



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 98107

Holyrood Cemetery
205 NE 205th St.
Shoreline, WA 98155

Masses 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 at petersnowa@gmail.com.

Parish Girls' Group: Contact Carmela Evans at immaculata.cor.mariae@gmail.com.

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

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

Twenty-Second Sunday After Pentecost

Masses and Intentions for the Week

Sunday, November 5

Twenty-Second Sunday after Pentecost, *II Class*

8:00 AM Novena Intentions

11:45 AM Pro Populo

Monday, November 6

Daily Mass for the Dead, *III Class*

7:30 PM Deceased FSSP and Confraternity
Members

Tuesday, November 7

Daily Mass for the Dead, *III Class*

6:30 AM Novena Intentions

Wednesday, November 8

Daily Mass for the Dead, *III Class*

7:30 PM Novena Intentions

Thursday, November 9

Dedication of the Archbasilica of
Our Holy Savior, *II Class*

12:10 PM Novena Intentions

Friday, November 10

St. Andrew Avellino, *III Class*
Confessor

7:30 PM Novena Intentions

Saturday, November 11

St. Martin of Tours, *III Class*
Bishop & Confessor

11:00 AM Novena Intentions

Sunday, November 12

Twenty-third Sunday after Pentecost, *II Class*

8:00 AM Archbishop Peter J. Sartain

11:45 AM Pro Populo

Sundays at St. Alphonsus Church ... Use side doors until 11:30am.

Preparation for Total Consecration to Jesus through Mary on December 8th ... according to the method of St. Louis de Montfort begins today, November 5th. This powerful devotion preached by St. Louis begins with 12 preliminary days of riding oneself of the spirit of the world which opposes the spirit of Christ. Following this purgation are 3 weeks of prayer and meditation by which the soul strives to acquire better knowledge of itself (1st week), of Mary (2nd week), and of Jesus Christ (3rd week). On the 34th day, the soul consecrates itself to Jesus through Mary by expressing sorrow over past sins, renewing baptismal vows, and promising to offer all future actions to Christ through His Mother. All members of North American Martyrs are encouraged to make the 33 day preparation in full or in part according to particular circumstances and spiritually unite themselves as a parish family. The consecration will take place after both Masses on December 8th.

Novena for Purgatorial Society ... will end on November 10th. Masses will be offered consecutively for all of the souls enrolled.

Collect Your Parish Photo Directory! ... after Mass in the vestibule or at the potluck. Please observe the limit of one per household. Cost to print was roughly \$20 per copy. Donations to help offset the cost are accepted; please place donations in the basket next to the directories.

Fr. Heffernan is in search ... of anyone with experience as a CPA. Please contact Fr. Heffernan at the parish office.

Last Chance for Hand Missals at a 50% discount! ... If you are interested in ordering a new Angelus Press 1962 Roman Catholic Daily Mass hand missal, this is your last opportunity to save half the retail price. Jennifer Junkin is collecting orders after Mass at the potluck today.

Mens' Group ... **North**—*Correction: Saturday, 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 can we avoid?

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

Upcoming Holy Days: December 8th—Feast of the Immaculate Conception: Low Mass 12:10pm, High Mass 7:30pm. December 25th—Nativity of Our Lord: 12:00am High Mass, 8:00am Low Mass (*Holyroad*), 11:45am Low Mass.

Parish Potluck ... Join us in the St. Alphonsus Family Center after Mass today for our All Saints Party. All are welcome. Next potluck is on December 10th—Our Lady of Guadalupe Fiesta. Please bring edible to share.

Volunteer for Choir ...contact 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 X. SECOND MEDITATION Of the End for which we were Created.

Preparation.

1. PLACE yourself before God.
2. Ask Him to inspire your heart.

Considerations.

1. God did not bring you into the world because He had any need of you, useless as you are; but solely that He might show forth His Goodness in you, giving you His Grace and Glory. And to this end He gave you understanding that you might know Him, memory that you might think of Him, a will that you might love Him, imagination that you might realize His mercies, sight that you might behold the marvels of His works, speech that you might praise Him, and so on with all your other faculties.

2. Being created and placed in the world for this intent, all contrary actions should be shunned and rejected, as also you should avoid as idle and superfluous whatever does not promote it.

3. Consider how unhappy they are who do not think of all this,--who live as though they were created only to build and plant, to heap up riches and amuse themselves with trifles.

Affections and Resolutions.

1. Humble yourself in that hitherto you have so little thought upon all this. Alas, my God, of what was I thinking when I did not think of Thee? what did I remember when I forgot Thee? what did I love when I loved Thee not? Alas, when I ought to have been feeding on the truth, I was but filling myself with vanity, and serving the world, which was made to serve me.

2. Abhor your past life. I renounce ye, O vain thoughts and useless cogitations, frivolous and hateful memories: I renounce all worthless friendships, all unprofitable efforts, and miserably ungrateful self-indulgence, all pitiful compliances.

3. Turn to God. Thou, my God and Savior shalt henceforth be the sole object of my thoughts; no more will I give my mind to ideas which are displeasing to Thee. All the days of my life I will dwell upon the greatness of Thy Goodness, so lovingly poured out upon me. Thou shalt be henceforth the delight of my heart, the resting-place of all my affections. From this time forth I will forsake and abhor the vain pleasures and amusements, the empty pursuits which have absorbed my time;--the unprofitable ties which have bound my heart I will loosen henceforth, and to that end I will use such and such remedies.

Conclusion.

1. Thank God, Who has made you for so gracious an end. Thou hast made me, O Lord, for Thyself, that I may eternally enjoy the immensity of Thy Glory; when shall I be worthy thereof, when shall I know how to bless Thee as I ought?

2. Offer. O Dearest Lord, I offer Thee all my affections and resolutions, with my whole heart and soul.

3. Pray. I entreat Thee, O God, that Thou would accept my desires and longings, and give Thy Blessing to my soul, to enable me to fulfil them, through the Merits of Thy Dear Son's Precious Blood shed upon the Cross for me. OUR FATHER, etc. Gather your little spiritual bouquet.



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



**Michael
Curtis**
PHOTOGRAPHY

425-418-8127

michael@

michaelcurtis
photography.com

WEDDINGS
FAMILY PORTRAITS
SENIOR PHOTOS
EVENTS

Lance E. Peters
Wealth Advisor



Cell: 425.223.0404

Email: lpeters@clearpoint401k.com

entity from LPL Financial

www.clearpoint401k.com

Gospel of Life Institute
"Promoting the Culture of Life"
www.gospeloflifeinstitute.org



paul uhl real estate broker
mybrokerpaul@gmail.com
206.778.9222



Marquis
Unique Leather Artistry, LLC
Paula & George Marquis
(206) 523-6295

marquispg@aol.com
www.marquisuniqueleather.com



Vintage Catholic
Sacred Art & Antiques

"What earlier generations held as sacred,
remains sacred..." Pope Benedict XVI

Mark & Lillian Nobles

www.rubylane.com/shop/vintagecatholic

CATHOLIC GIFTS
OVER 400 PRODUCTS
AND GROWING

New
Saints
added most
every week!



PORTRAITSOFSAINTS.COM

FARRELL APPAREL

"... a devout man... should be the best dressed
person in the company."
-St. Francis de Sales

John Farrell 206-501-8910

johncfarrell@gmail.com



Since 1980

Kennedy's Refinishing

(360) 403-8668

Patrick and Kathleen Kennedy

www.kennedysrefinishing@yahoo.com

ST. JOSEPH'S CARPENTRY

Carpentry, tile, drywall
and more



Rick Janes

425-209-7910

rickjanes77@gmail.com

Licensed • Bonded • Insured

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

NorthAmericanMartyrs.org