



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 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

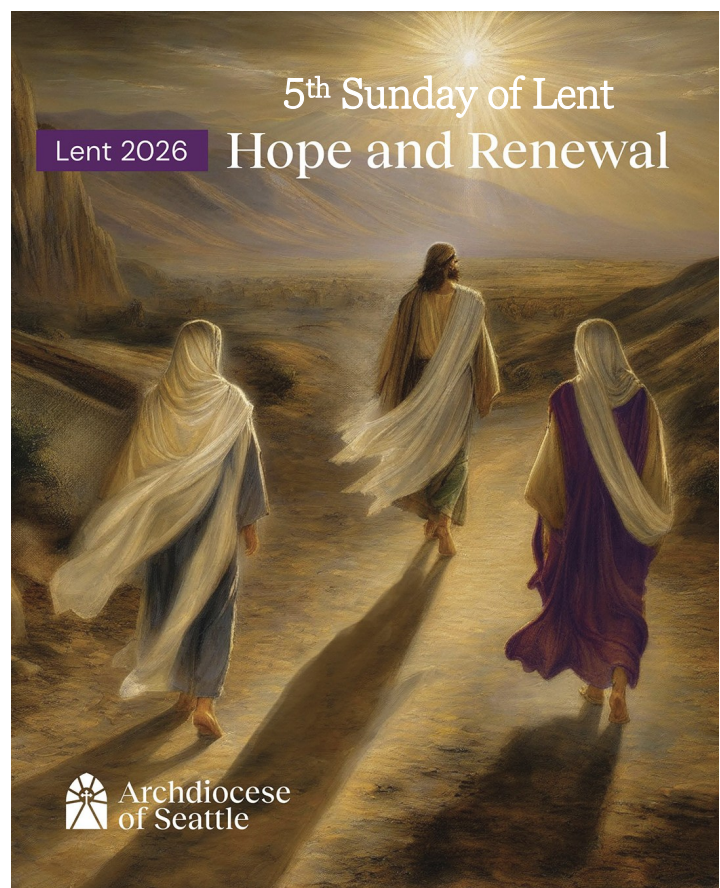
8:30 AM - 4:00 PM Mon - Fri

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.



5th Sunday of Lent

Lent 2026

Hope and Renewal

Archdiocese
of Seattle

PARISH CALENDAR

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**

Monday March 23

Lenten Weekday

Saint Turibius of Mogrovejo, Bishop

8:15 AM Rosary
8:45 AM **Mass**
6:30 PM Parish Family Lenten Mission
at St. Monica Church
7:00 PM Rosary Group

Tuesday March 24

Lenten Weekday

8:30 AM Morning Bible Study Group
10:00 AM Stitches with Heart Group
6:30 PM Parish Family Lenten Mission
at St. Monica Church

Wednesday March 25

THE ANNUNCIATION OF THE LORD

8:00 AM Rosary
8:15 AM Confessions
8:45 AM **Mass** (school attending)
6:30 PM Parish Family Lenten Mission
at St. Monica Church

Thursday March 26

Lenten Weekday

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

Friday March 27

Lenten Weekday

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

Saturday March 28

Lenten Weekday

Offsite Youth Confirmation Retreat

8:00 AM Women's Group & Men's Group
11:00 AM Memorial Mass for
Fr. Marlin Connole
3:00 PM Confessions - Reconciliation Chapel
5:00 PM Vigil **Mass**

Sunday March 29

PALM SUNDAY OF THE PASSION OF THE LORD

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

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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 27th

Hosted by the Sacred Heart School Community

You are invited to join the Sacred Heart community for our remaining Friday Lenten Stations of the Cross, followed by a Soup Supper. Thank you to the Sacred Heart School Community for hosting the March 27th 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



“As we celebrate the memorial of the blessed Passion, the Resurrection from the dead and the glorious Ascension into heaven of Christ” in the *anamnesis*, we *offer* back to God, our sacrifice—God—in the *oblation*. “In this very memorial, the Church, in particular that gathered here and now, offers the unblemished sacrificial Victim in the Holy Spirit to the Father. The Church’s intention, indeed, is that the faithful not only offer this unblemished sacrificial Victim but also learn to offer their very selves and so day by day to be brought, through the mediation of Christ, into unity with God and with each other, so that God may at last be all in all.” (GIRM, 79f).

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/len 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/len.

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.



Memorial Mass
Fr. Marlin Connole
Saturday, March 28th
11:00 AM
at Sacred Heart Church

Fr. Connole was Pastor at Sacred Heart Parish, from 1988 for twelve years. We are deeply grateful for his dedicated service to the Sacred Heart Parish and School Community. As noted in *Northwest Catholic*, "Fr. Connole will be remembered for his consistency, his effectiveness as a pastor and loyalty to the people of God in the places he served." May his soul rest in eternal peace.



Holy Thursday—April 2nd

6:30 PM Sacred Heart ~ 6:30 PM St. Monica

Good Friday—April 3rd

6:30 PM Sacred Heart ~ 6:30 PM St. Monica

Holy Saturday, Easter Vigil—April 4th

8:00 PM Sacred Heart ~ 8:00 PM St. Monica

Easter Sunday—April 5th

Masses at 9:00 AM & 11:00 AM ~ Sacred Heart

Masses at 9:00 AM & 11:00 AM ~ St. Monica



 **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 3/22

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

Monday 3/23

Daniel 13:1-9,15-17,
19-30,33-62
Psalm 23:1-6
John 8:1-11

Tuesday 3/24

Numbers 21:4-9
Psalm 102:2-3,16-21
John 8:21-30

Wednesday 3/25

Isaiah 7:10-14;8:10
Psalm 40:7-11
Hebrews 10:4-10
Luke 1:26-38

Thursday 3/26

Genesis 17:3-9
Psalm 105:4-9
John 8:51-59

Friday 3/27

Jeremiah 20:10-13
Psalm 18:2-7
John 10:31-42

Saturday 3/28

Ezekiel 37:21-28
(Psalm) Jeremiah 31:10-12d,13
John 11:45-56

Sunday 3/29, Palm Sunday

Matthew 21:1-11 (procession)
Isaiah 50:4-7
Psalm 22:8-9,17-18,19-20,23-24
Philippians 2:6-11
Matthew 26:14—27:66

MASS INTENTIONS

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

Monday 3/23

RIP PAO - HWA CHOW by Judy Wang

Wednesday 3/25

RIP COLLEEN O'MALLY by Marian Middleton

Thursday 3/26

RIP JAN VALLUZZO by Dottie McGowan

Friday 3/27

RIP LAWRENCE LESTER by Sacred Heart Parish Staff

Saturday 3/28

INT THE PARISHIONERS OF SACRED HEART

Sunday 3/29 PALM SUNDAY

9:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

11:00 AM Mass:
INT THE PARISHIONERS OF SACRED HEART

5:00 PM Mass: PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Mary Jo Acker

The Deceased

Melinda Lyons (mother of Kathy Youtsey)

Darryl Sutherland

Catherine Armstrong (mother of Liz Quick)

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

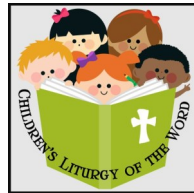
988: Suicide and Crisis Lifeline
Narcotics Anonymous: 206-790-8888
Alcoholics Anonymous: 206-587-2838
Suicide Crisis Hotline: 206-461-3222
WA State Domestic Violence: 1-844-762-8483
National Domestic Violence: 1-800-799-safe
Teen Link: 1-866-833-6546
Al-Anon: 206-625-1000

CHILDREN'S FAITH FORMATION



**Sunday School
March 22nd**
Sunday School: K – 5th grade
 students, 12:30-1:30 PM
 in the portable classroom

CLOW - March 22nd
 (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.



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 Sunday, March 8th to Sunday, March 22nd. Thank you!

EMMAUS YOUTH Lenten Special Event



*An evening
with Fr. Joyce!*

SUNDAY

MARCH 22

@ Saint Monica Church


Middle and High School youth are invited to join us for a special Youth Mission with Fr. Joyce on Sunday, March 22nd, 6:30-7:30 PM at St Monica Church! Come for meet and greet, hearing about Father's story, Q&A, and a time for prayer together! RSVP here: <https://archseattle.cbchurch.com/goto/forms/7746/responses/new>

COMMUNITY OUTREACH - COMMUNITY EVENTS

Middle and High School

Youth Groups

This Wednesday
@ St. Monica



EMMAUS
YOUTH MINISTRY

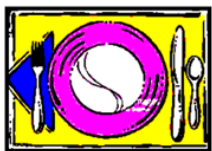


Worldwide Marriage Encounter

May the love of God heal and strengthen our marital bonds so we can live in Love and experience Joy. The next Worldwide Marriage Experience (WWME) will be at the Hampton Inn in **Everett, WA on April 24-26, 2026**. Apply at www.wwme.org. Tap on APPLY, scroll down to April, click on Everett and fill in your information. For more information leave a message at 206-772-2344.



Future Carpe Diem 50+ Events



- **April Potluck & Movie**
4:30pm Thurs., 4/16
- **May Spring Luncheon**
11:30am, Thurs. 5/21



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: Sponge & all-purpose cleaning spray



APRIL Is Child Abuse Prevention Month



April is National Child Abuse Prevention Month. During this month, Archbishop Etienne is encouraging everyone to increase our awareness, to educate ourselves and our communities, and to pray for healing for those who have been tragically impacted by the scourge of child abuse. To learn about the Archdiocese of Seattle's longstanding commitment to transparency, accountability, and assistance to victims of abuse, visit www.archseattle.org/protect-and-heal/. To learn more about the Archdiocese of Seattle's safe environment standards, visit www.archseattle.org/for-parishes/safe-environment/. For more resources visit www.usccb.org/committees/communications/abuse-prevention-resources.



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Our Client Don
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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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