



# 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 15, 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

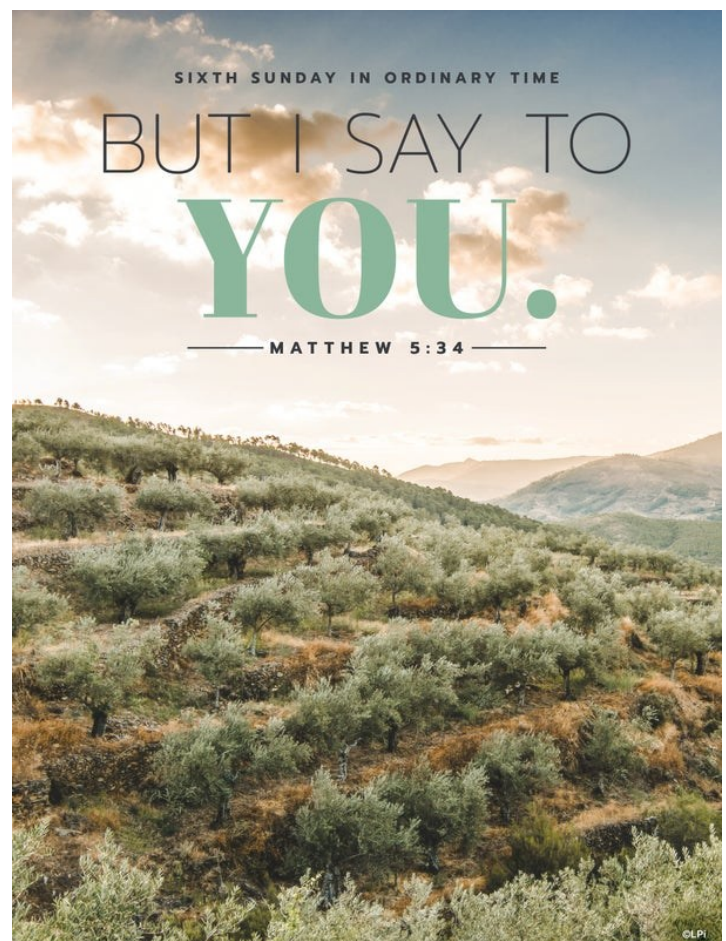
8:30 AM - 4:00 PM Mon - Fri

### 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.



## PARISH CALENDAR

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**

Monday February 16

*Weekday*

*Presidents Day - Parish Office Closed*

8:15 AM Rosary  
8:45 AM **Mass**  
6:30 PM NO OCIA Group  
7:00 PM NO Rosary Group  
(Resumes on Monday, March 2)

Tuesday February 17

*Weekday*

*The Seven Holy Founders of the Servite Order*

8:30 AM NO Sacred Heart Morning  
Bible Study  
10:00 AM Stitchers with Heart Group

Wednesday February 18

*ASH WEDNESDAY*

8:00 AM Rosary  
8:15 AM Confessions  
8:45 AM **Mass** with Distribution of Ashes  
12:00 PM **Mass** with Distribution of Ashes  
6:30 PM **Mass** with Distribution of Ashes

Thursday February 19

*Thursday after Ash Wednesday*

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

Friday February 20

*Friday after Ash Wednesday*

8:15 AM Rosary  
8:45 AM **Mass**  
**6:30 PM** Stations of the Cross  
followed by a Soup Supper

Saturday February 21

*Saturday after Ash Wednesday*

*Saint Peter Damian, Bishop, Doctor of the Church*

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

Sunday February 22

*FIRST SUNDAY OF LENT*

9:00 AM **Mass**  
11:00 AM **Mass (NO CLOW)**  
12:30 PM NO Sunday School  
5:00 PM **Mass**  
5:00 PM Emmaus Youth Ministry  
Mass + Dinner

## 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 - LENT 2026 - HOPE AND RENEWAL



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

February 18, 2026  
8:45 AM  
12:00 PM  
6:30 PM

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



The Preface begins with something to this effect, "It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, Holy Father, almighty and eternal God, through Christ our Lord." In this we are reminded of St. Paul's command, "Give thanks in all circumstances for this is the will of God for you in Christ Jesus," (1 Thess. 5:18) not only because it is right and just, but also because it leads to our sanctification. This is what we do, through the Priest, in the Eucharistic Prayer. Then, "the Priest, in the name of the whole of the holy people, glorifies God the Father and gives thanks to him for the whole work of salvation or for some particular aspect of it, according to the varying day, festivity, or time of year." (GIRM, 79a). The Preface concludes with an invitation to join the heavenly hosts in singing "the hymn of [God's] glory", the Sanctus (Holy, Holy, Holy).



## 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).

## Lenten Resources

Please visit the table in the Narthex for resources available for your Lenten journey, including the Little Black Book, Sacred Heart Lenten Bookmarks, and CRS Rice Bowls.

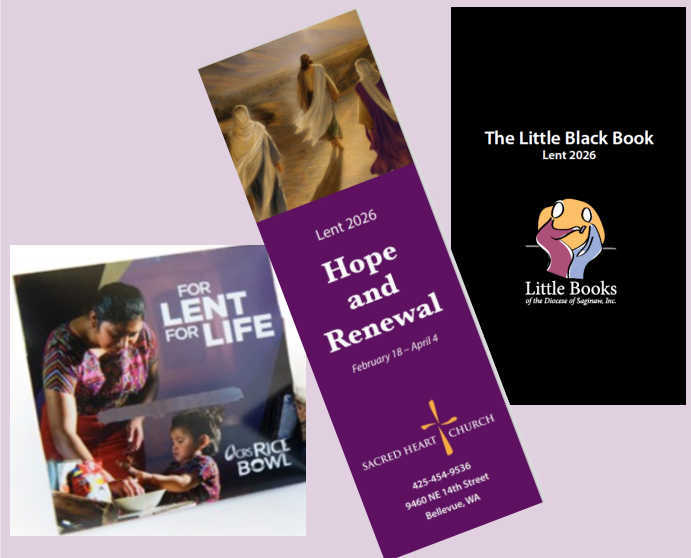
## Lenten Fasting & Abstinence

### Fasting

One full meal and two small meals  
(The two small meals do not equal a full meal)  
Ash Wednesday & Good Friday  
Ages 18-59

### Abstinence

No meat  
Every Friday during Lent  
Ages 14+



Lent 2026

Visit [archseattle.org/Lent](http://archseattle.org/Lent) for Lenten Resources

# ADMINISTRATION & STEWARDSHIP



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

Representatives from Associated Catholic Cemeteries will visit our parish this weekend, 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).

*Announcing Carpe Diem's*

## 50+ Saint Patrick's Day Luncheon

### Tuesday March 17 11:30am, \$30

***Corned Beef & Cabbage!***  
***Festive Libations!***  
***Entertainment!***

***Limited Seating:***  
***Advance Payment Required***

**Sales: 2/28 - 3/1 & 3/7-8**

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

### You're Invited to Golf!

Join the Sacred Heart community for a fun-filled day of faith, fellowship and charity. We're looking for men and women golfers to participate, as well as corporate sponsors to help make this event a success. All tournament proceeds will go directly to the Knights of Columbus general fund, supporting vital programs serving our parish community including: *Coats for Kids, Scholarships, PREPARES, Cookies at Christmas, Friday Soup for Lent, Bi-Annual Pancake Breakfasts, Membership Drives and Meals for the Homeless.*

## Knights of Columbus - 3rd Annual

Charity Golf Classic [SacredHeartKnights.com](http://SacredHeartKnights.com)

**JUNE 1st, 2026 - 12-8PM - Newcastle Golf Club**



General Registration



Sponsorship Opportunities



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



### 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 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

### Monday 2/16

James 1:1-11  
Psalm 119:67-68,71-72,75-76  
Mark 8:11-13

### Tuesday 2/17

James 1:12-18  
Psalm 94:12-15,18-19  
Mark 8:14-21

### Wednesday 2/18

**Ash Wednesday**  
Joel 2:12-18  
Psalm 51:3-6b,12-14,17  
2 Corinthians 5:20—6:2  
Matthew 6:1-6,16-18

### Thursday 2/19

Deuteronomy 30:15-20  
Psalm 1:1-4,6  
Luke 9:22-25

### Friday 2/20

Isaiah 58:1-9a  
Psalm 51:3-6b,18-19  
Matthew 9:14-15

### Saturday 2/21

Isaiah 58:9b-14  
Psalm 86:1-6  
Luke 5:27-32

### Sunday 2/22

Genesis 2:7-9,3:1-7  
Psalm 51:3-6,12-13,17  
Romans 5:12-19  
Matthew 4:1-11

## MASS INTENTIONS

### 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

### Monday 2/16

RIP KATHIE KUNATH by Sacred Heart Parish Staff

Wednesday 2/18 - Ash Wednesday  
INT THE PARISHIONERS OF SACRED HEART

### Thursday 2/19

RIP DOUG ELLENBECKER by Larry & Marge Bartle

### Friday 2/20

RIP DAVID WARNE by Kevin & Julie Cipoletti

### Saturday 2/21

INT THE PARISHIONERS OF SACRED HEART

### Sunday 2/22

9:00 AM Mass: INT JOSEPH BEEMAN  
by Sacred Heart Parishioner

11:00 AM Mass: RIP MARLIN CONNOLE  
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

Pao-Hwa Chow (mother of Judy Wang)

### 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**

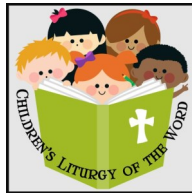
## CHILDREN'S FAITH FORMATION



**Sunday School and CLOW  
Resume March 1<sup>st</sup>**

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

**CLOW** (Children's Liturgy of the Word) during the 11:00 AM Sunday Mass : PreK- 1<sup>st</sup> grade students. Older children are welcome if attending for sibling support.



### **Congratulations Oliver Robert White**

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

### **Register Now - Infant Baptism Class**

Registration is now open for the upcoming infant Baptism preparation class on Saturday, February 28<sup>th</sup>, 10:00 AM - 12:00 PM in the Parish Hall. The class provides Baptism preparation for newborn infants to six years old. Email [sacraments@sacredheart.org](mailto:sacraments@sacredheart.org) to register.

### **No Youth Group this Week**

**We encourage you to attend the 6:30 PM  
Ash Wednesday Mass at either parish location.**



## SACRED HEART SCHOOL

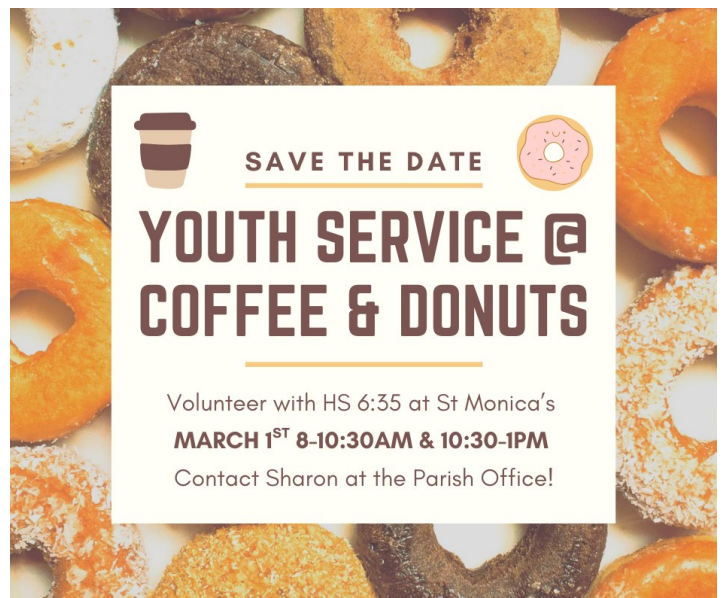


### **Support Sacred Heart School's Annual Fund**

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.



### **Registrations are Now Open for Summer Youth Conferences**

The deadline to register is February 28<sup>th</sup> for Middle School and March 25<sup>th</sup> for High School. Visit the Youth Page at [sacredheart.org](http://sacredheart.org), for more information!

Middle School: Camp Cana, Lifeteen Camp, Aug 2-8

High School: Steubenville NW, July 10-12

High School: Ignite NW, July 22-26

Contact [sphillips@sacredheart.org](mailto:sphillips@sacredheart.org) or

[kheintz@sacredheart.org](mailto:kheintz@sacredheart.org) with any questions.

# COMMUNITY OUTREACH - COMMUNITY EVENTS

**HAPPY LUNAR NEW YEAR  
2026**

**西雅圖天主教華人團體 農曆新年慶祝活動**

SEATTLE CHINESE CATHOLIC COMMUNITY  
LUNAR NEW YEAR CELEBRATION

FEBRUARY 22ND, 2026 1:00 - 3:30 PM  
ST. MONICA CATHOLIC CHURCH  
4301 88TH AVE SE, MERCER ISLAND, WA 98040

MASS CONCELEBRATED BY  
ARCHBISHOP PAUL D. ETIENNE,  
FR. KURT NAGEL, FR. JOSEPH TRAN

主日感恩祭由艾孛呈總主教、郭理高神父、陳盛龍神父共祭

ANCESTRAL VENERATION 祭祖典禮、RECEPTION 茶敘

*Year of the Horse*  
- Strength & Freedom -

**St. Vincent de Paul  
Brown Bag Sunday Collection  
This Weekend - February 14<sup>th</sup> - 15<sup>th</sup>**

Please remember to return the brown grocery bags this weekend filled with non-perishable grocery items and household paper products to benefit *Hopelink*. A bin for the bags is located in the Narthex. Thank You for your generosity!

SACRED HEART CHURCH

**Life Changing Service Opportunity**  
Volunteering on the Rosebud Reservation  
June 14-19, 2026

**Destination: Rosebud Reservation**  
Sacred Heart's Community Outreach Committee is inviting Parishioners to join in serving our Lakota brothers and sisters at our Sister School/Sister Parish, St. Francis Mission on the Rosebud Reservation in South Dakota the week of June 14th, 2026.

**Volunteering Includes**

- Helping to Lead a "Body, Mind and Soul" summer camp serving our Lakota brothers and sisters at our Sister School/Sister Parish
- Experiencing Mass on the reservation
- Exploring a Lakota cultural center
- Learning about the Lakota Catholic culture

**Reserve Your Spot**  
Space is limited for this amazing volunteer opportunity! A \$100 Deposit is due April 3rd, 2026, to reserve a spot on this service trip. Volunteers must go through "Call to Protect" to work with children, provide their own transportation and share in food and rental car costs. Housing is provided by St. Francis Mission.

As one past volunteer said, "It's life-changing to share our Catholic faith and serve the Lakota children this way. It's a joy-filled experience that will enrich your life and make a meaningful difference, as you serve."

LEARN MORE AND CONTACT: [VOLUNTEER@SACREDHEART.ORG](mailto:VOLUNTEER@SACREDHEART.ORG)

**PREPARES**  
*Open Your Heart Appeal*

**PREPARES**  
Immediate Essential Supplies  
February 2026

**Diapering**  
Diapers - Size Newborn, 4, 5 & 6  
Wipes  
Diaper Cream

**Clothing - Size 3 Months, Girls & Boys**  
Onesies  
Pants/Tops  
Sleep Sacks  
Zip-Up Sleepers

**Feeding**  
Bottles  
Bottle Brushes  
Pacifiers  
Burp Cloths

**Playtime**  
Baby Stuffed Animal  
Board Book

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

A Life Affirming,  
Life Changing  
Promise of  
Support

During February, please drop off donations in the baby crib located in the Narthex. Thank you for your generosity!

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

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

**St. Francis Mission**  
AMONG THE LAKOTA

**Thank you, Sacred Heart  
From St. Francis Mission!**

"Wopila!" (Thank you!) from the students and teachers at Sapa Un Academy, St. Francis Mission, for the generous gift cards from Sacred Heart's Advent Giving Tree! They were able to use the Amazon gift cards to purchase school supplies and materials to support their religious education program. To learn more about St. Francis Mission, please visit [sfmission.org](http://sfmission.org).



**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

**TEAM SKALLY**  
 Windermere REAL ESTATE  
 WISE BELIEVE COMPASS, INC.  
 TEAMSKALLY.COM



**Contact Refresh Printing to place an ad today!**  
**425•369•7390**

**Free Ad Design**  
 with purchase of this space

**Bridle Trails & Spring District Family Dentistry**  
 2 Locations • New Patients Welcome!

**Russell K. Nomi, DDS & Wesley K. Nomi, DMD**  
*Voted Seattle Top Dentists 2022 & 2023*

6507 132nd Ave NE  
 Kirkland  
 425 881 9333  
 1981 UW Dental School

12301 NE 10th Pl #304  
 Bellevue  
 425 454 4298  
 2017 Arizona School of Dentistry and Oral Health

Local Parishoners

*Find Connection & Joy*  
 IN EVERYDAY LIVING

Call (425) 546-2744 to schedule a tour or learn more at [eraliving.com/joy](http://eraliving.com/joy)

**The GARDENS**  
 AT TOWN SQUARE  
 Premier Retirement Living

**Sponsors Make This Bulletin Possible!**

**Contact Refresh Printing to place an ad today!**  
**425•369•7390**

**SH Advertising Information!**

Realogics  
**Sotheby's**  
 INTERNATIONAL REALTY

Recognized by The Puget Sound Business Journal, as a Top Individual Broker on the Eastside.

**Alice Diambri Properties**  
 Global Real Estate Advisor  
**425.890.6121**  
[www.alicediambri.com](http://www.alicediambri.com)

*Committed to serving Sacred Heart Parishoners, adhering to the Golden Rule.*

**FLINTOFT'S**  
 Funeral Home and Crematory

[www.flintofts.com](http://www.flintofts.com)  
 (425) 392-6444 Issaquah, WA

Our Family Servicing Your Family since 1938



**ADVERTISE YOUR BUSINESS HERE**

Contact Refresh Printing to place an ad today!  
 Call 425•369•7390 or e-mail [lynn@flintofts.com](mailto:lynn@flintofts.com)

**NOBLE PLUMBING**  
 Residential & Commercial Plumbing

noble-plumbing.com  
 admin@thenobleplumber.com  
 (425) 200-5642

**NEVER MISS A BULLETIN!**  
 Visit [www.sacredheart.org/](http://www.sacredheart.org/)  
 Parish/publications for weekly parish bulletins

A Special Thank you to all of our Sponsors for making this Bulletin Possible