



PARISH OF THE

North American Martyrs

THE PRIESTLY FRATERNITY OF ST. PETER

PARISH PRIESTS

PASTOR

Rev. Fr. Joseph Heffernan, FSSP

PAROCHIAL VICAR

Rev. Fr. Adrian Debow, FSSP



PARISH OFFICE

(206) 641-6504

MAILING ADDRESS

12546-B 5th Avenue NE
Seattle, WA 98125

MASS LOCATIONS

St. Alphonsus Church
5816 15th Ave NW
Seattle, WA 98107Holyrood Cemetery
205 NE 205th St.
Shoreline, WA 98155Masses are at St. Alphonsus
unless otherwise noted.

NorthAmericanMartyrs.org



LATIN TRIDENTINE MASS SCHEDULE

SUNDAY	8:00 AM (@ Holyrood Cemetery) 11:45 AM (High Mass)
MONDAY & WEDNESDAY	7:30 PM
TUESDAY	6:30 AM
THURSDAY	12:10 PM
FRIDAY	7:30 PM; Holy Hour before Mass (& 12:10 PM Mass on First Friday)
SATURDAY	11:00 AM

Confessions: 30 minutes before Mass and, as necessary, following Mass.**Baptism:** Within the first month of birth. Please contact the rectory.**Marriage:** Arrange at least six months in advance. Preparation with a priest.**Convert Instructions:** Contact the rectory for an interview.**Men's and Women's Groups:** Contact the pastor.**Knights of the Sacred Heart:** Boys and young men's group. Contact Mr. Peter Miller.**Parish Girls' Group:** Contact Carmela Evans.**Public Devotions:**Holy Hour and Benediction on Fridays at 6:30 pm.
Rosary before Sunday 11:45 am Mass and First Saturday at 10:25am.
Marian devotions following Wednesday evening Mass.**Choir and Schola Gregoriana**Marie Emmanuel Lyon, *Director* (253) 848-6925
Mr. Wyatt Smith, *Organist*.**Catholic Young Adults:** Contact Francine Gregorios.**Mass Intentions**

The Mass intention book is opened periodically throughout the year. Instructions appear in the bulletin. Intentions are reserved for parishioners only.

Parish Registration

Contact the pastor to schedule an appointment. Proof of sacraments required.

St. Teresa of Avila Parish on-line Library: www.librarycat.org/lib/NorthAmericanMartyrs.

What earlier generations held as sacred, remains sacred and great for us too, and it cannot be all of a sudden entirely forbidden or even considered harmful. It behooves all of us to preserve the riches which have developed in the Church's faith and prayer, and to give them their proper place.



If thou carry the cross willingly, it will carry thee.
Imitation of Christ, II, 12

Transfiguration of Our Lord

Masses and Intentions for the Week

Sunday, August 6

Transfiguration of Our Lord *II Class*

8:00 AM Seminarians of Our Lady of
Guadalupe Seminary

11:45 AM Pro Populo

Monday, August 7

St. Cajetan *III Class*

Confessor

7:30 PM Mary Purcell+

Tuesday, August 8

St. John Mary Vianney *III Class*

Confessor

6:30 AM Wallace Family

Wednesday, August 9

Vigil of St. Lawrence *III Class*

7:30 PM Caroline Wallace

Thursday, August 10

St. Lawrence *II Class*

Deacon & Martyr

12:10 PM Family Conversions

Friday, August 11

Feria *IV Class*

7:30 PM Victoria M. Poncini

Saturday, August 12

St. Clare *III Class*

Virgin

11:00 AM Paula Kloppenborg

Sunday, August 13

Tenth Sunday after Pentecost *II Class*

8:00 AM Expectant Mothers of North
American Martyrs Parish

11:45 AM Pro Populo

Fr. Heffernan ... will be away until Wednesday, August 9th.

Choir Members needed ... as we prepare for our High Masses to continue in September. Please consider contributing your voice to the singing of God's praises in the Sacred Liturgy. To volunteer for the choir or for more information, please contact our choir director, Marie Emmanuel Lyon, at (253) 848-6925. *"He who sings well prays twice."* — St. Augustine

Assumption of Our Lady ... on, Tuesday, August 15th is a Holy Day of Obligation. The North American Martyrs Holy Day Schedule is as follows:

12:10pm Low Mass

7:30pm High Mass

Both Masses will be offered at St. Alphonsus. Please note that St. Alphonsus Parish has a Mass that evening at 6pm. Kindly let them finish before entering the church. No 6:30am Mass.

Women's Group ... is this Saturday, August 12th, at the home of Sheila Clausen. Arrival time is 5:30pm. Please bring food and a friend.

Mass Intentions Log is Full ... please withhold Mass requests until further notice.

Donations for FSSP Apostolate in Baltimore ... help restore the Fraternity of St. Peter's most recent apostolate. Donations will be collected through the month of August and sent at the end of the month. Please make checks out to St. Alphonsus National Shrine.

Oktoberfest ... will make its comeback on October 14th at the St. Alphonsus Family Center.

Parish Picnic ... will be on Saturday, September 9th at Rhododendron Park in Kenmore. Please save the date!

Annual Catholic Appeal ... Archbishop Sartain asks that you consider a gift of one dollar a day (\$365). *All donations above our goal are refunded 100% to our parish.* Pledge envelopes, business reply envelopes and corporate matching information are available in the vestibule. You may return your envelope in the Sunday collection or mail them directly to the Archdiocese. Online donations may be made at www.seattlearchdiocese.org/donate. *We are currently at 85% of our goal with 41 contributions having been made.* Thank you for your generosity. If you intend to make a pledge, please do so and help us reach our goal quickly.

Please Keep in Your Prayers: Helen Clifford, Shirley Hendrix, Dwight

Nobles, Mark Hillis, Roberta Pharness, Jackie Phillips, Stephanie Brusich, Jesse Dahl, Dr. Gene Supernaw, Patricia Dowling, Dorothy McVeigh, Chris Hendrix, Sonia Roten, Joyce Barry, Fr. Calvin Goodwin, FSSP, Mark DeAntonio, and Ben Danieli.

Contributions: May God reward you for your generosity (7/30 \$4,417.00)

Introduction to the Devout Life
by St. Francis of Sales (1567-1622)

But unquestionably it must be a really paternal heart that can do this, and therefore it is that the Apostles and their apostolic followers are wont to call their disciples not merely their children, but, even more tenderly still, their "little children."

One thing more, dear reader. It is too true that I who write about the devout life am not myself devout, but most certainly I am not without the wish to become so, and it is this wish which encourages me to teach you. A notable literary man has said that a good way to learn is to study, a better to listen, and the best to teach. And S. Augustine, writing to the devout Flora, says, that giving is a claim to receive, and teaching a way to learn.

Alexander caused the lovely Campaspe, who was so dear to him, to be painted by the great Apelles, who, by dint of contemplating her as he drew, so graved her features in his heart and conceived so great a passion for her, that Alexander discovered it, and, pitying the artist, gave him her to wife, depriving himself for love of Apelles of the dearest thing he had in the world, in which, says Pliny, he displayed the greatness of his soul as much as in the mightiest victory. And so, friendly reader, it seems to me that as a Bishop, God wills me to frame in the hearts of His children not merely ordinary goodness, but yet more His own most precious devotion; and on my part I undertake willingly to do so, as much out of obedience to the call of duty as in the hope that, while fixing the image in others' hearts, my own may haply conceive a holy love; and that if His Divine Majesty sees me deeply in love, He may give her to me in an eternal marriage. The beautiful and chaste Rebecca, as she watered Isaac's camels, was destined to be his bride, and received his golden earrings and bracelets, and so I rely on the boundless Goodness of my God, that while I lead His beloved lambs to the wholesome fountain of devotion, He will take my soul to be His bride, giving me earrings of the golden words of love, and strengthening my arms to carry out its works, wherein lies the essence of all true devotion, the which I pray His Heavenly Majesty to grant to me and to all the children of His Church -- that Church to which I would ever submit all my writings, actions, words, will and thoughts.

ANNECY, S. Magdalene's Day, 1608.



*Please pray for the souls in purgatory
and for a permanent location for the parish.*



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remains sacred..." Pope Benedict XVI

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person in the company."
-St. Francis de Sales*

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Litany of Humility

Jesus, meek and humble of heart, hear me.

From the desire of being esteemed, deliver me, O Lord.

From the desire of being loved, deliver me, O Lord..

From the desire of being extolled, deliver me, O Lord.

From the desire of being honored, deliver me, O Lord.

From the desire of being praised, deliver me, O Lord.

From the desire of being preferred to others, deliver me, O Lord.

From the desire of being consulted, deliver me, O Lord.

From the desire of being approved, deliver me, O Lord.

From false humility, deliver me, O Lord.

From the fear of being humiliated, deliver me, O Lord.

From the fear of being despised, deliver me, O Lord.

From the fear of suffering rebukes, deliver me, O Lord.

From the fear of being calumniated, deliver me, O Lord.

From the fear of being forgotten, deliver me, O Lord.

From the fear of being ridiculed, deliver me, O Lord.

From the fear of being wronged, deliver me, O Lord.

From the fear of being suspected, deliver me, O Lord.

That others may be loved more than I,
That others may be esteemed more than I,

That in the opinion of the world,

others may increase and I may decrease,

That others may be chosen and I set aside,

That others may be praised and I unnoticed,

That others may be preferred to me in everything,

That others may become holier than I,

provided that I may become as holy as I should,

O Lord, grant me the grace to desire it.

North American Martyrs

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