



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 8, 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.

FIFTH SUNDAY IN ORDINARY TIME
YOUR LIGHT MUST
SHINE.

— MATTHEW 5:16 —



PARISH CALENDAR

Sunday February 8

FIFTH SUNDAY IN ORDINARY TIME

St. Vincent de Paul Brown Bag Sunday

9:00 AM	Mass
11:00 AM	Mass with CLOW
12:30 PM	Sunday School
2:00 PM	Children's Sacramental Prep Class
5:00 PM	Mass

Monday February 9

Weekday

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

Tuesday February 10

Saint Scholastica, Virgin

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

Wednesday February 11

Weekday

Our Lady of Lourdes

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	Mass (school attending)
4:00 PM	Middle School Youth Group - at St. Monica
6:25 PM	High School Youth Group - at St. Monica
6:30 PM	Evening Bible Study Group

Thursday February 12

Weekday

8:15 AM	Rosary
8:45 AM	Mass
11:30 AM	Carpe Diem Potluck Lunch & Movie
2:00 - 4:00 PM	Eucharistic Adoration

Friday February 13

Weekday

8:15 AM	Rosary
8:45 AM	Mass

Saturday February 14

Saints Cyril, Monk, and Methodius, Bishop

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

Sunday February 15

SIXTH SUNDAY IN ORDINARY TIME

St. Vincent de Paul Brown Bag Sunday Collection

9:00 AM	Mass
11:00 AM	Mass (NO 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



Sacred Heart Parish Ash Wednesday Masses with distribution of ashes

February 18, 2026

8:45 AM

12:00 PM

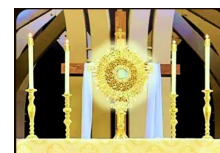
6:30 PM



**Stations of the Cross
Followed by a
Soup Supper
Every Friday During Lent
Starting February 20th
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.

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



The first element of the Eucharistic Prayer (thanksgiving) is expressed in the *Preface*. Here the Priest says once again, "The Lord be with you." "And with your spirit." As before (at the start of Mass and before the Gospel), the Priest is about to exercise his ministerial priesthood acting in *persona Christi* (the person of Christ) to lead the people in worship. This time, however, the Priest does not stop with the one exchange. He adds, in accordance with a tradition upheld since the early Church, "Lift up your hearts." "We lift them up to the Lord." "Let us give thanks to the Lord our God." "It is right and just." In this exchange, we are reminded of the importance of that which we are entering. We place the attention of our hearts on the Lord as we enter that thanksgiving (*eucharistia*) which is truly right and just, due to our God. This is the one gift we can offer God that He does not already possess, our thanksgiving.

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!



Carpe Diem invites you to our



50+ Potluck Lunch & Movie

Thurs., Feb. 12th

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

MARK YOUR
CALENDAR



Carpe Diem 50+ St. Patrick's Luncheon Tuesday, March 17

Seating limited

Ticket sales: 2/28-3/1 & 3/7-8

More details soon...

ADMINISTRATION & STEWARDSHIP



A Well-Ordered Society Rooted in Truth, Justice, and Peace

A Pastoral Letter by
Archbishop Paul D. Etienne
Read the full Pastoral Letter:

https://archseattle.org/wp-content/uploads/2025/11/A-Well-Ordered-Society_Pastoral-Letter-min.pdf



Associated Catholic
Cemeteries

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

Representatives from Associated Catholic Cemeteries will visit our parish next weekend, February 14th-15th, 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.

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.



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



CALLED 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.



There is still time to participate in the Called By Name initiative. 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
<i>Prior year actual (July- December 2024)</i>	<i>\$787,101</i>

Thank you for your generosity!!

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

WEEKLY READINGS

Sunday 2/8

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

Monday 2/9

1 Kings 8:1-7,9-13
Psalm 132:6-10
Mark 6:53-56

Tuesday 2/10

1 Kings 8:22-23,27-30
Psalm 84:3-5,10-11
Mark 7:1-13

Wednesday 2/11

1 Kings 10:1-10
Psalm 37:5-6,30-31,39-40
Mark 7:14-23

Thursday 2/12

1 Kings 11:4-13
Psalm 106:3-4,35-37,40
Mark 7:24-30

Friday 2/13

1 Kings 11:29-32;12:19
Psalm 81:10-11b,12-15
Mark 7:31-37

Saturday 2/14

1 Kings 12:26-32;13:33-34
Psalm 106:6-7,19-22
Mark 8:1-10

Sunday 2/15

Sirach 15:15-20
Psalm 119:1-2,4-5,
17-18,33-34
1 Corinthians 2:6-10
Matthew 5:17-37

MASS INTENTIONS

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

Monday 2/9

RIP MANUEL BARROGA by Carol Gallardo

Wednesday 2/11

RIP JANET VODDER by Marian Middleton

Thursday 2/12

RIP BETTY SULLIVAN by Joe & Kathleen Lawrence

Friday 2/13

INT CLARE ROSE PRATA by Dakota Prata

Saturday 2/14

INT THE PARISHIONERS OF SACRED HEART

Sunday 2/15

9:00 AM Mass: RIP FR. MARLIN CONNOLE
by Sacred Heart Parish Staff

11:00 AM Mass: RIP GENE NEELY
by Tracey & Greg Russell

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

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

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 - 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.

EMERGENCY HELPLINE NUMBERS

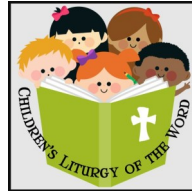
988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION



Sunday School
Sunday, February 8th
K – 5th grade students
12:30-1:30 PM
in the portable classroom

Join us for CLOW this Sunday, February 8th 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.



New Resources for Parents with Little Children

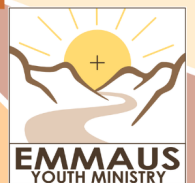


The next time you are in the Narthex, look for the new cabinet with resources for little children. Parents, these books and resources are for you to enjoy with your children as you settle into Mass. Help them begin their faith journey by discovering what the Mass is about with the interactive flap book, 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
@ St. Monica



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

Archdiocese of Seattle
SAINTS MAKING

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: Two bars of soap



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

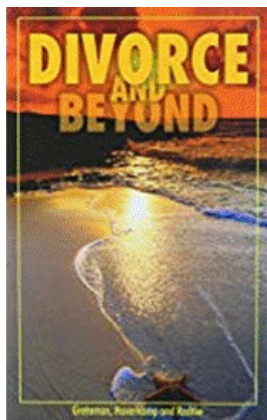


Divorce & Beyond Support Group

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 16th. 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



PREPARES

OPEN YOUR HEART APPEAL

February 7 - 8, 2026

The 2026 Statewide Bishops' PREPARES Open Your Heart Appeal takes place this 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

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