



SUNDAY - AUGUST 16, 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*

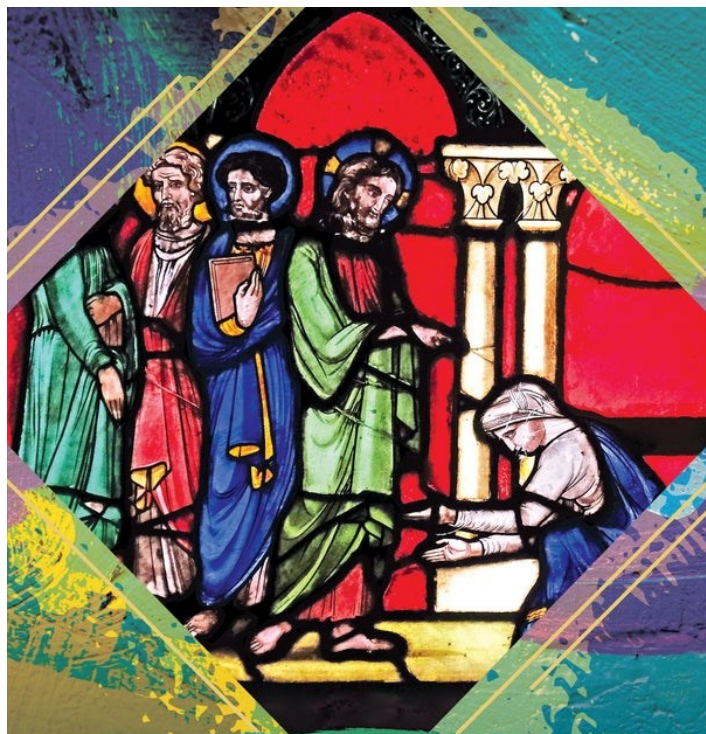
*Wednesdays in Summer, 9:30 AM - 4:00 PM

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.



20TH SUNDAY IN ORDINARY TIME

The woman came and did Jesus homage, saying,
"Lord, help me." - Mt 15:25

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

PARISH CALENDAR

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**

Monday August 17

Weekday

8:15 AM Rosary

8:45 AM **Mass**

Tuesday August 18

Weekday

10:00 AM Stitchers with Heart Group

Wednesday August 19

Weekday

Saint John Eudes, Priest

8:15 AM Rosary

8:15 AM Confessions

8:45 AM **Mass**

Thursday August 20

Saint Bernard, Abbot, Doctor of the Church

8:15 AM Rosary

8:45 AM **Mass**

11:30 AM Carpe Diem BBQ Luncheon

2:00 PM - 4:00 PM NO Eucharistic Adoration

Friday August 21

Saint Pius X, Pope

8:15 AM Rosary

8:45 AM **Mass**

Saturday August 22

The Queenship of the 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 August 23

TWENTY-FIRST SUNDAY IN ORDINARY TIME

9:00 AM - 12:00 PM SVDP Truck for Collections
Lower Parking Lot

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

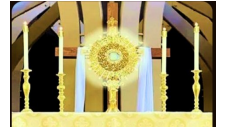
Sacred Heart Liturgical Schedule Updates

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. 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.
- ♦ 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 the distribution of Holy Communion is complete, while the faithful prayerfully spend time with the Lord whom they have received, the Priest returns to the altar to purify (make clean) the sacred vessels. Any remaining consecrated hosts are taken to the tabernacle where they are reserved for future use, also providing us with a unique opportunity to enjoy our Lord's Eucharistic presence in private prayer outside of Mass. The Priest then pours water into all the sacred vessels to ensure that no crumbs of Jesus and no drop of His Precious Blood is left. When all vessels have been purified, the Priest then consumes the remainder of the water containing any leftover fragments of the Eucharist saying, "What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity." After the purification is complete, the Priest returns to his chair where a period of sacred silence may be observed, or a hymn may be sung.



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 THANK YOU FOR YOUR GENEROSITY!

THANK YOU to everyone who has generously responded to the needs of our regional Church by supporting the 2026 Annual Catholic Appeal! Your contributions to the Annual Catholic Appeal help our parish and the archdiocese carry on the ministries and mission of the Catholic Church in Western Washington.

A heartfelt thank you to the 325 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, or go online to archseattle.org/giveaca. Together in faith, we can support the mission of the Church throughout our local Catholic community.



Spokane Complex Fire Support Fund Emergency Appeal

In response to the devastating wildfires impacting communities in Eastern Washington, Archbishop Paul D. Etienne invites our parish community to unite in compassion and generosity by taking up a special collection this weekend, August 8-9, 2026. Your support will bring hope and relief to those affected by this disaster.

Funds raised will directly benefit the Spokane Complex Fire Support Fund, established by Catholic Charities Eastern Washington. This fund provides immediate assistance, resources, and encouragement to individuals and families whose lives have been disrupted by the wildfires. Together, through prayer and action, we can help restore hope and rebuild lives.

Calling for donations!



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!



 **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 8/16

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

Monday 8/17

Ezekiel 24:15-23
(Psalm) Deuteronomy
32:18-21
Matthew 19:16-22

Tuesday 8/18

Ezekiel 28:1-10
(Psalm) Deuteronomy
32:26-28,30,35c-36b
Matthew 19:23-30

Wednesday 8/19

Ezekiel 34:1-11
Psalm 23:1-6
Matthew 20:1-16

Thursday 8/20

Ezekiel 36:23-28
Psalm 51:12-15,18-19
Matthew 22:1-14

Friday 8/21

Ezekiel 37:1-14
Psalm 107:2-9
Matthew 22:34-40

Saturday 8/22

Ezekiel 43:1-7ab,
Psalm 85:9ab,10-14
Matthew 23:1-12
Luke 1:39-56

Sunday 8/23

Isaiah 22:19-23
Psalm 138:1-3,6,8
Romans 11:33-36
Matthew 16:13-20

MASS INTENTIONS

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

Monday 8/17

RIP MOLLY DAVIDSON by Marian Middleton

Wednesday 8/19

RIP KEN MCGOWAN by Dottie McGowan

Thursday 8/20

INT ANN & ROGER ATHERTON
by Sacred Heart Parishioner

Friday 8/21

RIP ROY PRATT-BARLOW by Pratt-Barlow Family

Saturday 8/22

INT THE PARISHIONERS OF SACRED HEART

Sunday 8/23

9:00 AM Mass: RIP SHIRLEY FRANCAVILLA
by Schiro Family

11:00 AM Mass: RIP VERONICA INCLE
by Cathleen Adams

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

Bernadine Wood

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

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

Brown Bag Sunday Collection This Weekend, August 15 - 16

★ 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!



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 this 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

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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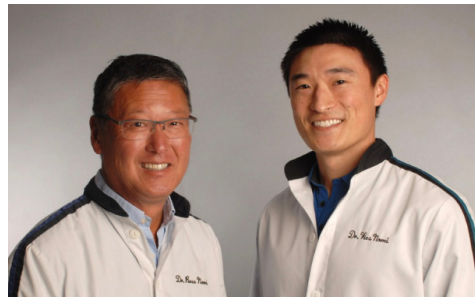
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