



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***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.

POPE BENEDICT XVI

Letter to Bishops, 07 July 2007



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

Twenty-Third Sunday After Pentecost

Masses and Intentions for the Week

Sunday, November 12

Twenty-Third Sunday after Pentecost, *II Class*

8:00 AM Archbishop Peter J. Sartain

11:45AM Pro Populo

Monday, November 13

St. Frances Xavier Cabrini, *Virgin III Class*

7:30 PM Michael O'Sullivan Family

Tuesday, November 14

St. Josaphat, *III Class*

Bishop & Martyr

6:30 AM Michael Zabel+

Wednesday, November 15

St. Albert the Great, *III Class*

Bishop, Confessor & Doctor

7:30 PM Paul Uhl & Family

Thursday, November 16

St. Gertrude the Great, *III Class*

Virgin

12:10 PM Judith Helene Faust &

Stephen Peterson

Friday, November 17

St. Gregory the Wonderworker, *III Class*

Bishop & Confessor

7:30 PM Dorothy L. DeBartolo+

Saturday, November 18

Dedication of the Basilicas of

SS. Peter and Paul, *III Class*

11:00 AM Lloyd Rekow+

Sunday, November 19

Resumed 6th Sunday after Epiphany, *II Class*

8:00 AM Sick and Homebound of North

American Martyrs Parish

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 ... 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.

New to North American Martyrs Parish? ... been coming for years? Your priests would like to know who you are. If you have never registered at our parish, had your house blessed, or spoken to a priest at North American Martyrs, please do so! We want to know and pray for you!

Know your Mass! ... Been at NAM for a week, a year, a decade? Is that hand missal with all of its colored ribbons still a mystery? The answer to all of your questions is right around the corner! Join us on Sunday, November 26th, after each Mass in the main chapel at Holyhood and in the McGrath room at St. Alphonsus (north side of the small parking lot, to the right of the garage) for an introduction/refresher on the hand missal and its secrets. Know your Mass!

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 (*Holyhood*), 11:45am Low Mass.

Mark your Calendars for Rorate Masses ... *St. Joseph Parish in Tacoma at 7:00am on Saturday, December 9th; Saturday, North American Martyrs at St. Alphonsus at 6:00am on Saturday, December 16th.* The Rorate Mass is the Votive Mass of Our Lady for Saturdays in Advent. It is traditionally offered early in the morning by candlelight.

Vestment Fund ... North American Martyrs will be celebrating its 10th anniversary in October, 2018 as the Seattle Latin Mass Community under that name and staffed by the Priestly Fraternity of St. Peter. October, 2018 will also be 30th anniversary of the Fraternity's founding in 1988. To celebrate these landmarks, N.A.M. will be commissioning two sets of Solemn Vestments, white and gold, to be used on Feast Days and Holy Days. Contributions to the Vestment Fund are accepted. Please specify *Vestment Fund* on your donation. Any funds collected which exceed the cost of the solemn sets will be put towards purchasing and repairing future vestments.

Collect Your Parish Photo Directory! ... Available in the vestibule. One per household. Suggested donation: \$20.

Fr. Heffernan is in search ... of anyone with experience as a CPA.

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 at the home of Agnes Balog. **North**—December 16th at the home of Lillian Nobles. Fr. Heffernan will offer a presentation on the Blessed Virgin Mary in the Mass.

Parish Potluck ... Join us in the St. Alphonsus Family Center after Mass on December 10th—Our Lady of Guadalupe Fiesta. Please bring edible to share.

Vespers at 3:45pm.

Volunteer for Choir ...contact Marie Emmanuel Lyon.

Contributions: May God reward you for your generosity. (11/1/17—Feast of All Saints \$1554.00; 11/05/17 \$4223.00)

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 XI. THIRD MEDITATION. Of the Gifts of God.

Preparation.

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

Considerations.

1. Consider the material gifts God has given you--your body, and the means for its preservation; your health, and all that maintains it; your friends and many helps. Consider too how many persons more deserving than you are without these gifts; some suffering in health or limb, others exposed to injury, contempt and trouble, or sunk in poverty, while God has willed you to be better off.

2. Consider the mental gifts He has given you. Why are you not stupid, idiotic, insane like many you wot of? Again, God has favored you with a decent and suitable education, while many have grown up in utter ignorance.

3. Further, consider His spiritual gifts. You are a child of His Church, God has taught you to know Himself from your youth. How often has He given you His Sacraments? what inspirations and interior light, what reproofs, He has given to lead you aright; how often He has forgiven you, how often delivered you from occasions of falling; what opportunities He has granted for your soul's progress! Dwell somewhat on the detail, see how Loving and Gracious God has been to you.

Affections and Resolutions.

1. Marvel at God's Goodness. How good He has been to me, how abundant in mercy and plenteous in loving-kindness! O my soul, be thou ever telling of the great things the Lord has done for thee!

2. Marvel at your own ingratitude. What am I, Lord, that Thou rememberest me? How unworthy am I! I have trodden Thy Mercies under foot, I have abused Thy Grace, turning it against Thy very Self; I have set the depth of my ingratitude against the deep of Thy Grace and Favor.

3. Kindle your gratitude. O my soul, be no more so faithless and disloyal to thy mighty Benefactor! How should not my whole soul serve the Lord, Who has done such great things in me and for me?

4. Go on, my daughter, to refrain from this or that material indulgence; let your body be wholly the servant of God, Who has done so much for it: set your soul to seek Him by this or that devout practice suitable thereto. Make diligent use of the means provided by the Church to help you to love God and save your soul. Resolve to be constant in prayer and seeking the Sacraments, in hearing God's Word, and in obeying His inspirations and counsels.

Conclusion.

1. Thank God for the clearer knowledge He has given you of His benefits and your own duty.

2. Offer your heart and all its resolutions to Him.

3. Ask Him to strengthen you to fulfil them faithfully by the Merits of the Death of His Son. OUR FATHER, etc. Gather the little spiritual bouquet.



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



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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.

North American Martyrs

NorthAmericanMartyrs.org