



SUNDAY - AUGUST 30, 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 8:00 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*

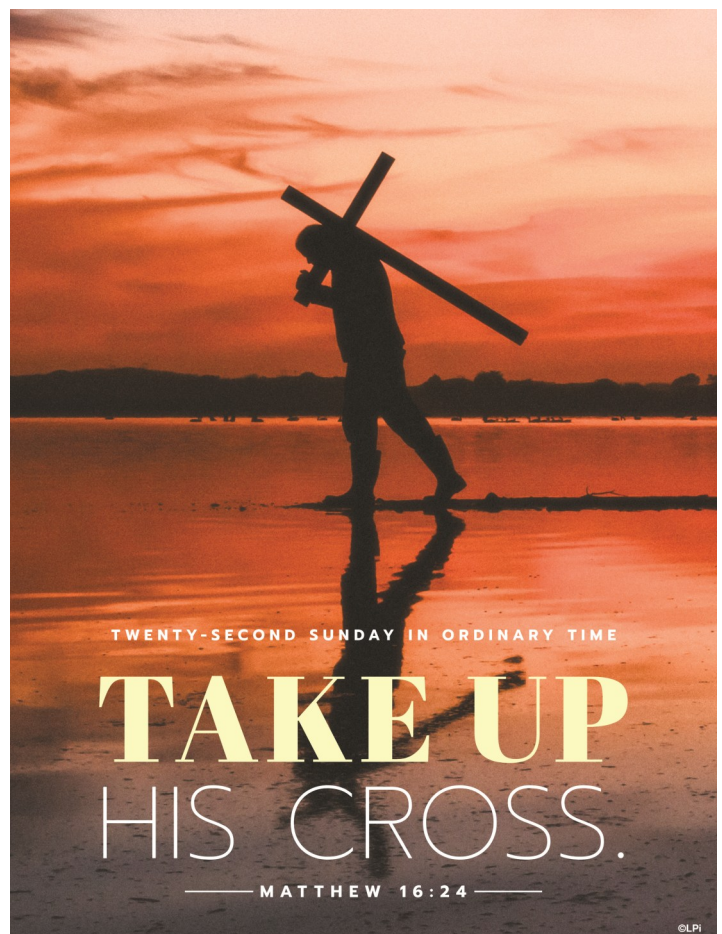
*Wednesdays: 9:30 AM - 4:00 PM

School

8:00 AM - 4:00 PM Monday - Friday

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 30

TWENTY-SECOND SUNDAY IN ORDINARY TIME

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

Monday August 31

Weekday

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

Tuesday September 1

Weekday

First Day of School Year - Sacred Heart School

8:30 AM School Prayer Service
10:00 AM Stitchers with Heart Group
5:30 PM Grief & Loss Support Group

Wednesday September 2

Weekday

8:00 AM Rosary
8:15 AM Confessions
8:45 AM **Mass** (school attending)

Thursday September 3

Saint Gregory the Great, Pope and Doctor of the Church

8:15 AM Rosary
8:45 AM **Mass**, with Anointing of the Sick
2:00 PM - 4:00 PM Eucharistic Adoration

Friday September 4

Weekday

7:00 AM First Friday of the Month **Mass**
8:15 AM Rosary
8:45 AM **Mass**
9:30 AM First Friday Eucharistic Adoration until 11:00 AM

Saturday September 5

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 September 6

TWENTY-THIRD 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
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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
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

New Update: Parish Office Hours –Wednesdays

This summer, the Sacred Heart parish office opened at 9:30 AM on Wednesdays, allowing the parish staff to attend the 8:45 AM daily Mass and participate in the liturgy as lectors and sacristans. As we move into the end of summer and the beginning of fall, the staff will continue to attend the daily Mass on Wednesdays with our parish and school community, and the office will proceed to open at 9:30 AM.

Sacred Heart Church is open weekdays from 8:00 am - 3:00 pm. (Thursdays until 4:00 pm)

SACRED HEART NEWS



Stitchers with Heart Group Please Join Us

The Stitchers with Heart Group invites you to join us every Tuesday morning at Sacred Heart, 10:00 AM- 12:00 PM, to knit, crochet, needle point or any other stitchery of your choice. We meet in the Sacred Heart Parish Office Conference Room One. If you are a beginner—not a problem—help is available to get you started on a very fun craft & morning of sharing. Many of our creations are donated to PREPARES, a parish based ministry supporting local mothers, fathers and families as they nurture their children through pregnancy and early childhood. We look forward to having you join us on Tuesdays!

Behold *the* Lamb



Quick Lessons on the Mass

As the Mass begins with the Introductory Rites, so too does the Mass conclude with the Concluding Rites. If there are any brief announcements, they are announced. The Priest then once more invokes the priestly greeting, “The Lord be with you” as he blesses the people in *persona Christi* saying, “May almighty God bless you, the Father, and the Son, and the Holy Spirit,” making the Sign of the Cross over the people, as the people, too, mark themselves. As the Mass begins with the Sign of the Cross, so this greatest prayer also ends with it.

GRIEF & LOSS SUPPORT GROUP



It's not too late to 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, and will be held on **Tuesdays from 5:30 PM–7:00 PM in the Sacred Heart Youth Room** (entrance off 14th Street) beginning August 25 and continuing through September 29. If you would like to attend or have questions, please contact Linda Geere, lgeere@sacredheart.org, or 425-250-3908.

Sacred Heart Choir



Lift your voice in praise to God and join our Sacred Heart 9:00 AM choir. This is an SATB voices in need of Tenors and Basses. For more info, contact the director, Susan Olmos, solmos@sacredheart.org or come and introduce yourself on Sunday. School parents, how about some volunteer hours?



Registration Now Open - Infant Baptism Class Saturday, September 19th

Registration is now open for the upcoming infant Baptism preparation class on Saturday, September 19th, from 10:00 AM - 12:00 PM in the Parish Hall. The class provides Baptism preparation for newborn infants to six years old. Email sacraments@sacredheart.org to register for the upcoming class.

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.

ADMINISTRATION & STEWARDSHIP

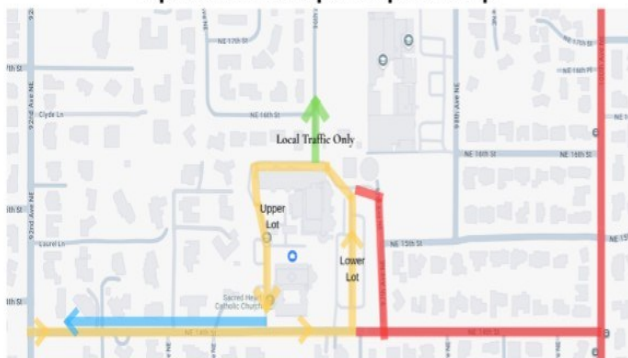
City of Bellevue Construction Update

Sacred Heart Parishioners - please be aware of the morning traffic changes during the road construction project. This will impact those of you who attend weekly morning Mass.

As we gear up for the 2026-2027 school year at Sacred Heart School, please be aware that 100th Ave between 14th and 17th is closed for construction. They anticipate this will take approximately 8 weeks. With that in mind, we have a new morning drop-off routine in place starting September 1st. We understand that many of you will be parking and walking your children on the first day of school. You will be directed where to park, but those who will just be dropping off their children will follow these directions. We ask for your patience, especially this first week. We will have extra staff on duty, but everyone will have a learning curve. If you have questions or concerns, please do not hesitate to reach out Erica Pierson, Vice-Principal,,: epierson@sacredheart.org.

For more information on the construction project, visit: bellevuewa.gov.

Sacred Heart School - 2026-2027 Updated Pick-up/Drop-off Map



All cars should enter NE 14th Street via 92nd Avenue.

K-8 students will be dropped off in the lower lot and exit through the upper lot via 96th Avenue, (local traffic only) or back out onto 14th Street. Pre-K students will enter in the lower lot, and park in the upper lot to be walked into the building; then exit out onto 14th Street via the upper lot.

Thank you for your patience during this time!

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!

Carpe Diem's 50yrs+ Potluck & Movie! 4:30pm, Thurs. September 17th

in Sacred Heart's Narthex

Food Assignments:

A-C: dessert for 6-8
D-I: salad/side for 6-8
J-Z: main dish for 6-8

Info: Linda Geere, 425-450-3908
or lgeere@sacredheart.org



Scan the QR Code for
Online Giving to
Sacred Heart Parish.



Stewardship of Treasure

Sunday collection totals

July to June 30, 2026 Budget	\$1,650,000
July to June 30, 2026 Actual	\$1,683,040
	+\$33,040

Prior year actual (July- June 2025) \$1,638,538
Thank you for your generosity!!

Stewardship recognizes that all we have, all we are, is a gift from God.

WEEKLY READINGS

Sunday 8/30

Jeremiah 20:7-9
Psalm 63:2-6,8-9
Romans 12:1-2
Matthew 16:21-27

Tuesday 9/1

1 Corinthians 2:10b-16
Psalm 145:8-9, 10-11, 12-13ab, 13cd-14
Luke 4:31-37

Thursday 9/3

1 Corinthians 3:18-23
Psalm 24:1bc-2, 3-4ab, 5-6
Luke 5:1-11

Saturday 9/5

1 Corinthians 4:6b-15
Psalm 145:17-18,19-20, 21
Luke 6:1-5

Monday 8/31

1 Corinthians 2:1-5
Psalm 119:97, 98, 99, 100, 101, 102
Luke 4:16-30

Wednesday 9/2

1 Corinthians 3:1-9
Psalm 33:12-13, 14-15, 20-21
Luke 4:38-44

Friday 9/4

1 Corinthians 4:1-5
Psalm 37:3-4, 5-6, 27-28, 39-40
Luke 5:33-39

Sunday 9/6

Ezekiel 33:7-9
Psalm 95:1-2, 6-7b, 7c-9
Romans 13:8-10
Matthew 18:15-20

MASS INTENTIONS

Sunday 8/30

9:00 AM Mass: RIP ROBERT GUILBEAULT
by Marge & Larry Bartle

11:00 AM Mass: RIP PAT DANFORD
by Susan Bergeson

5:00 PM Mass : PRIEST PRIVATE INTENTION

Monday 8/31

RIP SHIRLEY FRANCAVILLA
by Joe & Dana Doucette

Wednesday 9/2

RIP DAVID SALCH by Bondi Family

Thursday 9/3

RIP JEANELLE VIGIL by Marian Middleton

Friday 9/4

INT MARY ROSE LLACER by Mary Jane Lacist

Saturday 9/5

INT THE PARISHIONERS OF SACRED HEART

Sunday 9/6

9:00 AM Mass: RIP SHIRLEY FRANCAVILLA
by Tom & Michelle Bartell

11:00 AM Mass: RIP DEVADASON THANKAPPAN
by Tony Je Paratnam

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

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

The Deceased

Pray for the deceased of Sacred Heart
& 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.

Eucharistic Adoration

Eucharistic Adoration is the beautiful devotion of praying before Jesus in the Blessed Sacrament. You are invited to attend Adoration, scheduled for **2:00-4:00 PM** on Thursdays and **9:30-11:00 AM** on first Fridays of the month.

"Our faith in the Eucharistic presence of Christ naturally leads us to moments of prayer before the Blessed Sacrament." *Archbishop Etienne*



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

CHILDREN'S FAITH FORMATION



Sunday School Resumes
Sunday, September 13th, 2026
Grades K—5th, 12:30 to 1:30 PM

Scan the QR code for registration or visit parish.sacredheart.org/grow-in-faith/children



Children's Faith Formation Sacramental Preparation for First Reconciliation and First Communion

Parents wishing to enroll their child in Sacramental Preparation for First Reconciliation and First Communion this year should register on the Sacred Heart website, parish.sacredheart.org/grow-in-faith/children, or scan the QR code below. Additionally, attendance is mandatory for one of the Sacramental Preparation Orientation Meetings to be held Wednesday (9/16) at 10:00 AM and Thursday (9/17) at 6:00 PM in the Parish Hall. Any questions, please contact Cathleen Adams at cadams@sacredheart.org. You AND your child need only attend one of the meetings.

Please note: to enroll, children must have received the Sacrament of Baptism and be in their second year of either a parish faith formation program, attending a Catholic school, or an Archdiocese-approved home-school faith formation program.



SACRED HEART SCHOOL

Register today!

school.sacredheart.org/admissions/open-houses



FALL OPEN HOUSE

November 5th 6:00-7:30pm

Faith • Community • Excellence

Join us in Seoul, South Korea!

World Youth Day 2027

AUGUST 1 - 10, 2027

Come with us to Seoul for World Youth Day 2027! Experience spiritual awakening and Korean culture alongside other young Catholics from around the globe. This is more than just a trip. It is a life-changing encounter with your faith and with the world.



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Archdiocese
of Seattle



Start planning your trip today!
Visit versoministries.com/seattle-wyd

THE SACRAMENT OF CONFIRMATION

REGISTER BY

SEPTEMBER 11

Sacred Heart & Saint Monica

Registration is open for
 Sacred Heart & Saint Monica 2026-2027
 Confirmation Preparation!
 To learn more and register:

archseattle.ccbchurch.com/goto/forms/7921/responses/new

COMMUNITY OUTREACH - COMMUNITY EVENTS

St Louise Catholic Church presents:

Divorce and Beyond

a faith based support group
for the recovery from divorce



**10 week support group begins,
Monday,
September 14th,
6:30-8:00PM**

**Are you trying to
get past the pain
of divorce?**

**You deserve to
experience peace
and joy again!**

**For more info
Contact:**
Dave Gehrig (425)747-4450 or email
Divorceandbeyond@stlouis.org

**St Louise Parish
141156th AVE SE
Bellevue, WA 98007**

**Give us a call
today!**



Interested in BECOMING CATHOLIC?

Fr. Nagel would like to invite all those interested in becoming Catholic to learn more about the Faith, starting Monday, September 14, 2026.

Father will be teaching a combined class with St. Monica & Sacred Heart from 6:30 to 7:30 PM.

Interested?

Please call Heather at 206.232.2900 ext. 130, [Register Online](#), or Scan the QR Code Below!



Classes will be held at Sacred Heart Church Parish Hall, 9460 NE 14th St, Bellevue, WA 98004

Upcoming Carpe Diem 50yrs+ Events



**Sept. 17, 4:30pm
Potluck & Movie**



**Oct. 30, 11:30am
Halloween
Luncheon**



**Dec. 10, 11:00am
Christmas Concert
& Luncheon Party**



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

Men's Healing Retreat: Oct. 10 - Oct. 11, 2026

To leave a confidential message please call

English: (206) 920-6413 Spanish: (206)-450-7814

Email projectrachel@ccsww.org. Visit us at

cwww.ccsww.org/projectrachel or www.facebook.com/projectrachelww.

Project Rachel is a program of Catholic Community Services.

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Celebrating with Don!

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



Matt@TeamSkally.com
206-661-8624



TEAMSKALLY.COM



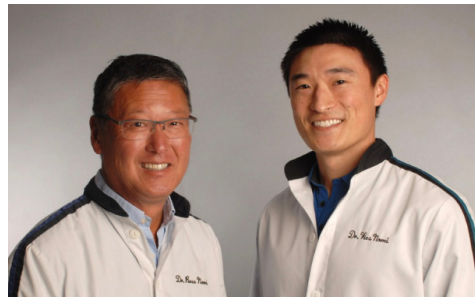
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