



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*

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

Eighteenth Sunday after Pentecost

Masses and Intentions for the Week

Sunday, October 8

Eighteenth Sunday after Pentecost

8:00 AM Sick and Homebound of North American Martyrs Parish

11:45AM Pro Populo

Monday, October 9

St. John Leonardi, *III Class*

Confessor

7:30 PM Susan Dryden+

Tuesday, October 10

St. Francis Borgia, Confessor *III Class*

6:30 AM Dorothy DeBartolo+

Wednesday, October 11

Maternity of the Blessed Virgin Mary *II Class*

7:30 PM Michael McVeigh

Thursday, October 12

Feria *IV Class*

12:10 PM David McVeigh

Friday, October 13

St. Edward the Confessor, King *III Class*

7:30 PM Cary McVeigh

Saturday, October 14

St. Callistus I *III Class*

Pope & Martyr

11:00 AM Allyson Kuechmann

Sunday, October 15

Nineteenth Sunday after Pentecost *II Class*

8:00 AM Reparation to Our Lady of Fatima

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.

Thank you Fr. Lillard ... and welcome back to North American Martyrs Parish. Fr. Lillard is a professor at Our Lady of Guadalupe Seminary and assists in the formation of the future priests of the FSSP.

Devotions to Our Lady of Fatima ... on October 13th in honor of the final apparition at Fatima. A plenary indulgence may be gained by a visit to a statue of Our Lady of Fatima solemnly exposed for public veneration in any church. In addition to the usual conditions for gaining an indulgence (1. Confession; 2. Communion; 3. Freedom from any attachment to sin; 4. Prayers for the intentions of the Holy Father) one must pray an Our Father, the Apostles Creed, and invoke Our Lady of Fatima. A plenary indulgence grants full remission of all temporal punishment due to sin. If it is not possible to meet all the conditions, the indulgence is partial. The elderly and infirm, who because of age, illness, or other serious cause, are unable to get around, also have the opportunity to gain the plenary indulgence. They may pray in front of any statue of Our Lady of Fatima and spiritually unite themselves to the jubilee celebrations on the anniversary day of the apparition. They must also offer to God with confidence, through Mary, their prayers and sufferings or the sacrifices they make in their own lives. North American Martyrs Parish will provide the opportunity for the indulgence and venerate our statue of Our Lady of Fatima on the evening of Friday, October 13th. St. Alphonsus Church will be open as usual from 6pm to 8:45pm for Vespers, Holy Hour w/Benediction, Holy Mass, and Compline.

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. Place your order with Jennifer at Oktoberfest, the All Saints potluck, or contact Jennifer 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>.

Ordination of Rev. Mr. Fitzpatrick ... is scheduled for May 26th, 2018, at St. Cecilia Cathedral in Omaha, Nebraska. Please see the handout in vestibule by the bulletins or contact Dave by phone or by email.

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 ... *is this Saturday, 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. (10/1/17 \$3,943.00)

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 work of the soul's purification neither may nor can end save with life itself;--do not then let us be disheartened by our imperfections,--our very perfection lies in diligently contending against them, and it is impossible so to contend without seeing them, or to overcome without meeting them face to face. Our victory does not consist in being insensible to them, but in not consenting to them. Now to be afflicted by our imperfections is certainly not to consent thereto, and for the furtherance of humility it is needful that we sometimes find ourselves worsted in this spiritual battle, wherein, however, we shall never be conquered until we lose either life or courage. Moreover, imperfections and venial sins cannot destroy our spiritual life, which is only to be lost through mortal sin; consequently we have only need to watch well that they do not imperil our courage. David continually asks the Lord to strengthen his heart against cowardice and discouragement; and it is our privilege in this war that we are certain to vanquish so long as we are willing to fight.

CHAPTER VI. The First Purification, namely, from Mortal Sin.

THE first purification to be made is from sin;--the means whereby to make it, the sacrament of penance. Seek the best confessor within your reach, use one of the many little books written in order to help the examination of conscience. Read some such book carefully, examining point by point wherein you have sinned, from the first use of your reason to the present time. And if you mistrust your memory, write down the result of your examination. Having thus sought out the evil spots in your conscience, strive to detest them, and to reject them with the greatest abhorrence and contrition of which your heart is capable;--bearing in mind these four things:--that by sin you have lost God's Grace, rejected your share in Paradise, accepted the pains of Hell, and renounced God's Eternal Love. You see, my child, that I am now speaking of a general confession of your whole life, which, while I grant it is not always necessary, I yet believe will be found most helpful in the beginning of your pursuit after holiness, and therefore I earnestly advise you to make it.



*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.

North American Martyrs

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