



# SACRED HEART CHURCH

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

## SEPTEMBER 7, 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.



*23<sup>rd</sup> Sunday*

IN ORDINARY TIME

"Whoever does not carry his own cross and come after me cannot be my disciple." - Lk 14:27

## PARISH CALENDAR

### Sunday September 7

*TWENTY-THIRD SUNDAY IN ORDINARY TIME*

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

### Monday September 8

*The Nativity of the Blessed Virgin Mary*

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

### Tuesday September 9

*Saint Peter Claver, Priest*

10:00 AM Stitchers with Heart Group

### Wednesday September 10

*Weekday*

8:00 AM Rosary  
8:15 AM Confessions  
8:45 AM **Mass** (school attending)

### Thursday September 11

*Weekday*

8:15 AM Rosary  
8:45 AM **Mass**  
2:00 PM - 4:00 PM *Eucharistic Adoration Canceled*

### Friday September 12

*The Most Holy Name of Mary*

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

### Saturday September 13

*Saint John Chrysostom, Bishop, Doctor of the Church*

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 14

*THE EXALTATION OF THE HOLY CROSS*

9:00 AM **Mass**  
10:30 AM CLOW Training  
11:00 AM **Mass** with CLOW  
12:30 PM First Day of Sunday School  
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)***

## WEEKLY READINGS

### Sunday 9/7

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

### Monday 9/8

Micah 5:1-4a  
Psalm 13:6abc  
Matthew 1:1-16,18-23

### Tuesday 9/9

Colossians 2:6-15  
Psalm 145:1b-2,8-11  
Luke 6:12-19

### Wednesday 9/10

Colossians 3:1-11  
Psalm 145:2-3,10-13b  
Luke 6:20-26

### Thursday 9/11

Colossians 3:12-17  
Psalm 150:1b-6  
Luke 6:27-38

### Friday 9/12

1 Timothy 1:1-2,12-14  
Psalm 16:1b-2a,5,7-8,11  
Luke 6:39-42

### Saturday 9/13

1 Timothy 1:15-17  
Psalm 113:1b-7  
Luke 6:43-49

### Sunday 9/14

Numbers 21:4b-9  
Psalm 78:1b-2,34-38  
Philippians 2:6-11  
John 3:13-17

## MASS INTENTIONS

### 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

### Monday 9/8

RIP DEVADASON THANKAPPAN  
by Tony Jeparatnam

### Wednesday 9/10

RIP LARRY KRING  
by Sacred Heart Parish & School Staff

### Thursday 9/11

INT PEACE IN THE WORLD

### Friday 9/12

**MASS IS CANCELED**

### Saturday 9/13

INT THE PARISHIONERS OF SACRED HEART

### Sunday 9/14

9:00 AM Mass: RIP BART HARTZELL by Luz Hartzell  
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

Linda Gadola (St. Monica)  
Marge Ballas (St. Monica)

### 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 28<sup>th</sup>, through Thursday, October 9<sup>th</sup>. It will resume on Thursday, October 16<sup>th</sup>. Additionally, First Friday Eucharistic Adoration, scheduled for Friday, September 5<sup>th</sup>, is also canceled and will restart on Friday, October 3<sup>rd</sup>.*



## POPE'S PRAYER INTENTION - SEPTEMBER

### FOR OUR RELATIONSHIP WITH ALL OF CREATION

Let us pray that, inspired by Saint Francis,  
we might experience our interdependence  
with all creatures who are loved by God  
and worthy of love and respect.

### 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**



## One Parish Planning

Last July, Sacred Heart and St. Monica were united as a parish family for **Partners in the Gospel**, the strategic pastoral planning effort taking place across the Archdiocese of Seattle. As we continue our Partners in the Gospel journey together, our parish family is beginning **One Parish Planning**. This is a process which will help our parish family articulate our gifts and hopes for the future, create a vision and plan for how we will re-invigorate and re-envision parish life, and ultimately set the course for how our parish family will become one canonical parish. All parish families in the archdiocese will be following the same five-stage One Parish Planning process. The timeline below provides a simple overview of these stages, which will culminate in our **One Parish Plan**. With the first stage of our parish leadership’s coordination efforts underway, we are now entering into the second stage which focuses on the question: **Who are we?**



## Stage Two: Who are we?

During this stage, we will be asking ourselves “Who are we?” to help develop an understanding and appreciation of the history, the people, the gifts and the ministries that have been central to each of the parishes in our parish family. This question will also help our community explore the opportunities and challenges present in our parishes today. Every parishioner will have opportunities to participate through surveys and listening sessions throughout the different stages of the process.

The first opportunity for all parishioners to provide input for this stage of One Parish Planning will occur at weekend Masses in September. Alternating each weekend of September, between Sacred Heart and St. Monica, Fr. Nagel will be preaching on this topic and asking for you to participate in two brief surveys. Your input will be critical.

## Who is leading this process?

In addition to Fr. Nagel’s leadership as our pastor, two leadership groups have been established to help guide the One Parish Planning process. The first group is a Parish Family Leadership Team, which is the primary staff consultation and action group for executing the activities related to Partners in the Gospel. **Our Parish Family Leadership Team** is:



**Greg Mahoney**

PA for Administration



**Bridget Darrow**

PA for Administration



**Marybeth Bohm**

School Principal



**David Burroughs**

School Principal

The second leadership group is a Parish Family Advisory Council. This group is comprised of parishioners from Sacred Heart and St. Monica. The group photo on this document shows the members of our **Parish Family Advisory Council**.

Top (*left to right*): **Catherine Moe** (St. Monica), **Joanna Collins** (Sacred Heart), **Reed Nagel** (St. Monica), **Tony Brooks** (Non-member, assisting this council as St. Monica staff), **Charlie Herb** (Sacred Heart), **Stephanie McIntyre** (Sacred Heart), **Fr. Nagel** (Leading this council as Pastor), **Bosco Lau** (St. Monica & President of the Seattle Chinese Catholic Community)

Bottom (*left to right*): **Magdalena Brooks** (St. Monica), **Ethan Granlund** (Sacred Heart), **Ryan An** (St. Monica), and **Crista Solaro** (Sacred Heart)

The Parish Family Advisory Council is the key consultive body for One Parish Planning. It represents both parishes in our parish family. The council’s focus is to help our parish family discern its future parish life. During the stages of planning they will assist with various tasks including listening sessions, synthesizing input from parishioners and creating an initiative report.

Our efforts to create a One Parish Plan will be ineffective without first turning to our Lord in prayer and asking the Holy Spirit for guidance. Thank you in advance for your support in this process.

## CHILDREN'S FAITH FORMATION



**Sunday School Resumes**  
**Sunday, September 14<sup>th</sup>, 2025**  
**Grades K—5<sup>th</sup>, 12:30 to 1:30 PM**

Scan the QR code for registration or visit [sacredheart.org/Parish/](https://sacredheart.org/Parish/)



**CLOW Starts on Sunday, September 7<sup>th</sup>**  
**at the 11:00 AM Mass**

## SACRED HEART SCHOOL

### Open House

Pre-K through 8th Grade

**THURSDAY**  
**NOVEMBER 6, 2025**  
**6:00-7:30PM**



**REGISTER ONLINE TODAY!**

[school.sacredheart.org](https://school.sacredheart.org)

### Sacramental Preparation for First Reconciliation and First Communion

Parents wishing to enroll their child in Sacramental Preparation for First Reconciliation and First Communion this year should register on the Sacred Heart website and must attend one of the Sacramental Preparation Orientation Meetings to be held Wednesday (9/17) at 10am and Thursday (9/18) at 6pm in the Parish Hall. Any questions, please contact Cathleen Adams at [cadams@sacredheart.org](mailto:cadams@sacredheart.org).

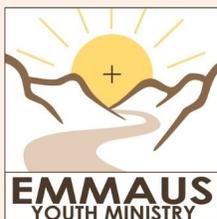
*Please note: to enroll, children must have received the Sacrament of Baptism and be in their second year of either a parish faith formation program, attending a Catholic school, or an Archdiocese-approved home-school faith formation program.*



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

Having prepared ourselves to “celebrate these sacred mysteries” in the *Introductory Rites*, we start with the Liturgy of the Word, which is so closely interconnected with the Liturgy of the Eucharist, “that they form but one single act of worship” (GIRM, 28). “From the two tables of the word of God and the Body of Christ, the Church receives and gives to the faithful the bread of life” (*Sacramentum Caritatis*, 44). “In the readings, God speaks to his people, opening up to them the mystery of redemption and salvation, and offering spiritual nourishment; and Christ himself is present through his word in the midst of the faithful” (GIRM, 55).

## REGISTRATION IS OPEN!!!



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



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CONFIRMATION  
7<sup>th</sup> GRADE AND UP



## COMMUNITY OUTREACH—COMMUNITY EVENTS



**Autumn 50+ Potluck Lunch & Movie**  
*Sponsored by Carpe Diem*  
**11:30am, Thurs., Sept. 25<sup>th</sup>**  
*In the Narthex*  
**Food Assignments (by last names):**  
**A-C: dessert for 8+**  
**D-I: salad/side for 8+**  
**J-Z: main dish for 8+**  
**Info: Linda Geere, 425-450-3908**  
**or [lgeere@sacredheart.org](mailto:lgeere@sacredheart.org)**

### 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 16<sup>th</sup>, 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](mailto:lgeere@sacredheart.org) or 425 454-9536.



### Sacred Heart School

#### Class of 1975: 50th Reunion

It's hard to believe, but the Sacred Heart School Class of 1975 will be celebrating their 50th reunion this fall! Classmates are invited to gather on Saturday, October 4, 2025, beginning with 5:00 PM Mass at Sacred Heart, followed by a joyful evening of reminiscing and reconnecting in the Parish Center. For more information, please contact Heidi Wehrle at 509.640.6083. We look forward to celebrating this special milestone together!

### Rachel's Corner

#### Project Rachel Post Abortion Healing Retreats

**English Retreat -October 10- October 12, 2025**  
**Spanish Retreat -October 31- November 2, 2025**  
**English Retreat - March 6 - March 8, 2026**

Please call or email for information regarding the Project Rachel ministry or future healing retreat. To leave a confidential message please call Frances - English: (206) 920-6413 Alejandra - Spanish: (206)-450-7814 Email [projectrachel@ccsww.org](mailto:projectrachel@ccsww.org). Visit us at [www.ccsww.org/projectrachel](http://www.ccsww.org/projectrachel) or [www.facebook.com/projectrachelww](https://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: Sponge & All-Purpose Cleaning Spray



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- Julie Nelson



Parishoners Matt & Christina with Client Julie



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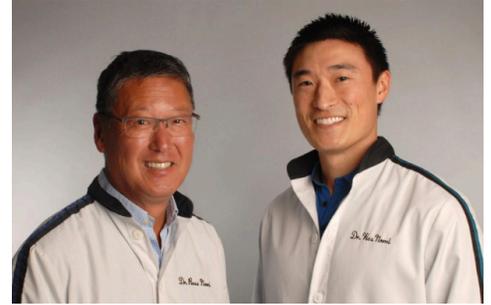
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