



# SACRED HEART CHURCH

*A Parish Family with St. Monica, Mercer Island*

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

## JANUARY 11, 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

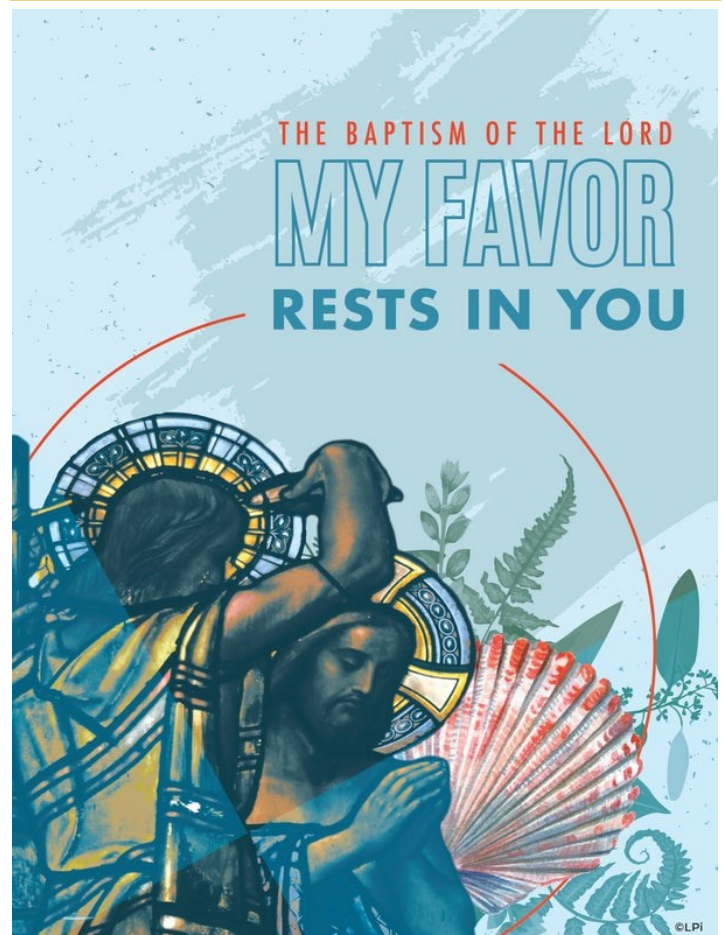
8:30 AM - 4:00 PM Mon - Fri

#### 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.



## PARISH CALENDAR

### 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>
5:00 PM	Emmaus Youth Mass & Dinner

### Monday January 12

#### *Weekday (Week 1 in Ordinary Time)*

8:15 AM	Rosary
8:30 AM	Parish Family Listening Session at St. Monica Family Center
8:45 AM	<b>Mass</b>
6:30 PM	OCIA Group
7:00 PM	Rosary Group

### Tuesday January 13

#### *Weekday*

#### *Saint Hilary, Doctor of the Church*

8:30 AM	Sacred Heart Morning Bible Study
10:00 AM	Stitchers with Heart Group

### Wednesday January 14

#### *Weekday*

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	<b>Mass</b>
6:30 PM	Parish Family Listening Session at St. Monica Family Center

### Thursday January 15

#### *Weekday*

8:15 AM	Rosary
8:45 AM	<b>Mass</b>
2:00 - 4:00 PM	Eucharistic Adoration
6:30 PM	Parish Family Listening Session at Sacred Heart Parish Hall

### Friday January 16

#### *Weekday*

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

### Saturday January 17

#### *Saint Anthony, Abbot*

8:00 AM	Women's Group/Men's Group
10:00 AM	Parish Family Listening Session at Sacred Heart Parish Hall
12:15 PM	Funeral for Patty Ritzman
3:00 PM	Confessions - Reconciliation Chapel
5:00 PM	Vigil <b>Mass</b>

### Sunday January 18

#### *SECOND SUNDAY IN ORDINARY TIME*

9:00 AM	<b>Mass</b>
11:00 AM	<b>Mass</b> with CLOW
12:00 PM	Parish Family Listening Session at Sacred Heart Parish Hall
12:30 PM	NO Sunday School
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)***

## Upcoming Funeral Mass



**Patty Ritzman, January 17<sup>th</sup> at 12:15 PM**  
**Maggie Gose, January 19<sup>th</sup> at 11:30 AM**

## 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 January 13<sup>th</sup>. 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](https://ascensionpress.com/pages/bible-studies)

### Class Dates:

#### Romans:

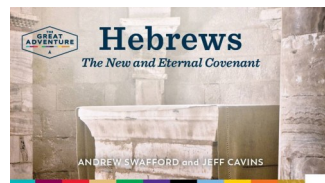
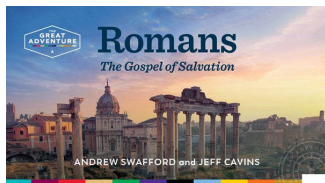
January 13, 20, 27  
February 3, 10, 24  
March 10, 17

#### Hebrews:

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

Please sign up by emailing,

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



## Welcome to Sacred Heart Parish

Thank you for worshipping 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](https://sacredheart.org) or call our office at 425-454-9536.

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



Once both the bread and wine are offered, the Priest bows and says quietly, "With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God." In these words, the Priest is acting in his ministerial role, acting as a mediator between God and His people. He approaches the Most High with a "humble and contrite heart"—which David says in the psalms, "[God] will not spurn" (51:17)—to offer us up to God. It is the Sacrifice of Jesus on the Cross that is re-presented on the altar and offered up, but it also our very selves that we offer in union with Christ that the Priest, here, offers up to God.

## THANK YOU TO OUR FABULOUS VOLUNTEERS!



We extend our heartfelt gratitude to the wonderful volunteers who dedicated their time and effort to prepare and beautifully decorate the church and Narthex for the Christmas season. We also thank those who served in various capacities during our Christmas Masses. Your contributions helped make our liturgies not only memorable but also deeply meaningful for our parishioners and visitors alike. The spirit of our Sacred Heart community truly shines bright during this Christmas season!



# WHO ARE WE?



SACRED HEART CHURCH



## JOIN US FOR A LISTENING SESSION

- Mon. January 12 at 8:30 AM – St. Monica Family Center
- Weds. January 14 at 6:30 PM – St. Monica Family Center
- Thurs. January 15 at 6:30 PM – Sacred Heart Parish Hall
- Sat. January 17 at 10:00 AM – Sacred Heart Parish Hall
- Sun. January 18 at 12:00 PM – Sacred Heart Parish Hall

*Your voice shapes our shared future. Join this important conversation at either campus and help build a stronger parish family. Every perspective enriches our community, come be part of something meaningful!*



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 1/11

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

### Monday 1/12

1 Samuel 1:1-8  
Psalm 116:12-19  
Mark 1:14-20

### Tuesday 1/13

1 Samuel 1:9-20  
(Psalm) 1 Samuel 2:1,4-8d  
Mark 1:21-28

### Wednesday 1/14

1 Samuel 3:1-10,19-20  
Psalm 40:2,5,7-10  
Mark 1:29-39

### Thursday 1/15

1 Samuel 4:1-11  
Psalm 44:10-11,14-15,24-25  
Mark 1:40-45

### Friday 1/16

1 Samuel 8:4-7,10-22a  
Psalm 89:16-19  
Mark 2:1-12

### Saturday 1/17

1 Samuel 9:1-4,17-19;10:1  
Psalm 21:2-7  
Mark 2:13-17

### Sunday 1/18

Isaiah 49:3,5-6  
Psalm 40:2,4,7-10  
1 Corinthians 1:1-3  
John 1:29-34

## MASS INTENTIONS

### Sunday 1/11

9:00 AM Mass:  
INT JACKIE MILLER by Lucy Paulsen

11:00 AM Mass:  
RIP KATHY KUNATH by Dottie McGowan

5:00 PM Mass: PRIEST PRIVATE INTENTION

### Monday 1/12

INT LUCIA MARIE PRATA by Dakota Prata

### Wednesday 1/14

RIP EUGENE O'CONNOR by Kevin & Julie Cipoletti

### Thursday 1/15

RIP ESTEBAN BARROGA by Carol Gallardo

### Friday 1/16

RIP KAREN SAITO by Molly Magan

### Saturday 1/17

INT THE PARISHIONERS OF SACRED HEART

### Sunday 1/18

9:00 AM Mass:  
RIP SEAN ROBERT AHEARN by the Adams Family

11:00 AM Mass:  
INT LILIA BERMUDEZ  
by the Dimalanta & Fletcher Families

5:00 PM Mass: PRIEST PRIVATE INTENTION

## PLEASE PRAY FOR:

### The Sick

Jackie Miller

### The Deceased

Stella Blanchette

Patty Ritzman

### 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 - 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.

### 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**

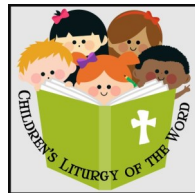
## CHILDREN'S FAITH FORMATION



### Sunday School K – 5<sup>th</sup> grade students

Sunday School resumes this Sunday, 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.

Join us for CLOW this Sunday, January 11<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 11<sup>th</sup> | 12:00-1:30PM



**Register Today!**

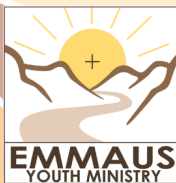
[school.sacredheart.org](http://school.sacredheart.org)

Pre-Kindergarten - 8th Grade

### Middle and High School

# Youth Groups

**This Wednesday  
@ St. Monica**



### 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.



Registration for  
CYO Summer Camp  
is Open!



### 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.

## COMMUNITY OUTREACH - COMMUNITY EVENTS



### St. Vincent de Paul - Brown Bag Sunday This Weekend - January 10<sup>th</sup> - 11<sup>th</sup>

Please pick up a brown grocery bag after Mass this weekend for the monthly Brown Bag collection to support *Hopelink*. You can return the grocery bags next weekend on January 17<sup>th</sup> and 18<sup>th</sup> filled with non-perishable grocery items and household paper products. Please place the bags in the bin in the Narthex. Thank you for supporting our local community in need!



### Groceries for Families Program

Start the New Year by helping 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: Box of tissues



#### Rachel's Corner:

##### Project Rachel Post Abortion Healing Retreats

**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](http://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



Archdiocese  
of Seattle

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/)

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)



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**Our Client Don**  
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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

TEAMSKALLY.COM

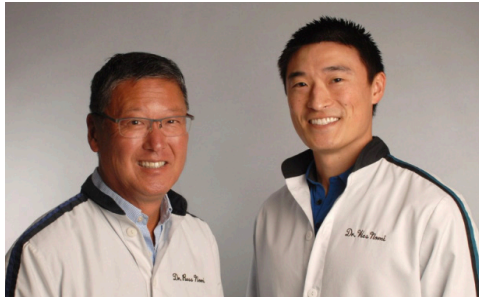


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