



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*  
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](http://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*

## Sixteenth Sunday after Pentecost

### Masses and Intentions for the Week

#### Sunday, September 24

External Solemnity of North American Martyrs

*I Class (for N.A.M.)*

8:00 AM Men of North American Martyrs  
Parish

11:45 AM Pro Populo

#### Monday, September 25

Feria *IV Class*

7:30 PM Purgatorial Society

#### Tuesday, September 26

SS. Jean Brebeuf, Isaac Jogues &

Companions, Martyrs *I Class (for N.A.M.)*

6:30 AM Dorance Giddings

#### Wednesday, September 27

SS. Cosmas & Damian, Martyrs *III Class*

7:30 PM Dorance Koerner

#### Thursday, September 28

St. Wenceslaus, Duke & Martyr *III Class*

12:10 PM Sherri Wear

#### Friday, September 29

Dedication of St. Michael *I Class*

7:30 PM Gracie Lankford

#### Saturday, September 30

St. Jerome *III Class*

Priest, Confessor & Doctor

11:00 AM Brooke Lankford

#### Sunday, October 1

Seventeenth Sunday after Pentecost *II Class*

8:00 AM Women of North American Martyrs  
Parish

11:45 AM Pro Populo

**Sundays at St. Alphonsus Church** ... Please refrain from waiting in front of the Church for St. Alphonsus' Mass to finish. Use the side doors to enter until 11:30am. Bulletins and Mass propers will be available at the side entrances.

**Holy Hour** ... next Sunday for the parish *confirmandi*. A short practice after Mass for those receiving Confirmation will be followed by a Holy Hour with our Lord exposed in the Blessed Sacrament and Benediction. Prayers and devotions during the Holy Hour will be led by Fr. Heffernan. Confessions will be available for the *confirmandi*. All are welcome to attend.

**Confirmation** ... on Saturday, October 7th, will be conferred by the Most Reverend Eusebio Elizondo, Auxiliary Bishop of Seattle, at 11am at St. Alphonsus Church. A Solemn Mass will follow the Confirmation ceremony. All are welcome and encouraged to attend both the Confirmation ceremony and Mass. Please pray for our *confirmandi* as they prepare to receive this sacrament.

**Oktoberfest** ... will be held on October 14th at the St. Alphonsus Family Center, 4-8pm. Join us for the evening and taste the finest homebrews of NAM's talented brewers, tap your foot to the music of the Ted Lunka Polka Band, gulp a draft and cast a vote for the best mug of homemade root-beer, and enjoy a slice of baked goodness in the ultimate pie contest. All are welcome. Please contact Carmela Evans to register for the root beer and pie contest. Contact Mark Cirineo to lend a hand with the kitchen work, clean-up, etc. *Volunteers make events like this possible.*

**Mens' and Womens' Groups** ... dates are set for October and November. All meetings begin at 6pm. Bring food, drink, and a friend!

**Womens' North and South**—October 21st; at the Evans' home. Join us for a discussion led by Fr. Debow on Liturgical Symbols. What is the liturgy teaching you?

**Mens' South**—November 4th; **Mens' North**—November 17th. (Volunteers needed to host). Fr. Heffernan will lead a discussion on some of the key men of the Old Testament. What virtues can we imitate to become better men? What mistakes and vices can we avoid?

**Parish Potlucks** ... will resume after the parish Oktoberfest. Please mark your calendar: November 5th—All Saints Celebration; December 10th—Our Lady of Guadalupe Fiesta. All are welcome. Vespers will be sung by the priests at NAM in St. Alphonsus Church to close each potluck.

**Choir Members Still needed** ... To volunteer for the choir or for more information, please contact our choir director, Marie Emmanuel Lyon. *"He who sings well prays twice."* — St. Augustine

**Mass Intentions Log Full** ... please continue to withhold Mass requests .

Contributions: May God reward you for your generosity. (9/17/17 \$3,989.00)

**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.

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

CHAPTER IV. The Need of a Guide for those who would enter upon and advance in the Devout Life.

But who can find such a friend? The Wise Man answers:--"He that feareth the Lord:" that is to say, the truly humble soul which earnestly desires to advance in the spiritual life. So, daughter, inasmuch as it concerns you so closely to set forth on this devout journey under good guidance, do you pray most earnestly to God to supply you with a guide after His Own Heart, and never doubt but that He will grant you one who is wise and faithful, even should He send you an angel from Heaven, as He sent to Tobias.

In truth, your spiritual guide should always be as a heaven-sent angel to you;--by which I mean that when you have found him, you are not to look upon him, or trust in him or his wisdom as an ordinary man; but you must look to God, Who will help you and speak to you through this man, putting into his heart and mouth that which is needful to you; so that you ought to hearken as though he were an angel come down from Heaven to lead you thither. Deal with him in all sincerity and faithfulness, and with open heart; manifesting alike your good and your evil, without pretence or dissimulation. Thus your good will be examined and confirmed, and your evil corrected and remedied;--you will be soothed and strengthened in trouble, moderated and regulated in prosperity. Give your guide a hearty confidence mingled with sacred reverence, so that reverence in no way shall hinder your confidence, and confidence nowise lessen your reverence: trust him with the respect of a daughter for her father; respect him with the confidence of a son in his mother. In a word, such a friendship should be strong and sweet; altogether holy, sacred, divine and spiritual. And with such an aim, choose one among a thousand, Avila says;--and I say among ten thousand, for there are fewer than one would think capable of this office. He must needs be full of love, of wisdom and of discretion; for if either of these three be wanting there is danger. But once more I say, ask such help of God, and when you have found it, bless His Holy Name; be steadfast, seek no more, but go on simply, humbly and trustfully, for you are safe to make a prosperous journey.



*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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