



SUNDAY - JUNE 28, 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.



13TH SUNDAY IN ORDINARY TIME

"Whoever does not take up his cross and follow
after me is not worthy of me." - Mt 10:37-38

PARISH CALENDAR

Sunday June 28

THIRTEENTH SUNDAY IN ORDINARY TIME

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

Monday June 29

SAINTS PETER AND PAUL, APOSTLES

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

Tuesday June 30

Weekday

The First Martyrs of the Holy Roman Church

10:00 AM Stitchers with Heart Group

Wednesday July 1

Weekday

Saint Junipero Serra, Priest

8:15 AM Rosary
8:15 AM Confessions
8:45 AM **Mass**
6:30 PM Teaching Mass with Fr. Nagel at Sacred Heart

Thursday July 2

Weekday

8:15 AM Rosary
8:45 AM **Mass** with Anointing of the Sick
2:00 PM - 4:00 PM Eucharistic Adoration

Friday July 3

SAINT THOMAS, APOSTLE

Parish Office Closed in Observance of 4th July Weekend

8:15 AM Rosary
8:45 AM **Mass**
No First Friday 7:00 AM Mass or First Friday Adoration

Saturday July 4

Weekday

*Independence Day
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 July 5

FOURTEENTH 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
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 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!

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



As the congregation sings or recites the Lamb of God, the Priest who has finished the Fraction Rite, prays that he may receive the Body and Blood of Christ worthily and fruitfully. This act of preparation should also be carried out by the faithful either before Mass or in the moments to come as they also prepare to receive Jesus in the most Blessed Sacrament of the altar. When he has finished, he genuflects and picks up the consecrated host, raising it slightly for the congregation to see, as all kneel.

Upcoming Funeral Sacred Heart Church



Eileen McCarthy
Saturday, July 11th at 11:00 AM



Congratulations

Taylor Toshiko Julia Gossett
Jayden Taro Houston Gossett
Amaya Mitsuko Lue Gossett

Who Were Recently Baptized
Welcome to the Sacred Heart Family!

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.

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.

ADMINISTRATION & STEWARDSHIP

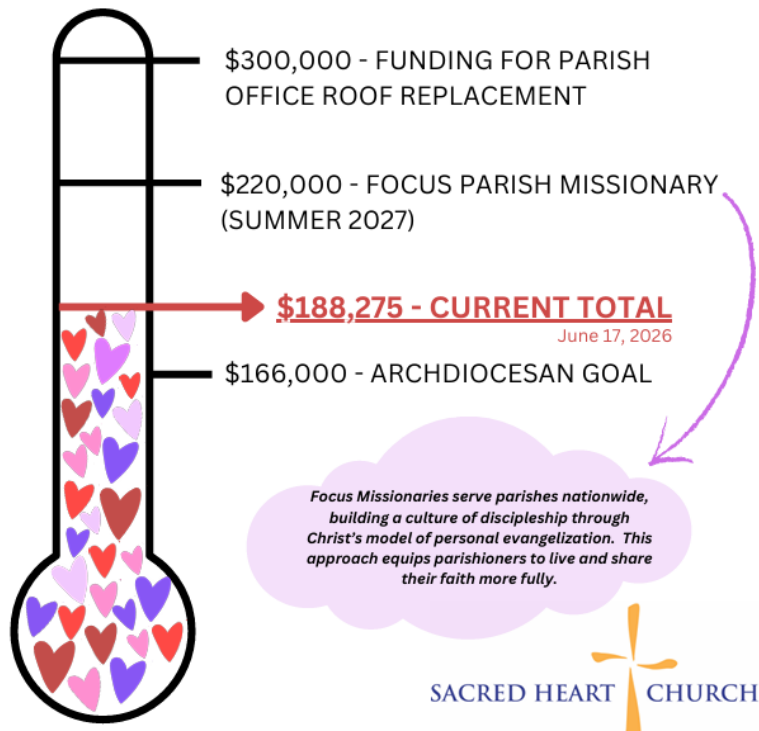
Annual Catholic Appeal 2026 Together in Faith

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



ANNUAL CATHOLIC APPEAL: TOGETHER IN FAITH

SACRED HEART ANNUAL CATHOLIC APPEAL 2026



FINANCIAL GOAL

Through the Annual Catholic Appeal, our parish has been answering the call to support our shared mission – to help one another encounter Christ and put the Gospel into concrete action. Your gift is integral to bringing faith formation programs to life, inviting youth and young adults into the Church, fostering a welcoming community and providing for the spiritual and physical needs of every person we encounter.

We have heard from 30% of our parishioners. If you have already given, we are incredibly grateful. If you have not made your pledge, 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. The parish rebate will fund our 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.



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 6/28

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

Tuesday 6/30

Amos 3:1-8;4:11-12
Psalm 5:4b-8
Matthew 8:23-27

Thursday 7/2

Amos 7:10-17
Psalm 19:8-11
Matthew 9:1-8

Saturday 7/4

Amos 9:11-15
Psalm 85:9ab,10-14
Matthew 9:14-17

Monday 6/29

Acts 12:1-11
Psalm 34:2-9
2 Timothy 4:6-8,17-18
Matthew 16:13-19

Wednesday 7/1

Amos 5:14-15,21-24
Psalm 50:7-13,16b-17
Matthew 8:28-34

Friday 7/3

Ephesians 2:19-22
Psalm 117:1b-2
John 20:24-29

Sunday 7/5

Zechariah 9:9-10
Psalm 145:1-2,8-11,13-14
Romans 8:9,11-13
Matthew 11:25-30

MASS INTENTIONS

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

Monday 6/29

RIP LINDA ROGERS by Sacred Heart Parish Staff

Wednesday 7/1

RIP YVONNE PIGOTT by Marian Middleton

Thursday 7/2

RIP MOLLY DAVIDSON by Catherine Morgan

Friday 7/3

RIP LUZ LIM by Mary Jane Lacist

Saturday 7/4

INT THE PARISHIONERS OF SACRED HEART

Sunday 7/5

9:00 AM Mass: INT MICHAEL CUNDARI
by Sacred Heart Parish Staff

11:00 AM Mass: RIP KAYLA CORRIGAN
by Denise Angelone

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

Eileen McCarthy
Sister Mary Lou DiJulio
(sister of Gemma Thielges and Angela Wright)

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

SACRED HEART SCHOOL

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



Celebrate 75 Years of Sacred Heart School as a Sponsor!

As Sacred Heart School celebrates its 75th Anniversary, we invite parishioners and local businesses to become part of this milestone year by joining our School Sponsorship Program.

Sponsorship is a meaningful way to support Catholic education while gaining visibility among our vibrant community of more than 275 school families. Sponsorship opportunities include recognition at school events, in publications, on campus and through school communications throughout the year.

If you own a business, work for a company that values community involvement or know someone looking for a meaningful way to make an impact, we encourage you to explore our sponsorship opportunities. Your partnership directly supports the students, programs and faith-filled mission that have been at the heart of Sacred Heart School for 75 years. To learn more about sponsorship opportunities, please contact Corey Raney at craney@sacredheart.org in the School Development Office today!



2026 National Eucharistic Pilgrimage

Follow the National Eucharistic Pilgrimage Blog on OSV News link for updates and news as the pilgrims journey with the Eucharist from St. Augustine Florida to Philadelphia. Read reflections from Sharon Phillips, our High School Youth Minister who is one of the nine pilgrims participating in this journey. osvnews.com/national-eucharistic-pilgrimage/



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.

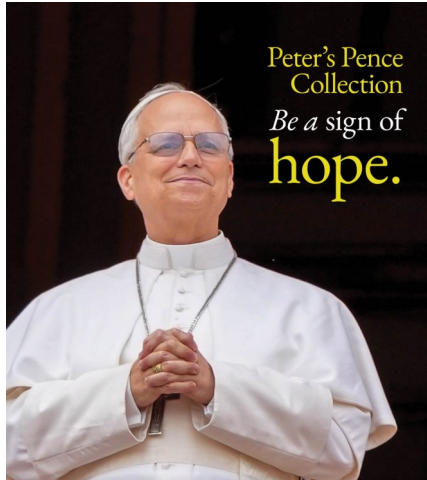
Missed a Sacrament?

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.

COMMUNITY OUTREACH - COMMUNITY EVENTS

Peter's Pence Collection This Weekend

This weekend is the Peter's Pence Collection that supports the work of the Universal Church, including the work of the Holy See, and the charitable works of Pope Leo XIV. Take this opportunity to join with Pope Leo XIV to be a sign of hope to our suffering brothers and sisters. Please be generous today. For more information, visit www.obolodisanpietro.va/en.html



Sacred Heart SVDP members thank all who generously contributed to the Holy Thursday collection and who continue to support our efforts through monthly donations. We often receive a heartfelt thank you from neighbors we have been able to help due to your donations.

Sacred Heart Book Discussion Group Tuesday, July 28th 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!

July 28th: *Thunderstruck* by Erik Larson

For more information, please contact Annelies Smith at ybugmom@comcast.net.



**Coming Soon:
Good Start
Back to School Drive**



Groceries for Families Program

Join the Sacred Heart community to help with groceries for the GFF Program. Over 200 bags are needed weekly to help with food security and hope! Scan the QR code to sign up and view the grocery list!

When delivering to Jubilee Reach, please make sure to write "SHC" on your bag. Thank you for supporting these families in our local community!



Carpe Diem's 50yrs+
Summer Potluck & Movie
4:30pm Thurs., July 16
in Sacred Heart's Narthex
Food Assignments:

A-C: salad/side for 8-10

D-I: main dish for 8-10

J-Z: dessert for 8-10

Info: Linda Geere, 425-450-3908

or lgeere@sacredheart.org



Rachel's Corner

Project Rachel Post Abortion Healing Retreats

English Retreat: Sept. 25 - Sept. 27, 2026

Men's Healing Retreat: Oct. 10 - Oct. 11, 2026

To leave a confidential message please call

English: (206) 920-6413 Spanish: (206)-450-7814

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.

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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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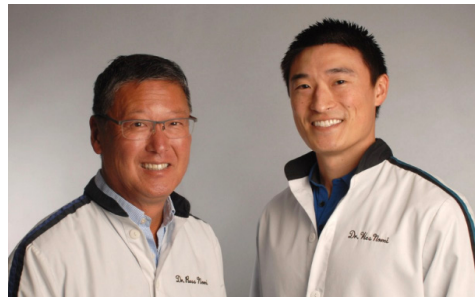
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for weekly parish bulletins



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