



# SACRED HEART CHURCH

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

## JANUARY 4, 2026

### 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.



Celebrate the  
**peace & joy**  
of the  
Christmas Season

## PARISH CALENDAR

### Sunday January 4

#### *THE EPIPHANY OF THE LORD*

9:00 AM	<b>Mass</b>
11:00 AM	<b>Mass</b> with CLOW
12:30 PM	NO Sunday School
5:00 PM	<b>Mass</b>

### Monday January 5

#### *St. John Neumann, Bishop*

8:15 AM	Rosary
8:45 AM	<b>Mass</b>
6:30 PM	OCIA Group
7:00 PM	Rosary Group

### Tuesday January 6

#### *Christmas Weekday; Saint Andre Bessette, Religious*

10:00 AM	Stitchers with Heart Group
----------	----------------------------

### Wednesday January 7

#### *Christmas Weekday Saint Raymond of Penyafort, Priest*

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	<b>Mass</b> (school attending)
6:00 PM	Emmaus Youth Ministry
	Summer Event Information Meeting for Parents
	6:00 PM - Middle School
	6:30 PM - High School

### Thursday January 8

#### *Christmas Weekday*

8:15 AM	Rosary
8:45 AM	<b>Mass</b>
2:00 - 4:00 PM	Eucharistic Adoration

### Friday January 9

#### *Christmas Weekday*

8:15 AM	Rosary
8:45 AM	<b>Mass</b>

### Saturday January 10

#### *Christmas Weekday*

8:00 AM	Women's Group
8:00 AM	Men's Group
10:00 AM	Infant Baptism Class
3:00 PM	Confessions - Reconciliation Chapel
5:00 PM	Vigil <b>Mass</b>

### Sunday January 11

#### *THE BAPTISM OF THE LORD*

Youth Confirmation Retreat	
9:00 AM	<b>Mass</b>
11:00 AM	<b>Mass</b> with CLOW
12:30 PM	Sunday School Resumes
5:00 PM	<b>Mass</b>

## 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)**

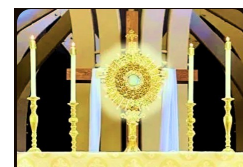


When the secular world moves on after Christmas day, let's keep our lights on and candles lit and keep celebrating the joy of Christ's birth and his gift to all of us.

Go to [archseattle.org/Christmas](http://archseattle.org/Christmas) on ways to celebrate all season long.



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



After offering up the bread, the Priest prepares the chalice by pouring the wine and a drop of water into it saying quietly, "By the mystery of this water and wine may we come to share in the divinity of Christ who humbled himself to share in our humanity." While historically diluting wine with water was not uncommon, Christians have found profound meaning in this tradition. Indeed, as we participate in the sacrament of the Eucharist, we recognize that as Christ took on our humanity (represented by the water), so too do we take on His divinity (represented by the wine) when we receive the Blessed Sacrament.

In like manner, the Priest offers up the wine saying, "Blessed are you, Lord God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink."



### Congratulations

**Finn Alexander Kendregan  
Alexandra Jacquelyn Goodrich  
Camilla Jennifer Goodrich**

Who were recently Baptized.  
Welcome to the Sacred Heart Family!



### Register Now - Infant Baptism Class

Registration is now open for the upcoming infant Baptism preparation class on Saturday, January 10<sup>th</sup>, 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](mailto:sacraments@sacredheart.org) to register.

*Carpe Diem invites you to a*  
**January 50+**  
**Potluck & Movie**  
*(Weather permitting--call if questionable)*  
**11:30am, Thurs., Jan. 15<sup>th</sup>**  
 In the Narthex  
**Food Assignments:**  
**A-C:** main dish for 8-10  
**D-I:** dessert for 8-10  
**J-Z:** salad/side for 8-10  
**Info:** Linda Geere, 425-450-3908 or [lgeere@sacredheart.org](mailto:lgeere@sacredheart.org)

### 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.

# ADMINISTRATION & STEWARDSHIP

## 2026 Catholic Calendars are Here



Please pick up a 2026 Catholic calendar in the Narthex or visit the parish office. A special thank you to Flintoft's Funeral Home and Crematory for providing the calendars again this year for the Sacred Heart community.

## Welcome to Sacred Heart Parish

Thank you for worshiping with us today! We extend a warm welcome to all our parishioners and visitors. Whether you are just passing through or looking for a new parish family, we pray you find Sacred Heart inviting and spiritually uplifting.

If you are new to Sacred Heart or haven't yet registered with the parish, we encourage you to take this step. To register, please visit our website, [sacredheart.org](http://sacredheart.org) or call our office at 425-454-9536.

## Matching Gifts

The beginning of the year is a great time to review with your employer if matching funds are available in conjunction with your giving. If you have questions about matching funds, please email Lucy Paulsen in the parish office at [lpaulsen@sacredheart.org](mailto:lpaulsen@sacredheart.org). Thank you for considering how matching gifts can increase the impact of your generous giving.

## Sacred Heart Morning Bible Study

Resumes January 13<sup>th</sup>, 2026

### Romans & Hebrews

We are excited to announce that the morning Bible study will resume in January. Join the morning Bible study group as they begin the new year with an 8 week study of Romans, followed by an 8 week study of Hebrews. Led by parishioner Lisa Herb, the Bible study will include video presentations, study guides and group discussions. The group will meet in Parish Conference Room Four from 8:30 - 10:00 AM on Tuesdays. Materials can be ordered at [ascensionpress.com/pages/bible-studies](http://ascensionpress.com/pages/bible-studies)

### Class Dates:

#### Romans:

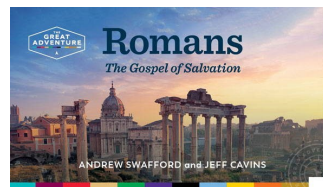
January 13, 20, 27  
February 3, 10, 24  
March 10, 17

#### Hebrews:

March 24, 31  
April 14, 21, 28  
May 5, 12, 19

Please sign up by emailing,

[communications@sacredheart.org](mailto:communications@sacredheart.org).



# In Him, We Rise.

May 16, 2026  
Meydenbauer Center  
Bellevue, WA

Scan here to get alerts on  
registration! >>>



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



## Stewardship of Treasure

Sunday collection totals

July 1 to November 30, 2025, Budget	\$630,083
July 1 to November 30, 2025, Actual	\$617,240
Under budget	(\$12,843)
Prior year actual (July –November 2024)	\$566,964

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

## WEEKLY READINGS

### Sunday 1/4

Isaiah 60:1-6  
Psalm 72:1-2,7-8,10-13  
Ephesians 3:2-3a,5-6  
Matthew 2:1-12

### Monday 1/5

1 John 3:22—4:6  
Psalm 2:7b-8,10-12a  
Matthew 4:12-17,23-25

### Tuesday 1/6

1 John 4:7-10  
Psalm 72:1-4,7-8  
Mark 6:34-44

### Wednesday 1/7

1 John 4:11-18  
Psalm 72:1-2,10,12-13  
Mark 6:45-52

### Thursday 1/8

1 John 4:19—5:4  
Psalm 72:1-2,14,15bc,17  
Luke 4:14-22a

### Friday 1/9

1 John 5:5-13  
Psalm 147:12-15,19-20  
Luke 5:12-16

### Saturday 1/10

1 John 5:14-21  
Psalm 149:1-6a,9b  
John 3:22-30

### Sunday 1/11

Isaiah 42:1-4,6-7  
Psalm 29:1-4,3,9-10  
Acts 10:34-38  
Matthew 3:13-17

## MASS INTENTIONS

### Sunday 1/4

9:00 AM Mass:  
INT THE YOUNG ADULTS OF SACRED HEART PARISH  
11:00 AM Mass:  
INT THE YOUTH OF SACRED HEART PARISH  
5:00 PM Mass: PRIEST PRIVATE INTENTION

### Monday 1/5

RIP JEAN HAEHL by Steve & Diana Schiro

### Wednesday 1/7

RIP VICTORIA YAP by Nicole Marshall

### Thursday 1/8

RIP GEORGE HICKS by Joan Willingham & Terri Combs

### Friday 1/9

RIP STAN BERMAN by Jerry Harkleroad

### Saturday 1/10

INT THE PARISHIONERS OF SACRED HEART

### Sunday 1/11

9:00 AM Mass:  
INT THE PARISHIONERS OF SACRED HEART  
11:00 AM Mass:  
RIP KATHY KUNATH by Dottie McGowan  
5:00 PM Mass: PRIEST PRIVATE INTENTION

## POPE'S PRAYER INTENTION - JANUARY

### For Prayer With the Word of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary church.

## PLEASE PRAY FOR:

### The Sick

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

### The Deceased

Robert Everett

### 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*

### 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

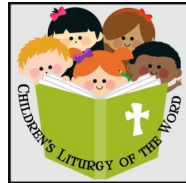


### Sunday School

K – 5<sup>th</sup> grade students

Sunday School will resume on January 11<sup>th</sup> from 12:30-1:30pm in the portable classroom. There will be no Sunday School on January 18<sup>th</sup> due to the long holiday weekend. Classes will begin again on January 25<sup>th</sup>. There will be a First Communion Orientation meeting on Wednesday, January 21<sup>st</sup> at 10am and Thursday, January 22<sup>nd</sup> at 6pm. All parents of children registered for Sacramental Preparation need to attend ONE of these meetings if they are planning for their child to participate in First Holy Communion.

CLOW will resume this Sunday, January 4<sup>th</sup> at the 11am Mass. Please note that CLOW is for children ages PreK- 1<sup>st</sup> Grade. Older children are welcome if attending for sibling support.



## SACRED HEART SCHOOL



### OPEN HOUSE

January 11th | 12:00-1:30PM



*Register Today!*

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

Pre-Kindergarten - 8th Grade



### Support Sacred Heart School's Annual Fund

If you feel called to support Catholic education at Sacred Heart, please consider making a gift to the Sacred Heart School Annual Fund. Parishioner generosity plays an essential role in sustaining this mission, and every contribution makes a meaningful impact on the students and families we serve.

The Annual Fund directly supports our operating budget, our dedicated teachers, enhances faith-filled learning, and allows us to meet the most immediate needs of the school year.

Thank you for your prayerful support of our mission to provide a strong Catholic education.



**COME LEARN ABOUT OUR SUMMER EVENTS!**

- Middle School Summer Camps
- High School Steubenville Conference
- High School Ignite NW Conference
- Summer Service opportunities

Emmaus Youth Ministry

# PARENT MEETING

**WEDNESDAY JAN 7**

SACRED HEART PARISH HALL  
MIDDLE SCHOOL - 6:00 PM  
HIGH SCHOOL - 6:30PM

Come learn about our upcoming Summer events! We will discuss travel info, costs, and logistics so that you can plan ahead!

*RSVP Here*

*Youth Mass + Dinner*

EMMAUS YOUTH MINISTRY PRESENTS

NEXT SUNDAY

# Youth Mass + Dinner

## COMMUNITY OUTREACH - COMMUNITY EVENTS



### Groceries for Families Program

Join the Sacred Heart community to help with groceries for the GFF Program. Over 200 bags are 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 greatly appreciated!

#### 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: 2 toothpaste



### Rachel's Corner:

#### Project Rachel Post Abortion Healing Retreats

The women and men of the Project Rachel thanks God for the blessings of this healing ministry in 2025. If you have been wounded by involvement in a past abortion and seek Jesus' forgiveness and mercy, we invite you to reach out to explore God's plan to guide you on your own healing journey in the New Year!

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

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

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

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

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!*


## 2026 ANNUAL MARTIN LUTHER KING JR. MASS

January 19 | 11am  
Seattle University, St. Ignatius Chapel



Join us for Mass to celebrate Martin Luther King Junior on Monday, January 19 at 11 am, at the St. Ignatius Chapel at Seattle University. Bishop Eusebio Elizondo will be presiding. To learn more visit:

[archseattle.org/events/martin-luther-king-jr-mass/](http://archseattle.org/events/martin-luther-king-jr-mass/)



## KNIGHTS OF COLUMBUS

Want to join the Knights of Columbus and be part of the brotherhood?

- Volunteer Services
- Charitable Donations
- Church Support
- Support for Vocations
- Scholarships

We support many activities for the Sacred Heart School, provide financial assistance for Seminarians who are studying for the Priesthood, and we assist our parish in feeding the homeless.

The Knights of Columbus is not just a fraternity in name. It is a brotherhood of Catholic men who each play a part in improving the world around them, one community at a time. They stand together in faith, dedicated to uphold the principles they cherish while lending their support and strength to parish, home and fellow Knight.

From charity for worldwide causes, to helping closer to home with volunteer activities, to a top-rated insurance program that protects those closest to you, the Knights makes the most of its brotherhood.

Make a stand among them, and you can discover how easy it is to make a difference in your life and that of others.

Want to join? Ask a Knight for Details.

