



SUNDAY - SEPTEMBER 20, 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*

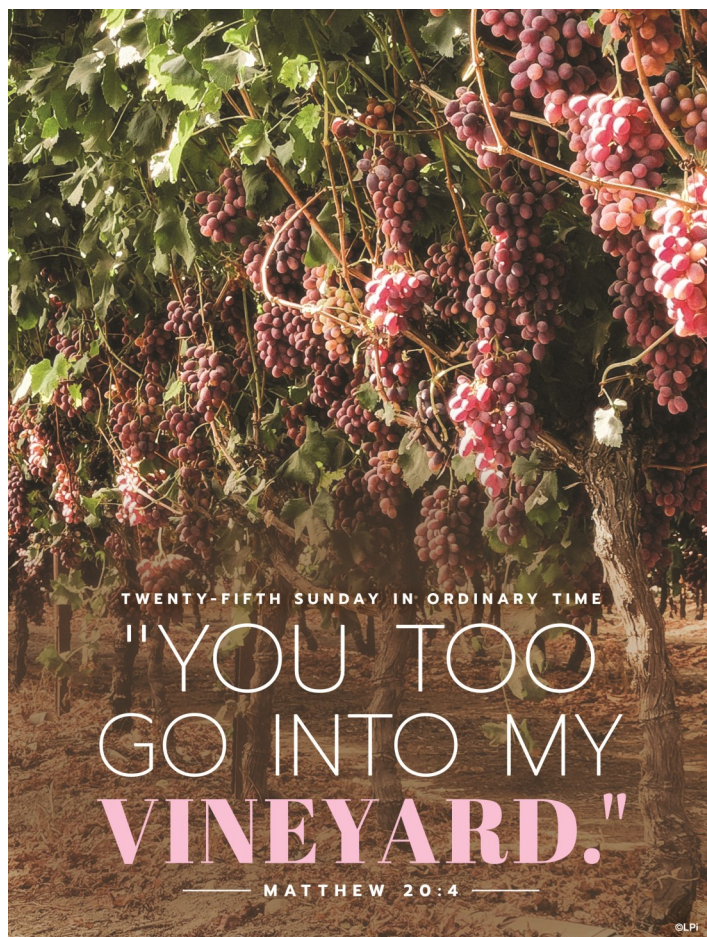
*Wednesdays: 9:30 AM - 4:00 PM

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 20

TWENTY-FIFTH SUNDAY IN ORDINARY TIME

St. Vincent de Paul Brown Bag Sunday Collection

St. Monica Friends of the Needy Visit to Sacred Heart

9:00 AM **Mass**

11:00 AM **Mass** (with CLOW)

5:00 PM **Mass**

Monday September 21

SAINT MATTHEW, APOSTLE AND EVANGELIST

8:15 AM Rosary

8:45 AM **Mass**

6:30 PM OCIA Class

Tuesday September 22

Weekday

10:00 AM Stitchers with Heart Group

5:30 PM Grief & Loss Support Group

7:00 PM Sacred Heart Book Group

Wednesday September 23

Saint Pius of Pietrelcina, Priest

8:00 AM Rosary

8:15 AM Confessions

8:45 AM **Mass** (school attending)

Thursday September 24

Weekday

8:15 AM Rosary

8:45 AM **Mass**

2:00 PM - 4:00 PM Eucharistic Adoration

Friday September 25

Weekday

8:15 AM Rosary

8:45 AM **Mass**

Saturday September 26

Weekday

Saints Cosmos and Daamian, Martyrs

8:00 AM Women's Group & Men's Group

3:00 PM Confessions- Reconciliation Chapel

5:00 PM Vigil **Mass**

Sunday September 27

TWENTY-SIXTH SUNDAY IN ORDINARY TIME

9:00 AM **Mass**

11:00 AM **Mass**

12:30 PM Sunday School

2:00 PM Children's Sacramental Prep Class

5:00 PM **Mass**

PARISH STAFF

PARISH OFFICE

425-454-9536

Rev. Kurt Nagel, Pastor ext. 10109
fnagel@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

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



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



Behold *the* Lamb

Quick Lessons on the Mass

A prayer of thanksgiving after Mass is ultimately from the heart, but there are many written ones to pray with as well. One such prayer is the *Anima Christi*:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds hide me.
Suffer me not to be separated from Thee.
From the malicious enemy defend me.
In the hour of my death call me, and bid me come unto Thee,
That with Thy saints I may praise Thee, forever and ever.
Amen.

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!



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.



Upcoming Carpe Diem
50yrs+ Events



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



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



Congratulations

Harper Katherine Macklin

Sofia Joseph

Who Were Baptized Last Weekend
Welcome to the Sacred Heart Family!

ADMINISTRATION & STEWARDSHIP

Sacred Heart Parish Ministry Fair October 3rd & 4th, 2026

We invite you to join us in the Narthex after all Masses on the weekend of October 3rd and 4th for our parish Ministry Fair. Discover the many vibrant ministries of our parish and explore how you can make a difference. Embrace the opportunity to volunteer your time, share your unique talents, and journey in faith and fellowship with our Sacred Heart community.

Stewardship of Talent.

Prayerfully consider your own involvement in parish life.

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.



Hallow

Sacred Heart and St. Monica + Hallow

Sacred Heart and St. Monica is thrilled to announce our Parish Family partnership with Hallow, the #1 prayer app! Through **prayer** and **meditation** rooted in the Catholic faith, Hallow helps people grow **closer to God** and **find peace**, everyday. Parishioners can pray alongside Fr. Mike, Sr. Miriam, Mark Wahlberg, Jonathan Roumie, + many more.

All parishioners—subscribers and those on the free version are invited to be a part of our Parish Family page. There, you're able to create a profile, share prayer requests, and take part in prayer challenges together.

Already a Hallow user?

- On the Hallow app, **join** our Parish Family page on the **Church** tab at the bottom right.
- Begin praying and engaging with our community!

New to Hallow?

- Download the Hallow app.
- Rather than following the prompts to create your account, begin at the church icon in the **top right corner**.
- Search for our Parish Family (use zip code if needed) & **Join**.

Continue creating your account by following the prompts. Begin praying and engaging with our community!

Please visit Hallow's Help Center for more details:

help.hallow.com/en

SCAN THE QR CODE TO JOIN



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



Stewardship of Treasure

Sunday collection totals

July to August 31, 2026 Budget	\$250,377
July to August 31, 2026 Actual	\$244,722
	<\$5,655>

Prior year actual (July to August 2025) \$211,407
Thank you for your generosity!!

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

WEEKLY READINGS

Sunday 9/20

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

Monday 9/21

Ephesians 4:1-7,11-13
Psalm 19:2-5
Matthew 9:9-13

Tuesday 9/22

Proverbs 21:1-6,10-13
Psalm 119:1,27,30,34-35, 44
Luke 8:19-21

Wednesday 9/23

Proverbs 30:5-9
Psalm 119:29,72,89,101, 104,163
Luke 9:1-6

Thursday 9/24

Ecclesiastes 1:2-11
Psalm 90:3-6,12-14,17bc
Luke 9:7-9

Friday 9/25

Ecclesiastes 3:1-11
Psalm 144:1b, 2abc,3-4
Luke 9:18-22

Saturday 9/26

Ecclesiastes 11: 9—12:8
Psalm 90:3-6,12-14,17
Luke 9:43b-45

Sunday 9/27

Ezekiel 18:25-28
Psalm 25:4-9
Philippians 2:1-11
Matthew 21:28-32

MASS INTENTIONS

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

Monday 9/21

RIP JEREMY MACLELLAND by Patricia Allen

Wednesday 9/23

RIP PEGGY GEISLER by Joan McGowan

Thursday 9/24

INT TYLER JONES HARDIE by Debbie Hardie

Friday 9/25

RIP BOB VALLUZZO by Bob & Sis Flynn

Saturday 9/26

INT THE PARISHIONERS OF SACRED HEART

Sunday 9/27

9:00 AM Mass: RIP SHIRLEY FRANCAVILLA
by Sacred Heart Parish Staff

11:00 AM Mass: RIP BART HARTZELL
by Luz Hartzell

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

Inez Michael

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
Next Class - Sunday, September 27th, 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



SACRED HEART SCHOOL

Register today!

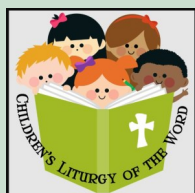
school.sacredheart.org/admissions/open-houses



FALL OPEN HOUSE

November 5th 6:00-7:30pm

Faith • Community • Excellence



CLOW - Sunday, September 20th

Join us at the 11:00 AM Mass for
Children's Liturgy of the Word.
Ages PreK - 1st Grade

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

ALTAR SERVER TRAINING

Altar serving is a great way for children and teens to actively engage with the Mass, serve God and our community, and deepen their Catholic faith.

WHO

- 4th graders and up
- Registered at Sacred Heart
- Practicing Catholic
- Received First Communion
- New servers or servers who want to brush up their skills



WHEN

- Throughout the last two weeks of October (see form)



For more information contact Phoebe Kwan,
PA for Liturgy, at pkwan@sacredheart.org



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 this weekend, **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=CZNRlzcAMF0

Wills & Estate Planning Seminar

October 1
9:30 – 10:45am

Sacred Heart Parish
Parish Hall
9460 NE 14th St., Bellevue
(entrance off 14th St.)



Learn how planned giving can support our parish and Catholic ministries, creating a lasting impact for future generations.

Hear from representatives from the Archdiocese of Seattle, Associated Catholic Cemeteries, Catholic Community Services of Western Washington, Fulcrum Foundation and Attorney John Keckemet as they share practical guidance on wills, trusts, and other estate planning tools.

Join us. This event is open to parishioners in our parish family and their guests.

To register or for more information, contact emilina.seats@seattlearch.org.



Catholic Campaign for Human Development

WORKING on the Margins

www.usccb.org/cchd



Copyright © 2023, United States Conference of Catholic Bishops, Washington, DC.
All rights reserved. Photo: Shutterstock

Collection this Weekend: The Catholic Campaign for Human Development is the national anti-poverty program of the U.S. Catholic Bishops, working to carry out the mission of Jesus Christ. To give, visit usccb.org/cchd.



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



Contact Refresh Printing
to place an ad today!
425•369•7389

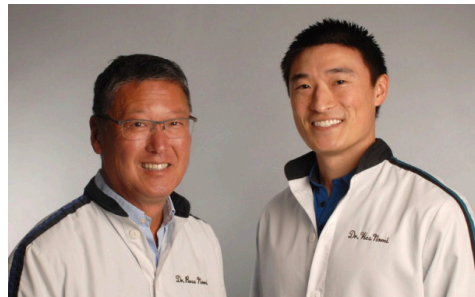
Free
Ad Design
with purchase of
this space



Bridle Trails & Spring District
Family Dentistry

2 Locations • New Patients Welcome!

Russell K. Nomi, DDS & Wesley K. Nomi, DMD
Voted Seattle Top Dentists 2022 & 2023



6507 132nd Ave NE
Kirkland
425 881 9333

1981 UW Dental School

12301 NE 10th Pl #304
Bellevue
425 454 4298

2017 Arizona School of Dentistry
and Oral Health

Local Parishoners

Find Connection & Joy
IN EVERYDAY LIVING



Call **(425) 546-2744** to schedule a tour
or learn more at eraliving.com/joy

The
GARDENS
AT TOWN SQUARE
Premier Retirement Living



Sponsors Make This
Bulletin Possible!

Contact Refresh Printing
to place an ad today!
425•369•7389



SH Advertising
Information!

Realogics

Sotheby's
INTERNATIONAL REALTY

Recognized by
The Puget
Sound Business
Journal,
as a
Top Individual
Broker on the
Eastside.



Alice Diambri Properties

Global Real Estate Advisor

425.890.6121

www.alicediambri.com

*Committed to serving Sacred Heart Parishoners,
adhering to the Golden Rule.*

FLINTOFT'S

Funeral Home and Crematory

www.flintofts.com

(425) 392-6444 Issaquah, WA

Our Family Serving Your Family since 1938



NEVER MISS A BULLETIN!

Visit

www.sacredheart.org/
Parish/publications
for weekly parish bulletins



ADVERTISE YOUR
BUSINESS HERE

Contact Refresh Printing to place an ad today!

Call **425•369•7389** or e-mail chris.r@flintofts.com



NOBLE
PLUMBING
Residential & Commercial Plumbing

noble-plumbing.com
admin@thenobleplumber.com
(425) 200-5642



A Special Thank you to all of our
Sponsors for making this
Bulletin Possible