



SEPTEMBER 14, 2025

OUR MISSION STATEMENT

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

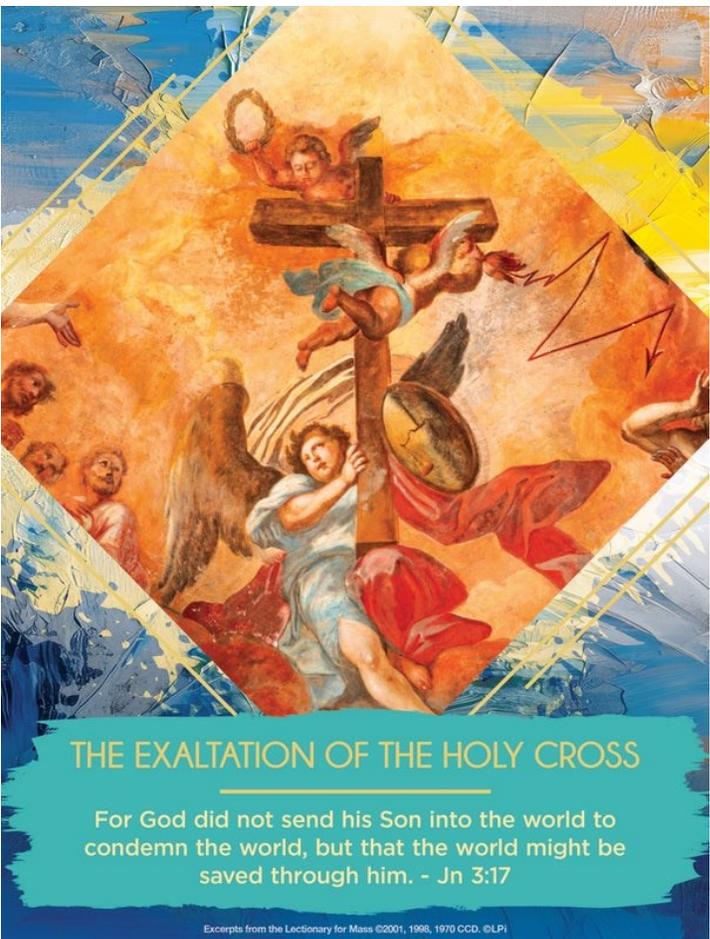
Sacrament Preparation
425-454-9536

OFFICE HOURS

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

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

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 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

Monday September 15

Our Lady of Sorrows

8:15 AM	Rosary
8:45 AM	Mass
6:30 PM	OCIA Class
7:00 PM	Rosary Group

Tuesday September 16

Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs

10:00 AM	Stitchers with Heart Group
6:00 PM	Bereavement Group

Wednesday September 17

Saint Robert Bellarmine, Bishop, Doctor of the Church; Saint Hildegard of Bingen, Virgin, Doctor of the Church

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	Mass (school attending)
10:00 AM	Sacramental Prep Orientation
6:00 PM	Parent Meeting for 635 & J-Walkers Youth Groups

Thursday September 18

Weekday

8:15 AM	Rosary
8:45 AM	Mass
2:00 PM - 4:00 PM	<i>Eucharistic Adoration Canceled</i>
6:00 PM	Sacramental Prep Orientation

Friday September 19

Saint Januarius, Bishop and Martyr

8:15 AM	Rosary
8:45 AM	Mass Canceled

Saturday September 20

Saints Andrew Kim Tae-gon, Priest, and Paul Chong Ha-sag, and Companions, Martyrs

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

Sunday September 21

Twenty-Fifth Sunday in Ordinary Time

9:00 AM	Mass
11:00 AM	Mass with CLOW
12:30 PM	Sunday School
2:00 PM	Children's Sacramental Prep Class
5:00 PM	Mass (Hosted by SHS 8 th Grade Class) Youth Group Mass & Dinner

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)



Autumn 50+ Potluck Lunch & Movie

Sponsored by Carpe Diem

11:30am, Thurs., Sept. 25th

In the Narthex

Food Assignments (by last names):

A-C: dessert for 8+

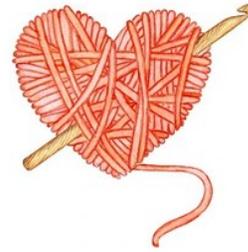
D-I: salad/side for 8+

J-Z: main dish for 8+

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



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!



Congratulations
Anjelet Zami Chevalier
Who was Baptized last weekend.
Welcome to the
Sacred Heart Family!



Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy

The Liturgy of the Word fosters meditation on Scripture so that the faithful may adequately respond to God speaking to them. It is punctuated by periods of silence which occur throughout. There is a period of silence as we turn our attention to the first reading. Then silence between the first reading and the psalm. Then between the psalm and second reading. Etc. Each period of silence allows us to absorb and contemplate what we have heard so that we may be nourished by it and act faithfully on it, especially as we offer our petitions in the Universal Prayer (or prayers of the faithful).

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 various 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, and will resume on Friday, October 3rd.
- ◆ There will be no Eucharistic Adoration on Thursdays, and will resume on Thursday, October 16th.
- ◆ The First Friday of the Month Mass will resume on Friday, October 3rd.
- ◆ 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.



One Parish Planning

Stage Two: Who are we?

During this current stage in One Parish Planning for our Parish Family, 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 Sacred Heart and St Monica parishes. 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.

Thank you to the over 465 parishioners who provided input in the first survey during Mass last weekend. Everyone will have another opportunity to share their thoughts in the next survey at weekend Masses on September 20th and 21st. Fr. Nagel will be preaching on this topic and inviting you to participate in a brief survey.

Your feedback is crucial. To read more about our Parish Family and the One Parish Planning process visit: parish.sacredheart.org/about-us/our-parish-family



WEEKLY READINGS

Sunday 9/14

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

Monday 9/15

1 Timothy 2:1-8
Psalm 28:2,7-9
John 19:25-27

Tuesday 9/16

1 Timothy 3:1-13
Psalm 101:1b-3b,5-6
Luke 7:11-17

Wednesday 9/17

1 Timothy 3:14-16
Psalm 111:1-6
Luke 7:31-35

Thursday 9/18

1 Timothy 4:12-16
Psalm 111:7-10
Luke 7:36-50

Friday 9/19

1 Timothy 6:2c-12
Psalm 49:6-10,17-20
Luke 8:1-3

Saturday 9/20

1 Timothy 6:13-16
Psalm 100:1b-5
Luke 8:4-15

Sunday 9/21

Amos 8:4-7
Psalm 113:1-2,4-8
1 Timothy 2:1-8
Luke 16:1-13

MASS INTENTIONS

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

Monday 9/15

INT THE PARISHIONERS OF SACRED HEART

Wednesday 9/17

INT FR. KURT NAGEL by a Sacred Heart Parishioner

Thursday 9/18

RIP MARION PRATT-BARLOW by Pratt-Barlow Family

Friday 9/19

MASS IS CANCELED

Saturday 9/20

INT THE PARISHIONERS OF SACRED HEART

Sunday 9/21

9:00 AM Mass:

INT THE ELDERLY OF SACRED HEART PARISH

11:00 AM Mass:

INT THE YOUTH OF SACRED HEART PARISH

5:00 PM Mass: PRIEST PRIVATE INTENTION

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.

PLEASE PRAY FOR:

The Sick

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

The Deceased

Pray for the deceased of
Sacred Heart & 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 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, will resume on Friday, October 3rd.



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

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



Join us for Children's Liturgy of the Word 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

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.

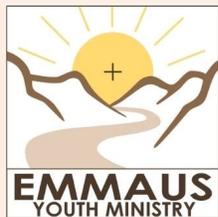
Please note: to enroll, children must have received the Sacrament of Baptism and be in their second year of either a parish faith formation program, attending a Catholic school, or an Archdiocese-approved home-school faith formation program.



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 Hall. For more information, please contact Heidi Wehrle at 509.640.6083. We look forward to celebrating this special milestone together!

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



Volunteer to help with Emmaus Youth Ministry!

Our Emmaus Youth Ministry and Confirmation team is looking for volunteers who feel called to serve our youth! If you like hanging out with teens, and are passionate about your faith, we want to meet you! Please scan the QR code or click [here](#) to fill out our interest form and we will reach out to you! There are several different time commitments and roles that we need so there is something for everyone! If you have any questions, feel free to reach out to Sharon Phillips (for high school) sphillips@sacredheart.org or Kelsey Heintz (middle school and confirmation) kheintz@sacredheart.org.



COMMUNITY OUTREACH—COMMUNITY EVENTS



St. Vincent de Paul

Brown Bag Sunday

This Weekend - September 13th - 14th

Please pick up a brown grocery bag after Masses this weekend for the monthly Brown Bag collection to support *Hopelink*. You can return the grocery bags next weekend on September 20th and 21st filled with non-perishable grocery items and household paper products. Please place them in the bin in the Narthex. Thank you for supporting our local community



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.



CATHOLIC CAMPAIGN FOR HUMAN DEVELOPMENT

WORKING ON THE MARGINS

www.usccb.org/cchd



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This weekend you have the opportunity to place a donation in the Mass collection for the Catholic Campaign for Human Development. Envelopes are available in the Narthex. Be part of the effort to break the cycle of poverty in the United States. 25% of funds collected stay in our own diocese for antipoverty projects. Thank you for your generosity in helping those in need!

Sacred Heart Book Discussion Group

Tuesday, September 23rd at 7:00 PM
Parish Conference Room 1



(Located through main entrance of parish office)

We would love to have you join us for the next Sacred Heart Book Group meeting! .

New members always welcome!

UPCOMING BOOK:

Seven Things You Can't Say About China
by Tom Cotton

Contact Annelies Smith at 425-444-9450 or ybugmom@comcast.net if you would like more information or to be added to the email list.

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. Visit us at www.ccsww.org/projectrachel or www.facebook.com/projectrachelww. *Project Rachel is a program of Catholic Community Services.*

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- Julie Nelson



Parishoners Matt & Christina with Client Julie



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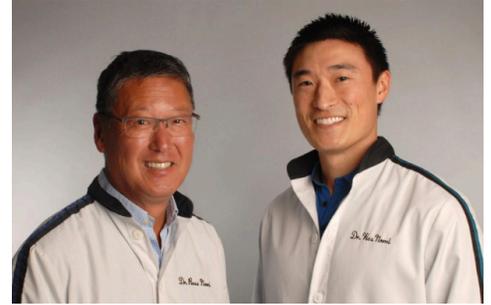
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