



SUNDAY - AUGUST 9, 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*

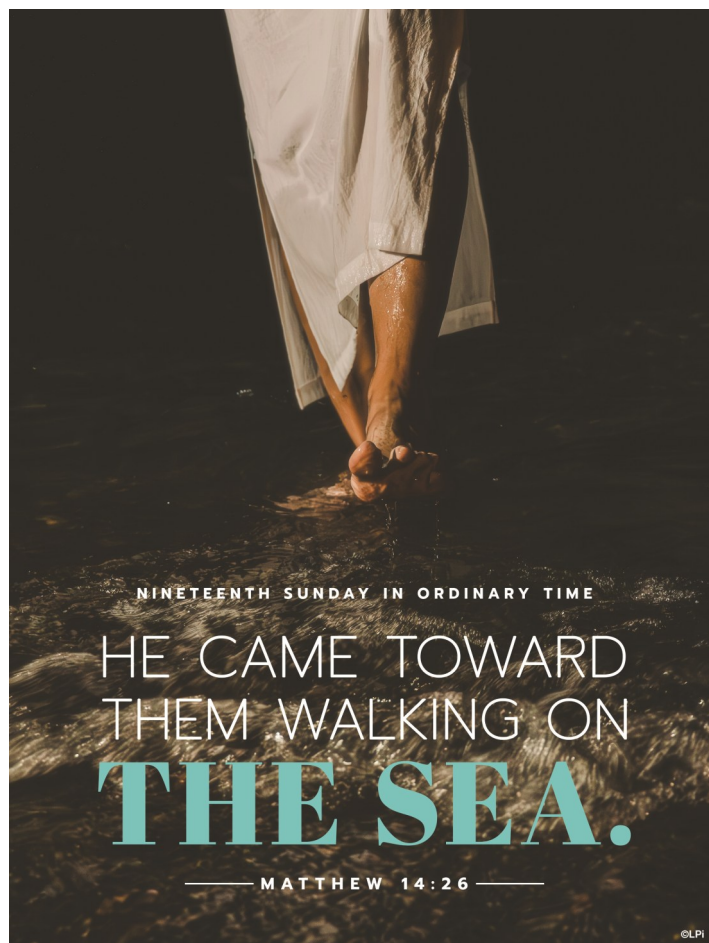
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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 9

NINETEENTH SUNDAY IN ORDINARY TIME

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

Monday August 10

SAINT LAWRENCE, DEACON, MARTYR

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

Tuesday August 11

Saint Clare, Virgin

10:00 AM Stitchers with Heart Group

Wednesday August 12

Weekday

Saint Jane Frances de Chantal, Religious

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

Thursday August 13

Weekday

Saints Pontian, Pope, and Hippolytus, Priest, Martyrs

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

Friday August 14

Saint Maximilian Kolbe, Priest, Martyr

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

Saturday August 15

THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Not a Holy Day of Obligation This Year

7:45 AM **Mass** at St. Monica Church
8:00 AM Women's Group
8:00 AM Men's Group
3:00 PM Confessions- Reconciliation Chapel
5:00 PM Vigil **Mass**: Cross Catholic Outreach Visit

Sunday August 16

TWENTIETH SUNDAY IN ORDINARY TIME

St. Vincent de Paul Brown Bag Sunday Collection

9:00 AM **Mass**: Cross Catholic Outreach Visit
11:00 AM **Mass** :Cross Catholic Outreach Visit
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
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James Applegate, CPA Bookkeeper/Accountant
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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



After receiving Holy Communion (within the line of sight of the minister), the faithful return to their pews where they are invited to either kneel or sit in silent prayer and thanksgiving. Kneeling is a posture of adoration through which we can give humble thanksgiving for the gift we have received. Sitting may be chosen for those who are unable to kneel or who wish to enter into a more meditative prayer. This time, immediately following the reception of Holy Communion, is a sacred time cherished by the saints as we are cleansed of all venial sins, filled with grace and are physically and spiritually closest to our Lord whom we have received. Thus, this time is a precious time of personal communion with our Lord, where we are free to share our hearts with the Lord in gratitude and petition and most importantly, loving intimacy with our God. St. Teresa of Avila tells us, "Be with Him willingly; don't lose so good an occasion for conversing with Him as is the hour after having received Communion" (*The Way of Perfection*).



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

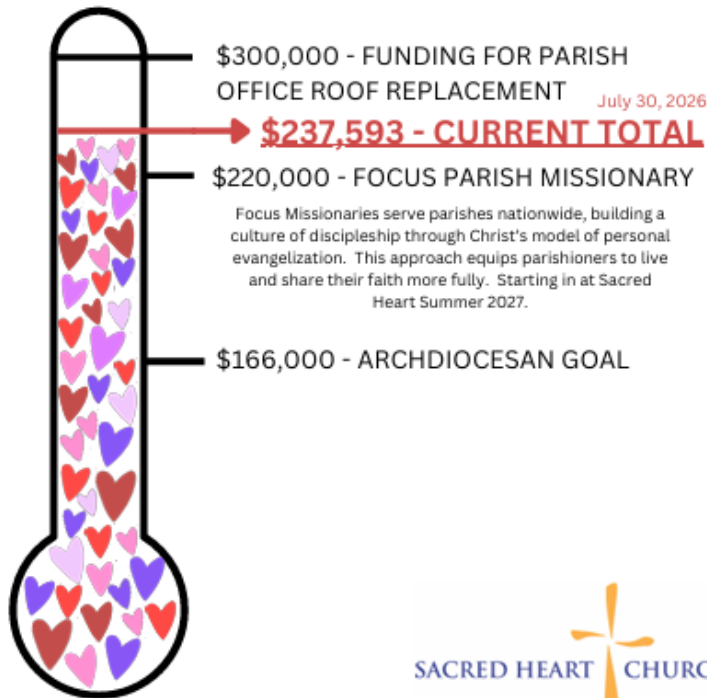
Annual Catholic Appeal 2026 Together in Faith

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



ANNUAL CATHOLIC APPEAL: THANK YOU FOR YOUR GENEROSITY!

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 8/9

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

Monday 8/10

2 Corinthians 9:6-10
Psalm 112:1-2,5-9
John 12:24-26

Tuesday 8/11

Ezekiel 2:8—3:4
Psalm 119:14,24,72,103,
111, 131
Matthew 18:1-5,10,12-14

Wednesday 8/12

Ezekiel 9:1-7;10:18-22
Psalm 113:1-6
Matthew 18:15-20

Thursday 8/13

Ezekiel 12:1-12
Psalm 78:56-59,61-62
Matthew 18:21—19:1

Friday 8/14

Ezekiel 16:1-15,60,63
(Psalm) Isaiah 12:2-
3,4bcd,5-6
Matthew 19:3-12

Saturday 8/15

Revelation 11: 19a;
12:1-6a,10ab
Psalm 45:10-12,16
1 Corinthians 15:20-27
Luke 1:39-56

Sunday 8/16

Isaiah 56:1,6-7
Psalm 67:2-3,5-6,8
Romans 11:13-15,29-32
Matthew 15:21-28

MASS INTENTIONS

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

Monday 8/10

INT MARY SCHWED by Diana & Steve Schiro

Wednesday 8/12

INT FR. NAGEL
by Sacred Heart Parish & School Staff

Thursday 8/13

RIP JOSEPH COUGHER by Cristy & Jeff Livingston

Friday 8/14

RIP WREN PRATT-BARLOW
by Pratt-Barlow Family

Saturday 8/15

INT THE PARISHIONERS OF SACRED HEART

Sunday 8/16

9:00 AM Mass: INT MARY JO ACKER
by Sacred Heart Parish Staff

11:00 AM Mass: INT KUTCH FAMILY
by Emily Kirwan

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

No Mass & Mocha
August 10th

Monday, August 17th
9:30am @ Macrina Bakery,
Mercer Island

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



We invite you to explore volunteer opportunities in the parish where there is a current need and welcome your involvement in our ministries. Volunteering nurtures a sense of community and connection, which is truly important for all of us. Please consider a gift of your time to volunteer in the following roles:

Usher at Masses (Especially 5:00 PM Sunday)

**Hospitality Ministry after Mass
(Saturday 5:00 PM and Sunday 11:00 AM)**

Send an email to volunteer@sacredheart.org specifying the area in which you are interested in volunteering. Thank you!

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.

COMMUNITY OUTREACH - COMMUNITY EVENTS



**Cross Catholic
OUTREACH**

Delivering Food, Shelter and Hope to the Poorest of the Poor

Please welcome the Priest visiting Sacred Heart next weekend, August 15-16. He comes to us from Cross Catholic Outreach and will share some touching stories about the amazing work Catholic missions are accomplishing worldwide. Since Cross Catholic Outreach empowers existing Catholic missions, its programs are extremely cost effective and the vast majority of the resources it collects go into program services that help the poorest of the poor around the world. To learn more about Cross Catholic Outreach, please visit CrossCatholic.org/outreach, or scan the QR code.



Clean Your Closets & Help the Poor

SVDP collection of used clothing for the thrift stores

SUNDAY, AUGUST 23RD 9AM TO NOON

Our St. Vincent de Paul of Seattle | King County thrift stores play a major part in our mission towards helping neighbors in need. Your donations not only help save the planet, but are sorted and sold in either our **Renton, Kenmore, or Kent** thrift stores that then help fund the social service programs we have at SVdP.

WE GLADLY ACCEPT



Clothing



Household



Toys



Furniture



Books

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

ITEMS WE CANNOT ACCEPT

Bathtubs, shower doors, sinks or toilet	Appliances, Microwave older than five years
AC units, hot water tanks/furnaces	Baby household items
Mattresses or box springs, Carpet-Rugs	Broken electronics, refrigerators
Bathroom chairs, desk heavier than 80 lbs	Poisonous, hazardous, or flammable materials
Stuffed animals bigger than 20" (only accept new)	Windows, washing machine or dryers
Company promotional goods, copy/ fax machines	Firearms, fireplace inserts, paints
Gas heaters or baseboard	Entertainment centers, ping pong or pool tables
Used toiletries, detergents, or cleaners	Lumber or scrap wood, swing sets
Hospital beds, waterbeds, or sofa beds	Pianos
Captain-platform bed frames (only accept new)	Car batteries or parts, tires

All items must be clean and in good, usable condition. When in doubt, leave it out.

Thank you for your generosity and support!



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

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



Matt@TeamSkally.com
206-661-8624



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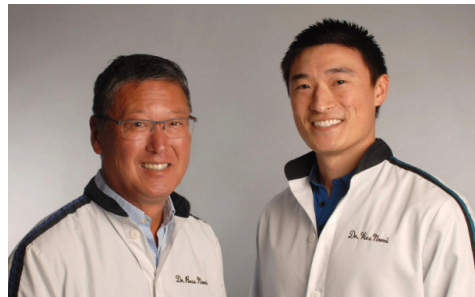
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adhering to the Golden Rule.*

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Parish/publications
for weekly parish bulletins



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