



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*.**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

Seventeenth Sunday after Pentecost

Masses and Intentions for the Week

Sunday, October 1

Seventeenth Sunday after Pentecost

8:00 AM Women of North American Martyrs Parish

11:45 AM Pro Populo

Monday, October 2

Holy Guardian Angels III Class

7:30 PM Tom Hoke

Tuesday, October 3

St. Theresa of the Infant Jesus, Virgin III Class

6:30 AM Amanda Hoke

Wednesday, October 4

St. Francis of Assisi, Deacon & Confessor III Class

7:30 PM Samantha & Connor Wilson

Thursday, October 5

Feria IV Class

12:10 PM Michele Coolidge

Friday, October 6

First Friday

St. Bruno, Confessor III Class

12:10 PM Fred Cirineo +

7:30 PM Reparation to the Sacred Heart

Saturday, October 7

First Saturday

Our Lady of the Rosary II Class

11:00 AM Jackie Danieli

Sunday, October 8

Eighteenth Sunday after Pentecost II Class

8:00 AM Sick and Homebound 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.

Confirmation ... According to the Council of Trent, this Sacrament makes us perfect Christians, completing the initiation which began at Baptism. Confirmation makes the Christian a soldier, and marks his soul with an indelible character. This character may be seen as the military credentials to be employed in the war for God's glory and against His enemies. The indelible mark on the soul will remain after death in the life to come and will increase the glory of the soul in heaven.

Because of the nature of Confirmation as the Sacrament which completes and perfects a Christian, it is reserved to the Bishop or to one delegated by him, to confer. The bishop lays his hand on the head of the one to be confirmed and anoints the forehead with Sacred Chrism saying, "N. , I sign you with the sign of the cross, and I confirm you with the chrism of salvation, in the name of the Father, and of the Son, and of the Holy Ghost." The confirmed replies, "Amen." Sacred Chrism is blessed by the bishop at the Chrism Mass during Holy Week. It is a symbol of the outpouring of graces by the Holy Ghost.

The Confirmation ceremony will begin at 11am on Saturday with Bishop Elizondo of Seattle Archdiocese. Fr. Rhone Lillard, FSSP will offer a Solemn Mass for the Feast of the Holy Rosary following Confirmation. A reception for the *confirmandi* will be held in the St. Alphonsus Family Center after Mass. All are welcome. **Please bring a side dish or salad to share.**

Ordination of Rev. Mr. Fitzpatrick ... is scheduled for May 26th, 2018, at St. Cecilia Cathedral in Omaha, Nebraska. Mr. Dave Fitzpatrick is making arrangements for a reception for his son and is interested in getting a head count for those planning to attend. Dave Fitzpatrick also has information on recommended and affordable accommodations in the Omaha area. To access this information, please contact Dave.

40 Days for Life ... Please consider taking some time to pray for the end of abortion at an abortion clinic during the month of October. Mrs. Michelle McIntyre, a parishioner at North American Martyrs, will be praying outside the abortion clinic in Everett on Wednesdays during 40 Days for Life at 2:30. Anyone is welcome to join her.

Oktoberfest ... on October 14th, 4-8pm at the St. Alphonsus Family Center. 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.*

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' Group ... **South**—November 4th; **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 ... November 5th—All Saints Celebration; December 10th—Our Lady of Guadalupe Fiesta. All are welcome.

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

Contributions: May God reward you for your generosity. (9/24/17 \$4,741.00)

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 V. The First Step must be Purifying the Soul.

"THE flowers appear on the earth," says the Heavenly Bridegroom, and the time for pruning and cutting is come. And what, my child, are our hearts' flowers save our good desires? Now, so soon as these begin to appear, we need the pruning-hook to cut off all dead and superfluous works from our conscience. When the daughter of a strange land was about to espouse an Israelite, the law commanded her to put off the garment of her captivity, to pare her nails, and to shave her head; even so the soul which aims at the dignity of becoming the spouse of Christ, must put off the old man, and put on the new man, forsaking sin: moreover, it must pare and shave away every impediment which can hinder the Love of God. The very first step towards spiritual health is to be purged from our sinful humors. S. Paul received perfect purification instantaneously, and the like grace was conferred on S. Magdalene, S. Catherine of Genoa, S. Pelagia, and some others, but this kind of purgation is as miraculous and extraordinary in grace as the resurrection of the dead in nature, nor dare we venture to aspire to it. The ordinary purification, whether of body or soul, is only accomplished by slow degrees, step by step, gradually and painfully.

The angels on Jacob's ladder had wings, yet nevertheless they did not fly, but went in due order up and down the steps of the ladder. The soul which rises from out of sin to a devout life has been compared to the dawn, which does not banish darkness suddenly, but by degrees. That cure which is gradually effected is always the surest; and spiritual maladies, like those of the body, are wont to come on horseback and express, while they depart slowly and on foot. So that we must needs be brave and patient, my daughter, in this undertaking. It is a woeful thing to see souls beginning to chafe and grow disheartened because they find themselves still subject to imperfection after having made some attempt at leading a devout life, and well-nigh yielding to the temptation to give up in despair and fall back; but, on the other hand, there is an extreme danger surrounding those souls who, through the opposite temptation, are disposed to imagine themselves purified from all imperfection at the very outset of their purgation; who count themselves as full-grown almost before they are born, and seek to fly before they have wings. Be sure, daughter, that these are in great danger of a relapse through having left their physician too soon. "It is but lost labour to rise up early and late take rest," unless the Lord prosper all we do.



*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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