



# SACRED HEART CHURCH

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

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

## MARCH 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

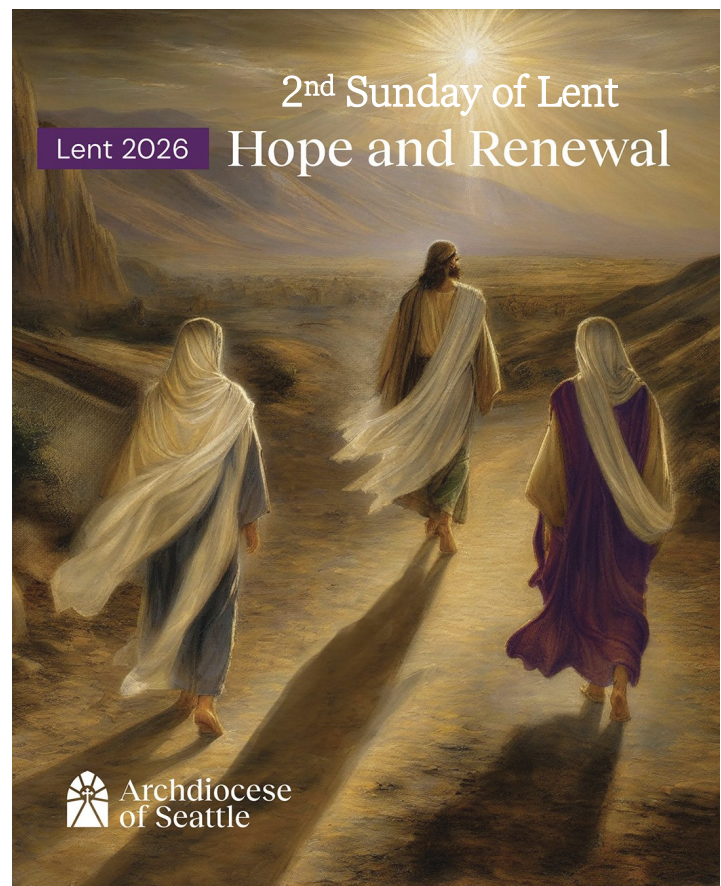
8:30 AM - 4:00 PM Mon - Fri

##### 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.



2<sup>nd</sup> Sunday of Lent

Lent 2026

Hope and Renewal

Archdiocese  
of Seattle

## PARISH CALENDAR

### Sunday March 1

#### SECOND SUNDAY OF LENT

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>

### Monday March 2

#### Lenten Weekday

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

### Tuesday March 3

#### Lenten Weekday

#### Saint Katharine Drexel, Virgin

10:00 AM	Stitchers with Heart Group
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### Wednesday March 4

#### Lenten Weekday

#### Saint Casimir

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 March 5

#### Lenten Weekday

8:15 AM	Rosary
8:45 AM	<b>Mass</b> with Anointing of the Sick
2:00 - 4:00 PM	NO Eucharistic Adoration

### Friday March 6

#### Lenten Weekday

**Masses** and First Friday Adoration are canceled today due to Priest's scheduling conflicts.

6:30 PM	Stations of the Cross followed by a Soup Supper
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### Saturday March 7

#### Lenten Weekday

#### Saints Perpetua and Felicity, Martyrs

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

### Sunday March 8

#### THIRD SUNDAY OF LENT

9:00 AM	<b>Mass</b>
11:00 AM	<b>Mass</b> with CLOW
12:30 PM	NO Sunday School
2:00 PM	NO 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 - 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.



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

March 6<sup>th</sup>

Hosted by the Sacred Heart Choir

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 Choir for hosting the March 6<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 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+

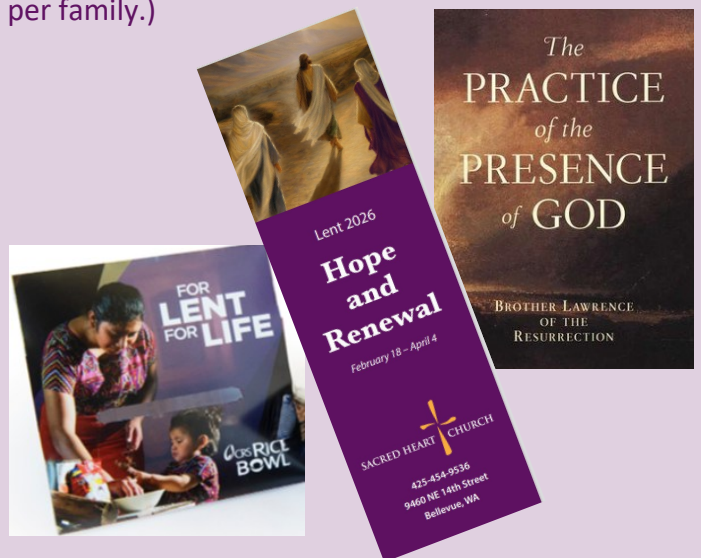
## Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



Having joined the angels and saints in praising God through the *Sanctus (Holy, Holy Holy)*, we kneel with them in humble adoration, for we have entered the “holy of holies” where God’s glory is made present in our midst. The Priest then chooses from one of the Eucharistic prayers provided, based on what is most fitting for the celebration. All the Eucharistic prayers, however, have the same general elements to them. The first, is called the *epiclesis* (Greek for “*invocation upon*”). This is when the Priest extends his hands over the bread and the wine and *calls upon* the Holy Spirit that these gifts offered by human hands, “may become for us the Body and Blood of our Lord Jesus Christ,” and “that the unblemished sacrificial Victim to be consumed in Communion may be for the salvation of those who will partake of it” (GIRM, 79c). At this point, the consecration bells are rung to help draw our attention to the most important words in the whole Mass and indeed our whole lives, which immediately follow.

## Lenten Resources

Please visit the Narthex for resources available for your Lenten journey. We are pleased to announce that our parish family Lenten book, **The Practice of the Presence of God**, has arrived. (One copy per family.)



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!*

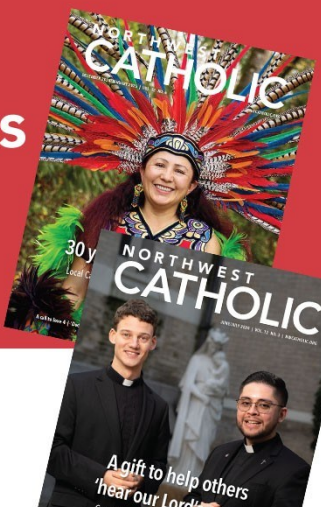
Monday-Wednesday  
**MARCH 23-25**  
**@ Saint Monica Church**

**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.

**We need the Good News now more than ever**



**NORTHWEST CATHOLIC**  
Magazine | Digital | Social

Northwest Catholic is an essential evangelization tool in the Archdiocese of Seattle, providing local stories of faith, inspiring columns from our bishops and information about what's happening in the archdiocese. To support Northwest Catholic, visit [NWCatholic.org/give](http://NWCatholic.org/give). Thank you for your support!

*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)



**Pushpay**

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



**Stewardship of Treasure**  
Sunday collection totals

July to January 31, 2026 Budget	\$976,994
July to January 31, 2026 Actual	\$982,259
	+\$5,265
Prior year actual (July- January 2025)	\$974,681

Thank you for your generosity!!

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

## WEEKLY READINGS

### **Sunday 3/1**

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

### **Monday 3/2**

Daniel 9:4b-10  
Psalm 79:8-9,11,13  
Luke 6:36-38

### **Tuesday 3/3**

Isaiah 1:10,16-20  
Psalm 50:8-9,16bc-17,21,23  
Matthew 23:1-12

### **Wednesday 3/4**

Jeremiah 18:18-20  
Psalm 31:5-6,14-16  
Matthew 20:17-28

### **Thursday 3/5**

Jeremiah 17:5-10  
Psalm 1:1-4,6  
Luke 16:19-31

### **Friday 3/6**

Genesis 37:3-4,12-13a,  
17b-28a  
Psalm 105:16-21  
Matthew 21:33-43,45-46

### **Saturday 3/7**

Micah 7:14-15,18-20  
Psalm 103:1-4,9-12  
Luke 15:1-3,11-32

### **Sunday 3/8**

Exodus 17:3-7  
Psalm 95:1-2,6-9  
Romans 5:1-2,5-8  
John 4:5-42

## MASS INTENTIONS

### 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

### Monday 3/2

INT PATRICIA MAGEE by John Magee

### Wednesday 3/4

RIP JEFFREY RHEA by John & Pat Rhea

### Thursday 3/5

RIP WREN PRATT-BARLOW  
by the Pratt-Barlow Family

### Friday 3/6

*No Mass Today*

### Saturday 3/7

INT THE PARISHIONERS OF SACRED HEART

### Sunday 3/8

9:00 AM Mass: RIP LILIA BERMUDEZ  
by the Dimalanta & Fletcher Families

11:00 AM Mass: RIP FR. MARLIN CONNOLE  
by the Sacred Heart Rosary Group

5:00 PM Mass: PRIEST PRIVATE INTENTION

## PLEASE PRAY FOR:

### **The Sick**

Alan Kwan (father of Phoebe Kwan)

### **The Deceased**

Lois Meyer (mother of John Meyer)

### **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 - MARCH

### **For Disarmament and Peace**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

### **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**

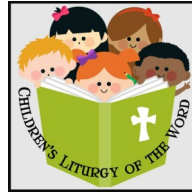
## CHILDREN'S FAITH FORMATION



**Sunday School and CLOW**  
**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.



## 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 Service Project:

## Hygiene Kit Collection Drive for Seafarers & CCS

**Your donations can make a difference!**

Join us in supporting our seafarers community through the Eucharistic Revival by providing essential hygiene items. Your generosity will impact those in need, ensuring they have access to basic necessities.

For more information, contact:  
 michellew@ascendeucharisticrevival.church

AscendEucharisticRevival.church



#### Items Needed:

- 📌 Toothbrushes (individually wrapped)
- 📌 Full Sized Items:
  - 📌 Toothpaste
  - 📌 Bar Soap / Body Wash
  - 📌 Shaving Cream
  - 📌 Shampoo
  - 📌 Deodorant
- 📌 Non-perishable Snacks (individually wrapped: Protein bars, Granola bars, Beef Sticks, Fruit Snacks, Cereal Bars)
- 📌 Thermal Socks (mens + womens)
- 📌 Knit Hat

**Easy Drop-Off!**

Drop off your donated items in the school or narthex collection box.



See the Amazon Wish List:

shorturl.at/JhvHO

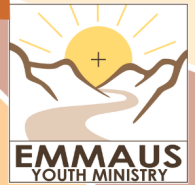
### Fill the Ship Hygiene Drive for ASCEND Eucharistic Revival here in Bellevue!

ASCEND's youth session will be assembling hygiene kits for Seafarers and Catholic Community Services, and they need your help to collect the materials! Please bring new and unused toothbrushes, toothpaste, shampoo, deodorant, thermal socks, knit hats and more to the donation bin in the parish Narthex. Collections will run from next Sunday, March 8<sup>th</sup> to Sunday, March 22<sup>nd</sup>. Thank you!

### Middle and High School

# Youth Groups

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



### 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



### 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 or other Candy, 1-3 packages, 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: Box of tissues



### Welcome to Sacred Heart Parish

Thank you for worshiping 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!*

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

## 8/4/26



## Golf Fore Seminar

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

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