



# 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 22, 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

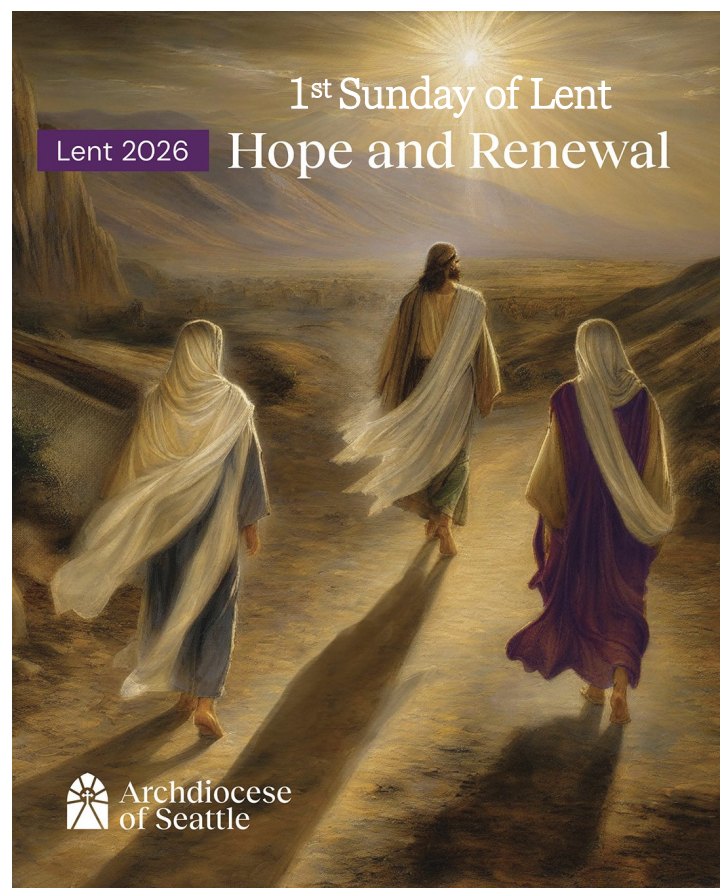
8:30 AM - 4:00 PM Mon - Fri

##### 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.



Lent 2026

1<sup>st</sup> Sunday of Lent  
Hope and Renewal

Archdiocese  
of Seattle

## PARISH CALENDAR

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

Monday February 23

*Lenten Weekday*

*Saint Polycarp, Bishop, Martyr*

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

Tuesday February 24

*Lenten Weekday*

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

Wednesday February 25

*Lenten Weekday*

8:00 AM Rosary  
 8:15 AM Confessions  
 8:45 AM **Mass** (school attending)  
 4:00 PM Middle School Youth Group  
 at Sacred Heart  
 6:25 PM High School Youth Group  
 at Sacred Heart  
 6:30 PM Evening Bible Study Group

Thursday February 26

*Lenten Weekday*

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

Friday February 27

*Lenten Weekday*

*Saint Gregory of Narek, Abbot, Doctor of the Church*

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

Saturday February 28

*Lenten Weekday*

8:00 AM Women's Group & Men's Group  
 10:00 AM Infant Baptism Class  
 3:00 PM Confessions - Reconciliation Chapel  
 5:00 PM Vigil **Mass**

Sunday March 1

*SECOND SUNDAY OF LENT*

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**

## 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



## Lenten Penance Services

### Sacred Heart

Thursday, March 12<sup>th</sup> at 6:30 PM

### St. Monica

Saturday, March 14<sup>th</sup> at 10:00 AM

Fr. Nagel, Fr. Joseph and additional Priests will be available for individual confessions.

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



As we enter into the Eucharistic Prayer, we join all the angels and saints in the heavenly liturgy as we acclaim the *Sanctus* (*Holy, Holy, Holy*). This acclamation of the seraphim in Isaiah 6 cues us into the reality that during the Mass, holy Church—the angels, saints and us on earth—comes together as *one* to praise and worship God, in heaven and on earth, as the sanctuary is filled with His glory. We also repeat the same words of those heralding Jesus into Jerusalem days before He is crucified, “Blessed is he who comes in the name of the Lord. Hosanna in the highest.” Here, we proclaim Jesus as our King and Savior as His crucified Body and Blood is about to be re-presented for us on the altar. In humble adoration of our all-holy and powerful God present in our midst, we fall on our knees.



**Stations of the Cross  
Followed by a  
Soup Supper  
Every Friday During Lent  
6:30 PM**

February 27<sup>th</sup>

Hosted by the Community Outreach Committee

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. Thank you to the Community Outreach Committee for hosting the February 27<sup>th</sup> 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 Narthex for resources available for your Lenten journey, including the Little Black Book, Sacred Heart Lenten Bookmarks, and CRS Rice Bowls.

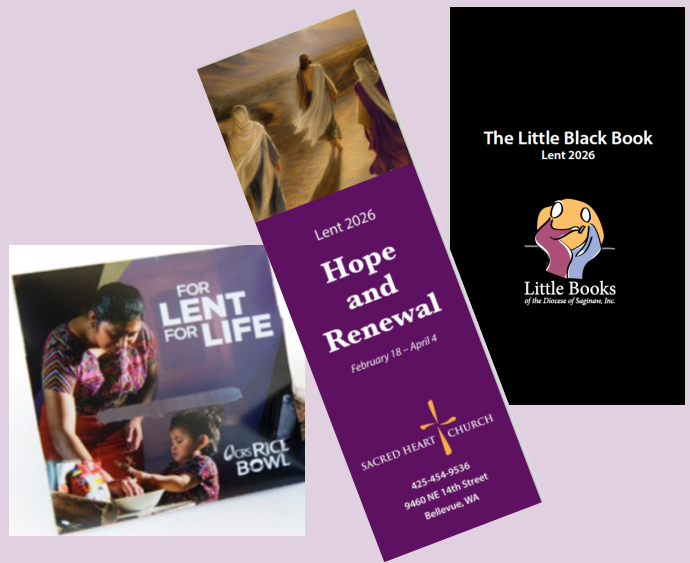
## Lenten Fasting & Abstinence

### 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

**Parish Family 26**  
**LENTEN MISSION**

*Three evenings  
with Fr. Joyce!*

Monday-Wednesday  
**MARCH 23-25**  
**@ Saint Monica Church**

**Lenten Mission**

This Lent, our Parish Family will have a joint parish mission led by Fr. Michael Joyce, O.Carm. Fr. Joyce is currently serving as the Director of Vocations for the Carmelite Order in the U.S. and Canada. During the mission he will speak on the themes of prayer in the Carmelite tradition and personal discernment. This mission will be a chance to step back, put all things in our life into perspective and evaluate if our priorities and actions reflect the values Christ teaches!

The Mission will be held at **St. Monica Catholic Church** on the evenings of: **Monday, March 23, Tuesday, March 24 and Wednesday, March 25.** Each night of the Mission will be starting at **6:30 PM** and will be different than the other evenings. We look forward to our parishioners from both Sacred Heart and Saint Monica coming together to attend each night as a parish family.

**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!

*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

The weekly wine & cheese and coffee & donuts gatherings after weekend Masses will pause during Lent. To join this hospitality ministry when it resumes after Easter, please email [volunteer@sacredheart.org](mailto:volunteer@sacredheart.org).

**Pushpay**

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 2/22**

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

### **Monday 2/23**

Leviticus 19:1-2,11-18  
Psalm 19:8-10,15  
Matthew 25:31-46

### **Tuesday 2/24**

Isaiah 55:10-11  
Psalm 34:4-7,16-19  
Matthew 6:7-15

### **Wednesday 2/25**

Jonah 3:1-10  
Psalm 51:3-4,12-13,18-19  
2 Corinthians 5:20—6:2  
Luke 11:29-32

### **Thursday 2/26**

Esther C :12,14-16,23-25  
Psalm 138:1-3,7c-8  
Matthew 7:7-12

### **Friday 2/27**

Ezekiel 18:21-28  
Psalm 130:1-8  
Matthew 5:20-26

### **Saturday 2/28**

Deuteronomy 26:16-19  
Psalm 119:1-2,4-5,7-8  
Matthew 5:43-48

### **Sunday 3/1**

Genesis 12:1-4a  
Psalm 33:4-5,18-20,22  
2 Timothy 1:8b-10  
Matthew 17:1-9

## MASS INTENTIONS

### 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

### Monday 2/23

RIP FR. MATHEWS OMOGO by Jacinta Ayaga

### Wednesday 2/25

RIP HELEN DEGRACIAS by Shawn DeGracias

### Thursday 2/26

RIP ANTHONY FRANCAVILLA JR.  
by Kevin & Julie Cipoletti

### Friday 2/27

RIP PATTY RITZMAN by Sacred Heart Parish Staff

### Saturday 2/28

INT THE PARISHIONERS OF SACRED HEART

### Sunday 3/1

9:00 AM Mass: RIP J. GUTIERREZ by Luz Hartzell

11:00 AM Mass: RIP GENE NEELY  
by Nancy & Kip Durrell

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**

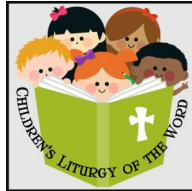
## CHILDREN'S FAITH FORMATION



**Sunday School 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.



### 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.

## 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.



FRUIT OF THE VINE

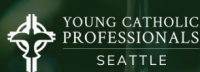
*3rd Anniversary  
Celebration*

with special guest Archbishop Paul D. Etienne

MARCH  
SATURDAY | **14** | 7 PM - 10 PM  
2026

Isaac Orr Conference Room  
910 Marion Street, Seattle, WA

*Cocktail attire*



SAVE THE DATE



**YOUTH SERVICE @  
COFFEE & DONUTS**

Volunteer with HS 6:35 at St Monica's  
**MARCH 1<sup>ST</sup> 8-10:30AM & 10:30-1PM**  
Contact Sharon at the Parish Office!

### 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



## 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

### Playtime

Baby Stuffed Animal  
Board Book

### Caring

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

### Feeding

Bottles  
Bottle Brushes  
Pacifiers  
Burp Cloths

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)

## 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](http://sacredheart.org) or call our office at 425-454-9536.

### 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](mailto:projectrachel@ccsww.org). Visit us at [www.ccsww.org/projectrachel](http://www.ccsww.org/projectrachel) or [www.facebook.com/projectrachelww](http://www.facebook.com/projectrachelww).

Project Rachel is a program of Catholic Community Services.  
**You are loved with an everlasting Love!**

# Save the Date 8/4/26



## Golf Fore Seminararians

Archdiocese of Seattle - Crozier Society



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

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 admin@thenobleplumber.com  
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 Parish/publications for weekly parish bulletins

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