



SUNDAY - SEPTEMBER 13, 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 September 13

TWENTY-FOURTH SUNDAY IN ORDINARY TIME
Youth Confirmation Retreat - All Day at Sacred Heart

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

Monday September 14

THE EXALTATION OF THE HOLY CROSS

8:15 AM Rosary
 8:45 AM **Mass**
 6:30 PM Hallow Parish Family Kickoff
 at St. Monica Church

Tuesday September 15

Our Lady of Sorrows

10:00 AM Stitchers with Heart Group
 5:30 PM Grief & Loss Support Group
 6:00 PM Partners in the Gospel Regional
 Gathering at St. Madeleine
 Sophie Church
 6:30 PM Hallow Parish Family Kickoff
 at Sacred Heart Church

Wednesday September 16

Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs

8:00 AM Rosary
 8:15 AM Confessions
 8:45 AM **Mass** (school attending)
 10:00 AM Children's Sacramental
 Preparation Orientation Meeting
 6:30 PM Evening Bible Study

Thursday September 17

Weekday

Saint Robert Bellarmine, Bishop, Doctor of the Church;
 Saint Hildegard of Bingen, Virgin, Doctor of the Church

8:15 AM Rosary
 8:45 AM **Mass**
 2:00 PM - 4:00 PM Eucharistic Adoration
 4:30 PM Carpe Diem Potluck & Movie
 6:00 PM Children's Sacramental
 Preparation Orientation Meeting

Friday September 18

Weekday

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

Saturday September 19

Weekday; Saint Januarius, Bishop, Martyr

8:00 AM Women's Group & Men's Group
 10:00 AM Infant Baptism Class
 3:00 PM Confessions - Reconciliation Chapel
 5:00 PM Vigil **Mass**

Sunday September 20

TWENTY-FIFTH SUNDAY IN ORDINARY TIME
St. Vincent de Paul Brown Bag Sunday Collection

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
 kfnagel@sacredheart.org

Rev. Joseph L. Akor, Parochial Vicar ext. 10113
 jfrakor@sacredheart.org

Cathleen Adams, Pastoral Assistant for Children's Faith
 Formation
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Kelsey Heintz, Pastoral Assistant Middle School Youth
 Ministry
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Lucy Paulsen, Admin. Assistant for Giving, Data
 & Sacramental Records
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Sharon Phillips, Pastoral Assistant High School Youth
 Ministry
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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

Just as the faithful are invited to pray in preparation for the Mass, after the closing hymn the faithful are also invited to pray in thanksgiving for the wonders just celebrated. This is a quiet moment to praise God for the gifts received in this Sacred Liturgy and to ask for the graces necessary to live holy lives in the world into which we are sent.

As we depart from the house of God, we resolve with ever greater fervor to follow after Him who is our Bread from Heaven, dedicating our lives in service to others and striving to love all as God loves us.



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

SACRED HEART
Bible Study
DISCUSSION & PRAYER



EVERY 1ST & 3RD
WEDNESDAY 6:30PM
SACRED HEART
CONFERENCE ROOM 4
CONTACT LYS FOR MORE INFO:
LYSKELSIE@GMAIL.COM / 206-602-9307

Explore life-changing truths and meaningful connections in our bi-weekly Bible Study sessions!





Upcoming Carpe Diem
50yrs+ Events



Friday Oct. 30, 11:30am
Halloween Luncheon



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



Don't Forget to Register - 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.

ADMINISTRATION & STEWARDSHIP



Regional Community Gatherings

Join a regional community gathering to reflect on how the Holy Spirit is guiding the future of the Church. Archdiocesan leaders will present on Partners in the Gospel, One Parish Planning and answer questions.

Come join us

6pm | Tuesday, 9/15

St. Madeleine Sophie, Bellevue



Register at:



Spokane Complex Fire Support Fund

Thank you for your generosity in supporting those affected by the devastating wildfires impacting communities in Eastern Washington. Catholic Charities Eastern Washington

uses these funds to provide immediate assistance, resources and encouragement to individuals and families whose lives have been disrupted by the wildfires. Scan the QR Code to Donate.



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



SACRED HEART AND ST. MONICA · BELLEVUE, WA

Hallow

Let's pray together.

Our parish has partnered with Hallow, the #1 Catholic app — free for every parishioner.

Three steps to begin

- 1 Download Hallow**
Free on the App Store & Google Play.
- 2 Join our parish page**
Scan the code to connect with our parish.
- 3 Start praying**
The Rosary, daily reflections, sleep prayers & more.



SCAN TO JOIN

Hallow –Parish Family Kickoff

As Fr. Nagel mentioned last weekend, our Parish Family has entered into a partnership with Hallow – the #1 prayer and meditation app in the world rooted in the Catholic faith. Hallow provides a wide variety of audio-guided meditations, prayer challenges and much more. Users are able to pray with Fr. Mike, Sr. Miriam, Jonathan Roumie, Mark Wahlberg, Immaculée Ilibagiza, Bishop Barron, + many others. Hallow offers users free and premium subscriptions – either of which will enable you to connect with our Parish Family community within the application and participate in our prayer communities and events.

Please join us this coming week on **September 14th - 15th** for our Hallow Parish Family kickoff! September 14th at St. Monica, September 15th at Sacred Heart. Both evenings will start at 6:30 PM. Come for fellowship, adoration, an inspiring talk and more information about how to join our Hallow parish page and subscribe at our discounted rate.

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 9/13

Sirach 27:30—28:7
Psalm 103:1-4,9-12
Romans 14:7-9
Matthew 18:21-35

Tuesday 9/15

1 Corinthians 12:12-14,
27-31a
Psalm 100:1b-5
John 19:25-27

Thursday 9/17

1 Corinthians 15:1-11
Psalm 118:1b-2,16-17,28
Luke 7:36-50

Saturday 9/19

1 Corinthians 15:35-37,
42-49
Psalm 56:10c-12,13-14
Luke 8:4-15

Monday 9/14

Numbers 21:4b-9
Psalm 78:1b-2,34-38
Philippians 2:6-11
John 3:13-17

Wednesday 9/16

1 Corinthians 12:31—13:13
Psalm 33:2-5, 12,22
Luke 7:31-35

Friday 9/18

1 Corinthians 15:12-20
Psalm 17:1bd,6-7,8b,15
Luke 8:1-3

Sunday 9/20

Isaiah 55:6-9
Psalm 145:2-3,8-9,17-18
Philippians 1:20c-24,27a
Matthew 20:1-16a

MASS INTENTIONS

Sunday 9/13

9:00 AM Mass: RIP HENRY D. IPINCE
by Adriana Baiz

11:00 AM Mass: RIP ELIZABETH GOGGINS
by William & Laura Goggins

5:00 PM Mass : PRIEST PRIVATE INTENTION

Monday 9/14

RIP PEGGY GEISLER by Tom & Michelle Bartell

Wednesday 9/16

INT JOSEPH BEEMAN by Sacred Heart Parishioner

Thursday 9/17

INT RHODA CHIRILLO by Marian Middleton

Friday 9/18

RIP MARION PRATT-BARLOW
by Pratt-Barlow Family

Saturday 9/19

INT THE PARISHIONERS OF SACRED HEART

Sunday 9/20

9:00 AM Mass: RIP LORETTA BOYLE
by Stephanie & Charles McIntyre

11:00 AM Mass: INT KATIE CAHILL MILLER
by Bumgardner Family

5:00 PM Mass : PRIEST PRIVATE INTENTION

PLEASE PRAY FOR:

The Sick

Inez Michael

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 -SEPT.

For the Care of Water

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

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
This 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. One parent 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.



VERSO
MINISTRIES



Archdiocese
of Seattle



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



Emmaus Youth Ministry!

Emmaus is the joint Youth Ministry Program for our parish family of Sacred Heart and St. Monica. Eucharist-centered, with the Blessed Virgin Mary as our intercessor and guide, Emmaus leads teenagers and their families into a deeper relationship with Jesus Christ and His Church. Scan the QR Code to register your Middle and High School youth for the 2026-2027 program year.



COMMUNITY OUTREACH - COMMUNITY EVENTS



Friends Of The Needy Needs You!

For over forty years, St. Monica Friends of the Needy (FON) has been feeding the homeless. FON began in the early 1980s by delivering a hot meal every Tuesday to St. Martin de Porres Shelter in Seattle. As the number of homeless has risen in the Seattle area, FON has worked to keep pace. As this ministry continues to grow and evolve, its daily work maintains a focus on FON's founding objective, "To feed those in need!" FON is open to all (non-denominational). Do you have a calling from God to join us? We are looking for men and women that would love to serve those in need in the Seattle and Bellevue area. FON currently serves six shelters with a hot meal every Tuesday evening and delivers food to eight different Food banks in the Seattle eastside area.

How Can I Serve and What Is The Commitment?

Van drivers pick up food from local retailers (Met Market and Einsteins Bagels) Monday-Sunday.

- Deliver food to St. Monica's and to several Food banks in our area.

Time Commitment, 2 hours once a month.

Tuesday evening drivers to deliver hot meals to our six shelters.

2pm to 6pm Tuesday evenings

Friends of the Needy volunteers will be in the Narthex after each Mass on the weekend of **Sept. 19th and 20th**. Please come and see us if you think you would like to join our team.

Visit stmonicami.org/FON to learn more.

Friends of the Needy video: www.youtube.com/watch?v=CZNRIzcAMF0

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
141 156th AVE SE
Bellevue, WA 98007
Made with PosterMyWall.com

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 21, 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



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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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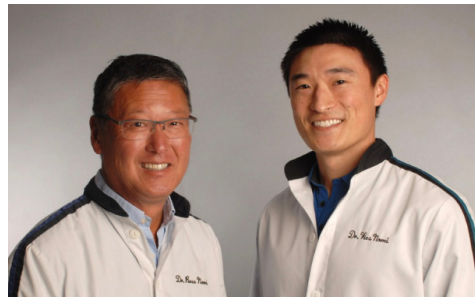
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