



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

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

Resumed 6th Sunday after Pentecost

Masses and Intentions for the Week

Sunday, November 19

Resumed 6th Sunday after Epiphany, *II Class*

8:00 AM Youth of North American Martyrs

11:45AM Pro Populo

Monday, November 20

St. Felix of Valois, Confessor *III Class*

7:30 PM Lucille Leuschen+

Tuesday, November 21

Presentation of the Blessed Virgin Mary, *III Class*

6:30 AM Bernice Hansen+

Wednesday, November 22

St. Cecilia, *III Class*

Virgin & Martyr

7:30 PM Sheila Volweider

Thursday, November 23

St. Clement I, *III Class*

Pope & Martyr

(Please note the change of Mass Time)

11:00 AM

Friday, November 24

St. John of the Cross, *III Class*

Confessor & Doctor

7:30 PM David Farrell

Saturday, November 25

St. Catherine of Alexandria, *III Class*

Virgin & Martyr

11:00 AM Maureen McCartley

Sunday, November 26

24th Sunday after Pentecost, *II Class*

8:00 AM

11:45 AM Pro Populo

Large Parking Lot at St. Alphonsus Church will be locked ... at night beginning on Thanksgiving weekend. Please park in the smaller lot or on the street for evening Masses to avoid having your car locked in.

First Communion ... registration will begin next week. Registration forms will be available in the vestibule. First Communion date and class dates will be listed in next week's bulletin.

Mass on Thanksgiving Day ... will be at 11:00am.

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! ... Join us next Sunday, November 26th, after each Mass in the main chapel at Holyrood 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 (*Holyrood*), 11:45am Low Mass.

Rorate Mass ... at 6:00am on Saturday, December 16th at St. Alphonsus. 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 ... To celebrate the 10th anniversary of North American Martyrs and the 30th anniversary of the Priestly Fraternity of St. Peter, 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.

Parish Photo Directories ... are still available in the vestibule.

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

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. (11/12/17 \$3884.00)

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 XII. FOURTH MEDITATION. On Sin.

Preparation.

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

Considerations.

1. Consider how long it is since you first began to commit sin, and how since that first beginning sin has multiplied in your heart; how every day has added to the number of your sins against God, against yourself and against your neighbor, by deed, word, thought and desire.

2. Consider your evil tendencies, and how far you have followed them. These two points will show you that your sins are more in number than the hairs of your head, or the sand on the seashore.

3. Apart from sin, consider your ingratitude towards God, which is in itself a sin enfolding all the others, and adding to their enormity: consider the gifts which God has given you, and which you have turned against the Giver; especially the inspirations you have neglected, and the promptings to good which you have frustrated. Review the many Sacraments you have received, and see where are their fruits. Where are the precious jewels wherewith your Heavenly Bridegroom decked you? With what preparation have you received them? Reflect upon the ingratitude with which, while God sought to save you, you have fled from Him and rushed upon destruction.

Affections and Resolutions.

1. Humble yourself in your wretchedness. O my God, how dare I come before Thine Eyes? I am but a corrupt being, a very sink of ingratitude and wickedness. Can it be that I have been so disloyal, that not one sense, not one faculty but has been sullied and stained;--not one day has passed but I have sinned before Thee? Was this a fitting return for all my Creator's gifts, for my Redeemer's Blood?

2. Ask pardon;--throw yourself at the Lord's Feet as the prodigal son, as the Magdalene, as the woman convicted of adultery. Have mercy, Lord, on me a sinner! O Living Fountain of Mercy, have pity on me, unworthy as I am.

3. Resolve to do better. Lord, with the help of Thy Grace I will never again give myself up to sin. I have loved it too well;--henceforth I would abhor it and cleave to Thee. Father of Mercy, I would live and die to Thee.

4. In order to put away past sin, accuse yourself bravely of it, let there not be one sinful act which you do not bring to light.

5. Resolve to make every effort to tear up the roots of sin from your heart, especially this and that individual sin which troubles you most.

6. In order to do this, resolve steadfastly to follow the advice given you, and never think that you have done enough to atone for your past sin.

Conclusion.

1. Thank God for having waited till now for you, and for rousing these good intentions in your heart.

2. Offer Him all your heart to carry them to good effect.

3. Pray that He would strengthen you.



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



Michael
Curtis

PHOTOGRAPHY

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WEDDINGS
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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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