



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 GregorianaMarie Emmanuel Lyon, *Director*Mr. Wyatt Smith, *Organist*.**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

Christ the King

Masses and Intentions for the Week

Sunday, October 29

Christ the King, *I Class*

8:00 AM Reparation to the Sacred Heart

11:45 AM Pro Populo

Monday, October 30

Feria, *IV Class*

7:30 PM Joseph & Veronica Elmenhurst

Tuesday, October 31

Feria, *IV Class*

6:30 AM Patrick J. O'Sullivan+

Wednesday, November 1

All Saints, *I Class*

12:10 PM Priestly and Religious Vocations

7:30 PM Pro Populo

Thursday, November 2

Commemoration of All Souls, *I Class*

(Please note the 7:00 AM Mass is at Holyrood

12:10 PM and 7:30 PM Masses at St. Alphonsus)

7:00 AM Priest Intentions

12:10 PM Priest Intentions

7:30 PM Novena Intentions

Friday, November 3

First Friday

Daily Mass for the Dead, *III Class*

12:10 PM Novena Intentions

7:30 PM Reparation to the Sacred Heart

Saturday, November 4

First Saturday

Daily Mass for the Dead, *III Class*

11:00 AM Novena Intentions

Sunday, November 5

Twenty-second Sunday after Pentecost, *II Class*

8:00 AM Novena Intentions

11:45 AM Pro Populo

Sundays at St. Alphonsus Church ... Please continue to make us of the side doors until 11:30am.

All Saints' Day, November 1st, is a Holy Day of Obligation

Mass Schedule: 12:10pm Low Mass at St. Alphonsus; 7:30pm High Mass following the St. Alphonsus Parish 6pm Mass.

All Souls' Day, November 2nd, Mass Schedule: ... 7am Low Mass at Holyrood; 12:10pm Low Mass at St. Alphonsus; 7:30pm High Mass at St. Alphonsus.

Novena for Purgatorial Society ... will begin at the evening Mass on November 2nd, All Souls' Day, and will end on November 10th. Masses will be offered consecutively for all of the souls enrolled. Envelopes are available to enroll deceased family members, friends, and relatives. Please return the envelopes via the collection basket with an offering by November 1st.

Hand Missals at a 50% discount! ... If you are interested in ordering a new Angelus Press 1962 Roman Catholic Daily Mass hand missal, here is an opportunity to save half the retail price. Jennifer Junkin is collecting orders until November 6th. Place your order with Jennifer at the All Saints potluck, or contact her directly. The price is \$34.00. The order will be placed once 24 orders have been reached. View the missal ahead of time at:

<https://angeluspress.org/products/1962-roman-catholic-daily-missal>.

Mens' Group ... **South**—November 4th at the home of Kevin O'Neill; **North**—November 18th, at the home of Ken Wilson. 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?

Womens' Group ... **South**—December 2nd (Volunteer needed); **North**—December 16th (Volunteer needed).

Total Consecration to Our Lady ... The 33 day preparation for the Total Consecration to Our Lady of St. Louis-Marie de Montfort starts on November 5th and ends on December 8th, the Feast of the Immaculate Conception. If you would like more information please contact Fr. Heffernan or Fr. Debow.

Parish Potlucks are coming soon! ... Join us in the St. Alphonsus Family Center on **November 5th for an All Saints Celebration**. Children and adults may dress up as their favorite saints. December 10th—Our Lady of Guadalupe Fiesta. All are welcome! Please bring something to share and eat.

Choir Members Still needed ... please contact our choir director, Marie Emmanuel Lyon.

Contributions: May God reward you for your generosity. (10/22/17 \$4,376.00)

Please Keep in Your Prayers: Helen Clifford, Shirley Hendrix, Dwight Nobles, Mark Hillis, Roberta Pharness, Jackie Phillips, Stephanie Brusich, Jesse Dahl, Gene Supernaw, Patricia Dowling, Dorothy McVeigh, Joyce Barry, Fr. Calvin Goodwin, FSSP, Mark DeAntonio, Ben Danieli, and Susan Esary.

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

CHAPTER IX. FIRST MEDITATION. Of Creation

Preparation.

1. PLACE yourself in the Presence of God. 2. Ask Him to inspire your heart.

Considerations.

1. Consider that but a few years since you were not born into the world, and your soul was as yet non-existent. Where wert thou then, O my soul? the world was already old, and yet of thee there was no sign.

2. God brought you out of this nothingness, in order to make you what you are, not because He had any need of you, but solely out of His Goodness.

3. Consider the being which God has given you; for it is the foremost being of this visible world, adapted to live eternally, and to be perfectly united to God's Divine Majesty.

Affections and Resolutions.

1. Humble yourself utterly before God, saying with the Psalmist, O Lord, I am nothing in respect of Thee--what am I, that Thou shouldst remember me? O my soul, thou wert yet lost in that abyss of nothingness, if God had not called thee forth, and what of thee in such a case?

2. Give God thanks. O Great and Good Creator, what do I not owe Thee, Who didst take me from out that nothingness, by Thy Mercy to make me what I am? How can I ever do enough worthily to praise Thy Holy Name, and render due thanks to Thy Goodness?

3. Confess your own shame. But alas, O my Creator, so far from uniting myself to Thee by a loving service, I have rebelled against Thee through my unruly affections, departing from Thee, and giving myself up to sin, and ignoring Thy Goodness, as though Thou hadst not created me.

4. Prostrate thyself before God. O my soul, know that the Lord He is thy God, it is He that hath made thee, and not thou thyself. O God, I am the work of Thy Hands; henceforth I will not seek to rest in myself, who am nought. Wherein hast thou to glory, who art but dust and ashes? how canst thou, a very nothing, exalt thyself? In order to my own humiliation, I will do such and such a thing,--I will endure such contempt:--I will alter my ways and henceforth follow my Creator, and realise that I am honoured by His calling me to the being He has given; I will employ it solely to obey His Will, by means of the teaching He has given me, of which I will inquire more through my spiritual Father.

Conclusion.

1. Thank God. Bless the Lord, O my soul, and praise His Holy Name with all thy being, because His Goodness called me forth from nothingness, and His Mercy created me.

2. Offer. O my God, I offer Thee with all my heart the being Thou hast given me, I dedicate and consecrate it to Thee.

3. Pray. O God, strengthen me in these affections and resolutions. Dear Lord, I commend me, and all those I love, to Thy neverfailing Mercy. OUR FATHER, etc. At the end of your meditation linger a while, and gather, so to say, a little spiritual bouquet from the thoughts you have dwelt upon, the sweet perfume whereof may refresh you through the day.



*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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-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.

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