



SUNDAY - AUGUST 2, 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*

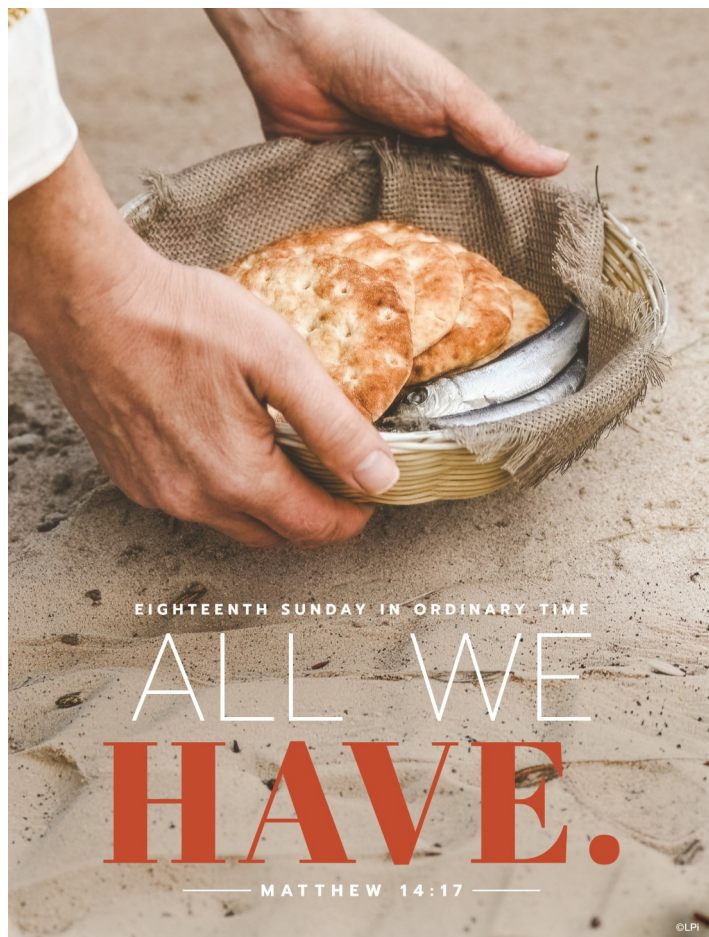
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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 August 2

EIGHTEENTH SUNDAY IN ORDINARY TIME

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

Monday August 3

Weekday

8:15 AM Rosary
8:45 AM **Mass**
9:30 AM High School Mass & Mochas at Medina Beach Park

Tuesday August 4

Saint John Vianney, Priest

10:00 AM Stitchers with Heart Group

Wednesday August 5

Weekday

The Dedication of the Basilica of Saint Mary Major

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

Thursday August 6

THE TRANSFIGURATION OF THE LORD

8:15 AM Rosary
8:45 AM **Mass** with Anointing of the Sick
2:00 PM - 4:00 PM NO Eucharistic Adoration

Friday August 7

Weekday

Saint Sixtus II, Pope, and Companions, Martyrs;

Saint Cajetan, Priest

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

Saturday August 8

Saint Dominic, Priest

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 9

NINETEENTH 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
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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



The Eucharist is a fountain of abundant graces ready to pour into the souls of those who receive it openly, faithfully and lovingly. As Catholics, we believe that the Eucharist is more than a symbol; it is the sacramental sign of our unity with God and each other as members in the Body of Christ, the Church. Hence, it is also referred to as "*Communion*" meaning *with union* or *with oneness*. It also unites us to the Paschal sacrifice of Christ on the Cross. Just as the Jews ate the Passover lamb, avoiding the angel of death; we consume *the* Passover Lamb and are offered eternal life. The Eucharist, our daily bread, is also our spiritual food which nourishes us on our pilgrim journeys so that we might have the strength and grace needed to strive after the perfection of Christian virtue. Not only does it give us the graces we need, but just as Jesus in His divinity took on our humanity, so too is our humanity united and transformed into His divinity. As Jesus revealed to St. Augustine, "You will not change me into you, as you do with the food of the flesh; rather, you will be changed into me" (*Confessions*, Bk 7, Ch 10).



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

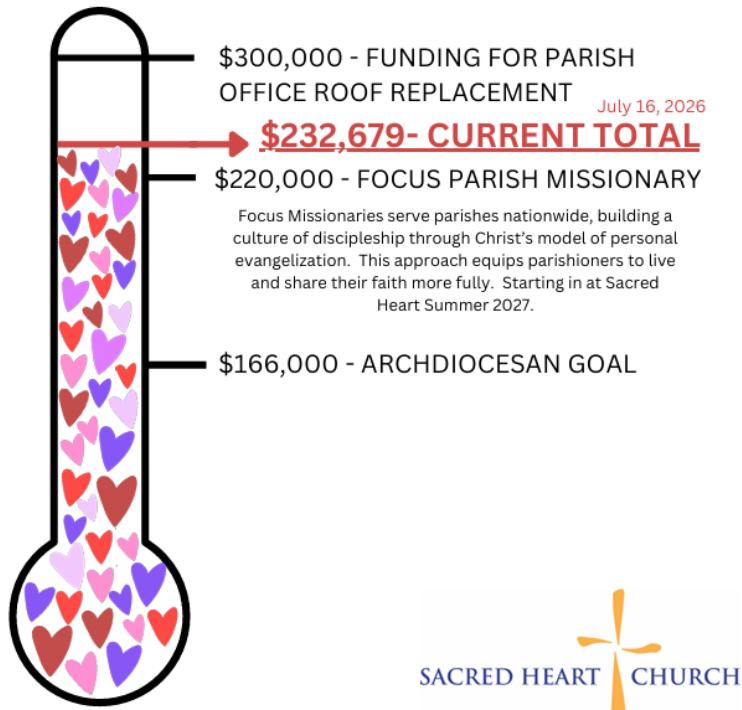
Annual Catholic Appeal 2026 Together in Faith

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



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! A heartfelt thank you to the 315 donors for their pledges and gifts to date! We are excited that our current number of donors has increased by 88 from the 2025 Annual Catholic Appeal. If you have not made your contribution, we ask you to prayerfully consider making a gift today.

As 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.

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.



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 8/2

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

Tuesday 8/4

Jeremiah 30:1-2,12-15,
18-22
Psalm 102:16-23,29
Matthew 14:22-36

Thursday 8/6

Daniel 7:9-10,13-14
Psalm 97:1-2,5-6,9
2 Peter 1:16-19

Saturday 8/8

Habakkuk 1:12—2:4
Psalm 9:8-13
Matthew 17:14-20

Monday 8/3

Jeremiah 28:1-17
Psalm 119:29,43,79-80,
95,102
Matthew 14:22-36

Wednesday 8/5

Jeremiah 31:1-7
(Psalm) Jeremiah 31:
10-12b,13
Matthew 15:21-28

Friday 8/7

Nahum 2:1,3;3:1-3,6-7
(Psalm) Deuteronomy
32:35c-36b,39abcd,41
Matthew 16:24-28

Sunday 8/9

1 Kings 19:9a,11-13a
Psalm 85:9-14
Romans 9:1-5
Matthew 14:22-33

MASS INTENTIONS

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

Monday 8/3

RIP ISABEL SABANDO by Carol Gallardo

Wednesday 8/5

RIP PAULINE ALEXANDER by Marian Middleton

Thursday 8/6

RIP FRANCISCO LLACER by Mary Jane Lacist

Friday 8/7

RIP WREN PRATT - BARLOW
by Pratt - Barlow Family

Saturday 8/8

INT THE PARISHIONERS OF SACRED HEART

Sunday 8/9

9:00 AM Mass: INT AURORA & DOMINIC DRIANO
by Bill & Angela Wright

11:00 AM Mass: RIP STEPHEN BUMGARDNER
by Lydia Bumgardner

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Mary Jo Acker
Saleen Mary Kalistus

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 -AUGUST

For Evangelization In The City

Let us pray that in large cities often marked by anonymity and loneliness, we find new ways to proclaim the Gospel, discovering creative paths to build community.

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



Good Start Back to School Drive Turn in Donations by August 2

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. Thank you for your generosity in assisting up to 2000 students from low-income families in the Bellevue School District to start the new school year with pride and 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!



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.
You are loved with an everlasting Love!*

Carpe Diem's 50yrs+ 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

BUNDLE SUNDAY STUFF THE TRUCK



Donation Drive at Sacred Heart Catholic Church
for St. Vincent de Paul of Seattle | King County

Donating to St. Vincent de Paul of Seattle | King County is
easy and convenient at **Sacred Heart, Bellevue**

SAVE THE DATE:

Location: 9460 NE 14th St, Clyde Hill, Bellevue, WA
98004 (Lower Parking Lot)

Date: August 23, 2026

Time: 9:00 AM - 12:00 PM

Your donations will be collected and sold at one of our SVdP Thrift Stores, providing financial support for our various programs dedicated to helping neighbors gain stability and self-sufficiency!

To view a list of items that we accept and **DO NOT** accept, please scan the QR code below or visit <https://svdpseattle.org/thriftstore/>



Review Donation List

Donate Today!



SVdP Seattle - King County thanks you for your generous support!



NOW SOLD
\$2,000,000

+ \$200K Above List Price!

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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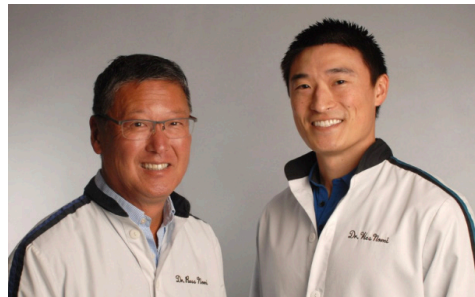
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adhering to the Golden Rule.*

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