



SUNDAY - JUNE 21, 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 Weekdays*

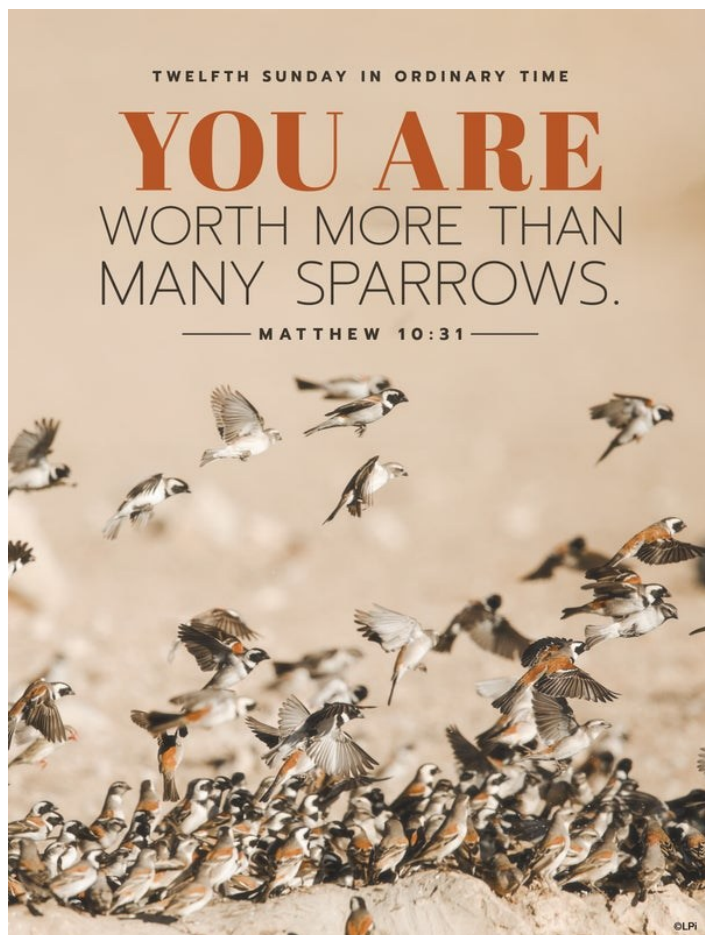
*Wednesdays in Summer, 9:30 AM - 4:00 PM

School

8:00 AM - 4:00 PM Monday - Friday
 (Summer hours vary - call in advance)

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 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



Monday June 22

Weekday

Saint Paulinus of Nola, Bishop; Saints John Fisher, Bishop, and Thomas More, Martyrs

8:15 AM

NO Rosary - Priest Days

8:45 AM

NO Mass - Priest Days

7:00 PM

Rosary Group

Tuesday June 23

Weekday

10:00 AM

Stitchers with Heart Group

7:00 PM

Sacred Heart Book Group

Wednesday June 24

THE NATIVITY OF SAINT JOHN THE BAPTIST

8:15 AM

NO Rosary - Priest Days

8:15 AM

NO Confessions - Priest Days

8:45 AM

NO Mass - Priest Days

Thursday June 25

Weekday

8:15 AM

NO Rosary - Priest Days

8:45 AM

NO Mass - Priest Days

2:00 PM - 4:00 PM

NO Eucharistic Adoration

Friday June 26

Weekday

8:15 AM

Rosary

8:45 AM

Mass

Saturday June 27

Weekday

Saint Cyril of Alexandria, Bishop, Doctor of the Church

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 28

THIRTEENTH SUNDAY IN ORDINARY TIME

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

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ext. 10112

James Applegate, CPA Bookkeeper/Accountant

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Bridget Darrow, Pastoral Assistant for Administration

bdarrow@sacredheart.org

ext. 10102

Robert Eubanks, Facilities Supervisor

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Linda Geere, Pastoral Assistant for Pastoral Care

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ext. 10108

Kelsey Heintz, Pastoral Assistant Middle School Youth Ministry

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Phoebe Kwan, Pastoral Assistant for Liturgy

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ext. 10110

Susan Olmos, Pastoral Assistant for Liturgical Music

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ext. 10106

Lucy Paulsen, Admin. Assistant for Giving, Data & Sacramental Records

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ext. 10103

Sharon Phillips, Pastoral Assistant High School Youth Ministry

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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 NEWS

Teaching Mass with Fr. Nagel

Part 1: Wednesday, July 1st at 6:30 PM at Sacred Heart

Part 2: Wednesday, July 8th at 6:30 PM at St. Monica



Curious why the Catholic Mass seems so complicated? Do you ever find yourself going through the motions without understanding why we do what we do?

Come and join us for a special two-week "Teaching Mass" - a guided walkthrough of the liturgy taught by Fr. Nagel.

Take advantage of this opportunity to learn about the source and summit of our faith, ask questions and enrich your experience of the holy Mass.

Please note: these sessions are an educational walkthrough rather than sacramental Masses. All are welcome to attend one or both of the sessions!

Welcome to Sacred Heart Parish

Thank you for worshipping 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 or call our office at 425-454-9536.

Parish Office Hours -Wednesdays in Summer

Starting Wednesday, July 1st and continuing through August 26th, the parish office will open at 9:30 AM on Wednesdays. This revision during the summer allows the parish staff to attend the 8:45 AM daily Mass and participate in the liturgy as lectors and sacristans.

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



As the Priest concludes the *Fraction Rite*, the supplication *Agnus Dei* (*Lamb of God*) is sung or recited with the congregation replying. This acclamation echoes several voices throughout the Scriptures. In the book of Revelation, the angels and the saints participating in the heavenly liturgy cry out, "Worthy is the Lamb who was slain" (5:11-12). John the Baptist also calls Jesus the "Lamb of God, who takes away the sins of the world" (Jn 1:29). Isaiah also prophesies that the suffering servant of God will be "like a lamb led to the slaughter". This title "Lamb of God" reminds us of the Passover lamb whose blood anointed the doorposts of the Israelites, sparing them from the angel of death in Egypt. Thus, it is to the one true Lamb, the Lamb of God, Jesus Christ, who sacrificed Himself for our salvation that we acclaim, "have mercy on us," and "grant us peace." Following the *Agnus Dei*, all kneel.

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.

Registration Now Open - Infant Baptism Class Saturday, July 11th



Registration is now open for the upcoming infant Baptism preparation class on Saturday, July 11th, from 10:00 AM - 12:00 PM in the Parish Hall. The class provides Baptism preparation for newborn infants to six years old. Email sacraments@sacredheart.org to register for the upcoming class.

ADMINISTRATION & STEWARDSHIP

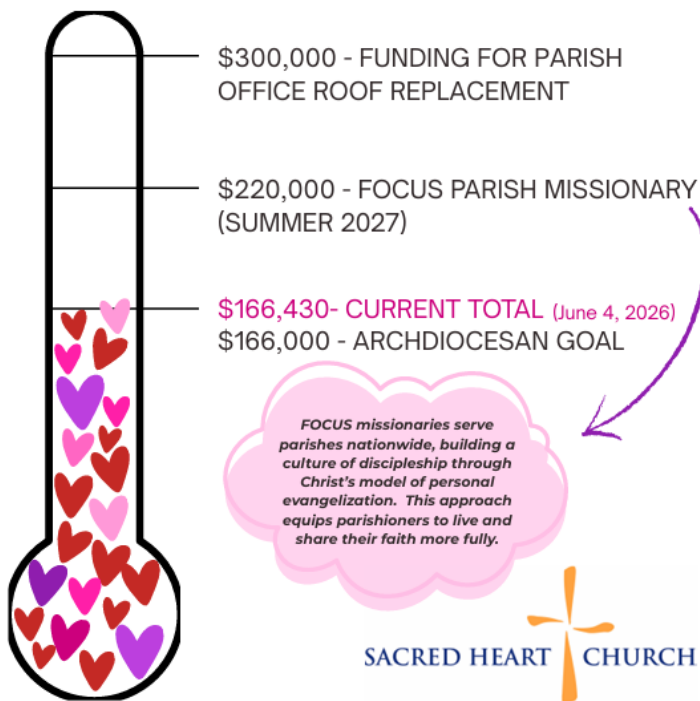
Annual Catholic Appeal 2026 Together in Faith

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



ANNUAL CATHOLIC APPEAL: TOGETHER IN FAITH, WE CAN BE MISSIONARY DISCIPLES

SACRED HEART ANNUAL CATHOLIC APPEAL 2026



FINANCIAL GOAL

"For we are all baptized by one Spirit so as to form one body." (Corinthians 12:13) As we wrap up the 2026 Annual Catholic Appeal here at Sacred Heart Parish, each one of us makes up the body of Christ and all gifts matter! We have heard from 30% of our parishioners. If you have already given, we are incredibly grateful. If you have not made your contribution, we ask you to prayerfully consider making a gift today. You can donate using the QR code, fill out a pew envelope, or go online to archseattle.org/giveaca.

We are getting closer to 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. 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 participating in the Annual Catholic Appeal!



 **Pushpay**
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 6/21

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

Tuesday 6/23

2 Kings 19:9b-11,14-21,
31-35a,36
Psalm 48:2-4,10-11
Matthew 7:6,12-14

Thursday 6/25

2 Kings 24:8-17
Psalm 79:1b-5,8-9
Matthew 7:21-29

Saturday 6/27

Lamentations 2:2,10-14,
18-19
Psalm 74:1b-7,20-21
Matthew 8:5-17

Monday 6/22

2 Kings 17:5-8,13-15a,18
Psalm 60:3-5,12-13
Matthew 7:1-5

Wednesday 6/24

Isaiah 49:1-6
Psalm 139:1b-3,13-15
Acts 13:22-26
Luke 1:57-66,80

Friday 6/26

2 Kings 25:1-12
Psalm 137:1-6
Matthew 8:1-4

Sunday 6/28

2 Kings 4:8-11,14-16a
Psalm 89:2-3,16-19
Romans 6:3-4,8-11
Matthew 10:37-42

MASS INTENTIONS

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

Monday 6/22

NO MASS - Annual Priest Days

Wednesday 6/24

NO MASS - Annual Priest Days

Thursday 6/25

NO MASS - Annual Priest Days

Friday 6/26

INT BARBARA NEELY by Dottie McGowan

Saturday 6/27

INT THE PARISHIONERS OF SACRED HEART

Sunday 6/28

9:00 AM Mass: RIP FRANK PAUNICKA
by Tom & Michelle Bartell

11:00 AM Mass: RIP MAUREEN SANDS
by Sacred Heart Parish Staff

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Pray for the Sick of Sacred Heart &
St. Monica Parish Family

The Deceased

Pray 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 - 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

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.

Join us for

ASCEND

YOUTH LEADERSHIP RETREAT

July 27–29

Archbishop Brunett Retreat Center

A high school leadership retreat to step away, grow deeper and rise higher.

To the heights! –St. Pier Giorgio Frassati

Archdiocese of Seattle



SACRED HEART SCHOOL



Let's Partner

Interested in partnering with Sacred Heart School for the 2026–2027 school year? We invite Sacred Heart parishioners, local businesses and families to support our school through sponsorship opportunities that directly benefit our students, programs, and community. Ready to make an impact? Please reach out to Corey Raney, SHS Development, at craney@sacredheart.org or 425-451-1773, ext. 11605 to learn more about the sponsorship levels available. Partnerships can make a meaningful impact while connecting your business with the SHS community.



Registration Now Open

CYO Soccer and Cross Country

Registration for fall soccer and cross country is open for all Sacred Heart parishioners and students in grades K-8. No experience required, only the desire to learn and have fun! Register: teamsideline.com/sites/seattlecyo/home.



FAITH & FAMILY DAY

ENJOY SOME BASEBALL ACTION AT T-MOBILE PARK WITH THE ARCHDIOCESE OF SEATTLE!

- Special ticket price for the group.
- Postgame concert and player speaker series (players are subject to change).
- To purchase tickets, scan the code below.



SATURDAY, AUGUST 1
1:10 P.M.

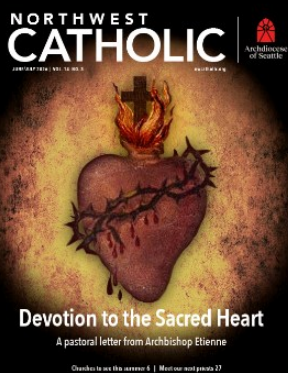


TICKET PRICES
VIEW LEVEL
\$16.77 each

(Includes taxes & fees)



TO BUY TICKETS OR FOR MORE INFO CALL OR EMAIL
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CYAN.TUTTLE@MARINERS.COM



Check out the June/July issue

A pastoral letter on the Sacred Heart

Meet our next priests
Churches to see this summer

NORTHWEST
CATHOLIC

READ

Northwest Catholic June/July Magazine
Read the June/July issue of Northwest Catholic content on NWCatholic.org

Anyone who has any concerns or allegations related to the safety and well-being of our children regarding clergy or lay leaders in the Archdiocese of Seattle should contact the special hotline at 1-800-446-7762.

COMMUNITY OUTREACH - COMMUNITY EVENTS

Peter's Pence Collection

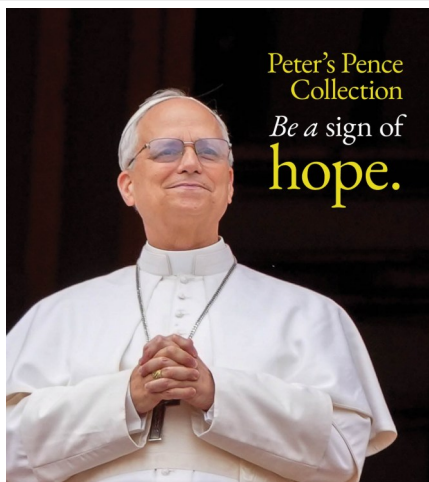
June 27th - 28th

Next weekend is the Peter's Pence Collection to support the Universal Church and the work of the Holy See, including the

charitable works of Pope Leo XIV. These works benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Be a sign of hope with your generosity.

For more information, visit

www.obolodisanietro.va/en.html



Brown Bag Sunday Collection - June 21



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!



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.

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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Don Lovell



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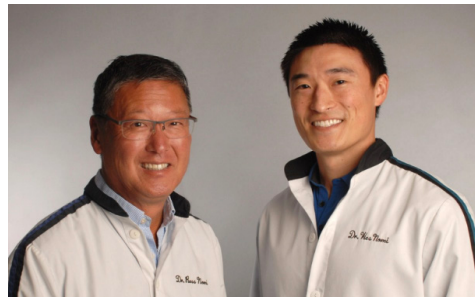
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