



SACRED HEART RADIO

CATHOLIC RADIO FOR THE NORTHWEST

Seattle AM 1050 / FM 100.3
Olympia AM 1240 / FM 104.7
Yakima FM 88.1

Spokane AM 970 / FM 106.1
Tacoma AM 1180 / FM 107.3
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**

12:00 AM- 1:00 AM: Women of Grace
1:00 AM- 2:00 AM: Fathers Know Best
2:00 AM- 3:00 AM: Chaplet of Divine Mercy / Rosary
3:00 AM- 4:00 AM: Son Rise Morning Show
4:00 AM- 5:00 AM: Special Programming



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	Daily Mass from EWTN						5:00a	
5:30a								5:30a	
6:00a	LifeTalk NW	Catholic Connection with Teresa Tomeo 877- 573 - 7825					Mast Appeal with Colleen Kelly Mast	6:00a	
6:30a								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	w/Frs. Northrop, Lewis & Nagel	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 Daly	The Doctor Is In with Dr. Ray Guarendi 877 - 573 - 7825					Doctor Doctor	10:00a	
10:30a								10:30a	
11:00a	The Best of Called to Communion	Called to Communion with Dr. David Anders 833 - 288 - 3986					The Good Fight Barbara McGuigan 877-573-7825	11:00a	
11:30a								11:30a	
Noon	Women Made New	Open Line 833 - 288 - 3986						Noon	
12:30p		Fr. John Trigilio	Fr. Wade Menezes	Fr. Mitch Pacwa	Fr. Brian Mullady	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 877- 573 - 7825					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 888-318-7884					Miracle Hunter	4:00p	
4:30p								4:30p	
5:00p	The Wisdom of Fr Groeschel	The Journey Home	Doctor Doctor	EWTN Live 800-221-9460	The World Over	EWTN News Indepth	Beyond Damascus	5:00p	
5:30p								5:30p	
6:00p	Beloved & Blessed	EWTN News Nightly					LifeTalk NW	6:00p	
6:30p	Bishop Barron	Vatican Insider	LifeTalk NW	Bishop Daly	Bishop Barron	Beloved & Blessed	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 Daly	Life is Worth Living with Archbishop Fulton J. Sheen						8:00p	
8:30p	Holy Rosary								
9:00p	Doctor Doctor	w/Frs. Northrop, Lewis & Nagel	Sound Insight with Dr. Tom Curran (encore)				Women Made New	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)	Take Two Jerry & Debbie					Mother Angelica Live Classics	11:00p	
11:30p								11:30p	

Local shows: LifeTalk NW * Sound Insight * Walking in Faith with Bishop Daly

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