



# SACRED HEART CHURCH

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

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

## FEBRUARY 1, 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.



### 4TH SUNDAY IN ORDINARY TIME

“Blessed are you when they insult you and  
persecute you and utter every kind of evil against  
you falsely because of me.” - Mt 5:11

## PARISH CALENDAR

### Sunday February 1

#### *FOURTH SUNDAY IN ORDINARY TIME*

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

### Monday February 2

#### *THE PRESENTATION OF THE LORD*

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

### Tuesday February 3

#### *Weekday*

#### *Saint Blaise, Bishop, Martyr; Saint Ansgar, Bishop*

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

### Wednesday February 4

#### *Weekday*

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	<b>Mass</b>
4:00 PM	Middle School Youth Group - at Sacred Heart
6:25 PM	High School Youth Group - at Sacred Heart

### Thursday February 5

#### *Saint Agatha, Virgin, Martyr*

8:15 AM	Rosary
8:45 AM	<b>Mass</b> with Anointing of the Sick
2:00 - 4:00 PM	Eucharistic Adoration

### Friday February 6

#### *Saint Paul Miki and Companions, Martyrs*

7:00 AM	First Friday of the Month <b>Mass</b>
8:15 AM	Rosary
8:45 AM	<b>Mass</b>
9:30 AM	First Friday Eucharistic Adoration until 11:00 AM

### Saturday February 7

#### *Blessed Virgin Mary*

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

### Sunday February 8

#### *FIFTH SUNDAY IN ORDINARY TIME*

#### *St. Vincent de Paul Brown Bag Sunday*

9:00 AM	<b>Mass</b>
11:00 AM	<b>Mass</b> with CLOW
12:30 PM	Sunday School
2:00 PM	Children's Sacramental Prep Class
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)***

## SACRED HEART NEWS



### Sacred Heart Parish Ash Wednesday Masses with distribution of ashes

February 18, 2026

8:45 AM

12:00 PM

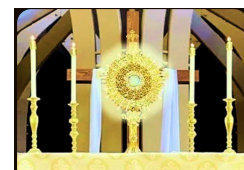
6:30 PM



**Stations of the Cross  
Followed by a  
Soup Supper  
Every Friday During Lent  
Starting February 20<sup>th</sup>  
6:30 PM**

You are invited to join the Sacred Heart community on Friday nights during Lent for the Stations of the Cross, followed by a Soup Supper. A special thank you to the Worship Commission for hosting our first evening. If you would like to get involved and help with the Soup Supper, please email [volunteer@sacredheart.org](mailto:volunteer@sacredheart.org).

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



As the *Prayer over the Offering* is concluded, "the center and high point of the entire celebration begins, namely, the Eucharistic Prayer itself, that is, the prayer of thanksgiving and sanctification. The Priest calls upon the people to lift their hearts toward the Lord in prayer and thanksgiving; he associates the people with himself in the Prayer that he addresses in the name of the entire community to God the Father through Jesus Christ in the Holy Spirit. Furthermore, the meaning of this Prayer is that the whole congregation of the faithful joins with Christ in confessing the great deeds of God and in the offering of Sacrifice. The Eucharistic Prayer requires that everybody listens to it with reverence and in silence." (GIRM, 78). It is here, during the Eucharistic Prayer, that, at the consecration, our Lord Jesus Christ is made present in our midst, Body and Blood, Soul and Divinity in the eucharistic species.

### 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 Bible Study DISCUSSION & PRAYER

EVERY 2<sup>ND</sup> & 4<sup>TH</sup>  
WEDNESDAY 6:30PM

SACRED HEART  
CONFERENCE ROOM 4



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



*Carpe Diem* invites you to our



50+ Potluck Lunch & Movie  
Thurs., Feb. 12<sup>th</sup>  
at 11:30 in the Narthex

### Food Assignments

A-C: salad/side for 8-10

D-I: main dish for 8-10

J-Z: dessert for 8-10

Info: Linda Geere, 425-450-3908  
or [lgeere@sacredheart.org](mailto:lgeere@sacredheart.org)

## 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/>.



### Ministry of Catholic Cemeteries Peace of Mind When You Need It Most!

Representatives from Associated Catholic Cemeteries will visit our parish on February 14<sup>th</sup>-15<sup>th</sup>, to share information about the many choices and benefits of pre-planning at your Catholic Cemetery. Planning long before there is an urgent need ensures arrangements in harmony with your faith and avoids the pressure of having to make these decisions while grieving. The church teaches us that the custom of burying the bodies of the dead should be observed, even for those who chose cremation. Please call or email with any questions you may have about pre-planning in a Catholic Cemetery. (206) 366-8834 or [parish@mycatholiccemetery.org](mailto:parish@mycatholiccemetery.org).

### Matching Gifts for 2026

February 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](mailto:lpaulsen@sacredheart.org).



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



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 this weekend, 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
<i>Thank you for your generosity!!</i>	

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

## WEEKLY READINGS

### Sunday 2/1

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

### Monday 2/2

Malachi 3:1-4  
 Psalm 24:7-10  
 Hebrews 2:14-18  
 Luke 2:22-40

### Tuesday 2/3

2 Samuel 18:9-10,14b,  
 24-25a,30—19:3  
 Psalm 86:1-6  
 Mark 5:21-43

### Wednesday 2/4

2 Samuel 24:2,9-17  
 Psalm 32:1-2,5-7  
 Mark 6:1-6

### Thursday 2/5

1 Kings 2:1-4,10-12  
 (Psalm) 1 Chronicles  
 29:10-12  
 Mark 6:7-13

### Friday 2/6

Sirach 47:2-11  
 Psalm 18:31,47,50-51  
 Mark 6:14-29

### Saturday 2/7

1 Kings 3:4-13  
 Psalm 119:9-14  
 Mark 6:30-34

### Sunday 2/8

Isaiah 58:7-10  
 Psalm 112:4-9  
 1 Corinthians 2:1-5  
 Matthew 5:13-16

## MASS INTENTIONS

### 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

### Monday 2/2

RIP PHILIP CRAIG SNYDER by Nila Snyder

### Wednesday 2/4

RIP VERA PAUNICKA by Tracey & Greg Russell

### Thursday 2/5

RIP JIM LANCASTER by Jerry Harkleroad

### Friday 2/6

RIP ROBERT HRIBERNICK by Lucy Schwartz

### Saturday 2/7

INT THE PARISHIONERS OF SACRED HEART

### Sunday 2/8

9:00 AM Mass: RIP FRED GALENO by Ellen Galeno  
 11:00 AM Mass: RIP KATHIE KUNATH  
 by Nancy & Kip Durrell  
 5:00 PM Mass: PRIEST PRIVATE INTENTION

## POPE'S PRAYER INTENTION - FEBRUARY

### **For Children With Incurable Diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

## PLEASE PRAY FOR:

### The Sick

Yvonne Pigott

### The Deceased

Charles Pigott

### 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

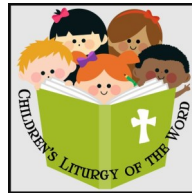
**988: Suicide and Crisis Lifeline**  
**Narcotics Anonymous: 206-790-8888**  
**Alcoholics Anonymous: 206-587-2838**  
**Suicide Crisis Hotline: 206-461-3222**  
**WA State Domestic Violence: 1-844-762-8483**  
**National Domestic Violence: 1-800-799-safe**  
**Teen Link: 1-866-833-6546**  
**Al-Anon: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

## CHILDREN'S FAITH FORMATION



**Sunday School**  
Resumes Sunday, February 8<sup>th</sup>  
K – 5<sup>th</sup> grade students  
12:30-1:30 PM  
in the portable classroom

Join us for CLOW this Sunday, February 1<sup>st</sup> at the 11 AM Mass. CLOW is for children ages PreK- 1<sup>st</sup> 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.



### New Resources for Parents with Little Children

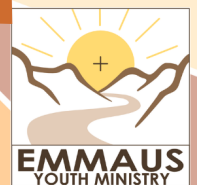


The next time you are in the Narthex, look for the new cabinet with resources for little children. Parents, these books and resources are for you to enjoy with your children as you settle into Mass. Help them begin their faith journey by discovering what the Mass is about with the interactive flap book or have your child seek and find things from the Old Testament Bible Stories. There are additional books inside the cabinet as well as coloring books and crayons. We kindly ask that you return things as you found them when Mass is over, so that others can also enjoy them.

### Middle and High School

# Youth Groups

**This Wednesday**  
**@ Sacred Heart**



**MIDDLE SCHOOL ENCOUNTER**  
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

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: Sponge &
- All-Purpose Cleaning Spray



## PREPARES Open Your Heart Appeal

February 7-8, 2026



A Life Affirming,  
Life Changing  
Promise of  
Support

## PREPARES

### Immediate Essential Supplies

February 2026

#### Clothing – Size 3 Months, Girls & Boys

Onesies  
Pants/Tops  
Sleep Sacks  
Zip-Up Sleepers

#### Feeding

Bottles  
Bottle Brushes  
Pacifiers  
Burp Cloths

#### Diapering

Diapers – Size  
Newborn, 4, 5 & 6  
Wipes  
Diaper Cream

#### Playtime

Baby Stuffed Animal  
Board Book

#### Caring

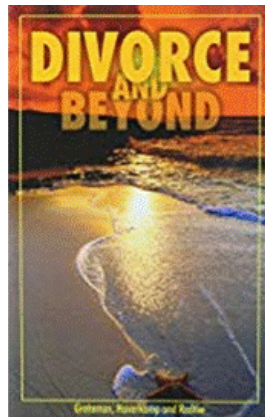
Blankets  
Receiving Blankets  
Baby Wash/Shampoo  
Baby Lotion  
Baby Care Kits  
Hooded  
Towels/Washcloths

Open Your Heart...  
Where Urgent Need Meets  
Mercy & Love

**PREPARES**  
Pregnancy & Parenting Support  
[preparesforlife.org](http://preparesforlife.org)

## Divorce & Beyond Support Group

Gift yourself the experience of healing from divorce. Are you trying to get past the pain of divorce? Are you feeling "stuck" in pain and hurt? St. Louise is thrilled to be offering "Divorce & Beyond". Whether you have been divorced for a long time or just recently divorced, you deserve to experience peace and joy again! This is an excellent 10 week Christian based program of healing and recovery from divorce. Interested? We will meet on Mondays, 6:30-8PM at St Louise Parish, beginning, February 16<sup>th</sup>. The cost is \$15 and scholarships are available. If you'd like more information or would like to sign up, contact Dave Gehrig at 425-214-5466 or email



[divorceandbeyond@stlouise.org](mailto:divorceandbeyond@stlouise.org)

## PREPARES

### OPEN YOUR HEART APPEAL

February 7 - 8, 2026

The 2026 Statewide Bishops' PREPARES Open Your Heart Appeal takes place next weekend. The PREPARES Ministry is a nurturing response and promise of our Church to mothers, fathers, infants and children in need. PREPARES is a parish-based ministry designed to assist parents in need during pregnancy and the first five years of their children's life.

At Sacred Heart Parish, our dedicated PREPARES team assists in this vital ministry. Throughout February, we're collecting essential items for the PREPARES initiative.

Please drop off your donations in the baby crib located in the Narthex. Thank you for your generosity towards infants and children in need!



Donate  
Now!



**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

TEAMSKALLY.COM



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