



SACRED HEART CHURCH

A Parish Family with St. Monica, Mercer Island

9460 N.E. 14TH STREET • BELLEVUE, WA 98004 • 425-454-9536 • SACREDHEART.ORG

SUNDAY - JULY 5, 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*

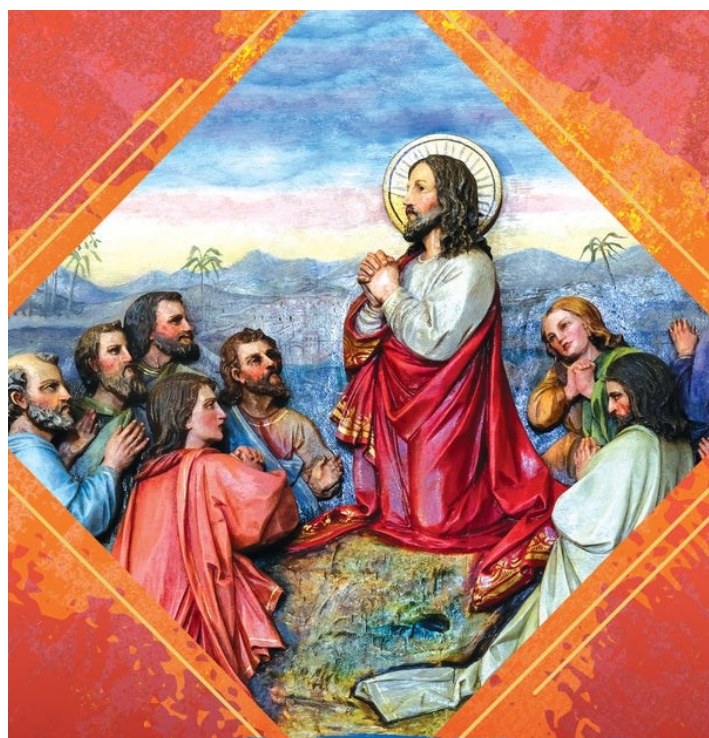
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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.



14TH SUNDAY IN ORDINARY TIME

"Come to me, all you who labor and are burdened,
and I will give you rest." - Mt 11:28-30

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

PARISH CALENDAR

Sunday July 5

FOURTEENTH SUNDAY IN ORDINARY TIME

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

Monday July 6

Weekday

Saint Maria Goretti, Virgin, Martyr

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

Tuesday July 7

Weekday

10:00 AM Stitchers with Heart Group

Wednesday July 8

Weekday

Parish Office Opens at 9:30 AM

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

Thursday July 9

Weekday

Saint Augustine Zhao Rong, Priest, and Companions,, Martyrs

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

Friday July 10

Weekday

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

Saturday July 11

Saint Benedict, Abbot

8:00 AM Women's Group
8:00 AM Men's Group
10:00 AM Infant Baptism Class
11:00 AM Funeral for Eileen McCarthy
3:00 PM Confessions- Reconciliation Chapel
5:00 PM Vigil **Mass**

Sunday July 12

FIFTEENTH 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
fnagel@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 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.

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 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 Part 2 of the 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!



St. Monica and Sacred Heart (Parish Family 26) Synthesis - Who Do We Want To Become

The Parish Family Advisory Council would like to thank everyone who participated in the listening sessions, survey and conversations regarding who we want to become as a parish family. Your input will be used to guide our vision as we move forward.

If you haven't a chance to read the synthesis report yet, scan the QR code to access it, or visit parish.sacredheart.org/about-us/our-parish-family.



Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



After the *Agnus Dei* (Lamb of God), all kneel in a posture of adoration and the Priest, having genuflected, raises the consecrated host slightly saying, "Behold the Lamb of God, behold him who takes away the sins of the world." Echoing the words of John the Baptist (Jn 1:29), the Priest, holding up the consecrated host says, "behold," a word that demands our attention. As John the Baptist saw in the humanity of Christ His hidden divinity and salvific mission, the Priest likewise calls our attention to the hidden presence of the Christ under the appearance of bread and wine. Truly, here is the Lamb of God, the Lamb offered once for all on Calvary, the Lamb who takes away the sins of the world, hidden yet present in our midst. In awe, we kneel and turn our attention to behold him.

Upcoming Funeral Sacred Heart Church



Eileen McCarthy
Saturday, July 11th at 11:00 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

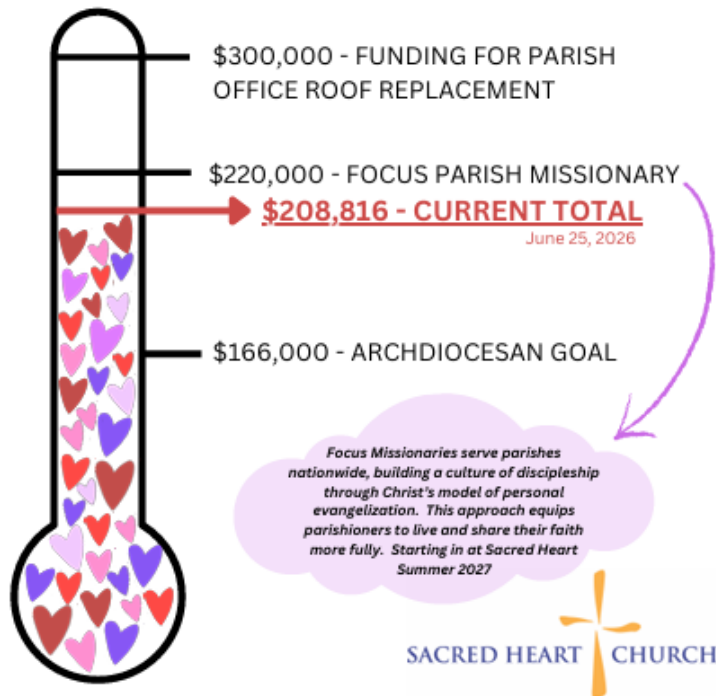
Together
in Faith

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



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. Whether it is supporting parish staff through centralized services, supporting seminarian formation and education, or uplifting youth and young adult programs and events, your generosity matters. We have heard from 31% 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 7/5

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

Monday 7/6

Hosea 2:16,17c-18,21-22
Psalm 145:2-9
Matthew 9:18-26

Tuesday 7/7

Hosea 8:4-7,11-13
Psalm 115:3-7b,8-10
Matthew 9:32-38

Wednesday 7/8

Hosea 10:1-3,7-8,12
Psalm 105:2-7
Matthew 10:1-7

Thursday 7/9

Hosea 11:1-4,8e-9
Psalm 80:2ac,3b,15-16
Matthew 10:7-15

Friday 7/10

Hosea 14:2-10
Psalm 51:3-4,8-9,
12-14,17
Matthew 10:16-23

Saturday 7/11

Isaiah 6:1-8
Psalm 93:1-2,5
Matthew 10:24-33

Sunday 7/12

Isaiah 55:10-11
Psalm 65:10-14
Romans 8:18-23
Matthew 13:1-23

MASS INTENTIONS

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

Monday 7/6

RIP STEVE ABERCROMBIE
by Tom & Michelle Bartell

Wednesday 7/8

RIP AARON ROGERS by Patricia Allen

Thursday 7/9

INT ARMEN BEEMAN
by Sacred Heart Parishioner

Friday 7/10

RIP FRANK PAUNICKA
by Sacred Heart Parish Staff

Saturday 7/11

INT THE PARISHIONERS OF SACRED HEART

Sunday 7/12

9:00 AM Mass: RIP NICOLA OPDYCKE
by Dottie McGowan

11:00 AM Mass: RIP STEPHEN BUMGARDNER
by Nancy & Kip Durrell

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Mary Lou Porterfield

The Deceased

Betty Coyle

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 - JULY

For Respect For Human Life

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

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

SACRED HEART SCHOOL



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!

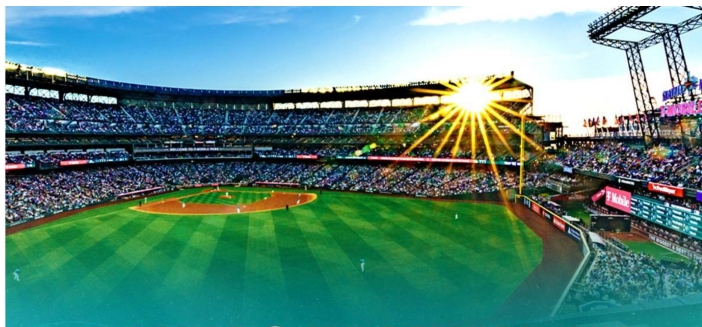


Registration Now Open CYO Soccer and Cross Country

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.



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.



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Archdiocese
of Seattle

NETWORKING HAPPY HOUR

Thursday, July 9th, 2026
7pm-9pm

Formula Brewing
1875 NW Poplar Way, Issaquah

*YCP Members receive a
complimentary drink ticket!



**REGISTER
NOW!**



YOUNG CATHOLIC
PROFESSIONALS
SEATTLE

COMMUNITY OUTREACH - COMMUNITY EVENTS



Don't Miss the 2026 Good Start Back to School Bus!

Or you'll miss your chance to help up to 2000 students from low-income families in the Bellevue School District start the new school year with pride!

The **Good Start Back to School** bus bin will be parked in the Narthex from July 11 through August 2. That's where you can deposit backpacks and **checks** for this Congregations for Kids project. But hurry, the bus leaves after August 9 for Spiritridge Elementary School, where our donations will be added to those collected by other Eastside congregations and organizations. There, backpacks will be organized and tagged and home-use supplies sorted and boxed to help these children from low-income families in Bellevue have a good start back to school.

Checks for purchasing school supplies for home use and additional backpacks, made out to Sacred Heart Parish, clearly marked "Back to School" or made out to *Congregations for Kids/ EISCC*.

Donations may be made online:

congregations4kids.org



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



STARTING FRIDAY

JULY 10

@ SM Church

A group of parishioners will be reading through and discussing Pope Leo's important encyclical on AI and Human Dignity. The plan is for the first study session to be held on **Friday, July 10, at 8:45AM at St. Monica's Family Center**. There will be 6+ study sessions. If you are interested in participating in this group, please contact Leo Zipp via the form on the bible study page of the St. Monica Parish website:

stmonicami.org/BibleStudies.

Rachel's Corner

Project Rachel Post Abortion Healing Retreats

English Retreat: Sept. 25 - Sept. 27, 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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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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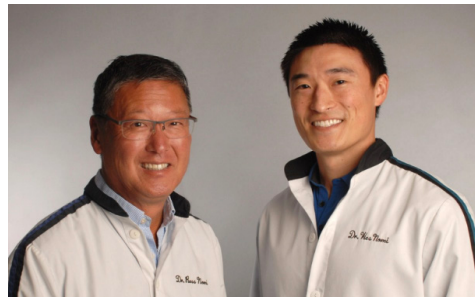
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