Martignoni

THURSDAY, March 12– (+) Barbara Lorenz

FRIDAY, March 13 – (+) Thomas Fay

SATURDAY, March 14 – Arthur Reid

SUNDAY, March 15 –

7:00 — Louis DeRidder
8:45 High Mass—*Missa pro populo*
10:45 – Father's intention

MONDAY, March 16 – Grace Green

TUESDAY, March 17 – (+) Deborah Ellen Fleischman

WEDNESDAY, March 18 – (+) Michele Greene

THURSDAY, March 19 – (+) Bill Lorenz

FRIDAY, March 20 – (+) Leroy & Arlene Black

SATURDAY, March 21 – (+) Gary Gravely

SUNDAY, March 22 –

7:00 – (+) Bernadette Vlasin
8:45 High Mass - *Missa pro populo*
10:45 – Father's intention

MONDAY, March 23 – (+) Betty Bland

TUESDAY, March 24 – (+) Les Hearberlin

WEDNESDAY, March 25 – Bonnie Austin

THURSDAY, March 26 – (+) Pat Moran

FRIDAY, March 27 – The Hand Family

SATURDAY, March 28 – Ramzey Vann

SUNDAY, March 29 –

7:00 – (+) Deborah Ellen Fleischman
8:45 High Mass - *Missa pro populo*
10:45 – Father's intention

MONDAY, March 30 – Nancy Ritter

TUESDAY, March 31 – (+) Horace Helms

Our Lady, Help of Christians

Pastor:

Fr. Alan C Mackey

Administrative Assistant:

Belinda Arnold
256-801-9157
ourladyhoc@gmail.com

Contact the pastor or parish:

Phone: 256-801-9157

Email: ourladyhoc@gmail.com

The blessing of religious articles:

Leave items to be blessed in the hall in the designated basket. Items are blessed every Friday.

Sacraments:

All Sacraments at Our Lady, Help of Christians are performed according to the *usus antiquior* of the Roman Rite, with the 1962 liturgical books.

To submit a Mass request intention:

Use the Mass request form (in the social hall) and submit to the office inbox. Please do not submit more than 2-3 Mass requests at a time. Only 1 intention can be scheduled per day.