



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

Eighth Sunday after Pentecost

Masses and Intentions for the Week

Sunday, July 30

Eighth Sunday after Pentecost *II Class*

8:00 AM Volunteers for Camps St. Cecilia and
St. John Eudes

11:45AM Pro Populo

Monday, July 31

St. Ignatius Loyola, Confessor *III Class*

7:30 PM Patrick Purcell Family

Tuesday, August 1

Feria *IV Class*

6:30 AM The Sons of the Most Holy Redeemer

Wednesday, August 2

St. Alphonsus Liguori *III Class*

Bishop, Confessor & Doctor

7:30 PM Sr. Maria Stefania

Thursday, August 3

Feria *IV Class*

12:10 PM John Goodman

Friday, August 4

First Friday

St. Dominic, Confessor *III Class*

12:10 PM Marie Goodman

7:30 PM Reparation to the Sacred Heart

Saturday, August 5

First Saturday

Dedication of the Basilica of

St. Mary Major *III Class*

11:00 AM Andy Wallace

Sunday, August 6

Transfiguration of Our Lord *II Class*

8:00 AM Seminarians of Our Lady of
Guadalupe Seminary

11:45 AM Pro Populo

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 ... will be on the evening of August 12th, at the home of Sheila Clausen. This meeting will be for both the northern and southern groups; all women of the parish are welcome. Arrival time is 5:30pm. Please bring food and a friend. (425) 248-0903 (19311 NE 190th St., Woodinville)

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

Many Thanks ... to those who helped coordinate the visit of the Pilgrim Virgin statue of Our Lady of Fatima last week. Thank you to those who assisted in preparing the flowers, the procession, and the altar servers. May the Mother of God intercede for you.

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. On-line 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 (7/23 \$4,301.00)

Introduction to the Devout Life By St. Francis de Sales (1567-1622)

In the Third Part I set forth how she should practice certain virtues most suitable to her advancement, only dwelling on such special points as she might not find elsewhere, or be able to make out for herself. In the Fourth Part I bring to light the snares of some of her enemies, and show her how to pass through them safely and come forth unhurt. And finally, in the Fifth Part, I lead her apart to refresh herself and take breath, and renew her strength, so that she may go on more bravely afterwards, and make good progress in the devout life.

This is a cavilling age, and I foresee that many will say that only Religious and persons living apart are fit to undertake the guidance of souls in such special devout ways; that it requires more time than a Bishop of so important a diocese as mine can spare, and that it must take too much thought from the important duties with which I am charged.

But, dear reader, I reply with S. Denis that the task of leading souls towards perfection appertains above all others to Bishops, and that because their Order is supreme among men, as the Seraphim among Angels, and therefore their leisure cannot be better spent. The ancient Bishops and Fathers of the Primitive Church were, to say the least, as devoted to their duties as we are, yet they did not refuse to undertake the individual guidance of souls which sought their help, as we see by their epistles; thereby imitating the Apostles, who, while reaping the universal world-harvest, yet found time to gather up certain individual sheaves with special and personal affection. Who can fail to remember that Timothy, Titus, Philemon, Onesimus, Thekla, Appia, were the beloved spiritual children of S. Paul, as S. Mark and S. Petronilla were of S. Peter (for Baronius and Galonius have given learned and absolute proof that S. Petronilla was not his carnal but spiritual daughter). And is not one of S. John's Canonical Epistles addressed to the "elect lady" whom he loved in the faith?

I grant that the guidance of individual souls is a labor, but it is a labor full of consolation, even as that of harvesters and grape-gatherers, who are never so well pleased as when most heavily laden. It is a labor which refreshes and invigorates the heart by the comfort which it brings to those who bear it; as is said to be the case with those who carry bundles of cinnamon in Arabia Felix. It is said that when the tigress finds one of her young left behind by the hunter in order to delay her while he carries off the rest of her cubs, she takes it up, however big, without seeming over-weighted, and speeds only the more swiftly to her lair, maternal love lightening the load. How much more readily will the heart of a spiritual father bear the burden of a soul he finds craving after perfection-- carrying it in his bosom as a mother her babe, without feeling weary of the precious burden?



*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

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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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