



SUNDAY - JUNE 14, 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 (June through August)

8:15 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

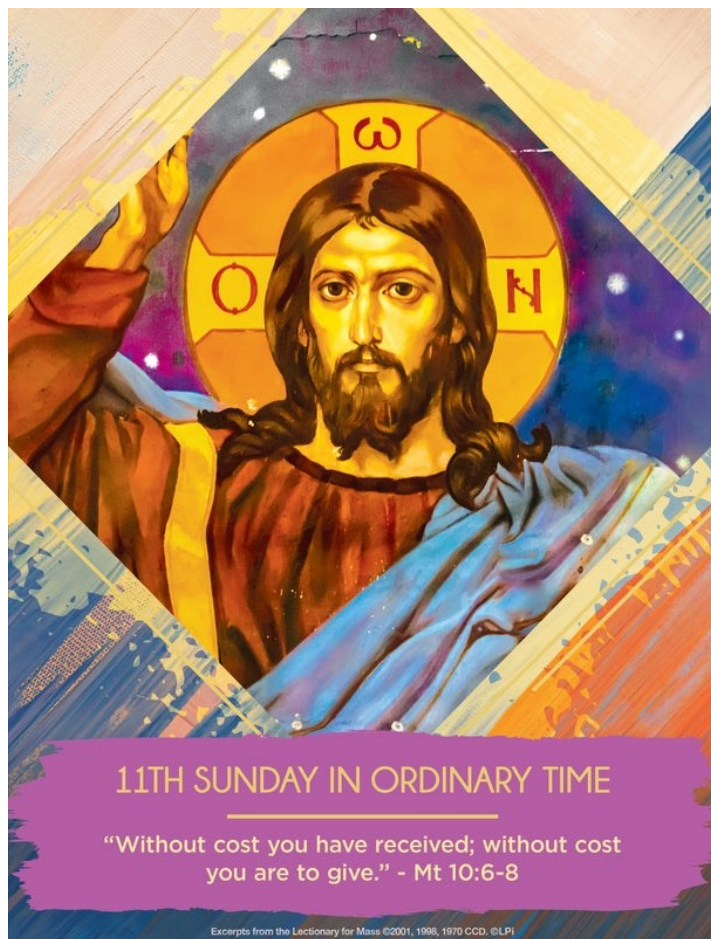
8:30 AM - 4:00 PM Mon - Fri

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.



PARISH CALENDAR

Sunday June 14

ELEVENTH SUNDAY IN ORDINARY TIME

St. Vincent De Paul Brown Bag Sunday

9:00 AM **Mass**
11:00 AM **Mass**
5:00 PM **Mass**

Monday June 15

Weekday

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

Tuesday June 16

Weekday

10:00 AM Stitchers with Heart Group
6:30 PM St. Vincent de Paul Meeting

Wednesday June 17

Weekday

8:15 AM Rosary
8:15 AM Confessions
8:45 AM **Mass**

Thursday June 18

Weekday

8:00 AM Rosary
8:45 AM **Mass**
2:00 PM - 4:00 PM Eucharistic Adoration
4:30 PM Carpe Diem Potluck & Movie

Friday June 19

Weekday

Saint Romuald, Abbot

Juneteenth Day-Parish Office Closed

8:15 AM Rosary
8:45 AM **Mass**

Saturday June 20

Weekday

Blessed Virgin Mary

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

Sunday June 21

TWELFTH SUNDAY IN ORDINARY TIME

Father's Day

St. Vincent De Paul Brown Bag Collection

9:00 AM **Mass**
11:00 AM **Mass**
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)

June 50yrs+



Potluck & Movie

Sponsored by Carpe Diem

4:30pm, Thurs., June 18th

In the Sacred Heart Narthex

Food Assignments

A-C: main dish for 8-10

D-I: dessert for 8-10

J-Z: salad/side for 8-10

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

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



During the *Fraction Rite*, the Priest also breaks off a small piece of the consecrated host and places it in the chalice (the *commingling*) quietly saying, "May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it." He does this to "signify the unity of the Body and Blood of the Lord in the work of salvation, namely of the Body of Jesus Christ, living and glorious" (GIRM, 83). That is to say, while Christ's Body and Blood were separated in His death, they are reunited in His resurrection. Historically, this part of the Mass also represented the unity of the Church as small pieces of the host consecrated at the bishop's Mass would be taken to different parishes and placed in their chalices.

LITURGICAL UPDATES - WEEK OF JUNE 22nd

Please note that the daily Mass at 8:45 AM will not take place on Monday, June 22nd, Wednesday, June 24th, and Thursday, June 25th as Fr. Nagel and Fr. Joseph will be attending the annual Priest Days Conference. Additionally, there will be no Adoration on Thursday, June 25th. Mass will resume on Friday, June 26th, at 8:45 AM.



Who's Interested in Starting a Fun Mahjong, Bingo, Bunco or Rummikub Group at Sacred Heart Parish?

We are excited to announce a new opportunity for fun, fellowship and friendly competition right here at Sacred Heart! If you have a passion for games and enjoy bringing people together, we would love for you to help us start a new "game" group. If you are interested in forming and leading this group, please contact Linda Geere at lgeere@sacredheart.org.



Congratulations

Juliette Marie Morrow

Emory James Morrow

Bo Buchan Kneip - Estes

Blakely Faith Kneip

Ethan Theo Pereira

**Who were Baptized last weekend.
Welcome to the Sacred Heart Family!**

ADMINISTRATION & STEWARDSHIP

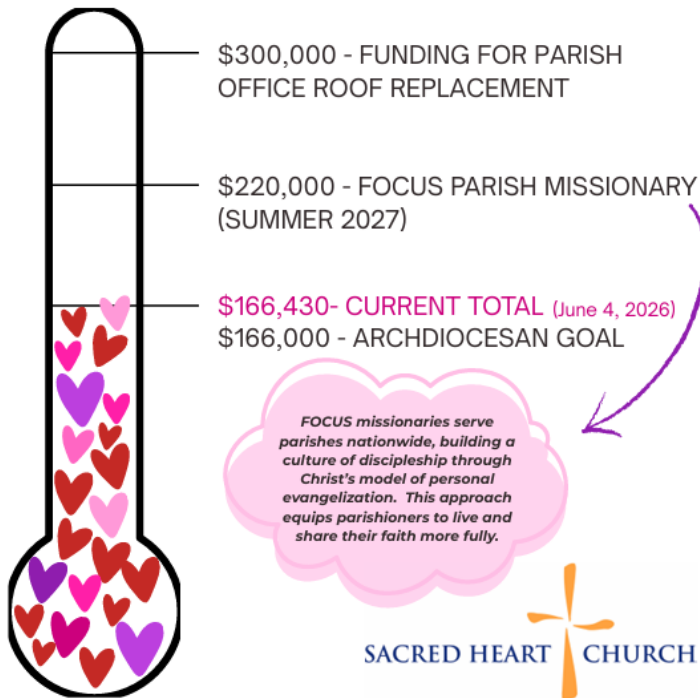
Annual Catholic Appeal 2026 Together in Faith

Please make your **2026 ACA** gift today!



THANK YOU FOR YOUR GENEROUS ANNUAL CATHOLIC APPEAL SUPPORT

SACRED HEART ANNUAL CATHOLIC APPEAL 2026



FINANCIAL GOAL

Thank you to all who have responded to the needs of our regional Church by supporting the 2026 Annual Catholic Appeal! Our journey as Catholics is not undertaken alone. We are all a part of this one body of Christ and your generosity speaks to the impact that our community can have.

We are pleased to share that we have reached our Archdiocesan goal of \$166,000. We are making strides towards our parish goal of \$220,000, with the parish rebate, funding our parish project to bring a FOCUS Missionary to Sacred Heart beginning in the summer of 2027. If you have already made your gift, we thank you for your support. Together in faith, we can support the mission of the Church throughout our local Catholic community. There is still time to donate, so please consider filling out the pew envelope or using the QR code to make your gift online.

Visit archseattle.org/giveaca to learn more and to give today.



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



Stewardship of Treasure

Sunday collection totals

July to May 31, 2026 Budget	\$1,524,164
July to May 31, 2026 Actual	\$1,532,904
	+\$8,740
Prior year actual (July– May 2025)	\$1,517,010
Thank you for your generosity!!	

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

WEEKLY READINGS

Sunday 6/14

Exodus 19:2-6a
Psalm 100:1-2,3,5
Romans 5:6-11
Matthew 9:36—10:8

Monday 6/15

1 Kings 21:1-16
Psalm 5:2-3b,4b-7
Matthew 5:38-42

Tuesday 6/16

1 Kings 21:17-29
Psalm 51:3-6b,11,16
Matthew 5:43-48

Wednesday 6/17

2 Kings 2:1,6-14
Psalm 31:20-21,24
Matthew 6:1-6,16-18

Thursday 6/18

Sirach 48:1-14
Psalm 97:1-7
Matthew 6:7-15

Friday 6/19

2 Kings 11:1-4,9-18,20
Psalm 132:11-14,17-18
Matthew 6:19-23

Saturday 6/20

2 Chronicles 24:17-25
Psalm 89:4-5,29-34
Matthew 6:24-34

Sunday 6/21

Jeremiah 20:10-13
Psalm 69:8-10,17,33-35
Romans 5:12-15
Matthew 10:26-33

MASS INTENTIONS

Sunday 6/14

9:00 AM Mass: RIP DOLORES CULLINANE
by Jerome & Gemma Thielges

11:00 AM Mass: RIP FRANK PAUNICKA
by Bob & Joan McGowan

5:00 PM Mass : PRIEST PRIVATE INTENTION

Monday 6/15

RIP LINDA ROGERS by Sacred Heart Rosary Group

Wednesday 6/17

RIP KATHY KUNATH by Mary Catherine Mead

Thursday 6/18

RIP AL LEFKO by Tom & Michelle Bartell

Friday 6/19

RIP HANNAH TAKEMORI
by Sacristans of Sacred Heart Parish

Saturday 6/20

INT THE PARISHIONERS OF SACRED HEART

Sunday 6/21

9:00 AM Mass: RIP FRANK PAUNICKA
by Dottie McGowan

11:00 AM Mass: RIP YVONNE PIGOTT
by Sacred Heart Parish Staff

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Mike Derr

Mary Lou Porterfield

The Deceased

Eliot Abramson

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 - JUNE

For the Values of Sports

Let us pray that sports be an instrument of peace, encounter and dialogue among cultures and nations and that they promote values such as respect, solidarity and personal growth.

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



Be sure to register for Vacation Bible Camp! This year's theme is ***Snowball Mountain Challenge*** - Scan the QR code for registration (deadline is Monday, June 15.)



Missed a Sacrament?

It is never too late! If you or someone in your family has missed celebrating a sacrament such as Baptism, First Communion or Confirmation, please contact the parish office at 425-454-9536. We are here to assist and guide your family in sacramental preparation.

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.



CONGRATULATIONS SACRED HEART SCHOOL CLASS OF 2026



COMMUNITY OUTREACH - COMMUNITY EVENTS



June Meals for the Homeless Dates Still Available to Volunteer

Sacred Heart Parish is helping those in need at the rotating men's shelter located at **First Congregational Church in Bellevue**. There are available dates in June to prepare dinners.

To sign up for open dates in June, scan the QR code or contact Ben Spurgeon, benandsusanspurgeon@gmail.com, 425-465-1127.

Thank you for the generosity and compassion in helping these men in their path from homelessness to stable living.



Tee off to support future priests 8/4/26



REGISTER


Golf Fore Seminarians
Archdiocese of Seattle – Crozier Society

Next Brown Bag Sunday is June 21st

★ TOP REQUESTED ITEMS LAST MONTH

1



SPAM

Versatile protein staple always in high demand

2



MARUCHAN RAMEN SOUP

Quick and affordable comfort meal

3



PROGRESSO SOUP

Hearty easy-to-eat meal option

Healthy Pantry Alternatives:

-  Low-sodium canned chicken
-  Tuna or salmon in water
-  Beans & lentils
-  Peanut butter

Thank you for your continued support!



Sacred Heart Book Discussion Group

Tuesday, June 23rd at 7:00 PM

Parish Conference Room 1

(Located in the parish office)



Looking for some good books to read this summer? Come join Sacred Heart's book discussion group! We have a line up of fabulous summer reads:

June 23rd: *Theo of Golden* by Allen Levi

July 28th: *Thunderstruck* by Erik Larson

August 25th: *An Irish Country Doctor*

by Patrick Taylor

Please join us on the fourth Tuesday of the month for a lively discussion. Everyone is welcome!

Questions? Comments? Want to be added to the email list? Please contact Annelies Smith at ybugmom@comcast.net.



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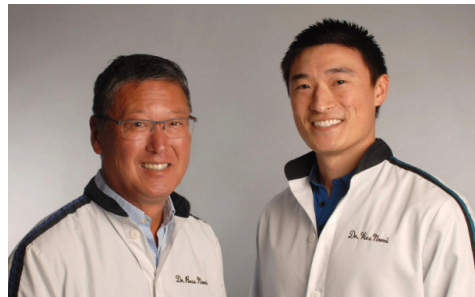
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