



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 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

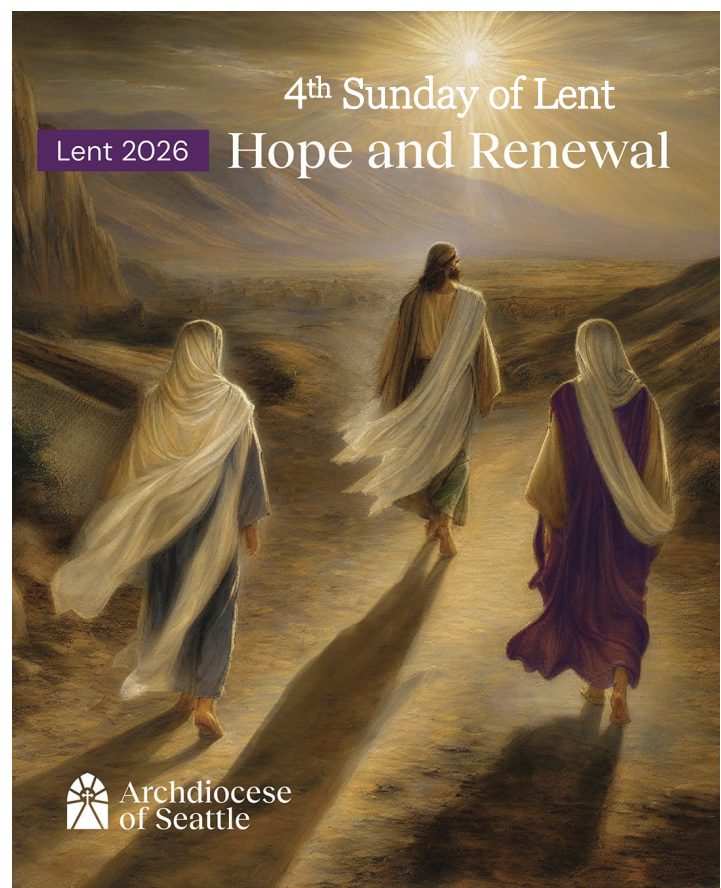
8:30 AM - 4:00 PM Mon - Fri

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.



Lent 2026

4th Sunday of Lent Hope and Renewal

Archdiocese
of Seattle

PARISH CALENDAR

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

Monday March 16

Lenten Weekday

Office Closed –Staff Attending Offsite Funeral

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

Tuesday March 17

Lenten Weekday

St. Patrick, Bishop (St. Patrick's Day)

8:30 AM	Morning Bible Study Group
10:00 AM	Stitchers with Heart Group
11:30 AM	Carpe Diem St. Patrick's Day Luncheon & Entertainment

Wednesday March 18

Lenten Weekday

Saint Cyril of Jerusalem, Bishop and Doctor of the Church

8:00 AM	Rosary
8:15 AM	Confessions
8:45 AM	Mass
4:00 PM	Middle School Youth Group at Sacred Heart
6:25 PM	High School Youth Group at Sacred Heart

Thursday March 19

SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

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

Friday March 20

Lenten Weekday

8:15 AM	Rosary
8:45 AM	Mass
11:00 AM	Memorial Mass for Charles Pigott
6:30 PM	Stations of the Cross followed by a Soup Supper

Saturday March 21

Lenten Weekday

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

Sunday March 22

FIFTH 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



Sacred Heart Morning Bible Study Join us for the Study of Hebrews Beginning March 24th

The morning Bible study group invites you to join them for an 8-week study of the Book of Hebrews. This study will be led by parishioner Lisa Herb and will include video presentations, study guides and group discussions. The group will meet in the Parish Youth Room from 8:30 to 10:00 AM on Tuesdays. We hope to see you there! Materials can be ordered at ascensionpress.com/pages/bible-studies. **Class Dates:** March 24, 31, April 14, 21, 28, May 5, 12, and 19. Please sign up by emailing, communications@sacredheart.org.



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

March 20th

Hosted by Sacred Heart Youth Confirmandi

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 Youth Confirmandi for hosting the March 20th 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



After the *Institution narrative and Consecration*, Jesus Christ, the sacrificial Lamb, is truly present on the altar. At this point in the *Eucharistic Prayer*, we take some time to expand this moment and contemplate the mysteries of our faith, especially the one made present mere seconds previously. The *anamnesis* ("memorial" in Greek) tells us that the mysteries of our faith, especially the Last Supper and the Crucifixion, are re-presented in our midst in such a way that we actively and fully participate in them. Here and now, in the 21st century, we "celebrate the memorial of the blessed Passion, the Resurrection from the dead and the glorious Ascension into heaven of Christ" (EP I) as though we were present there 2,000 years ago.

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.



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 Masses at Sacred Heart Church



Charles Pigott

Friday, March 20th at 11:00 AM

Fr. Marlin Connole

Saturday, March 28th at 11:00 AM

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



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



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 3/15

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

Monday 3/16

Isaiah 65:17-21
Psalm 30:2,4,5-6,11-12a,13b
John 4:43-54

Tuesday 3/17

Ezekiel 47:1-9, 12
Psalm 46:2-3,5-6,8-9
John 5:1-16

Wednesday 3/18

Isaiah 49:8-15
Psalm 145:8-9,13c-14,17-18
John 5:17-30

Thursday 3/19

2 Samuel 7:4-5a,12-14a,16
Psalm 89:2-5,27,29
Romans 4:13,16-18,22
Matthew 1:16,18-21,24a

Friday 3/20

Wisdom 2:1a,12-22
Psalm 34:17-21,23
John 7:1-2,10,25-30

Saturday 3/21

Jeremiah 11:18-20
Psalm 7:2-3,9b-12
John 7:40-53

Sunday 3/22

Ezekiel 37:12-14
Psalm 130:1-8
Romans 8:8-11
John 11:1-45

MASS INTENTIONS

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

Monday 3/16

INT THE MENTALLY ILL by a Sacred Heart Parishioner

Wednesday 3/18

RIP LOIS MEYER by Sacred Heart Parish Staff

Thursday 3/19

RIP KOH SERA by Aggie Sera

Friday 3/20

RIP JOHN DOLAN by Sacred Heart Parish Staff

Saturday 3/21

INT THE PARISHIONERS OF SACRED HEART

Sunday 3/22

9:00 AM Mass: RIP STEVE MEDALIA
by Tom & Michelle Bartell

11:00 AM Mass: RIP CHARLES PIGOTT
by the Bumgardner Family

5:00 PM Mass: PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Jerome Thielges

The Deceased

Linda Rogers

Judy Livingston (mother of Jeff Livingston)

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

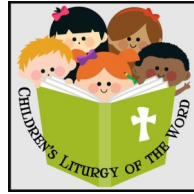
988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION



**Sunday School
March 15th**
Sunday School: K – 5th grade
students, 12:30-1:30 PM
in the portable classroom

CLOW - March 15th
(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 this 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: Liquid hand soap



**St. Vincent de Paul
Brown Bag Sunday Collection
This Weekend - March 14th - 15th**

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!

hopelink



**REVEAL
Christ's
LOVE**

**SUPPORT THE CATHOLIC
RELIEF SERVICES COLLECTION**



United States
Conference of
Catholic Bishops

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**Save the Date
8/4/26**



Golf Fore Seminararians

Archdiocese of Seattle – Crozier Society

This weekend is The Catholic Relief Services Collection to reveal Christ's love to our brothers and sisters in need. This collection makes grants to six Catholic agencies that provide relief and support for struggling communities and work for peace and reconciliation among our marginalized brothers and sisters, both here and around the world. Please prayerfully consider how you can support the collection. Learn more about the collection at www.usccb.org/catholic-relief or scan the QR code.



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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 WISE BELIEVE COMPASS, INC.
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 www.alicediambri.com

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

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