



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 18, 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

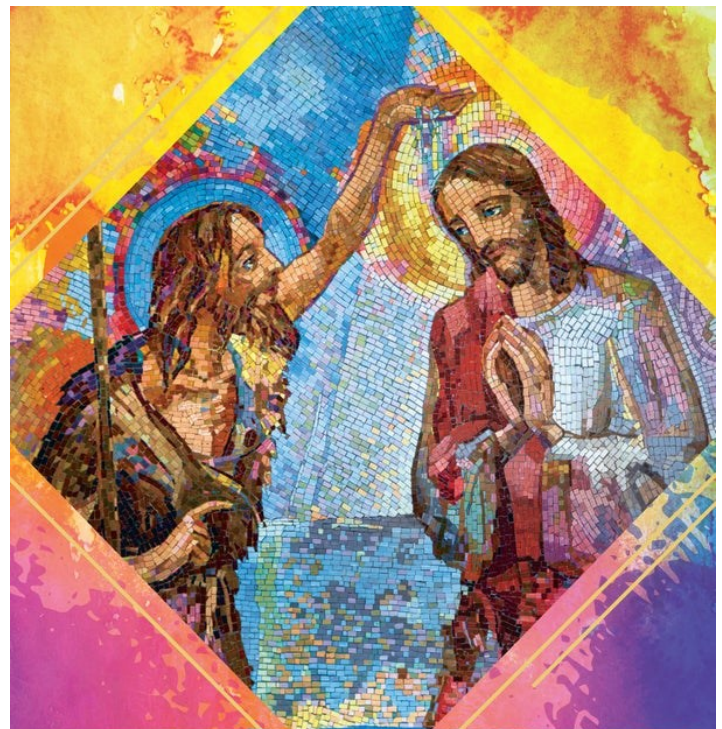
8:30 AM - 4:00 PM Mon - Fri

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.



2ND SUNDAY IN ORDINARY TIME

“Behold, the Lamb of God, who takes away
the sin of the world.” - Jn 1:29

PARISH CALENDAR

Sunday January 18

SECOND SUNDAY IN ORDINARY TIME

9:00 AM **Mass**
 11:00 AM **Mass (NO CLOW)**
 12:00 PM Parish Family Listening Session
 at Sacred Heart Parish Hall
 12:30 PM NO Sunday School
 5:00 PM **Mass**

Monday January 19

Weekday

Martin Luther King Jr. Day; Parish Office Closed

8:15 AM Rosary
 8:45 AM **Mass**
 11:30 AM Funeral for Maggie Gose
 6:30 PM NO OCIA Group
 7:00 PM NO Rosary Group

Tuesday January 20

Weekday

Saint Fabian, Pope, Martyr; Saint Sebastian, Martyr

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

Wednesday January 21

Saint Agnes, Virgin, Martyr

8:00 AM Rosary
 8:15 AM Confessions
 8:45 AM **Mass (school attending)**
 10:00 AM First Communion Orientation Mtg
 4:00 PM Middle School Youth Group -
 at Sacred Heart
 6:25 PM High School Youth Group -
 at Sacred Heart

Thursday January 22

Weekday

8:15 AM Rosary
 8:45 AM **Mass**
 2:00 - 4:00 PM Eucharistic Adoration
 6:00 PM First Communion Orientation Mtg

Friday January 23

Saint Vincent, Deacon, Martyr; Saint Marianne Cope, Virgin

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

Saturday January 24

Saint Francis de Sales, Bishop, Doctor of the Church

8:00 AM Women's Group & Men's Group
 11:00 AM Funeral for Lawrence Lester
 3:00 PM Confessions - Reconciliation Chapel
 5:00 PM Vigil **Mass**

Sunday January 25

THIRD SUNDAY IN ORDINARY TIME

Catholic Schools Week Begins

9:00 AM **Mass**
 11:00 AM **Mass** with CLOW; hosted by
 Sacred Heart School Students
 12:30 PM Sunday School
 2:00 PM Sacramental Prep Class
 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)

SACRED HEART NEWS

Upcoming Funerals



Maggie Gose, January 19th at 11:30 AM
Lawrence Lester, January 24th at 11:00 AM
Kathie Kunath, January 28th at 11:00 AM

Join the Sacred Heart Morning Bible Study Romans & Hebrews

There is still time to 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

Class Dates:

Romans:

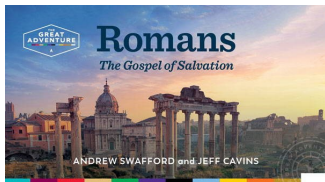
January 13, 20, 27
February 3, 10, 24
March 10, 17

Hebrews:

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

Please sign up by emailing,

communications@sacredheart.org.



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 or call our office at 425-454-9536.

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



After offering up the bread and the wine, the Priest then washes his hands with water saying, "Wash me, O Lord, from my iniquity and cleanse me from my sin." This mimics the ritual cleansing that ancient Levitical priests would undergo before performing their duties in the temple, including offering the sacrifices. Psalm 24:4 says the one who can stand on holy ground is "he who has clean hands and pure heart." In preparation for God to become present amidst His people in the one unbloody Sacrifice, which the Priest himself offers up, the Priest must be cleansed, not just externally, but internally.

Sacred Heart Book Discussion Group Tuesday, January 27th at 7:00 PM Parish Conference Room 1

(Located through main entrance of parish office)

Has The Big Dark got you down? Looking for some enjoyable conversation? Come join us in celebrating the 250th birthday of the United States as we discuss:

1776 by David McCullough

Everyone is welcome! For more information or to be added to our email list, contact: Annelies Smith at ybugmom@comcast.net.



Preparing for Year - End Giving Statements

As the parish staff begins to prepare the year-end giving statements, please verify that we have your correct email and mailing address on file. If you have moved or changed your addresses and haven't notified us yet, please contact Lucy Paulsen in the parish office at lpaulsen@sacredheart.org to provide your updated information. Thank you!

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.

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 1/18

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

Tuesday 1/20

1 Samuel 16:1-13
Psalm 89:20-22,27-28
Mark 2:23-28

Thursday 1/22

1 Samuel 18:6-9; 19:1-7
Psalm 56:2-3,9-13
Mark 3:7-12

Saturday 1/24

2 Samuel 1:1-4,11-12,19,23-27
Psalm 80:2-3,5-7
Mark 3:20-21

Monday 1/19

1 Samuel 15:16-23
Psalm 50:8-9,16b-17,21,23
Mark 2:18-22

Wednesday 1/21

1 Samuel 17:32-33,37,40-51
Psalm 144:1b-2,9-10
Mark 3:1-6

Friday 1/23

1 Samuel 24:3-21
Psalm 57:2-4,6,11
Mark 3:13-19

Sunday 1/25

Isaiah 8:23—9:3
Psalm 27:1,4,13-14
1 Corinthians 1:10-13,17
Matthew 4:12-23

MASS INTENTIONS

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

Monday 1/19

RIP MICHAEL PEDER by Sacred Heart Parish Staff

Wednesday 1/21

RIP JOHN DOLAN by Sacred Heart Parish Staff

Thursday 1/22

RIP AIDA CUEVAS by Luz Hartzell

Friday 1/23

INT SLOANE LEISING by Anita Leising

Saturday 1/24

INT THE PARISHIONERS OF SACRED HEART

Sunday 1/25

9:00 AM Mass: RIP ERIN FONG
by Marylynn Gardener
11:00 AM Mass: INT STUDENTS 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

Maggie Gose
Gene Neely (father of Bret Neely)

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

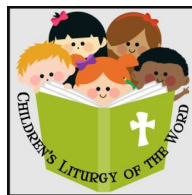


Sunday School K – 5th grade students

There will be no Sunday School on January 18th due to the long holiday weekend. Classes will begin again on January 25th, 12:30-1:30pm in the portable classroom.

There will be a First Communion Orientation meeting on Wednesday, January 21st at 10am and Thursday, January 22nd 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.

There is no CLOW this Sunday, January 18th. We will resume on January 25th at the 11am Mass. CLOW is for children ages PreK- 1st Grade. Older children are welcome if attending for sibling support.



SACRED HEART SCHOOL



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.



CALLLED BY NAME

PRAY • DISCERN • INVITE

Do you know someone who might be called to the priesthood or religious life?

Scan the QR code to learn more and nominate someone by Feb. 13.



Archdiocese of Seattle



Congratulations

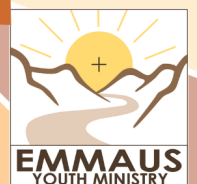
Sofia Aiko Haza
Annabella Kiari Haza
Matias Yang Estrada
Andres Yang Estrada

Who were Baptized last weekend.
Welcome to the Sacred Heart Family!

Middle and High School

Youth Groups

This Wednesday
@ Sacred Heart



COMMUNITY OUTREACH - COMMUNITY EVENTS



St. Vincent de Paul - Brown Bag Sunday Collection This Weekend - January 17th - 18th

Please don't forget to bring back the brown grocery bags this weekend. You can fill them with non-perishable grocery items and household paper products before placing them in the bin located in the Narthex. This is part of our monthly collection for *Hopelink*, which helps support our local community in need. Thank you!



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: 2 Deodorants
(1 Men's, 1 Women's)



Rachel's Corner:

Project Rachel Post Abortion Healing Retreats

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

Spanish Retreat – Friday, June 5 to Sunday, June 7

English Retreat - Friday, Sept. 25 - Sunday, Sept. 27

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

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

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!*



Collection for the Church in Latin America

This weekend is the Collection for the Church in Latin America! Many people in Latin America and the Caribbean lack access to church programs and ministries because of a rising secular culture, rugged rural terrain, and a shortage of ministers. Your generosity enables our brothers and sisters in Latin America and the Caribbean to share in the life of the Church and grow closer to Christ. To learn more, please visit usccb.org/latin-america.



Join us for an Executive Speaker Series with
Deacon Frank DiGirolamo
Executive Director of
Operation Nightwatch

Thursday, February 12

Adoration & Confession
6:00 - 7:00 pm

Event from 7:00 - 9:00 pm

St. Monica
88th Avenue SE 4311
Mercer Island





NOW SOLD
\$2,000,000
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 Parishoners Matt & Christina
 Celebrating with Don!

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!



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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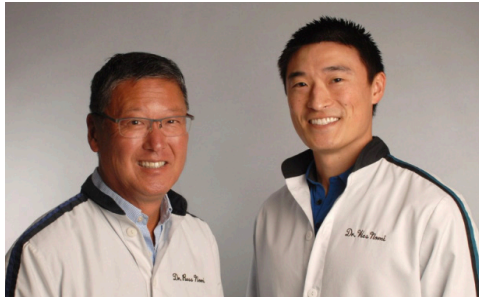


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 Parish/publications for weekly parish bulletins

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