



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 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

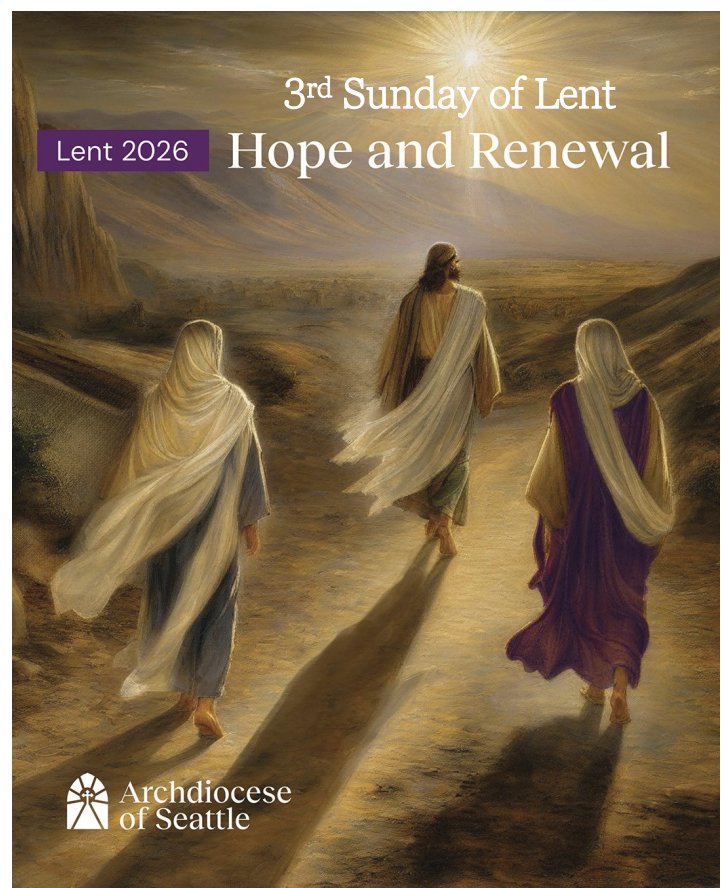
8:30 AM - 4:00 PM Mon - Fri

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.



3rd Sunday of Lent

Lent 2026

Hope and Renewal

Archdiocese
of Seattle

PARISH CALENDAR

Sunday March 8

THIRD SUNDAY OF LENT

9:00 AM **Mass**
 11:00 AM **Mass** with CLOW
 12:30 PM NO Sunday School
 2:00 PM NO Children's Sacramental Prep
 5:00 PM **Mass**

Monday March 9

Lenten Weekday

Saint Frances of Rome, Religious

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

Tuesday March 10

Lenten Weekday

8:30 AM Morning Bible Study Group

Wednesday March 11

Lenten Weekday

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 March 12

Lenten Weekday

8:15 AM Rosary
 8:45 AM **Mass**
 2:00 - 4:00 PM Eucharistic Adoration
 6:30 PM Lenten Penance Service at
 Sacred Heart Church

Friday March 13

Lenten Weekday

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

Saturday March 14

Lenten Weekday

8:00 AM Women's Group & Men's Group
 10:00 AM Lenten Penance Service at
 St. Monica Church
 3:00 PM Confessions - Reconciliation Chapel
 5:00 PM Vigil **Mass**

Sunday March 15

FOURTH 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** (hosted by SHS 2nd grade)
 5:00 PM 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



Lenten Penance Services

Sacred Heart

Thursday, March 12th at 6:30 PM

St. Monica

Saturday, March 14th 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 13th

Hosted by the Knights of Columbus

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 Knights of Columbus for hosting the March 13th 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



Having invoked the Holy Spirit in the *epiclesis*, the Priest continues the *Eucharistic Prayer* with the *Institution narrative and Consecration*. Here the Priest fulfills Christ's command to the Apostles, "do this in memory of me" as he both recounts the events of the Last Supper and literally acts them out as he *takes* the bread and the wine, *gives thanks, blesses* and *breaks* the bread and in *persona Christi* (in the person of Christ), enunciates the words of consecration. At this moment, the words of Christ, the Word of God, said through the mouth of the Priest, literally changes the substance (transubstantiates) of the Eucharistic species. Indeed, while our senses still perceive bread and wine, the soul is aware that these now are no longer bread and wine, but truly are the Body and Blood of Jesus Christ. With these words, Christ fulfills the old covenant in which the Passover lamb was sacrificed and consumed. On the night of the Passover, Christ reveals Himself as the Passover Lamb, the one true lamb who takes away the sins of the world. As He anticipates His Passion, He establishes the new and everlasting covenant in His Blood which He gives to us in the Eucharistic feast. In utter awe of the miracle that has just taken place, the Priest genuflects and says, "the mystery of faith", to which we reply with one of three memorial acclamations proclaiming Christ's death and resurrection with an eye on His second coming.

Lent 2026

Hope and Renewal

February 18–April 4

Lent, derived from the word "springtime," is a time of hope and spiritual renewal as we prepare to enter more fully into the Paschal Mystery of Christ's passion, death and resurrection.

Go to archseattle.org/lent for Lenten inspiration from Archbishop Etienne, engaging stories from Northwest Catholic and more. Follow us on Facebook and Instagram @archdioceseofseattle to get local Lenten inspiration.

For Lenten inspiration and resources, go to archseattle.org/lent.

Archdiocese
of Seattle



CRS RICE
BOWL

WHO IS READY TO
**CHANGE
LIVES** THIS
LENT?

Visit crsricebowl.org
to learn more.



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.

Upcoming Memorial Mass



Charles Pigott
Friday, March 20th at 11:00 AM
Sacred Heart Church

Announcing Carpe Diem's

50+ Saint Patrick's Day Luncheon
Tuesday March 17
11:30am, \$30

Corned Beef & Cabbage!
Festive Libations!
Irish Dancers!

Limited Seating:
Advance Payment Required

Sales: 3/7-8 & 14-15

Info: Linda Geere 425-450-3908
or lgeere@sacredheart.org

Matching Gifts for 2026

March is an ideal time to check with your employer about whether matching funds are available to support your charitable giving. For assistance, contact Lucy Paulsen at lpaulsen@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 3/8

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

Monday 3/9

2 Kings 5:1-15ab
Psalms 42:2-3;43:3-4
Luke 4:24-30

Tuesday 3/10

Daniel 3:25,34-43
Psalm 25:4-5ab,6-7bc,8-9
Matthew 18:21-35

Wednesday 3/11

Deuteronomy 4:1,5-9
Psalm 147:12-13,15-16,19-20
Matthew 5:17-19

Thursday 3/12

Jeremiah 7:23-28
Psalm 95:1-2,6-9,
Luke 11:14-23

Friday 3/13

Hosea 14:2-10
Psalm 81:6c-11b,14,17
Mark 12:28-34

Saturday 3/14

Hosea 6:1-6
Psalm 51:3-4,18-21b
Luke 18:9-14

Sunday 3/15

1 Samuel 16:1b,6-7,10-13a
Psalm 23:1-6
Ephesians 5:8-14
John 9:1-41

MASS INTENTIONS

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

Monday 3/9

RIP DAN RUSSELL by Tracey & Greg Russell

Wednesday 3/11

RIP DOUG ELLENBECKER by Sacred Heart Parish Staff

Thursday 3/12

INT BETTY ANN BENNETT by John Magee

Friday 3/13

INT ALAN KWAN by Phoebe Kwan

Saturday 3/14

INT THE PARISHIONERS OF SACRED HEART

Sunday 3/15

9:00 AM Mass: RIP MAGGIE GOSE
by Sacred Heart Parish Staff

11:00 AM Mass: RIP LILIA SANTOS
by the Fletcher & Snyder Families

5:00 PM Mass: PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Joan Peder

The Deceased

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 - 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

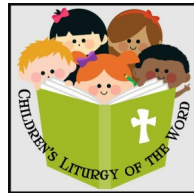


Sunday School Resumes March 15th

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

CLOW - March 8th

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



SACRED HEART SCHOOL



Be Part of the Mission at Sacred Heart School

Catholic education changes lives. At Sacred Heart School, students are formed each day in faith, academic excellence, and service.

Parishioner generosity directly supports our teachers, strengthens our programs, and meets the needs of our students. If you feel called to invest in the next generation, we invite you to make a gift today.

Thank you for supporting Sacred Heart School and the future of Catholic education in our parish.



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



See the Amazon Wish List:

shorturl.at/JhvHO

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.



NATIONAL Eucharistic Pilgrimage

Our High School Youth Minister, Sharon Phillips, will speak briefly at all Masses next weekend, March 14-15, to promote her involvement in this summer's National Eucharistic Pilgrimage, in association with the Congress that took place in Indianapolis Summer of 2024. If you are interested in learning more prior to next weekend, go to eucharisticpilgrimage.org.

Registrations are Open for Summer Youth Conferences

Don't wait—register today for the summer youth conferences! Visit the Youth Page at 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 or 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: 2 Deodorants (1 men's and 1 women's)



St. Vincent de Paul Brown Bag Sunday This Weekend - March 7th - 8th

Please pick up a brown grocery bag after Masses this weekend for the monthly Brown Bag collection to support *Hopelink*. You can return the grocery bags next weekend on March 14th and 15th filled with non-perishable grocery items and household paper products. Please place them in the bin in the Narthex. Thank you for supporting our local community in need!



Knights of Columbus - 3rd Annual

Charity Golf Classic SacredHeartKnights.com

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



General Registration



Sponsorship Opportunities



Rachel's Corner:

Project Rachel Post Abortion Healing Retreats



"God can heal a broken heart, but He needs to have ALL the pieces."

- Author Unknown

When you look at your broken heart are there pieces missing? The pieces that were shattered when you made the decision to end your pregnancy? God can put your heart back together again. He just needs all the pieces, no matter how small they are. Come on a Rachel's Vineyard™ Retreat and allow Him to hold you in His merciful embrace and love you back to life again.

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. Visit us at www.ccsww.org/projectrachel or www.facebook.com/projectrachelww.

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

KNIGHTS OF COLUMBUS

Want to join the Knights of Columbus and be part of the brotherhood?

- Volunteer Services
- Charitable Donations
- Church Support
- Support for Vocations
- Scholarships

We support many activities for the Sacred Heart School, provide financial assistance for Seminarians who are studying for the Priesthood, and we assist our parish in feeding the homeless.

The Knights of Columbus is not just a fraternity in name. It is a brotherhood of Catholic men who each play a part in improving the world around them, one community at a time. They stand together in faith, dedicated to uphold the principles they cherish while lending their support and strength to parish, home and fellow Knight.

From charity for worldwide causes, to helping closer to home with volunteer activities, to a top-rated insurance program that protects those closest to you, the Knights makes the most of its brotherhood.

Make a stand among them, and you can discover how easy it is to make a difference in your life and that of others.

Want to join? Ask a Knight for Details.



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

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

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

FLINTOFT'S
 Funeral Home and Crematory

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

NOBLE PLUMBING
 Residential & Commercial Plumbing

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

NEVER MISS A BULLETIN!
 Visit www.sacredheart.org/
 Parish/publications for weekly parish bulletins

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