



AUGUST 03, 2025

LITURGY SCHEDULE

Sunday Mass

9:00 AM, 11:00 AM, and 5:00 PM Mass

Saturday Vigil Mass

5:00 PM (Live-streamed)

Confessions

Wednesday 8:15 - 8:35 AM

Saturday 3:00 - 4:30 PM

Weekday Rosary

Monday, Thursday and Friday

8:15 AM

Wednesday in Summer

8:15 AM

Weekday Mass

Monday, Wednesday, Thursday and Friday

8:45 AM

First Friday of the Month Mass 7:00 AM

Rosary Group

Monday 7:00 PM

Weekly Eucharistic Adoration

Thursday 2:00 - 4:00 PM

First Friday of the Month Eucharistic Adoration

9:30 AM - 11:00 AM

Sacrament Preparation

425-454-9536

OFFICE HOURS

Parish

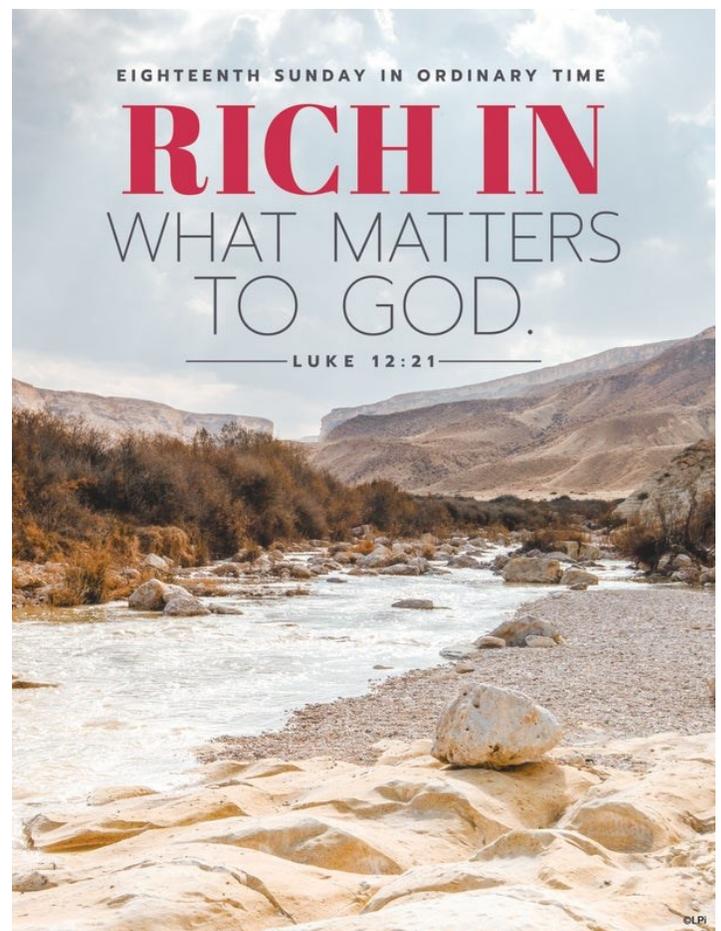
8:30 AM - 4:00 PM Mon - Fri

School

8:00 AM - 4:00 PM Mon - Fri

OUR MISSION STATEMENT

Sacred Heart Parish
is a welcoming Catholic community,
which inspires faith in God,
through prayer, sacraments, and service,
while living Gospel values,
as faithful followers of Jesus Christ.



PARISH CALENDAR

Sunday August 3

EIGHTEENTH SUNDAY IN ORDINARY TIME

9:00 AM **Mass**
11:00 AM **Mass**
5:00 PM **Mass**

Monday August 4

Saint John Vianney, Priest

8:15 AM Rosary
8:45 AM **Mass**
7:00 PM Rosary Group

Tuesday August 5

The Dedication of the Basilica of Saint Mary Major

10:00 AM Stitchers with Heart Group

Wednesday August 6

THE TRANSFIGURATION OF THE LORD

8:15 AM Rosary
8:15 AM Confessions
8:45 AM **Mass**

Thursday August 7

Saint Sixtus II, Pope, and Companions, Martyrs;

Saint Cajetan, Priest

8:15 AM Rosary
8:45 AM **Mass** followed by
Anointing of the Sick
2:00 PM - 4:00 PM Eucharistic Adoration

Friday August 8

Saint Dominic, Priest

8:15 AM Rosary
8:45 AM **Mass**

Saturday August 9

Saint Teresa Benedicta of the Cross, Virgin, Martyr

8:00 AM Women's Group
8:00 AM Men's Group
3:00 PM Confessions - Reconciliation Chapel
5:00 PM Vigil **Mass**

Sunday August 10

NINETEENTH SUNDAY IN ORDINARY TIME

9:00 AM **Mass**
11:00 AM **Mass**
5:00 PM **Mass**

PARISH STAFF

PARISH OFFICE

425-454-9536

Rev. Kurt Nagel, Pastor ext. 10109
frnagel@sacredheart.org

Rev. Joseph L. Akor, Parochial Vicar ext. 10113
frakor@sacredheart.org

Cathleen Adams, Pastoral Assistant for Children's Faith Formation
cadams@sacredheart.org ext. 10112

James Applegate, CPA Bookkeeper/Accountant
japplegate@sacredheart.org ext. 10154

Bridget Darrow, Pastoral Assistant for Administration
bdarrow@sacredheart.org ext. 10102

Robert Eubanks, Facilities Supervisor
reubanks@sacredheart.org ext. 10157

Linda Geere, Pastoral Assistant for Pastoral Care
lgeere@sacredheart.org ext. 10108

Kelsey Heintz, Pastoral Assistant Middle School Youth Ministry
kheintz@sacredheart.org

Phoebe Kwan, Pastoral Assistant for Liturgy
pkwan@sacredheart.org ext. 10110

Susan Olmos, Pastoral Assistant for Liturgical Music
solmos@sacredheart.org ext. 10106

Lucy Paulsen, Admin. Assistant for Giving, Data & Sacramental Records
lpaulsen@sacredheart.org ext. 10103

Sharon Phillips, Pastoral Assistant High School Youth Ministry
sphillips@sacredheart.org ext. 10114

Annette Seats, Pastoral Assistant for Communications & Stewardship
aseats@sacredheart.org ext. 10105

Nila Snyder, Admin. Assistant for Reception & Sacramental Registration
nsnyder@sacredheart.org ext. 10100

PARISH SCHOOL

425-451-1773

David Burroughs, Principal
Erica Pierson, Vice-Principal

PARISH LEADERSHIP

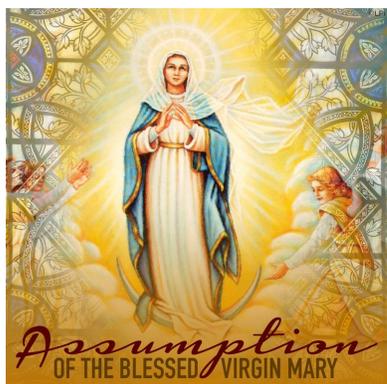
- Pastoral Council:
Charlie Herb
- Finance Council:
Douglas Withers
- School Commission:
Charlie Herb
- Community Outreach Commission:
Diana Schiro & Jackie Weeks
- Worship Commission:
Phoebe Kwan

Sacred Heart Church is open weekdays from 8:00 am - 3:00 pm. (Thursdays until 4:00 pm)

The Assumption of the Blessed Virgin Mary

Thursday, August 14th
Vigil Mass at 6:30 PM

Friday, August 15th
Mass at 8:45 AM
(Holy Day of Obligation)



Missed a Sacrament?

It is never too late! If you or someone in your family has missed celebrating a sacrament such as Baptism, First Communion or Confirmation, please contact the parish office at 425-454-9536. We are here to assist and guide your family in sacramental preparation.



**Behold the Lamb
Quick Weekly Lessons on the
Sacred Liturgy**

Having exchanged greetings, the Priest then invites us into the *Penitential Act* saying, "Brothers and sisters, let us acknowledge our sins and so prepare ourselves to celebrate the sacred mysteries." In the *Confiteor* (I confess...), we "confess [our] sins to one another and pray for one another, that [we] may be healed" (James 5:16). By acknowledging our faults and praying for one another, we humbly recognize our own inability to live holy lives apart from God, seek reconciliation with God and each other and further manifest the mystical Body of Christ, both in Heaven and on earth.



**Register Now - Infant Baptism Class
Saturday, August 30th**

Registration is now open for the upcoming infant Baptism preparation class on Saturday, August 30th, from 10:00 AM - 12:00 PM in the Parish Hall. The class provides Baptism preparation for newborn infants to six years old. Email sacraments@sacredheart.org to register for the class.

Parish Summer Volunteer Opportunities



If you are in town this summer and looking for volunteer opportunities, we would love to hear from you! Please consider a gift of your time to volunteer in the following roles and share your talents with our Sacred Heart family.

Usher at Mass

Hospitality Ministry after Mass

Send an email to volunteer@sacredheart.org specifying the area in which you are interested in volunteering. Thank you!

*You're invited
to Carpe Diem's 50+*

**Summer
BBQ Luncheon**

catered by **3 PIGS**
BAR B Q
vegetarian option by pre-order

**Thurs., August 21st
11:30am** in the Narthex

*plus Presentation by Cathleen Adams on
"Balancing Body & Mind"*

\$25/person in advance only

Sales: Sat/Sun July 26-27 & Aug. 2-3

Info: Linda Geere 425-450-3908 or
lgeere@sacredheart.org

ADMINISTRATION & STEWARDSHIP

Annual Catholic Appeal 2025 TOGETHER ^{IN} FAITH

THANK YOU to everyone who has generously responded to the needs of our regional Church by supporting the 2025 Annual Catholic Appeal! We greatly appreciate that we have exceeded our Archdiocesan goal of \$197,500 by over 136%. Additionally, more than 260 parish families have participated with gifts and pledges. Your contributions to the Annual Catholic Appeal help our parish and the archdiocese carry on the ministries and mission of the Catholic Church in Western Washington. If you are still considering making a gift, please visit archseattle.org/GiveACA, or scan the QR code. Any additional donations will help support our parish project with the replacement of the roof of the original parish offices along 14th Street.



Stay informed

Read the
Partners UPDATE
July newsletter



Scan QR code to read

Archdiocese of Seattle



Pre-Kindergarten Aide Job Position Available for 2025-2026 School Year

Sacred Heart School is seeking an instructional aide to join our Pre-Kindergarten team. The instructional aide will work together with the classroom teacher and as a member of the Pre-K Team. The ideal candidate will be an active Catholic who is MERIT certified and is current with STARS training. Applicants should be flexible, creative, experienced in working with children, interested in working as part of an educational team, comfortable using educational technology to enhance instruction and able to differentiate instruction to meet the needs of all students. This position is a full-time position (8 am to 3:30 pm and most Wednesdays until 4:30 pm for staff meetings).

Please contact David Burroughs, Principal at dburroughs@sacredheart.org or Erica Pierson, Vice-Principal at epierson@sacredheart.org with any questions.

Scan the QR code to view the job posting.



Scan the QR Code for
Online Giving to
Sacred Heart Parish.



Stewardship of Treasure Sunday collection totals

July 2024 to April 2025 Budget	\$1,408,458
July 2024 to April 2025 Actual	\$1,357,508
Under budget	(\$50,950)
Prior year actual (July 2023–Apr 2024)	\$1,400,865

Stewardship recognizes that all we have, all we are, is a gift from God.

WEEKLY READINGS

Sunday 8/3

Ecclesiastes 1:2;2:21-23
Psalm 90:3-6,12-14,17
Colossians 3:1-5,9-11
Luke 12:13-21

Monday 8/4

Numbers 11:4b-15
Psalm 81:12-17
Matthew 14:13-21

Tuesday 8/5

Numbers 12:1-13
Psalm 51:1,3-7,12-13
Matthew 14:22-36

Wednesday 8/6

Daniel 7:9-10,13-14
Psalm 97:1-2,5-6,9
2 Peter 1:16-19
Luke 9:28b-36

Thursday 8/7

Numbers 20:1-13
Psalm 95:1-2,6-9
Matthew 16:13-23

Friday 8/8

Deuteronomy 4:32-40
Psalm 77:12-16,21
Matthew 16:24-28

Saturday 8/9

Deuteronomy 6:4-13
Psalm 18:2-4,47,51
Matthew 17:14-20

Sunday 8/10

Wisdom 18:6-9
Psalm 33:1,12,18-22
Hebrews 11:1-2,8-19
Luke 12:32-48

MASS INTENTIONS

Sunday 8/3

9:00 AM Mass: RIP JIM HASLAM by Loni Haslam
11:00 AM Mass: RIP BETTE ORRICO
by the Fletcher & Snyder Families
5:00 PM Mass: PRIEST PRIVATE INTENTION

Monday 8/4

RIP PATRICIA MANKIN by the Sands Family

Wednesday 8/6

RIP KEVIN GHIRARDO by Marian Middleton

Thursday 8/7

RIP JAMES A. SEELEY by Lucy Schwartz

Friday 8/8

RIP WREN PRATT - BARLOW
by the Pratt - Barlow Family

Saturday 8/9

INT THE PARISHIONERS OF SACRED HEART

Sunday 8/10

9:00 AM Mass: RIP PHILLIP LEISING by Anita Leising
11:00 AM Mass: RIP NENITA FLOIRENDO
by Nicole Marshall
5:00 PM Mass: PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Ardeth Hollo

The Deceased

Pray for the deceased of Sacred Heart
And St Monica Parish Family

ARE YOU UNABLE TO ATTEND MASS?

If you are unable to attend Mass in person due to poor health, advanced age or recovering from surgery and would like to receive Holy Communion at home, please contact Linda Geere in the parish office at 425-454-9536.

Eucharistic Adoration

Eucharistic Adoration is the beautiful devotion of praying before Jesus in the Blessed Sacrament. You are invited to attend Adoration, scheduled for **2:00-4:00 pm** on Thursdays and **9:30-11:00 am** on first Fridays of the month



“Our faith in the Eucharistic presence of Christ naturally leads us to moments of prayer before the Blessed Sacrament.” *Archbishop Etienne*

POPE'S PRAYER INTENTION - AUGUST

For Mutual Coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons.

EMERGENCY HELPLINE NUMBERS

988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION



Sunday School Resumes
Sunday, September 14th, 2025
Grades K—5th
12:30 to 1:30 PM

Scan the QR code for
registration or visit
sacredheart.org/Parish/



EXECUTIVE
Speaker Series
STEPPING OUT IN WITNESS FOR CHRIST

Tricia Bølle
Founder of the St. Francis Xavier
Lay Missionary Society

Thursday, August 7, 2025
7 PM | St. Alphonsus Church

YOUNG CATHOLIC
PROFESSIONALS
SEATTLE

Join for this inspiring Executive Speaker Series with the founder of the St. Francis Xavier Lay Missionary Society, Tricia Bølle. Tricia will share her testimony of faith, focusing on the importance of witness and how her understanding of success shifted through prayer and discernment.

COME FIGHT FOR THE GLORY OF VICTORY
AT OUR FIRST EVER OLYMPIC
COMPETITION AGAINST OUR LOCAL
CATHOLIC YOUTH MINISTRIES!

**EASTSIDE DEANERY
YOUTH MINISTRY
OLYMPICS 2025**

SAT AUGUST 16TH 6:00 - 9:00PM
SAINT MONICA CHURCH MERCER ISLAND

WHEELBARROW RACING | AXE THROWING
CORNHOLE | SPIKEBALL | WATERBALLOON
BATTLESHIP | TUG O WAR | GLOW
OBSTACLE COURSE | & MORE!

CONTACT YOUR PARISH YOUTH MINISTER TO JOIN THE FUN!

CALLING ALL MIDDLE AND HIGH SCHOOLERS

EMMAUS YOUTH MINISTRY
PRESENTS

LAST CALL
Before Fall

JOIN OUR LAST CALL OF EVENTS FOR THE SUMMER SEASON!

FRI AUG 15	FEAST OF THE ASSUMPTION HIKE + MASS
SAT AUG 16	EASTSIDE YOUTH MINISTRY OLYMPICS
SUN AUG 17	MASS + DINNER MEET YOUR YOUTH MINISTERS!

WANT TO JOIN? HAVE ANY QUESTIONS?
CONTACT SPHILLIPS@SACREDHEART.ORG
FOR MORE INFO!

EMMAUS IS THE YOUTH MINISTRY PROGRAM AT
THE PARISH FAMILY OF SACRED HEART AND ST. MONICA

COMMUNITY OUTREACH—COMMUNITY EVENTS



Good Start Back to School Drive Turn in Donations by August 3rd

As Congregations for Kids enters its 30th year in assisting kids in the Bellevue School District with necessary school supplies, numbers and needs have changed! That first year began with help for 143 students and the past few years it has risen to around 2000 kids! The school district will provide school supplies for classroom use only and Congregations for Kids will provide supplies for at home use. Once again, they offer support to students of low-income families. This drive will provide supplies for completing assignments at home and additional backpacks. The backpacks may be placed in the bus bin in the Narthex. Monetary donations may be mailed to the Church, placed in the collection or dropped in the secure box in the Narthex. Checks may be made out to *Congregations for Kids/ EISCC*. Thank you for your generous and continuous support for children in Bellevue. **Turn-in deadline is August 3rd.**



**Church in Africa
Collection
This Weekend**
Visit usccb.org/Africa to learn more about how you can provide support for this dedicated fund.

Rachel's Corner

Project Rachel Post Abortion Healing Retreats

Please call or email for information regarding our next English/Spanish Healing Retreats.

English: (206) 920-6413 (leave a confidential message)

Español: (206)-450-7814 (deje un mensaje **confidencial**)

Email projectrachel@ccsww.org. Visit us at www.ccsww.org/projectrachel or www.facebook.com/projectrachelww.

Project Rachel is a program of Catholic Community Services.

You are loved with an everlasting Love!



Groceries for Families Program

Join the Sacred Heart community to help with groceries for the GFF Program. Over 200 bags needed every week! Scan the QR code to sign up! When delivering to Jubilee Reach, please make sure to write "SHC" on your bag. Thank you for supporting these families in our local community!

The shopping list for a grocery bag donation remains the same each week, except for the hygiene item. A complete full bag is so appreciated as they continue to be provided to families at our Wednesday market.

Grocery List

Chips, 1 bag 7-12 oz.
Bread, 1 loaf (white/wheat)
Chocolate, 1-3 bars, no nuts-
Cereal, 1 box
Flour tortillas, 10 pack
Corn tortillas, 20-30 pack
Toilet paper, 2 rolls, wrapped in a plastic bag
Milk, 1 gallon of Whole or 2%
Hygiene: Shampoo



Operation Nightwatch is a non-profit dedicated to loving and serving the poor and homeless of Seattle. Led by Deacon Frank DiGirolamo, this ecumenical group has touched the hearts of St. Monica community members. A group of parishioners has committed to cooking and serving meals at Nightwatch on the fourth Saturday of every even month. Their first meal was served on June 28, bringing joy to both guests and volunteers. The next meal is scheduled for August 23 and more cooks and servers are needed! Parishioners from Sacred Heart and St. Monica, ages 18 and up, are invited to volunteer. For more information, visit stmonicami.org/nightwatch.

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Parishoners Matt & Christina with Client Julie

- Julie Nelson



Matt
206-661-8624

Christina
612-987-0755



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