



SUNDAY - JULY 26, 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

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*

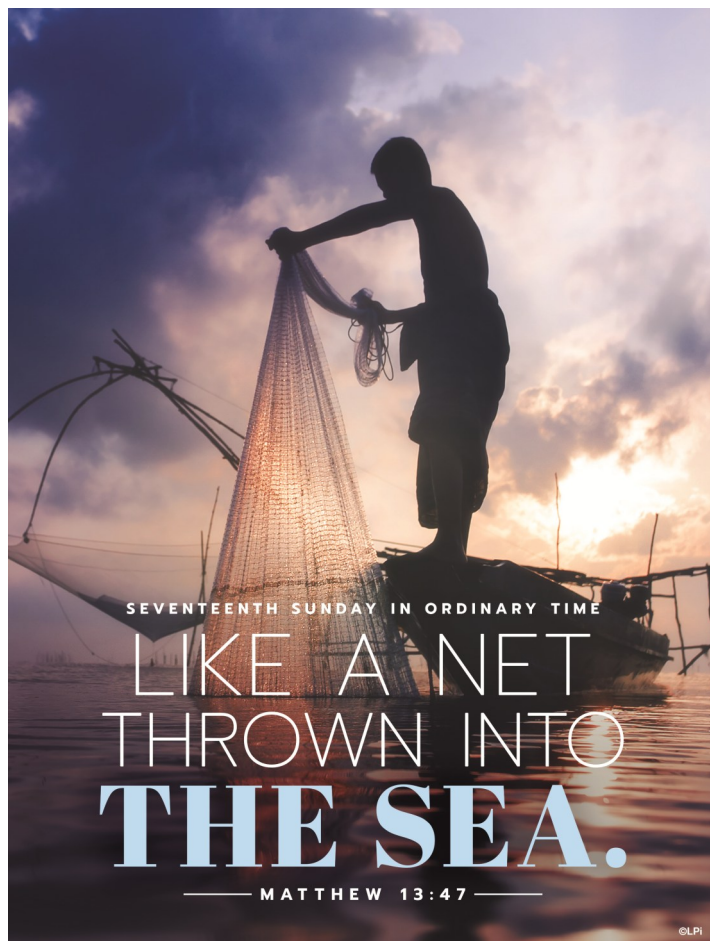
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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 26

SEVENTEENTH SUNDAY IN ORDINARY TIME

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

Monday July 27

Weekday

8:15 AM Rosary
8:45 AM **Mass**
9:30 AM High School Mass & Mochas at
Mercerdale Park, Mercer Island

Tuesday July 28

Weekday

10:00 AM Stitchers with Heart Group
7:00 PM SH Book Discussion Group

Wednesday July 29

Saint Martha, Mary, and Lazarus

Parish Office Closed for Staff Off-Site, Fun Day

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

Thursday July 30

Weekday

St. Peter Chrysologus, Bishop, Doctor

8:15 AM Rosary
8:45 AM **Mass**
2:00 PM - 4:00 PM NO Eucharistic Adoration

Friday July 31

Saint Ignatius of Loyola, Priest

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

Saturday August 1

Saint Alphonsus Liguori, Bishop, Doctor of the Church

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

Sunday August 2

EIGHTEENTH 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 Office Hours –Wednesdays in Summer

This summer, the parish office will open at
9:30 AM on Wednesdays, through August 26th.
This revision 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

Sacred Heart Liturgical Schedule Updates

Fr. Joseph is currently visiting 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, we will welcome back Fr. John Madigan, who will preside 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. 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. To obtain the code for the chapel's locking keypad, please contact the St. Monica parish office at 206-232-2900 prior to your visit.

Behold the Lamb Quick Weekly Lessons on the Sacred Liturgy



During the distribution of Holy Communion, the faithful process to receive Jesus in the Eucharist. Right before arriving at the front of the line, those Catholics properly disposed make a gesture of reverence (usually a bow). When the minister says, "The Body of Christ," the faithful respond with, "Amen," as an act of faith which informs the minister that you believe in the Real Presence of Jesus in the Eucharist. If receiving on the hand, the faithful places one hand flat on top of the other at an appropriate height, forming a throne to receive the Lord. The Eucharist is always *received* and never taken. The minister should see you receive the Eucharist before you start walking away. If receiving on the tongue, the faithful, after saying "Amen", open their mouth and extend their tongue past their lower lip. The mouth should be clear of any gum, cough drops or any other like items before receiving Holy Communion. If someone is not Catholic, not reconciled with the Church, or otherwise unable to receive the Eucharist, they may either remain in their pews or come forward in the Communion procession with their arms crossed to receive a blessing from the Priest.



GRIEF & LOSS SUPPORT GROUP

Join us for a six-week course in compassionate grief support. Everyone is welcome, regardless of where you are in your journey. Meetings will be facilitated by Karla Obernesser, LMHC.

**TUESDAYS
5:30 PM TO 7 PM
BEGINNING
AUGUST 25TH THRU
SEPTEMBER 29TH**

If you would like to attend or have questions, please contact Linda Geere at 425-450-3908 or lgeere@sacredheart.org

Sacred Heart Youth Room - 9460 NE 14th Street, Bellevue, WA
www.sacredheart.org

ADMINISTRATION & STEWARDSHIP

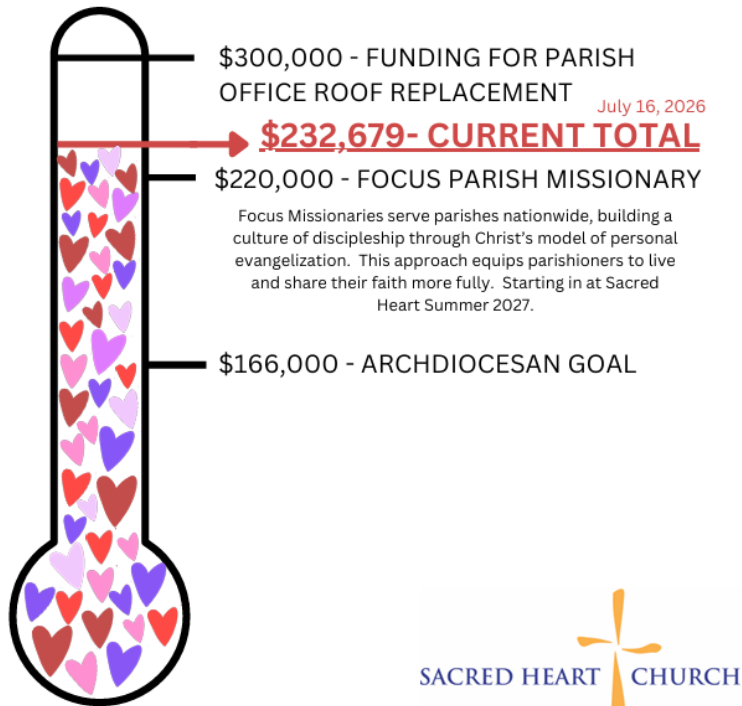
Annual Catholic Appeal 2026 Together in Faith

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



THANK YOU FOR YOUR GENEROUS SUPPORT OF THE ANNUAL CATHOLIC APPEAL!

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 excited to announce that we have met 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. Any additional ACA rebate funds will go towards the funding for the parish office roof replacement.

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 35% of our parishioners. 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.

Together in faith, we can support the mission of the Church throughout our local Catholic community.



 **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 7/26

1 Kings 3:5,7-12
Psalm 119:57,72,
76-77,127-130
Romans 8:28-30
Matthew 13:44-52

Monday 7/27

Jeremiah 13:1-11
(Psalm) Deuteronomy
32:18-21
Matthew 13:31-35

Tuesday 7/28

Jeremiah 14:17-22
Psalm 79:8-9,11,13
Matthew 13:36-43

Wednesday 7/29

Jeremiah 15:10,16-21
Psalm 59:2-4,10-11,17-18
John 11:19-27

Thursday 7/30

Jeremiah 18:1-6
Psalm 146:1b-6b
Matthew 13:47-53

Friday 7/31

Jeremiah 26:1-9
Psalm 69:5,8-10,14
Matthew 13:54-58

Saturday 8/1

Jeremiah 26:11-16,24
Psalm 69:15-16,30-31,
33-34
Matthew 14:1-12

Sunday 8/2

Isaiah 55:1-3
Psalm 145:8-9,15-18
Romans 8:35,37-39
Matthew 14:13-21

MASS INTENTIONS

Sunday 7/26

9:00 AM Mass: RIP FR. PATRICK RITTER (2020)
by Sacred Heart Parish & School Staff

11:00 AM Mass:

INT HAYDEN FAMILY by Emily Kirwin

5:00 PM Mass : PRIEST PRIVATE INTENTION

Monday 7/27

RIP JIM DECKER by Evelyn & John Bondi

Wednesday 7/29

INT LAURA GOGGINS by William Goggins

Thursday 7/30

INT SEAN MCGRADY by Kathleen May

Friday 7/31

INT ZENY & TONY FLETCHER
by Dimalanta & Snyder Families

Saturday 8/1

INT THE PARISHIONERS OF SACRED HEART

Sunday 8/2

9:00 AM Mass: RIP INOCENCIO BENDANILLO SR.
by Myrna Bendanillo Tickner

11:00 AM Mass: RIP JIM HASLAM by Loni Haslam

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Chuck & Inez Michael

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 27th
9:30am @ Mercerdale Park,
Mercer Island

Monday, August 3rd
9:30am @ Medina Beach Park
Clyde Hill

Monday, August 17th
9:30am @ 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!

Join Archbishop Paul D. Etienne for the

Mass for Peace

August 6 | 12pm | St. James Cathedral



Archdiocese
of Seattle



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 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

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This weekend, July 25-26, our parish will offer a collection to support the Solidarity Fund for the Church in Africa. As the Church in Africa grows, its need for pastoral leaders increases. The Solidarity Fund supports pastoral projects that build the capacity of the Church and foster lasting peace and reconciliation across a continent often marked by division and tension. To learn more, visit **uscgb.org/africa**.

Carpe Diem's 50yrst
BBQ Luncheon
Thurs., Aug. 20th
11:30am in the Narthex

\$25 in Advance only
Sales Aug. 1-2 & Aug. 8-9

Info: Linda Geere 425-450-3908

Sacred Heart
3rd Annual Knights of Columbus Golf Tournament

Supporting:

The Sacred Heart 3rd Annual Knights of Columbus Golf Tournament was a huge success! Under the leadership of Nate Short and with the support of numerous Knights and their spouses, they had 150 participants and were blessed with beautiful weather.

The goals for the event were to promote community fellowship, have fun and raise money for Jubilee Reach and PREPARES. The Knights are pleased to announce that \$3,500 was raised for Jubilee Reach's Coats for Kids program, which will be matched by the Supreme Council, for a total donation of \$7,000 for Coats for Kids! Additionally, \$3,000 was raised for PREPARES for much-needed diapers and supplies. Visit **sacredheartknights.com** to learn more.



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Parishoners Matt & Christina
Celebrating with Don!

Our Client Don

After 65 years in his beloved Bellevue home, Don decided to downsize to Aegis Living. He simply handed us the keys and we took care of everything!

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



TEAMSKALLY.COM



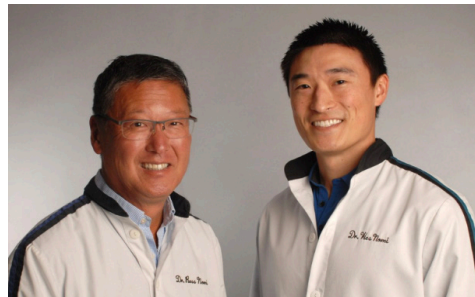
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