



SUNDAY - JULY 12, 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*

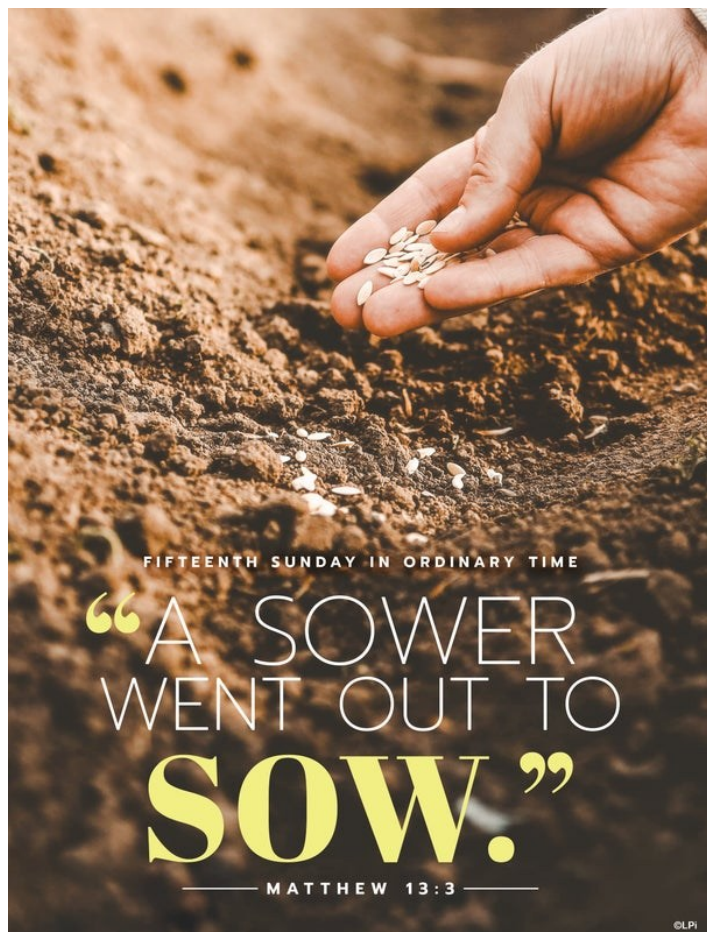
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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 July 12

FIFTEENTH SUNDAY IN ORDINARY TIME

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

Monday July 13

Weekday

Saint Henry

8:15 AM Rosary
8:45 AM **Mass**
9:00 AM High School Mass & Mochas at
Mercerdale Park, Mercer Island
7:00 PM Rosary Group

Tuesday July 14

Saint Kateri Tekakwitha, Virgin

10:00 AM Stitchers with Heart Group

Wednesday July 15

Saint Bonaventure, Bishop, Doctor of the Church

Parish Office Opens at 9:30 AM

8:15 AM Rosary
8:15 AM Confessions
8:45 AM **Mass**
7:00 PM Middle and High School Bonfire
Night at St. Monica Courtyard

Thursday July 16

Weekday

Our Lady of Mount Carmel,

8:15 AM Rosary
8:45 AM **Mass**
2:00 PM - 4:00 PM NO Eucharistic Adoration
4:30 PM Carpe Diem Summer Potluck
and Movie

Friday July 17

Weekday

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

Saturday July 18

Weekday

Saint Camillus de Lellis, Priest

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 19

SIXTEENTH SUNDAY IN ORDINARY TIME

Fr. Joseph Akor's 18th Anniversary of Priestly Ordination

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
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James Applegate, CPA Bookkeeper/Accountant
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Bridget Darrow, Pastoral Assistant for Administration
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Robert Eubanks, Facilities Supervisor
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Linda Geere, Pastoral Assistant for Pastoral Care
lgeere@sacredheart.org ext. 10108

Kelsey Heintz, Pastoral Assistant Middle School Youth
Ministry
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Phoebe Kwan, Pastoral Assistant for Liturgy
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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)



Matthew, a parishioner of Sacred Heart, will speak briefly at all Masses this weekend about FOCUS and his role as a first-year missionary.



My name is Matthew Livingston, and I will be serving as a first-year FOCUS missionary at the United States Air Force Academy! There, I will be walking with cadets toward Christ through authentic friendship, Bible studies, discipleship, and more.

I am looking for mission partners to support me in serving the cadets at the Academy. I would love the opportunity to meet with you and share more about the mission and vision of FOCUS and how you can partner with me in this wonderful ministry.

Please feel free to reach out to me by phone or email using the contact information below, or scan the QR code to learn more about my mission and support my work.

Thank you for your prayers and support. God bless!

Matthew Livingston
425-628-5965

matthew.livingston@focus.org



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 had a chance to read the synthesis report, 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



While still holding up the consecrated host for all to “behold”, the Priest also invites the faithful to the banquet of Christ, using the words from Revelation (19:9), “Blessed are those who have been called to the wedding feast of the Lamb.” This is not simply a meal, but a *wedding feast* in which the Bridegroom Lamb is intimately united with His Bride, the Church, through Holy Communion. As Mary once received the Word of God into her womb, in the Eucharist, we receive the God of the universe into our very being, to be united with Him and to be transformed by Him. In humility before so great a gift, the faithful with the Priest respond with the trusting words of the centurion, “Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”

Sacred Heart Liturgical Schedule Updates

Fr. Joseph will be departing on Tuesday to visit his family in Nigeria and is scheduled to return on August 22nd. During his absence, Fr. Nagel will share his time between our Parish Family of Sacred Heart and St. Monica for Masses and parish commitments. Additionally, Fr. Joseph Mitchell and Fr. John Madigan, Senior Priests in the Archdiocese of Seattle, will assist by presiding at various weekend Masses. Please note the following changes to Sacred Heart's Liturgical schedule during Fr. Joseph's vacation:

- ◆ There will be no Eucharistic Adoration on Thursdays, starting Thursday, July 16th. Eucharistic Adoration will resume on Thursday, August 27th.
- ◆ There will be no 7:00 AM First Friday of the Month Mass or 9:30 AM Eucharistic Adoration on Friday, August 7th. The First Friday of the Month Mass and Eucharistic Adoration will resume on Friday, September 4th.

St. Monica offers a Perpetual Eucharistic Adoration Chapel that is accessible at any hour throughout the week. For security reasons, the Adoration Chapel door is equipped with a locking keypad. To obtain the code for the chapel, please contact the St. Monica parish office at 206-232-2900 prior to your visit.

ADMINISTRATION & STEWARDSHIP

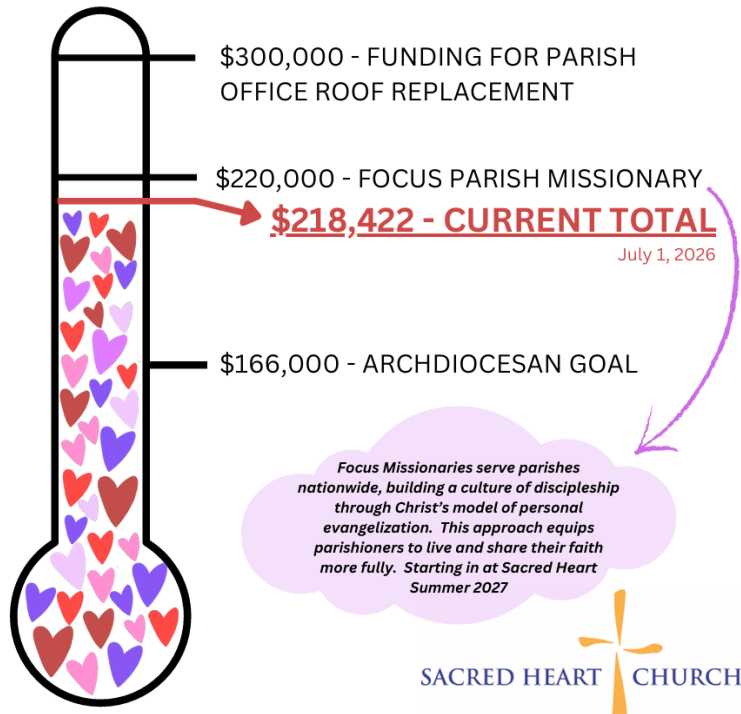
Annual Catholic Appeal 2026 Together in Faith

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



THANK YOU FOR SUPPORTING THE ANNUAL CATHOLIC APPEAL!

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.

Thank you to all who have returned your ACA pledges and gifts, as well as those who are recurring monthly donors.

We have heard from 34% 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 7/12

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

Tuesday 7/14

Isaiah 7:1-9
Psalm 48:2-8
Matthew 11:20-24

Thursday 7/16

Isaiah 26:7-9,12,16-19
Psalm 102:13-14b,15-21
Matthew 11:28-30

Saturday 7/18

Micah 2:1-5
Psalm 10:1-4,7-8,14
Matthew 12:14-21

Monday 7/13

Isaiah 1:10-17
Psalm 50:8-9,16b-17,21,23
Matthew 10:34—11:1

Wednesday 7/15

Isaiah 10:5-7,13b-16
Psalm 94:5-10,14-15
Matthew 11:25-27

Friday 7/17

Isaiah 38:1-6,21-22,7-8
(Psalm) Isaiah 38:10-12d,16
Matthew 12:1-8

Sunday 7/19

Wisdom 12:13,16-19
Psalm 86:5-6,9-10,15-16
Romans 8:26-27
Matthew 13:24-43

MASS INTENTIONS

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

Monday 7/13

INT FR. JOSEPH AKOR
(18th Anniversary of Priestly Ordination on July 19th)
by Sacred Heart Parish & School Staff

Wednesday 7/15

RIP MARLEN BOIVIN by Marian Middleton

Thursday 7/16

RIP ROBERT DARLING by Sacred Heart Parish Staff

Friday 7/17

INT SUSAN SCHWARZ by Larry & Kim LaPlante

Saturday 7/18

INT THE PARISHIONERS OF SACRED HEART

Sunday 7/19

9:00 AM Mass: RIP SR. MARY LOUISE DIJULIO
by Bill & Angela Wright

11:00 AM Mass:

RIP SIDNEY CHARLES CALLAGHAN
by Jen & Matt Fassnacht

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Pray for the sick of Sacred Heart
and St. Monica Parish Family

The Deceased

Pray for the deceased of Sacred Heart
and 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.

Welcome to Sacred Heart Parish

Thank you for worshiping 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.

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

YOUTH MINISTRY

High School Mass* & Mochas



Come join Fr. Nagel and the youth ministers
for conversation and coffee on us!

Monday, July 13th
9am @ Mercerdale Park,
Mercer Island

Monday, July 20th
9am @ Queen Bee Cafe,
Clyde Hill

Monday, July 27th
9am @ Mercerdale Park,
Mercer Island

*We will substitute Mass for morning prayer, enjoy your sleep in!

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!

Middle and High School BONFIRE *Night*

WEDNESDAY JULY 15TH 7-9PM

St. Monica Courtyard (behind parish office)

S'mores & hotdogs will be provided

Email kelsey@stmonicami.org for any questions!



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



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

The Next Brown Bag Sunday Collection is July 19th

★ 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!





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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



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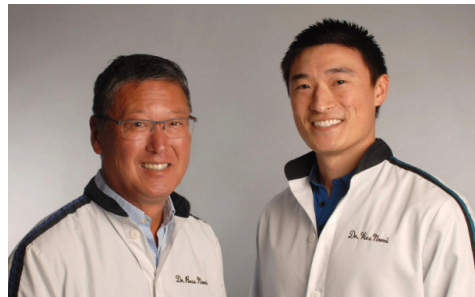
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