



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 25, 2026

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

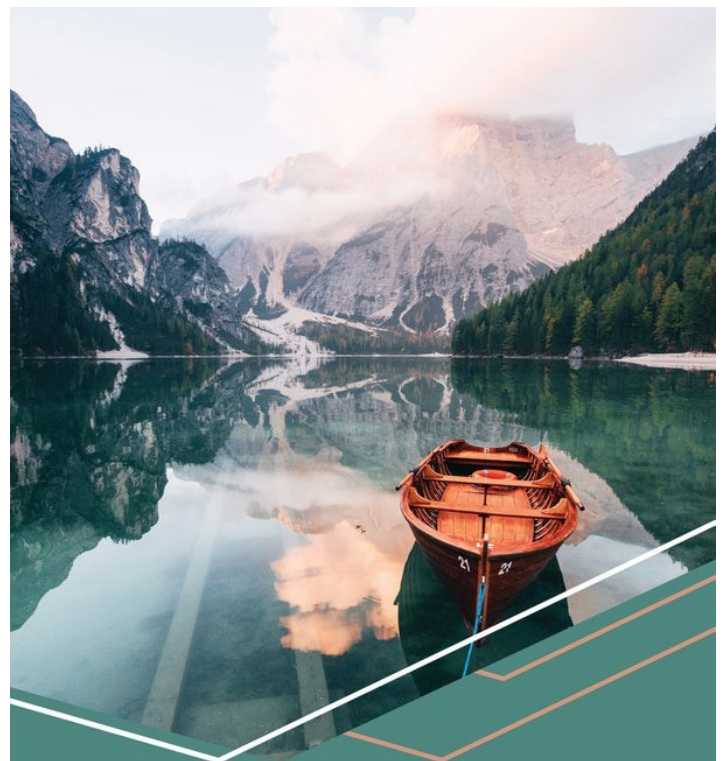
8:30 AM - 4:00 PM Mon - Fri

School

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

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.



3rd SUNDAY IN ORDINARY TIME

"Come after me, and I will make you fishers of men."
- Mt 4:19

PARISH CALENDAR

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
12:00 PM	Sacred Heart School Open House for Prospective Families
12:30 PM	Sunday School
2:00 PM	Sacramental Prep Class
4:00 PM	Youth Liturgical Ministries Training
5:00 PM	Mass

Monday January 26

Saints Timothy and Titus, Bishops

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

Tuesday January 27

Weekday

Saint Angela Merici, Virgin

8:30 AM	Sacred Heart Morning Bible Study
10:00 AM	Stitchers with Heart Group
7:00 PM	Sacred Heart Book Group

Wednesday January 28

Saint Thomas Aquinas, Priest, Doctor of the Church

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	Mass (school attending)
11:00 AM	Funeral for Kathie Kunath
4:00 PM	Middle School Youth Group - at St. Monica
6:25 PM	High School Youth Group - at St. Monica

Thursday January 29

Weekday

8:15 AM	Rosary
8:45 AM	Mass
2:00 - 4:00 PM	Eucharistic Adoration

Friday January 30

Weekday

8:15 AM	Rosary
8:45 AM	Mass

Saturday January 31

Saint John Bosco, Priest

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

Sunday February 1

FOURTH SUNDAY IN ORDINARY TIME

9:00 AM	Mass
11:00 AM	Mass with CLOW
12:30 PM	NO Sunday School
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)

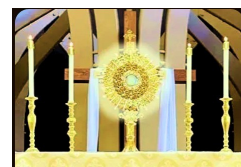
SACRED HEART NEWS

Upcoming Funerals



Kathie Kunath, January 28th at 11:00 AM

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



"Having prepared the gifts and himself for the sacrifice of the altar, the Priest invites us to stand and pray saying, "Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father." Again, we are reminded that we offer our own sacrifices in union with Jesus' Sacrifice about to be offered on the altar. In response, we say, "May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church." Here, we acknowledge that the sacrifice is offered at the hands of the Priest, in hopes of attaining three things: the praise and glory of God, our own good, and the good of the Church. In this, we are reminded that this Sacrifice is also a petition, asking God to grant us what is good for God Himself and what is good for us and all of humanity. These are the fruits of the commands, "love God" and "love your neighbor as yourself". When we love, we "will the good of the other," says St. Thomas Aquinas. Therefore, as we call upon God to grant these things through this Sacrifice offered, we are also reminded that in partaking of this Sacrifice, we are called to continued conversion and transformation so that these fruits may truly be made manifest in the world through us.

The Priest concludes the *Preparation of the Gifts* by orating the *Prayer over the Offering* for the day to which we respond, "Amen."

SACRED HEART
Bible Study
DISCUSSION & PRAYER

EVERY 2ND & 4TH
WEDNESDAY 6:30PM

SACRED HEART
CONFERENCE ROOM 4

Explore life-changing truths and meaningful connections in our bi-weekly Bible Study sessions!

An illustration of a black Bible with a yellow cross on the cover, a green palm frond, and a small illustration of people sitting around a table.

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.

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.

In Him,
We Rise.

May 16, 2026
Meydenbauer Center
Bellevue, WA

Scan here to get alerts on registration! >>>

A QR code with a small logo in the center.

ADMINISTRATION & STEWARDSHIP



Employment Opportunity at Sacred Heart School

Sacred Heart School is seeking a long-term substitute religion teacher to join our middle school team from February 23 to June 12. **This substitute position has the potential to become a full-time, permanent position.** For a complete description and/or to apply, please go to:
<https://mycatholicsschool.org/careers-employment/>.

Matching Gifts for 2026

January is a great time to review with your employer if there are matching funds available in conjunction with your giving. If you have questions about matching funds, please email Lucy Paulsen at lpaulsen@sacredheart.org.

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!

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 or call our office at 425-454-9536.



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



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.



Called By Name weekend is January 31 & February 1, 2026. Do you know someone aged 16-35 who might be called to the priesthood or religious life? Our Lord often calls young people forth through family, friends, teachers, mentors and parishioners. Like Philip inviting Nathanael to "come and see," prayerfully consider those you know who show signs of a call through their love of the Lord, our Church and their heart of service. Nominate someone by February 13, and they will receive a letter from Archbishop Etienne to encourage and support them in their discernment. There will also be an opportunity to attend an Operation Andrew or Miriam dinner, where they will learn more about these vocations and interact with their peers.

Stewardship of Treasure

Sunday collection totals

July to December 31, 2025 Budget	\$842,982
July to December 31, 2025 Actual	\$845,354
	+\$2,372
Prior year actual (July- December 2024)	\$787,101

Thank you for your generosity!!

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

WEEKLY READINGS

Sunday 1/25

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

Monday 1/26

2 Timothy 1:1-8
Psalm 96:1-3,7-8a,10
Mark 3:22-30

Tuesday 1/27

2 Samuel 6:12b-15,17-19
Psalm 24:7-10
Mark 3:31-35

Wednesday 1/28

2 Samuel 7:4-17
Psalm 89:4-5,27-30
Mark 4:1-20

Thursday 1/29

2 Samuel 7:18-19,24-29
Psalm 132:1-5,11-14
Mark 4:21-25

Friday 1/30

2 Samuel 11:1-4a,5-10a,
13-17
Psalm 51:3-7,10-11
Mark 4:26-34

Saturday 1/31

2 Samuel 12:1-7a,10-17
Psalm 51:12-17
Mark 4:35-41

Sunday 2/1

Zephaniah 2:3; 3:12-13
Psalm 146:6-10
1 Corinthians 1:26-31
Matthew 5:1-12a

MASS INTENTIONS

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

Monday 1/26

RIP VERNON SLAGLE by Sacred Heart Parish Staff

Wednesday 1/28

INT STUDENTS OF SACRED HEART SCHOOL
by Sacred Heart Parish & School Staff

Thursday 1/29

INT SLOANE LEISING by Anita Leising

Friday 1/30

RIP ROBERT EVERETT by Sacred Heart Parish Staff

Saturday 1/31

INT THE PARISHIONERS OF SACRED HEART

Sunday 2/1

9:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART
11:00 AM Mass: RIP GENE NEELY by Dottie McGowan
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

Fr. Marlin Connole
Lawrence Lester

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

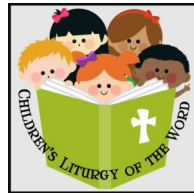
988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION



Sunday School
K – 5th grade students
This Sunday, January 25th
12:30-1:30 PM
in the portable classroom

Join us for CLOW this Sunday, January 25th at the 11 AM 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.



YOUTH LITURGICAL MINISTERS TRAINING

Interested in becoming a Lector, Eucharistic minister, Usher, or Sacristan? Are you a youth recently confirmed?

Sign up for training using the QR code below

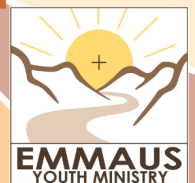


Sunday 1/25 4:00PM | Sacred Heart Church Nave
For more information please contact pkwan@sacredheart.org

Middle and High School

Youth Groups

This Wednesday
@ St. Monica



Registration for
CYO Summer Camp
is Open!



MIDDLE SCHOOL ENCOUNTER

Archdiocese of Seattle

SAINTS MAKING

March 21 | 9:30am–5pm
Kennedy Catholic High School



En camino a la santidad | Trên con đường đến sự thánh thiện | 거룩함으로 가는 길에

COMMUNITY OUTREACH - COMMUNITY EVENTS



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: Liquid hand soap



Sacred Heart's St. Vincent de Paul Conference extends a thank you to parishioners for their generous donations during November and December, 2025. Your kindness has helped provide essential assistance to individuals and families in need within our local community. We are deeply grateful for your compassion and continued support.



Help Prepare Lunch Meals for Sophia's Place

Dates are available for 2026 to volunteer to prepare a meal for Sophia's Place in Bellevue. This is an excellent opportunity for students to earn service hours. Scan the QR code for details/sign up. Thank you!



Rachel's Corner:

Project Rachel Post Abortion Healing Retreats



"Only he will receive, will find, and will enter who perseveres in asking, seeking and knocking."

- St. Louis de Montfort

After having been through the pain of a decision to terminate a pregnancy, it can be hard to persevere in asking for help.

Feeling very alone, and the shame can feel like a locked door and no courage to knock. Come on a Rachel's Vineyard™ Retreat with us and discover how the door is already open and we are waiting for you.

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!*



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
 +\$200K Above List Price!
 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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 adhering to the Golden Rule.*

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