



# Sacred Heart Church

OF OCEAN BEACH

SEPTEMBER 5, 2021 | TWENTY-THIRD SUNDAY IN ORDINARY TIME

## Welcome

### MASS SCHEDULE

#### Weekday Mass

Monday—Friday | 8:00 am

#### Weekend Mass

Saturday | 4:30 pm

Sunday | 8:00 am, 10:00 am  
5:00 pm

#### Confession

Saturday | 3:15 pm—4:00 pm  
Other | By Appointment

### OUR MISSION

EMPOWERED BY JESUS,  
THE MISSION OF THE  
CHURCH OF SACRED  
HEART IS TO:

Strengthen the community  
through worship,

Live the Gospel with  
Compassion and Joy,

And guided by the Spirit meet  
the needs of the people.



## 23<sup>rd</sup> SUNDAY IN ORDINARY TIME

He put his finger into the man's ears and, spitting, touched his tongue; then he looked up to heaven and groaned, and said to him, "Ephphatha!"—that is, "Be opened!" - Mk 7:33b-34

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

#### THANK OUR ADVERTISERS

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**PARISH OFFICE**  
 Monday through Friday  
 Hours: 8:30 AM—3:30 PM  
 Closed 12:00 PM—1:00 PM for lunch  
 619-224-2746

**BAPTISMS**  
 Contact Dcn. Mark before scheduling a date with friends and relatives. 619-224-2746

**MARRIAGE**  
 Contact Fr. Tom Kiely 9 Months before planned wedding  
 619-224-2746

**FUNERALS**  
 Contact Janice Teixeira  
 619-225-8595

**APPOINTMENTS**  
 Fr. Tom is available by appointment.  
 619-224-2746.

**PARISH STAFF**

Rev. Thomas RJ Kiely,  
 Parish Administrator  
 ☎619-224-2746

Rev. Mr. Mark Wiczorek, Deacon  
 ☎619-224-2746  
 Email: deaconmark@sacredheartob.org

Rev. Emmanuel Ochigbo,  
 in Residence  
 ☎619-224-2746

Stephen Williams,  
 Religious Education Minister  
 ☎619-224-2746 x102  
 religiouised@sacredheartob.org

Jonas Brand  
 Youth Minister  
 ☎619-224-2746 x103  
 youthminister@sacredheartob.org

Angela Roberts,  
 Administrative Assistant/Bookkeeper  
 ☎619-224-2746 x101  
 www.sacredheartob.org



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 Mrs. Suzie Wydra, Director  
 4895 Saratoga Avenue  
 619-222-7252  
 shaobpreschool2@gmail.com  
 sacredheartpreschool.org

*Parish Ministries and Organizations*

- |   |   |
|---|---|
| Altar & Rosary Society<br>Judith Theisen 619-599-6152<br>BulletinEditor@sacredheartob.org | 8/8/21<br>Ministry of SH of OB Community Dinner<br>Jack Hamlin 619-224-2746<br>jackhamlin55@gmail.com               |
| Altar Servers<br>Reef Keener 619-446-9327<br>rksubmarine@gmail.com                        | Music Ministry<br>Janis Cantu 619-253-0391<br>janiscantu@gmail.com  |
| Bereavement Ministry<br>Janice Teixeira 619-225-8595<br>teixeira@cox.net                  | On-Line Giving<br>Leigh Baesler 619-224-2746<br>DirectorofOffering@sacredheartob.org                                |
| Bulletin Editor<br>Judith Theisen 619-599-6152<br>BulletinEditor@sacredheartob.org        | Parish Blood Bank<br>Mary Nauert 858-775-6700<br>mnauert@psrs.com   |
| Creation Care Team Ministry<br>Mary Cairns 619-223-8859<br>mmacairns@verizon.net          | Pastoral Council<br>Karen Linarelli 619-990-9750<br>12karensue@gmail.com  |
| Eucharistic Minister of Holy Communion<br>Teofla Rich 619-758-0943<br>garich@cox.net      | RCIA<br>Stephen Williams 619-224-2746x102<br>religiouised@sacredheartob.org   |
| Finance Council<br>Steven Teixeira 619-225-8595<br>teixeira@cox.net                       | Religious Education<br>Stephen Williams 619-224-2746x102<br>religiouised@sacredheartob.org                          |
| Hospitality Ministry<br>Sheila Ragan 619-504-7597<br>sheila@oceanpointfinancial.com       | Senior Activities<br>Janice Teixeira 619-225-8595<br>teixeira@cox.net   |
| Knights of Columbus<br>Gregg Sprosty 619-226-1658   | The Gio Project Group<br>Jonas Brand 619-224-2746x103<br>youthminister@sacredheartob.org                            |
| Liturgy Committee<br>Judith Theisen 619-599-6152<br>LiturgyCommittee@sacredheartob.org    | Wall of Remembrance<br>Janice Teixeira 619-225-8595<br>teixeira@cox.net   |
| Loaves & Fishes<br>Pat Katka 619-222-9648   | Web<br>Vince Linarelli 619-224-2746<br>Email Blasts<br>Bruce Bauer 619-994-0775<br>communications@sacredheartob.org |
| Ministry of the Word<br>Teofla Rich 619-758-0943<br>garich@cox.net                        | Youth Minister/Confirmation<br>Jonas Brand 619-224-2746x103<br>youthminister@sacredheartob.org                      |
| Ministry Scheduler<br>Kate McKenzie 619-399-9839<br>Ministryscheduler@sacredheartob.org   |   |
| Ministry to the Homebound<br>Theresa Bagg 619-957-5088<br>theresabagg@gmail.com           |   |

~ ~ ~ Please volunteer to fill the vacancies. (Help Needed) ~ ~ ~

DATE/TIME	MINISTER OF THE WORD	MINISTERS OF HOLY COMMUNION	HOSPITALITY	ALTAR SERVERS
<b>SEPT 11 ~ TWENTY-FOURTH SUNDAY IN ORDINARY TIME</b>				
Saturday 4:30 PM	Karen Linarelli Bruce Bauer	Mike Littlefield	Colleen Morse Kevin Morse	<i>Help Needed</i>
<b>SEPT 12 ~ TWENTY-FOURTH SUNDAY IN ORDINARY TIME</b>				
Sunday 8:00 AM	Susan Kaweski Mary Ellen Seaver	Grace Sousa	Robert Riley Michael Brown	<i>Help Needed</i>
10:00 AM	Barbara Dodd Carolina Stonehouse	Cathleen Hornsby	Amy Barber <i>Help Needed</i>	Catherine Anthony
5:00 PM	Jan Donahue John Wilson	Joy Young	<i>Help Needed</i> <i>Help Needed</i>	Reef Keener <i>Help Needed</i>



Did not God choose those who are poor in the world to be rich in faith and heirs to the kingdom?

— James 2:5

THE MESSIAH FORETOLD

Today's story of the cure of a deaf man with a speech impediment is a good example of how much is contained in a simple miracle story. The Greek word mogilalos appears only here in all of the New Testament. It is a technical term referring to someone with a stammer. It is also used only once in the entire Jewish scriptures, in the passage that we read today as our first reading from Isaiah. Clearly, by his choice of this precise word Mark wants us to recognize that what Jesus is doing is the fulfillment of what Isaiah had predicted centuries earlier. In fact, Mark wants us to recognize that Jesus is the Messiah foretold by Isaiah and the other Jewish prophets of old.

The word ephphatha, "be opened," used to describe the restoration of the man's speech, is another example of a subtle allusion to an earlier prophecy. This time the prophecy in question is from Ezekiel, when he foretells that in the messianic age, "your mouth shall be opened to speak" (24:26). The sophistication of Mark's narrative is further revealed when we realize that there are multiple levels within a single reference. Mark not only draws our attention back to Israel's prophetic past, he also points to the initiatory practice of his contemporaries by his mention of such things as spittle, touching of ears, and the use of the word ephphatha, all of which were practices incorporated into the early Church's baptismal ritual.

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The Parish Office will be closed Monday, September 6 in observance of Labor Day
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FROM THE DIOCESE



Should I go to Mass this weekend?

Many faithful wrestle with this question, amid the latest news on the coronavirus. But perhaps answering the question, "Why should I go to Mass?" and understanding the blessings of encountering the real presence of Christ will offer the compelling reason to attend Mass in person.

To help promote this, the diocese is launching a seven-week program to reintroduce the gifts received when attending Mass, none greater than the Eucharist.

"It is my deepest hope that these weeks will be for us all a time to grow in our love for and understanding of this most beautiful sacrament and, in doing so, come closer to the God who has bestowed upon us every blessing we know in this world," Bishop Robert McElroy says in a message that will be played for parishioners attending the Saturday vigil and Sunday Masses on Sept. 11-12.

The first phase of the program will begin that weekend and continue through Oct. 3.

On three consecutive weekends, taped homilies will be presented at every

parish on the following themes:

Sept. 11-12: "The Eucharist is a direct personal encounter with Jesus Christ" (Sept. 12);

Sept. 18-19: "The Eucharist is the sacrificial memorial of Christ's passion, death and resurrection by which we have been redeemed"

Sept. 25-26: "The Eucharist is the sacred meal that nurtures us, bonds us together and sends us forth to transform the world" (Sept. 26).

On the weekend of Oct. 2-3, our pastor will continue this focus in his homily, addressing the elements of the Eucharist that are important to our community at this moment.

In the second phase, our parish will hold "teaching Masses" during three weekends in October: 9-10, 16-17 and 23-24. At key moments in these Masses, the meaning and history of the rituals will be explained.

The taped homilies will be available on the webpage sdccatholic.org/eucharist at noon on each of the Sundays they are presented, along with other resources. Please share them with fellow parishioners, friends and family.

Today's Readings

First Reading — Say to those whose hearts are frightened: Be strong, fear not! Here is your God (Isaiah 35:4-7a).

Psalm — Praise the Lord, my soul! (Psalm 146).

Second Reading — Show no partiality as you adhere to the faith in our glorious Lord Jesus Christ (James 2:1-5).

Gospel — Jesus makes the deaf hear and the mute speak (Mark 7:31-37).

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READINGS FOR THE WEEK

Monday: Col 1:24 — 2:3; Ps 62:6 - 7, 9; Lk 6:6-11,

or, for Labor Day, any readings from the Mass "For the Blessing of Human Labor," nos. 907-911

Tuesday: Col 2:6-15; Ps 145:1b-2, 8 -11; Lk 6:12-19

Wednesday: Mi 5:1-4a or Rom 8:28-30; Ps 13:6 Mt 1:1-16, 18-23 [18-23]

Thursday: Col 3:12-17; Ps 150:1b-6; Lk 6:27-38

Friday: 1 Tm 1:1-2, 12-14; Ps 16:1b-2a, 5, 7-8, 11; Lk 6:39-42

Saturday: 1 Tm 1:15-17; Ps 113:1b -7; Lk 6:43-49

Sunday: Is 50:5-9a; Ps 116:1-6, 8-9; Jas 2:14-18; Mk 8:27-35

*Mass Intentions for the Week*

**September 4, Saturday**  
 4:30 p.m. Manuel A. & Maria Silveira †

**September 5, Sunday**  
 8:00 a.m. Manuel Da Luz †  
 Dana Godinka †  
 10:00 a.m. Henrietta Selina Geisler †  
 5:00 p.m. Carlos Haskins †

**September 6, Monday**  
 8:00 a.m. Barbara Allen

**September 7, Tuesday**  
 8:00 a.m. Fr. Hubert Kealy †  
 Sr. Elizabeth Kealy †  
 John Kealy †

**September 8, Wednesday**  
 8:00 a.m. Jack & Gloria Simmons †

**September 9, Thursday**  
 8:00 a.m. John Robert Geisler †  
 Tim Kiely †

**September 10, Friday**  
 8:00 a.m. Barbara Allen

**September 11, Saturday**  
 4:30 p.m. Albertina Tavares †

**September 12, Sunday**  
 8:00 a.m. Patty Barrancotto †  
 Doris Cairns †  
 10:00 a.m. David William Deihl †  
 Mickey Molé †  
 5:00 p.m. Antonio & Maria Da Luz



**Please Remember in Your Prayers**

Barbara Allen	Fr. Ron Hebert
Banting Family	Desiree Hernandez
Barreda Family	Dolores Illig
Jeanne Barrett	Inoue Family
Finn Barrett	Alan Isaacson
Debbie Brady	Gloria Kenny
Carolyn Burmer	Peggy Kittler
Josie Campbell	Bill Klatt
Christian Callahan	Barbara Mellor
Sonia Carrilo	Merola Family
Paul Cloutier	Joannie Nicoletti
Sayler Corr	Louiz Otero
Marco Antonio Cota	Mark Price
Virginia Dela Rosa	Jerry Sanders
Fr. Charles Eis	Carter Santos
Sonny Fendley	Margaret Schweizer
Julie Fish	Patty Schwenn
Daniel Flores	Ruth Sewell
David Flores	Gloria Sosa
Selina Flores	Ana Soto
Irene Gracey	Bryce Stewart
Ann Hansen	Xavier Tan
Sydney Hansen	Jerry Torres
Jerry Hastings	Maria Wimer

*Stewardship as a Way of Life*

**STEWARDSHIP OF TREASURE:**  
 Contributions to the General Collection are used to offset the costs associated with day-to-day operations of the parish and its programs. **Prayerfully consider** making a recurring weekly or monthly donation to our collection. Thank you for your investment and continued support of our parish!

God Bless, *The Parish Support Team.*

**Ways to Give**

- You can mail checks to our parish office at: 4776 Saratoga Ave San Diego, CA 92107
- Or, drop your check in the mail slot of the parish office,
- Or, go through your bank and set up a bill pay.
- Or, you can scan this code with your mobile device to go directly to our secure online giving site. Some phones will let you scan with your camera. Just hover over the square. Do not take a picture.
- Or, go to our website and click on the online giving button,
- The giving application during this time includes: **Sunday Offering, Maintenance, Altar flowers, Ocean Beach Community Dinners, special collections, and Religious Education fees.**



which is found on our home page. Go to [www.sacredheartob.org](http://www.sacredheartob.org). Once you are on the home page, look for the red box 'Contribute to Sacred Heart,' which can be found at the top center of the page.



**SPECIAL COLLECTION**

The National Conference of Bishops in the U.S. has called for a special collection to respond to the humanitarian and significant church recovery needs due to the recent earthquake in Haiti. Parishioners can use the **Natural Disaster Relief envelopes** in last weeks bulletin. Return this week to the parish office or in the offertory baskets. You can also contribute on our website at [www.sacredheartob.org](http://www.sacredheartob.org) or the Diocesan website at [www.sd.catholic.org](http://www.sd.catholic.org). Every one is encouraged to join the Church in being a visible witness to the healing presence of Jesus alive in the world through this collection. Please make checks out to **Sacred Heart Church.**

**Choosing Deafness**

If you're a parent, you know that hearing evaluations are usually done at a child's annual physical exam starting around age four. The little person gets hoisted up onto the exam table, fitted with a pair of special headphones, and then they need raise their hand when they hear a sound.

I bet all of us parents who have sat through one of these tests with a preschooler — especially a particularly strong-willed one — have experienced a moment where we ask ourselves: I wonder if there's something wrong with her hearing. Is that why she doesn't listen to me? 'Come here, put on your shoes, pick up your toys, finish your carrots, don't touch that' — she isn't being naughty, she just can't hear it!

And then that moment, for those of us whose kids passed the hearing test with flying colors, comes crashing down into a realization that, yep, they can hear just fine. They're just choosing deafness.

But how can we really get mad when we remember that we do the same thing to God day in and day out? I often wonder if God, sitting in His Heaven, tires of calling to us in the same way young parents tire of calling out unheeded directions to their small children. Help that person. Hear My voice. Open your heart. Give of yourself here. Talk to Me.

What is the call He wishes you to hear today? Can you hear it? Are you listening?

-Tracy Earl Welliver, MTS



**RECLAIMING OUR UNITY**

Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.

—Barack Obama

RECOGNIZING OUR MILITARY

- AM3 Taylor Abram, Air Force
- Lt. Gregory Becker, Navy
- Lt. Edgard Corea, Navy
- Ensign Daniel Flanagan, Navy
- SGT. William J. Hansen Jr., U.S. Army
- Pvt. III Class Andrew Higgin Botham, U.S. Army
- USS Howard (DDG 83)
- U.S. Navy Ship
- Capt. Silas Huff, U.S. Army
- Tech. SGT. Marcos Portella, Air Force
- Capt. Julia Quinn, USMC
- Major Phil Rodriguez, USMC
- MSG Cory Sullivan, U.S. Army
- Capt. Andrew Sullivan, U.S. Army
- Edwin Torres, Navy

If you have a loved one serving in the military who is away on special deployment and would like to add him/her to our list for prayer, please call the parish office at 619-224-2746 and give the military member's name, rank and branch of service. Please remember to call the office when your loved one has returned home.

SACRED HEART OF OB COMMUNITY DINNER & PANTRY



We are back to our pre-Covid dinner serving schedule: EVERY OTHER TUESDAY. Our next Dinner services will be from 5:00 to 7:00 pm in the courtyard on September 7th and September 21st. We will have another Covid vaccine Clinic on the 21st. Volunteers should show up and be available at 3:00 pm.

In addition to our Community dinners, Sacred Heart's outreach to our unsheltered neighbors also includes donated articles of clothing. Currently we are still in need of gently used men's pants/shorts and T-shirts, all sizes, for distribution. Please email teixeira@cox.net for porch pick up. Or call Janice Teixeira, to make arrangements: 619-246-4955 .

Thank you all for your continued support of this ministry. We are truly a Parish Built on Love, and it has been our privilege to give back to the community of OB.

Please keep us in your prayers. Thank you



New Classes

RCIA

New RCIA classes will begin September 20th in the church rectory at 6:30 pm. All are welcome to join these classes to discover insights into our Catholic faith and experience this life changing journey.

If you know of anyone interested in joining the Catholic Church contact Stephen Williams. If you would also like to join the RCIA team please contact Stephen Williams as well! (619) 224-2746 x 102 email: http://sacredheartob.org/

Please Join Us



Religious Education

CHILDREN K-5

Sacred Heart Church of Ocean Beach Religious Education program will start on October 3rd. Registration is online this year, and the form can be found on the Children's Religious Education page.

CATECHISTS NEEDED:

We need more teachers for our Children's Liturgy of the Word program before it can begin October 3rd. Please prayerfully consider joining this beautiful program of teaching children scripture during Mass. If interested please contact Stephen Williams.

Children's Liturgy of the Word is set to resume Sunday, October 3rd. They will meet on Sundays at 10:00 AM in the Children's Liturgy room/Rector's Conference room.

First Reconciliation & First Holy Communion

To receive the sacrament of First Reconciliation and First Communion your child must be in second grade or 7 years old. Our program is two years, and they must attend the majority of the sessions and be going to Sunday Mass in person. More information will be put on the Children's Religious Education page as it becomes available.

Stephen Williams, Religious Education Coordinator

4776 Saratoga Avenue, San Diego, Ca 92107

(619) 224-2746 x 102 email: http://sacredheartob.org/

YOUTH ACTIVITIES

High School Youth Group will resume meeting on Sunday, September 5 at the 5:00 PM Mass. Come by for food, games and fun from 6:00 -8:00 PM in the youth room (second floor of the school).

The Middle School Youth Group meetings will resume as soon as Jonas is settled in his new position.

ROC Teen Confirmation will meet every other Wednesday night of the month, 7-8:30 PM beginning October 6th at Sacred Heart Academy. It is now going to be a 2-year program beginning October 2021 and teens will be Confirmed sometime either in late April or May 2023. Registration is open, online at http://sacredheartob.org/

YOUNG ADULTS

September Meetings:

- Saturday September 18: Surf session at 10:00 am Ocean Beach

Contact Jonas with any questions at (210)-606-4306.

ADULT BIBLE STUDY

New fall Bible study session will begin September 8. We will be studying the book of Revelations. We will study Revelations in person in the Alley Cottage Wednesday afternoons at 1 pm. There will be an evening session at 7 pm on Zoom. Contact Stephen Williams for more information: Religious Education Coordinator (619) 224-2746 x 102 email: http://sacredheartob.org/




# PARISH INFORMATION & HAPPENINGS



**Year of St. Joseph Prayer**

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.  
Blessed Joseph, to us too,  
show yourself a father and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil.

**Amen.** 

2021 is designated the “Year of St. Joseph” and Sacred Heart will pray the above prayer after each Mass.

**A GRANDPARENT RECIPE**

A grandparent is a little bit parent, a little bit teacher, and a little bit best friend.

—Anonymous

**THE CROSS TO BEAR**

If you bear the cross gladly, it will bear you.

—Thomas à Kempis



**LIVE THE LITURGY**

Life can be challenging and frightening. Sometimes, it really hurts to be a human being. We face brokenness of all kinds: physical, emotional, and spiritual. For no apparent reason, life can quickly fall apart. What we knew to be familiar is gone and something we relied upon is taken away. We are left sitting with our incompleteness and swimming in the pools of our sadness. Be strong! Fear not! These admonitions flow from the mouths of prophets and are echoed by Jesus. It is difficult to trust that restoration, healing, and rejuvenation will one day come, and remain steadfast in our faith. But we are here because of a God who loves us, not as the result of a random occurrence. When we reach for that truth about who we are and who God is, life changes for us. We are healed from our old distorted way of seeing things. Our eyes, heart, and soul are opened to the beauty and magnificence of life. The pulse of our loving Creator is felt in all things and we can’t wait for God to come and touch us again. God made us, God loves us, and God keeps us. He has done all things well.

©LPi



**ADORATION OF THE BLESSED SACRAMENT**

ON FRIDAYS SACRED HEART CHURCH HAS ADORATION OF THE BLESSED SACRAMENT UNTIL 10:00 AM. The church also has the ability for 24/7 Adoration of the Blessed Sacrament in the church chapel. Access at all times is available via the chapel side door using the coded pad. If you would like the code to the chapel door, email Janice Teixeira at [teixeira@cox.net](mailto:teixeira@cox.net).

**Pray for all of us.**

**CRUSH 2021: AN EVENING OF SAVORING FINE WINES**



**PLEASE NOTE:**  
**A CHANGE IN OUR EVENT:**  
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SEPTEMBER 18, 2021

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**PLEASE RESERVE NOW!**

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(6-FT. TABLES OF 4)\*  
\$50.00 / PERSON\*

RESERVE AT: [SACREDHEARTOB.ORG](http://SACREDHEARTOB.ORG)  
CLICK ON: “CRUSH 2021”

ENTIRE EVENT IS OUTDOORS:  
RECEPTION & HORS D’OEUVRES—5:30 P.M.  
TASTE WINES & GOURMET COURSES—6:30 P.M.  
SILENT AUCTION & WINE-PULL—ALL NIGHT

**MASKS ARE WELCOME**

PLEASE CONSIDER JOINING FELLOW PARISHIONERS & FRIENDS AT THIS FUNDRAISER FOR SACRED HEART

\* RESERVED TABLES OF 6 CAN BE ACCOMODATED  
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