



# SACRED HEART RADIO

CATHOLIC RADIO FOR THE NORTHWEST

Seattle AM 1050 / FM 100.3  
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Kodiak FM 88.3

P.O. Box 2482, Kirkland, WA 98083

## 800-949-1050

sacredheartradio.org

**24 hours a day streaming**  
**Listener-supported Catholic radio**

12:00AM- 1:00AM: Women of Grace  
1:00AM- 2:00AM: Fathers Know Best  
2:00AM- 3:00AM: Chaplet of Divine Mercy / Rosary  
3:00AM- 4:00AM: Son Rise Morning Show



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**NEW PROGRAM OR NEW TIME**

**Bold programs are locally produced.**

**Shaded programs are broadcast live.**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	
5:00a	Sunday Mass from EWTN	4:00AM Morning Glory / 5:00AM Daily Mass from EWTN						5:00a	
5:30a								5:30a	
6:00a		Catholic Connection with Teresa Tomeo <b>877- 573 - 7825</b>						Mast Appeal with Colleen Kelly Mast	
6:30a	LifeTalk NW								6:30a
7:00a	Pro-Life Weekly	Son Rise Morning Show (encore)							7:00a
7:30a	Bishop Barron							7:30a	
8:00a	Take Two with Jerry & Debbie	Frs. Northrop/ Lewis/ Nagel & Pam	Sound Insight with Dr. Tom Curran				Sound Insight (encore)		8:00a
8:30a									8:30a
9:00a	Sunday Mass (encore)	Daily Mass from EWTN (encore)						9:00a	
9:30a								9:30a	
10:00a	Bishop & Vicars	The Doctor Is In with Dr. Ray Guarendi <b>877 - 573 - 7825</b>				Doctor Doctor		10:00a	
10:30a								10:30a	
11:00a	The Best of Called to Communion	Called to Communion with Dr. David Anders <b>833 - 288 - 3986</b>				The Good Fight Barbara McGuigan		11:00a	
11:30a								11:30a	
Noon	The World Over (encore)	Open Line <b>833 - 288 - 3986</b>				The Good Fight Barbara McGuigan <b>877-573-7825</b>		Noon	
12:30p		John Martignoni	Fr. Wade Menezes	Fr. Mitch Pacwa	Fr. Larry Richards	Colin Donovan		12:30p	
1:00p	Holy Rosary After the rosary on Thursday, Friday, Saturday, Sunday - Discipleship Reflection on the Sunday Gospel with Bishop Daniel Mueggenborg								
1:30p	Chaplet of Divine Mercy in Song	Kresta in the Afternoon <b>877- 573 - 7825</b>					Chaplet of Divine Mercy in Song	1:30p	
2:00p	The Journey Home (encore)						Conversations w/ Consequences	2:00p	
2:30p								2:30p	
3:00p	Fr. Spitzer's Universe	Christ is the Answer with Fr. John Riccardo					Bear Woznick Adventure	3:00p	
3:30p								3:30p	
4:00p	Beyond Damascus	Catholic Answers <b>888-318-7884</b>				Bishop & Vicars		4:00p	
4:30p						Enduring Love		4:30p	
5:00p	The Wisdom of Fr Groeschel	The Journey Home	Catholic Connection Teresa Tomeo (encore)	EWTN Live 800-221-9460	The World Over	Fr. Spitzer's Universe	Beyond Damascus	5:00p	
5:30p								5:30p	
6:00p	Enduring Love	EWTN News Nightly					LifeTalk NW	6:00p	
6:30p	Bishop Barron	Vatican Insider	LifeTalk NW	Bishop & Vicars	Bishop Barron	Enduring Love	Best of News Nightly	6:30p	
7:00p	Conversations w/ Consequences	Open Line (encore)					Fr. Spitzer's Universe	7:00p	
7:30p								7:30p	
8:00p	Bishop & Vicars	Life is Worth Living with Archbishop Fulton J. Sheen						8:00p	
8:30p	Holy Rosary								
9:00p	Doctor Doctor	Frs. Northrop/ Lewis/ Nagel & Pam	Sound Insight with Dr. Tom Curran (encore)				Take Two with Jerry & Debbie		9:00p
9:30p									9:30p
10:00p	The Journey Home (encore)	Called to Communion with Dr. David Anders (encore)						10:00p	
10:30p								10:30p	
11:00p	Catholic Connection Teresa Tomeo (encore)	Christ is the Answer with Fr. John Riccardo				Mother Angelica Live Classics		11:00p	
11:30p								11:30p	

Local shows: LifeTalk NW \* Sound Insight \* Enduring Love \* Bishop & Vicars