



NOVEMBER 9, 2025

LITURGY SCHEDULE

Sunday Mass

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

Saturday Vigil Mass

5:00 PM

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.



THE DEDICATION OF THE LATERAN BASILICA

His disciples recalled the words of Scripture,
 Zeal for your house will consume me. - Jn 2:17

PARISH CALENDAR

Sunday November 9

THE DEDICATION OF THE LATERAN BASILICA

St. Vincent de Paul Brown Bag Sunday

9:00 AM	Mass
9:00 AM	St. Vincent de Paul Stuff the Truck
11:00 AM	Mass with CLOW
5:00 PM	Mass

Monday November 10

Saint Leo the Great, Pope, Doctor of the Church

8:15 AM	Rosary
8:45 AM	Mass
6:30 PM	OCIA Group (at St. Monica)
7:00 PM	Rosary Group

Tuesday November 11

Saint Martin of Tours, Bishop

Veterans Day

10:00 AM	Stitchers with Heart Group
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Wednesday November 12

Saint Josaphat, Bishop, Martyr

8:15 AM	Rosary
8:15 AM	Confessions
8:45 AM	Mass
4:00 PM	Middle School Youth Group at St. Monica
6:00 PM	First Reconciliation Prep Meeting
6:25 PM	High School Youth Group at St. Monica

Thursday November 13

Saint Francis Xavier Cabrini

8:15 AM	Rosary
8:45 AM	Mass
2:00 PM - 4:00 PM	Eucharistic Adoration
5:30 PM	<i>Cabrini</i> Movie Event –Parish Hall

Friday November 14

Weekday

8:15 AM	Rosary
8:45 AM	Mass

Saturday November 15

Saint Albert the Great, Bishop, Doctor of the Church

8:00 AM	Women's Group
8:00 AM	Men's Group
10:00 AM	First Reconciliation Prep Meeting
3:00 PM	Confessions - Reconciliation Chapel
5:00 PM	Vigil Mass

Sunday November 16

THIRTY-THIRD SUNDAY IN ORDINARY TIME

St. Vincent de Paul Brown Bag Sunday Collection

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 6th Grade)

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
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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)


Carpe Diem invites you to our 50+
Christmas Luncheon & Concert
featuring Holy Family Handbell Choir
Thursday Dec. 4th
*+ White Elephant Gift Exchange**
Ham Concert in church
11:30 Luncheon gathering in Narthex
\$25 Luncheon tickets
in advance only: Nov 8-9 & 15-16
** Please bring a small gift-wrapped item needing a new home - something you no longer want or use. No surplus? We'll have a few extra "gifts" available. Please don't buy anything new!*
Info: Linda Geere, 425-450-3908 or
lgeere@sacredheard.org


Behold the Lamb
Quick Weekly Lessons on the
Sacred Liturgy



The Gospel is then proclaimed. Standing, we listen with reverence, for it is Christ Himself—the Word made flesh—who speaks to us. His Word is ever present and ever relevant, revealing to us the “good news” of our salvation. When the reading is complete, the Priest proclaims: “*The Gospel of the Lord.*” We reply: “*Praise to you, Lord Jesus Christ,*” professing both that Jesus is truly Lord and that it is He who has spoken to us. The Priest then reverently kisses the Book of the Gospels, praying quietly: “*Through the words of the Gospel may our sins be wiped away.*”

Missed a Sacrament?

It's never too late! If you or a family member missed the Sacrament of Baptism, First Communion, or Confirmation, contact the parish office at 425-454-9536 for help with sacramental preparation.


Jubilee 2025
Pilgrimage
THURSDAY
NOVEMBER 13

Jubilee Pilgrimage
to Vietnamese
Martyrs Parish

St. Monica and Sacred Heart parishioners and friends are invited to join on **Thursday, November 13**, for a Jubilee Pilgrimage trip to the Church of the Vietnamese Martyrs in Tukwila. Due to uncertainty about the number of participants joining for this trip, we are planning on carpooling to the church in personal vehicles. If enough participants sign-up we may book a charter bus.

9:30AM: Departing from the St. Monica parking lot or personal residences.

11:00AM: Attending **Mass in Vietnamese** (with English translations of the readings and Gospel projected on a screen).

12:00PM: The pastor of Vietnamese Martyrs Parish has graciously offered to give us a **church tour** in English. Following the tour, we will **share lunch** in the church basement. After lunch, we will pray the **Rosary** before returning to St. Monica around 4:00PM. Please let us know if you plan on attending. by completing the registration form. Visit stmonicami.org/events to learn more. [Access the form by clicking here.](#)

#TechcumenicalMass

All technical professionals in the Puget Sound, current and former, are invited to the
Eucharist of Thanksgiving
 Fellowship gathering will follow with food and drinks.

Tuesday November 18 | 6PM

St. Jude's Parish

10528 166th Ave NE, Redmond, WA 98052



Archbishop Paul D. Etienne will preside and will impart a special blessing

“Together with its extraordinary potential to benefit the human family, the rapid development of AI also raises deeper questions concerning the proper use of such technology in generating a more authentically just and human global society.”

Pope Leo XIV

For more information contact camsww@microsoft.com

ADMINISTRATION & STEWARDSHIP



November Meals for the Homeless Dates Still Available - Your Help is Needed!

We still have dates available this November, as we continue our Sacred Heart community tradition of generously providing nightly meals throughout the month to those in need who are part of the rotating men's shelter at **First Congregational Church in Bellevue**. Sign up by scanning the QR code to supply a food item (main dish, side dish or dessert). *Thank you for the generosity and compassion in helping these men in their path from homelessness to stable living.*



PLEASE JOIN US FOR A MOVIE NIGHT!

To celebrate the Feast Day of St. Frances Xavier Cabrini, the parish community is invited to join the school for movie night on Thursday, November 13th, beginning at 5:30 PM in the Parish Hall (enter from 14th street).

The story of Mother Cabrini's life is powerful and inspiring! We want this movie to be the beginning of family discussions about faith, obedience, servant leadership and trust in the Lord. For this reason, we are inviting parents to join their children while watching the movie. The movie is rated PG-13, but many families may decide that it would be okay for younger children to watch. We encourage parents to read the review on commonsensemedia.org. Scan the QR code to RSVP.



PARISH STEWARDSHIP OF TREASURE.

WE ARE CALLED
TO SHARE
OUR TREASURE
WITH OTHERS.



Last week, Fr. Nagel invited you to reflect on how God has blessed you and to prayerfully consider how you might share those blessings with our parish. This weekend, we will hear a powerful witness talk from our parishioner, John Carlson, as he talks about giving back to God's community. Your stewardship commitment helps sustain the ministries, outreach, and spiritual life of our parish and makes it possible for us to continue helping one another encounter Jesus Christ. If you haven't yet had a chance to respond, we encourage you to take a moment this week to return your commitment card. Every gift, no matter the amount, is a vital part of our shared mission. Thank you for your continued support! It's easy to make your stewardship of treasure pledge to our parish by visiting our website to access the online giving at parish.sacredheart.org, scanning the QR code or picking up a pledge card in the Narthex.



Sacred Heart Book Club Tuesday, December 2nd at 7:00 PM Parish Conference Room 1

(Located through main entrance of parish office)

Looking for something interesting and mind boggling to read this month? Please join us for a discussion of: ***The Body: A Guide for Occupants*** by **Bill Bryson**, a head-to-toe tour of the marvel that is the human body. Everyone is welcome! Contact Annelies Smith at 425-444-9450 or ybugmom@comcast.net for more information or to be added to the email list.



The starting point of stewardship is recognizing that everything we have, everything that we are is by God's initiative—by God's grace.

-Archbishop Etienne on the Spirituality of Stewardship.



WEEKLY READINGS

Sunday 11/9

Ezekiel 47:1-2,8-9,12
 Psalm 46:2-3,5-6,8-9
 1 Corinthians 3:9c-11,16-17
 John 2:13-22

Monday 11/10

Wisdom 1:1-7
 Psalm 139:1b-10
 Luke 17:1-6

Tuesday 11/11

Wisdom 2:23—3:9
 Psalm 34:2-3,16-19
 Luke 17:7-10

Wednesday 11/12

Wisdom 6:1-11
 Psalm 82:3-4,6-7
 Luke 17:11-19

Thursday 11/13

Wisdom 7:22b—8:1
 Psalm 119:89-91,130,135,175
 Luke 17:20-25

Friday 11/14

Wisdom 13:1-9
 Psalm 19:2-5b
 Luke 17:26-37

Saturday 11/15

Wisdom 18:14-16;19:6-9
 Psalm 105:2-3,36-37,42-43
 Luke 18:1-8

Sunday 11/16

Malachi 3:19-20a
 Psalm 98:5-9
 2 Thessalonians 3:7-12
 Luke 21:5-19

MASS INTENTIONS

Sunday 11/9

9:00 AM Mass: RIP SUE HASLAM by Loni Haslam
 11:00 AM Mass: RIP JANE DAHLE
 by Fletcher & Snyder Families
 5:00 PM Mass: PRIEST PRIVATE INTENTION

Monday 11/10

INT ANN PETRIE by Sacred Heart Parish Staff

Wednesday 11/12

RIP ANTHONY JOYCE by Sacred Heart Parish Staff

Thursday 11/13

RIP DICK KENNEDY by June Kennedy

Friday 11/14

RIP AMY BRAHM-HALFFMAN by Evelyn & John Bondi

Saturday 11/15

INT THE PARISHIONERS OF SACRED HEART

Sunday 11/16

9:00 AM Mass: RIP JOSIE MARIE REGAN
 by Zeny Fletcher
 11:00 AM Mass: RIP GERRY O'DONNELL
 by Colleen & John's Sacred Heart School Friends
 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

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 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 - NOVEMBER

For the Prevention of Suicide

Let us pray that those who are struggling with suicidal thoughts might find the support, care and love they need in their community, and be open to the beauty of life.

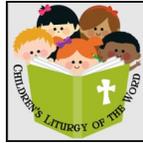
EMERGENCY HELPLINE NUMBERS

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



**No Sunday School
on November 9th**



**Join Us on Nov. 16th
Grades K—5th,
12:30 to 1:30 PM**

**Join us for Children's Liturgy of the Word (CLOW)
at the 11:00 AM Mass**

**SAINTS
IN THE
MAKING**

**HIGH
SCHOOL
CYC**

SATURDAY NOV 15TH 9-6PM

ST MARTIN'S UNIVERSITY | LACEY, WA

**MORE
INFO**



**SCAN
HERE**

HIGH SCHOOL CATHOLIC YOUTH CONVENTION



Calling all Children ages 6 to 12 to join the
Sacred Heart Children's Choir
CHRISTMAS EVE 2025 - 4PM MASS

Mauro Bonfanti,
Choir Director



Maria Zheng
Pianist

Your singer must attend all 4 rehearsals: November 25; December 2, 9 & 16 in the Church (side door entrance) Rehearsal Time: 3:30 to 4:15 pm. Maximum 40 children allowed in the order of registration. Pick up a registration form in the Narthex or parish office.

SACRED HEART SCHOOL

FILL THE HEART
MANY HEARTS, ONE MISSION

NOVEMBER 12, 2025

Join us in supporting Catholic education by giving to Sacred Heart's Annual Fund during Fill the Heart, our community's special day of giving.

Together, with Many Hearts and One Mission, we can ensure students continue to receive an exceptional, faith-filled education for years to come.



<https://tinyurl.com/58tz2cmc>

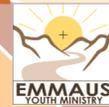


Middle and High School

**Youth
Groups**

This Wednesday

@ St. Monica



EMMAUS YOUTH MINISTRY
NOVEMBER 20TH, 2025
**YOUTHSGIVING
DINNER**

ALL MIDDLE & HIGH SCHOOLERS WELCOME!

JOIN US FOR
FOOD
FRIENDS
& GAMES

RSVP HERE!

ST. MONICA FAMILY CENTER
THURSDAY NOVEMBER 20TH 6:00-7:30PM

COMMUNITY OUTREACH—COMMUNITY EVENTS

Carpe Diem Halloween Luncheon 2025



St. Vincent de Paul Brown Bag Sunday

This Weekend - November 8th - 9th

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 November 15th and 16th 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 in need!



Rachel's Corner

Project Rachel Post Abortion Healing Retreats

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

Spanish Retreat - Please call either of our confidential ministry numbers for information regarding our next Spanish healing retreat.

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.
You are loved with an everlasting Love!*

Thank You Sacred Heart for a Successful Winter Coat Drive!

We extend our heartfelt thanks to the Sacred Heart Parish and School community for your incredible generosity in donating coats to benefit Jubilee Reach and St. Vincent de Paul. Sacred Heart School families collected over 100 coats, and with generous contributions from the Knights of Columbus and our parishioners, we were able to donate all the coats to help our neighbors in need stay warm this winter.

Thank you to our volunteers who assisted with the coat drive! As a community we came together and made a meaningful difference!





NOW SOLD
\$2,000,000

4 Days On The Market
+\$200K Above List Price!

Our Client Don

After 65 years in his beloved Bellevue home, Don decided to downsize to Aegis Living. He simply handed us the keys and we took care of everything!



Parishoners Matt & Christina
Celebrating with Don on St. Patrick's Day

Don Lovell

God Bless Matt and Christina for being such a talented, loyal, loving, faithful couple in preparing and selling my memory home.
❤️🙏🙌🙏❤️
Don Lovell



Matt@TeamSkally.com

206-661-8624



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