



SACRED HEART CHURCH

9460 N.E. 14TH STREET • BELLEVUE, WA 98004 • 425-454-9536
sacredheart.org

AUGUST 31, 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

8:00 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

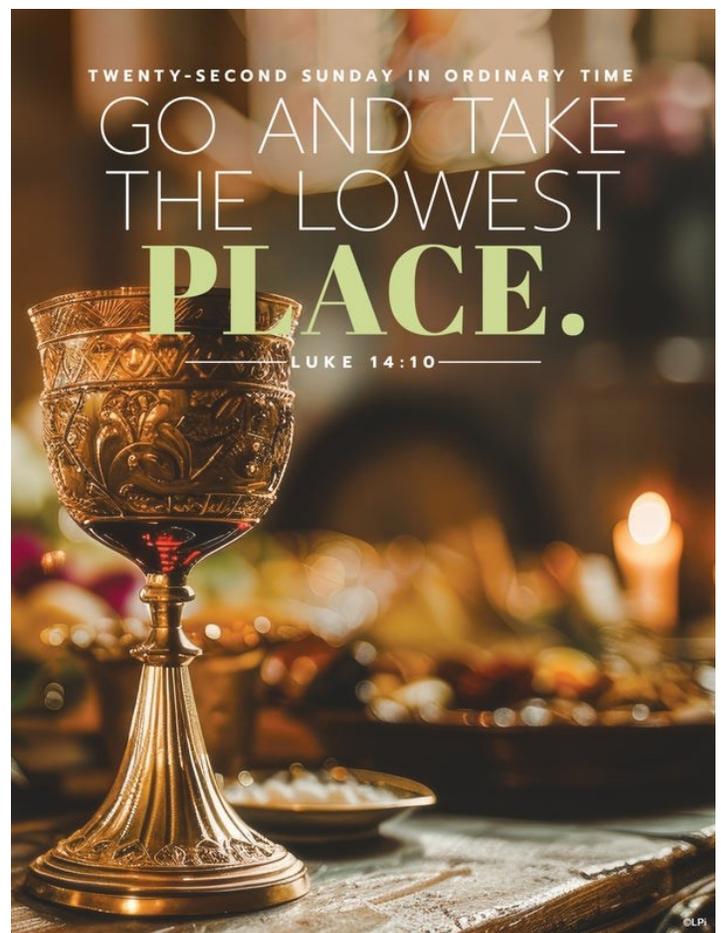
8:30 AM - 4:00 PM Mon - Fri

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 31

TWENTY-SECOND SUNDAY IN ORDINARY TIME

9:00 AM **Mass**
 11:00 AM **Mass**
 3:00 PM *Divine Mercy Prayer Group Canceled*
 5:00 PM **Mass**

Monday September 1

Labor Day

*Parish Office Closed in
 Observance of Labor Day*

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



Tuesday September 2

Weekday

10:00 AM Stitches with Heart Group

Wednesday September 3

Saint Gregory the Great, Pope, Doctor of the Church

8:00 AM Rosary
 8:15 AM Confessions
 8:45 AM **Mass**

Thursday September 4

Weekday

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

Friday September 5

Weekday

7:00 AM *First Friday Mass Canceled*
 8:15 AM Rosary
 8:45 AM **Mass Canceled**
 9:30 AM *First Friday Eucharistic Adoration
 Canceled*

Saturday September 6

Blessed Virgin Mary

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

Sunday September 7

TWENTY-THIRD 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)

SACRED HEART NEWS

MARK YOUR
CALENDAR

Upcoming Carpe Diem 50+ Events



Sept. 25 Potluck Lunch & Feature Film
Watch the bulletin for food assignments



Oct. 31 Halloween Luncheon
Costumes encouraged, but NOT required

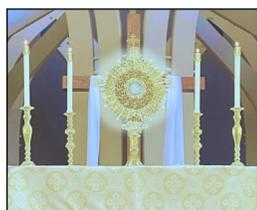


Dec. 4 Christmas Luncheon
+White elephant exchange game



Join the 9:00 AM Sacred Heart Choir

Consider sharing your time and talent with the Sacred Heart 9:00 AM choir. Sopranos, tenors and basses are most needed. Your experience and ability to read music and follow a conductor is a plus if you are thinking about singing with this four part SATB group. Contact Susan Olmos, Music Director at solmos@sacredheart.org or come up and meet us after one of the Masses on Sunday morning. Rehearsals begin on September 3rd.

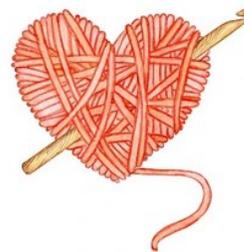


Behold the Lamb

Quick Weekly Lessons on the Sacred Liturgy

After the Gloria, having gathered and prepared our hearts to enter into the Sacred Liturgy, the Priest invites us into the *Collect*. This concluding prayer of the Introductory Rites, read from the Roman Missal, gathers together any personal intentions we bring to Mass and indeed collects us as the People of God.

Stitchers with Heart Group Come Join Us—Learn How to Knit & Crochet!



Welcome Fall! Sacred Heart Stitchers are in full swing every Tuesday, 10:00 AM - 12:00 PM, in Sacred Heart Parish Conference Room 1.

Exciting news...starting in September, we will offer beginner class instructions on how to knit and/or crochet! Our first project will be creating small baby blankets for car seats and baby hats for PREPARES, a parish based ministry supporting local mothers, fathers and families as they nurture their children through pregnancy and early childhood. We look forward to having you join us on Tuesdays!

INTERESTED IN BECOMING CATHOLIC

Fr. Nagel would like to invite all those interested in becoming Catholic to learn more about the Faith, starting Monday, September 15, 2025.

Father will be teaching a combined class with St. Monica and Sacred Heart from 6:30 to 7:30 PM.

Interested?
Please call Heather at
206.232.2900 ext. 130 or
Scan the QR code to sign up:

SCAN OR CLICK ME



Classes will be held at Sacred Heart Church Parish Hall,
9460 NE 14th St, Bellevue, WA 98004

ADMINISTRATION & STEWARDSHIP

Sacred Heart Liturgical Schedule Updates

Fr. Joseph is currently visiting his family in Nigeria and will return on October 1st. During his absence, Fr. Nagel will be dividing his time between our Parish Family of Sacred Heart and St. Monica for Masses and parish commitments. Additionally, Fr. Joseph Mitchell, a Senior Priest in the Archdiocese of Seattle, will assist by presiding at weekend Masses. Please note the following changes to Sacred Heart's Liturgical schedule during Fr. Joseph's vacation:

- ◆ There will be no 8:45 AM Daily Mass on Fridays, beginning Friday, August 29th. Friday Masses will resume on Friday, October 3rd.
- ◆ There will be no Eucharistic Adoration on Thursdays, beginning Thursday, August 28th. Eucharistic Adoration will resume on Thursday, October 16th.
- ◆ There will be no First Friday of the Month Mass at 7:00 AM on Friday, September 5th. The First Friday of the Month Mass will resume on Friday, October 3rd.
- ◆ There will be no First Friday of the Month Eucharistic Adoration at 9:30 AM on Friday, September 5th. The First Friday of the Month Eucharistic Adoration will resume on Friday, October 3rd.

Please visit St. Monica parish at www.stmonicami.org for a listing of Mass and Eucharistic Adoration times.

Please keep Fr. Joseph in your prayers for safe travels and prayers for Fr. Nagel as he navigates the schedules and commitments of our Parish Family.



Archdiocese of Seattle

Refreshed Archdiocese Branding

To mark its 175th anniversary and the next 100 years, the Archdiocese of Seattle launched new branding, which reflects its timeless Catholic mission with renewed clarity and fresh energy. Scan the QR code to learn more about the Archdiocese of Seattle's new brand on their "Reflecting Christ's Radical Love" webpage. Read the Northwest Catholic article about how "Reflecting Christ's Radial Love" is the centerpiece of the new brand identity. Read article at nwatholic.org.



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



Stewardship of Treasure Sunday collection totals

July 2024 to June 30, 2025 Budget	\$1,675,000
July 2024 to June 30, 2025 Actual	\$1,610,296
Under budget	(\$64,704)
Prior year actual (July 2023–June 2024)	\$1,659,146

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

WEEKLY READINGS

Sunday 8/31

Sirach 3:17-18,20,28-29
Psalm 68:4-7,10-11
Hebrews 12:18-19,22-24a
Luke 14:1,7-14

Monday 9/1

1 Thessalonians 4:13-18
Psalm 96:1,3-5,11-13
Luke 4:16-30

Tuesday 9/2

1 Thessalonians 5:1-6,9-11
Psalm 27:1,4,13-14
Luke 4:31-37

Wednesday 9/3

Colossians 1:1-8
Psalm 52:10-11
Luke 4:38-44

Thursday 9/4

Colossians 1:9-14
Psalm 98:2-6
Luke 5:1-11

Friday 9/5

Colossians 1:15-20
Psalm 100:1b-5
Luke 5:33-39

Saturday 9/6

Colossians 1:21-23
Psalm 54:3-4,6,8
Luke 6:1-5

Sunday 9/7

Wisdom 9:13-18b
Psalm 90:3-6,12-17
Philemon 9-10,12-17
Luke 14:25-33

MASS INTENTIONS

Sunday 8/31

9:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART
11:00 AM Mass: RIP LARRY KRING by David West
5:00 PM Mass: PRIEST PRIVATE INTENTION

Monday 9/1

RIP CATHERINE COLVER by Mark Colver

Wednesday 9/3

INT MAURICE SCIAMMAS by Christina Sciammas

Thursday 9/4

RIP MICHAEL LAURS by Jeanne Laurs

Friday 9/5

MASS IS CANCELED

Saturday 9/6

INT THE PARISHIONERS OF SACRED HEART

Sunday 9/7

9:00 AM Mass: RIP JOHN VRANIZAN
by Elizabeth & Brett Vowles
11:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART
5:00 PM Mass: PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Pray for the sick of
Sacred Heart & St. Monica Parish Family

The Deceased

Federico Roberto Haza Sastre (father of Roberto Haza)

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 canceled while Fr. Joseph is visiting family in Nigeria. Adoration is canceled from Thursday, August 28th, through Thursday, October 9th. It will resume on Thursday, October 16th. Additionally, First Friday Eucharistic Adoration, scheduled for Friday, September 5th, is also canceled and will restart on Friday, October 3rd.



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/



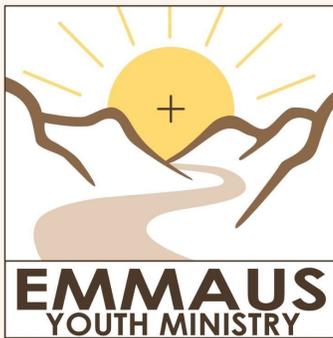
SACRED HEART SCHOOL



Support Sacred Heart School as a 2025–2026 Sponsor!

We invite you to become a sponsor of Sacred Heart School for the 2025–2026 school year and join a generous group of community partners who make an incredible difference in the lives of our students. Sponsorships help provide vital, unrestricted support for our operating budget—enhancing academic programs, enriching student life and ensuring that every child has access to a faith-filled, high-quality education rooted in love, service and excellence. Your sponsorship offers year-round visibility through school events, community outreach and marketing opportunities. From our highly attended Auction Gala to seasonal celebrations and family-focused events, you'll be recognized as a key partner in helping our school thrive. Whether you're a returning sponsor or considering supporting SHS for the first time, we would be honored to partner with you. For more information, please contact Corey Raney at craney@sacredheart.org.

ATTENTION All Middle and High Schoolers!



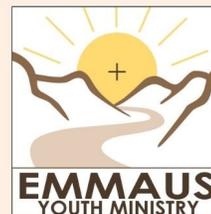
FALL SCHEDULE:

- Sep 17 Parent meeting @SH
- Sep 21 Youth Mass & Dinner
- Sep 24 Parent meeting @SM
- Sep 26-27 High School Retreat
- Oct 1 First Emmaus Night:
J-Walkers: 4-5pm
635: 6:35-8:05pm
- Oct 11 High School fall outing
- Oct 19 Youth Mass & Dinner
- Nov 15 High School CYC
- Nov 19 Youthsgiving
- Nov 23 Youth Mass & Dinner

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.

REGISTRATION IS OPEN!!!



PLEASE EMAIL KELSEY HEINTZ IF YOU HAVE ANY QUESTIONS!
[KHEINTZ@SACREDHEART.ORG](mailto:kheintz@sacredheart.org)

EMMAUS YOUTH MINISTRY
 MIDDLE AND HIGH SCHOOLERS



CONFIRMATION
 7th GRADE AND UP



635 HIGH SCHOOLERS

Meets every Wednesday from 6:35-8:05pm

Sacred Heart: 1st 3rd 5th Wednesday of the month
 St. Monica: 2nd 4th Wednesday of the Month

J-WALKERS MIDDLE SCHOOLERS

Meets every Wednesday from 4-5pm

Sacred Heart: 1st 3rd 5th Wednesday of the month
 St. Monica: 2nd 4th Wednesday of the Month

MASS & DINNER GRADES 6-12

Come join your youth ministers for evening Mass and Dinner one weekend per month. Open for all middle and high schoolers!

CONFIRMATION GRADES 6 AND 7+

Our Confirmation program is changing! Please reach out to Kelsey for more information and registration!

6th grade: 1st year prep
 7th grade: 2nd year prep

For more information, please contact your youth ministers!

High School: Sharon Phillips
sphillips@sacredheart.org
sharon@stmonicami.org

Middle School: Kelsey Heintz
kelsey@stmonicami.org
kheintz@sacredheart.org



COMMUNITY OUTREACH—COMMUNITY EVENTS

St Louise Catholic Church presents:

Divorce and Beyond

a faith based support group
for the recovery from divorce



10 week support group begins, Monday, September 15, 6:30-8:00PM

Are you trying to get past the pain of divorce?

You deserve to experience peace and joy again!

Give us a call today!

For more info Contact:
Dave Gehrig (425)747-4450 or email Divorceandbeyond@stlouise.org

St Louise Parish
141 156th AVE SE
Bellevue, WA 98007

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Sacred Heart Bereavement Group



Sacred Heart invites anyone who has experienced the loss of a loved one, including those through miscarriage, to join a bereavement support group led by Linda Geere. This group will meet for 8 weeks, starting on **Tuesday, September 16th, from 6:00 to 7:30 PM** in the Parish Youth Room, with the entrance off NE 14th Street. You do not need to be Catholic to participate, so please feel free to invite a family member or friend who has also experienced the loss of someone special. To sign up or if you have any questions, please contact Linda Geere, Pastoral Assistant for Pastoral Care at lgeere@sacredheart.org or 425 454-9536.

Rachel's Corner

Project Rachel Post Abortion Healing Retreats

"My wounds are with me always. I acknowledge my guilt and grieve over my sin. Do not forsake me, O LORD; my God, be not far from me! Come quickly to help me." - Psalm 38: 18b-19, 22-23a

Is your wounded heart a constant reminder of guilt, grief and regret to you? Come with us on a Rachel's Vineyard™ Retreat and see how close God really is, and has been all along and how His hand is outstretched inviting you to be free of that burden. Allow His merciful love to heal those wounds.

English Retreat - Friday, October 10- Sunday, October 12, 2025

Spanish Retreat - Friday, October 31- Sunday, November 2, 2025

English Retreat - Friday, March 6 - Sunday, March 8, 2026

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: liquid hand soap



TEAM SKALLY IS YOUR SACRED HEART HOME TEAM

"Matt & Christina are highly professional, take ownership of the complicated process and remember the stress and emotions that run high during the sale of a beloved home. They are highly skilled and infinitely kind. They got me top dollar in volatile market conditions!"

- Julie Nelson



Parishoners Matt & Christina with Client Julie



Matt
206-661-8624

Christina
612-987-0755



TEAMSKALLY.COM



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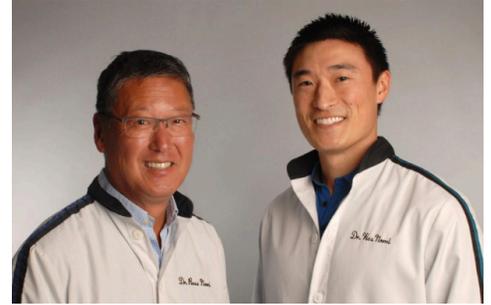
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adhering to the Golden Rule.*

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