

A Parish Built on Love

The Heart ***of Ocean Beach***



JUNE 1, 2025 | THE ASCENSION OF THE LORD

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

Monday | 7:30 am—7:55 am

Saturday | 3:15 pm—4:00 pm

Other | By Appointment

Rosary & Divine Mercy Chaplet: After Daily Mass

Adoration available in chapel
7 am to 7 pm

OUR MISSION

**EMPOWERED BY JESUS,
THE MISSION OF THE
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HEART IS TO:**

**Strengthen the community
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**Live the Gospel with Compassion
and Joy,**

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THE ASCENSION OF THE LORD
**MAY HIS LOVE
BE WITH US,
ALWAYS**



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619 224 2746 | www.sacredheartob.org

ACTIVITIES & HAPPENINGS



"With profound gratitude and blessing, I receive my appointment to be the seventh Bishop of the Diocese of San Diego. I cannot express enough how grateful I am to God for blessing me with graces to serve God's people. I am deeply thankful to Pope Leo XIV who entrusted me with this portion of the Lord's vineyard. It brings an added sense of awe as I am a son to this diocese. It is an honor to serve 'my home,' where I received my call and vocation to the priesthood more than thirty-one years ago."

--Most Reverend Michael Pham

We rejoice in his appointment!

Care for the Whole Person

Saturday, June 7th, 10:00 am—11:30am at Sacred Heart Church Parish Hall Sunset Cliffs Blvd.

Please join Care of the Whole Person for a presentation on **Memory Loss**. The presentation is for those experiencing memory loss and their families and is presented by Alzheimer's San Diego.

- What memory loss, dementia and Alzheimer's are
- The scope of the impact in the US
- Signs of dementia and memory loss
- Risk factors for dementia
- Basic communication tips for interacting with someone with dementia
- How to access free community services

Please **RSVP to Janice Teixeira at Teixeira@cox.net or call/text 619-246-4955.**



Prayer of Christian Unity

Help us to be one, Lord Jesus, as you prayed to the Father.

Gather us all to you, diverse in culture, gift, call, way of life, and perspective. May the love we have for you overflow into the love we have for each other.

Amen.

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**SACRED
HEART OF OB
COMMUNITY
DINNER &
PANTRY**

Our dinner serving schedule is **EVERY OTHER TUESDAY**. Our next dinner services will be on **June 10th and 24th** from 5:00 to 7:00 pm. **Volunteers** are needed for meals both days. Volunteers please arrive and be available at 3:30 pm.

Thank you 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.

**LOAVES AND FISHES
FOOD BANK**

This weekend Sacred Heart will again collect food items for the loaves and fishes ministry. Canned goods such as tuna, peanut butter, baked beans, and ramen noodles are always needed. Please leave non-perishable items in the parish rectory. Call Pat Katka at 619-222-9648 for more information.

Thank you for your continued support of this community ministry.



GOSPEL MEDITATION

It was a Delta flight from Salt Lake City to Phoenix, and it looked like an on-time departure. As the large plane rolled away from the gate, the pilot announced over the intercom: "Ladies and Gentlemen, the crew outside didn't fill up the tanks with fuel. We are going back to the gate to wait for them." The passengers groaned with impatience. But over the next hour, we knew the waiting had a purpose: it meant fuel to get us to our destination.

The disciples at the Lord's Ascension are in a similar predicament but on a massively higher plane. They want the Kingdom of God to begin on earth as it is in heaven. But Jesus says, "I am sending the promise of my Father upon you; but stay in the city until you are clothed with power from on high" (Luke 24:49). They stay together in prayer in Jerusalem and wait nine long days until the Holy Spirit descends. Empowered by supernatural gifts, they go forth to the ends of the earth and to their deaths proclaiming the Good News of Jesus. The wait was worth it.

Before you begin a task or endeavor, do you take time to patiently pray for the Holy Spirit to come? The bigger the task, the more ardent the prayer should be. Try it this week, and you'll be clothed with power to get where God wants you to go.

— *Father John Muir*

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THE SIGNIFICANCE OF THE ASCENSION

The theological unity, or perhaps even the temporal experience of the early community, made it seem that Jesus' resurrection and his ascension were inseparable aspects of a single mystery. Only in the later writings of Luke and John has further theological reflection helped the Christian community to distinguish different dimensions of the mystery. Liturgical tradition has followed the forty-day chronology formulated by Luke. We would miss the point, however, if we were to demand a precise historical chronology of events such as the Resurrection-Ascension that are primarily spiritual in nature and that clearly surpass the bounds of time and space as we know them.

What is important for us to grasp is the significance of the Ascension. For Luke, it is the decisive turning point that marks the end of Jesus' earthly ministry and the beginning of the disciples' Spirit-led ministry and thus the ministry of the whole church down to our own day.

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READINGS FOR THE WEEK

Monday:	Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab/Jn 16:29-33
Tuesday:	Acts 20:17-27/Ps 68:10-11, 20-21/Jn 17:1-11a
Wednesday:	Acts 20:28-38/Ps 68:29-30, 33-35a, 35bc-36ab/Jn 17:11b-19
Thursday:	Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11/Jn 17:20-26
Friday:	Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab/Jn 21:15-19
Saturday:	Morning: Acts 28:16-20, 30-31/Ps 11:4, 5 and 7/Jn 21:20-25
Sunday:	Day: Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 (see 30)/1 Cor 12:3b-7, 12-13 or /Jn 20:19-23 or Jn 14:15-16, 23b-26

Mass & for the Intentions of the Week

May 31 Saturday
4:30 p.m. Richard Harkin †

June 1 Sunday
8:00 a.m. Patty Barrancotto †
10:00 a.m. Claude Fenner †
5:00 p.m. Barbara Christianson †

June 2 Monday
8:00 a.m. Ana Soto †

June 3 Tuesday
8:00 a.m. Manuel Silveira †

June 4 Wednesday
8:00 a.m. Timothy Stallard †

June 5 Thursday
8:00 a.m. Yvette Flores †

June 6 Friday
8:00 a.m. Norbert Correia
11:30 a.m. Mary Anibal Freitas †

June 7 Saturday
4:30 p.m. Manuel U & Aurora Silveira †

June 8 Sunday
8:00 a.m. George & Lorena Hornby †
10:00 a.m. Mass for Parishioners
5:00 p.m. Diane Guerra †



Please Remember in Your Prayers

Rene Acosta	Inoue Family
Cathy Adams	Fr. Tom Kiely
Loki Aevermann-Cantu	Rich Koppel
Brandon Ashcraft	Nicholas Kunes
Nargis Barkzai & Family	Ed Lloyd
Barreda Family	Patricia Marie
Darla Bebrin	Tony Masiello
Mike Bixler	Francis Mason
Borel-LeCompte Family	Merola Family
Jim Buckley	Bill Moore
Carrillo Family	Kathy O'Sullivan & Family
Dasan Castrapel	Lee Pirrotti
Aubrey Clark	Alex Polifka
Denise Cleaton	Mark Price
Paul Cloutier	Jack Quinn
Kat Cloutier	Jim Rogers
John Correia	Tony Rogers
Hayden Cooper	Cathy Sables
Tricia Danielson	Pat Schmitt
Nazario Dorego	Margaret Schweizer
Jules Fish	Gerry Scott
The Flores Family	Nelson Soto
Richard Friel	Gloria Soto & family
Timothy Geisler	Fr. Thomas Thompson
Michael Ryan Ghilliotti	William Tontz
Della Greenwell	Nora Van Leeuwen
Desire Hernandez Family	Betty White
Cathleen Hornsby	Stewart Witt
Yvette Howard	



Adoration at Sacred Heart Chapel

Adoration in the church chapel behind the altar is **between the hours of 7am to 7pm.** If you would like the new code to the chapel door, please email Janice Teixeira at: seniorministry@sacredheartob.org or 619-246-4955.

REMEMBER YOUR CHURCH BY USING ONLINE GIVING

- Scan this QR code to go directly to our secure online giving site.
- Or, go to our website: www.sacredheartob.org and click on the "Contribute to Sacred Heart" button,

You can make a one time donation or you can sign up to give weekly.
Thank you for your continued support and faithful giving.

Many Blessings, Fr. Billy.



Knights of Columbus Pancake Breakfast!

The Knights of Columbus are serving breakfast today, **June 1st**, in the parish hall. Join your friends after Mass for a great breakfast. Find out what it means to be a Knight.

Charity • Unity • Fraternity • Patriotism

CURRENT MEMBERS are encouraged to join their meetings on the first Thursday of the month. The Council meeting is on May 1st at 7:00 pm. at the Knights of Columbus Hall at 2244 Bacon Street, OB.



KNIGHTS OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Stewardship as a Way of Life

Today we celebrate the feast of the Ascension of our Lord, a feast which, in part, celebrates the confidence he placed in his close followers to continue his ministry. In the Gospel reading Jesus reminds his followers of the purpose of his mission, and commissions them to continue his work by proclaiming his word and by living courageously that which they preached. He also promises them the Holy Spirit who he said would strengthen them for the task ahead. As stewards of Jesus' life and ministry, a good question for us to reflect on this week might be this: Has Christ's confidence in the quality of our own witness been well placed?

ICSC

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
 USS Howard (DDG 83)
 U.S. Navy Ship
 Capt. Silas Huff, U.S. Army
 Tech. SGT. Marcos Portella,
 Air Force
 Major Phil Rodriguez, USMC
 Victor Salazar,
 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.

THE GIFTS OF THE HOLY SPIRIT

Wisdom, Understanding,
 Counsel, Knowledge,
 Fortitude, Piety, and Fear of
 the Lord.

**ATTENTION ALL LADIES,**

Join us Wednesday, **June 25, 2025 at 11:30 a.m. for our end of year meeting**, where we will pray the rosary, followed by a delicious **lunch**. Afterwards, we will have a short meeting at Therese Flanagan's. For more information, call Therese Flanagan, President, at 619-886-8337. Enjoy the grace of saying YES!!

**Teen Confirmation**

Please pray for our Sacred Heart Confirmands; **Ari Donahue and Lia Boyce Berral**.



Registration is open on the parish website for Sacred Heart Vacation Bible School. VBS is the week of **July 14–18!** It will transport the children back to Egypt. They will be learning about Joseph's story from the Old Testament book of Genesis—how Joseph went from being a prisoner to living in the palace of the Egyptian king.

VBS is for children from 4 to 11 years old. We do need children from ages 12 through 18 years as junior leaders and adults to help with our program. For more information please contact Stephen Williams. religiously@sacredheartob.org

**OTHER PRAYERFUL OPPORTUNITIES****PENTECOST MASS FOR ALL PEOPLES**

Saturday, June 7, 2025.

This annual Mass brings together the Catholic cultural communities present in the diocese in a colorful feast of languages and faith traditions. Heritage Exhibits | Ethnic Food Tasting | Live Music. All are welcome! 10 am Call to Worship | 11 am Mass celebrated by Bishop Ramon Bejarano | 12 pm | Festival of Cultures. Free family event!

Cathedral Catholic High School, 5555 Del Mar Heights Rd. San Diego, CA 92130

**SENIOR MASS AND LUNCHEON**

Join us on **June 6 2025** for our last 1st Friday Mass and Senior Appreciation Lunch until October, Mass begins at 11:30 am, with **lunch** to follow in the parish hall at 12:15 pm. Theme: **Luau**. Wear your prettiest Hawaiian outfit! Donation of \$5.00 for lunch, \$1.00 for wine, and \$3.00 for take-home second meal. Call in your reservation to **Carol Sanders at 619-225-2239**. Please invite your friends!

**MILLION MEAL EVENT**

Diocesan major Fund-raiser to supply 1,000,000 meals to various locations world-wide, including half the meals to the Casa de los Pobres in Tijuana, BC, and half to Haiti, Africa, and locally in the USA. The Permanent Diaconate has partnered with **Kids around the World** for 4 years to put on the largest event of this type. We hope that all the parishes and all the deacons get involved in some way to make this happen again. This year MME 2025 will be held at **Cathedral Catholic High School, June 13-14, 2025**. We are planning a 1-day set up and a 1-day event to pack one million meals. Sign up with QR code at left.



PARISH OFFICE

Monday through Friday
Hours: 8:30 AM—4:00 PM
Closed 12:00 PM—1:00 PM
for lunch
619-224-2746

BAPTISMS

Contact Deacon Mark before
scheduling a date with
friends and relatives.
deaconmark@sacredheartob.org

MARRIAGE

Contact Rev. Billy Zondler
before planned wedding
619-224-2746

FUNERALS

Contact Janice Teixeira
619-246-4955

APPOINTMENTS

619-224-2746.

PARISH STAFF

(619-224-2746)

Rev. Billy Zondler, **Pastor**
bzondler@sacredheartob.org

Rev. Mr. Mark Wieczorek,
Deacon
Email:
deaconmark@sacredheartob.org

Rev. Lt. Emmanuel Ochigbo,
USNR

In Residence

Rev. Anthony (Tony) Stanonik
In Residence

Stephen Williams
**Director of Catechetical
Ministry**

619-224-2746 ext #2
religiously@sacredheartob.org

Youth Minister/Young Adults
619-224-2746

youthminister@sacredheartob.org

Lisa Danaher
Office Manager
619-224-2746 ext #1
Parishoffice@sacredheartob.org

Rachel Ohalek
Bookkeeper
619-224-2746 ext #3
Bookkeeper@sacredheartob.org

Parish Ministries and Organizations

Altar & Rosary Society
Therese Flaningam 619-886-8337
tireneflan@yahoo.com
Altar Servers
youthminister@sacredheartob.org
Bereavement Ministry
Janice Teixeira 619-246-4955
seniorministry@sacredheartob.org
Bulletin Editor
Judith Theisen 619-599-6152
theisen2@cox.net
Caring for the Whole Person
Janice Teixeira 619-246-4955
seniorministry@sacredheartob.org
Creation Care Team Ministry
Mary Cairns 619-223-8859
mmacairns@verizon.net
Director of Catechetical Ministry
Stephen Williams 619-224-2746x102
religiously@sacredheartob.org
Extraordinary Ministers of Holy Communion
Teofla Rich 619-758-0943
garich@cox.net
Finance Council
Steven Teixeira 619-225-8595
teixeira@cox.net
Hospitality Ministry
Sheila Ragan 619-504-7597
sheila@oceanpointfinancial.com
Knights of Columbus
Gregg Sprosty 619-226-1658
greggsprosty@cox.net
Liturgy Committee
Fr. Billy Zondler 619-224-2746
bzondler@sacredheartob.org
Loaves & Fishes
Pat Katka 619-222-9648
Ministry of the Word
Teofla Rich 619-758-0943
garich@cox.net
Ministry Scheduler
Kate McKenzie 619-224-2746

Ministryscheduler@sacredheartob.org
Ministry to the Homebound
Janice Teixeira 619-246-4955
seniorministry@sacredheartob.org
Ministry of SH of OB Community Dinner
Jack Hamlin 619-224-2746
jackhamlin55@gmail.com
Music Ministry
Janis Cantu 619-253-0391
janiscantu@gmail.com
On-Line Giving
Rachel Ohalek 619-224-2746X103
Bookkeeper@sacredheartob.org
Pastoral Council
Kate McKenzie 619-224-2746
Ministryscheduler@sacredheartob.org
Pro-Life and Young Families
Katie Inoue 619-309-8732
katietonz@yahoo.com
RCIA
Stephen Williams 619-224-2746x102
religiously@sacredheartob.org
Senior Activities
Janice Teixeira 619-246-4955
seniorministry@sacredheartob.org
Small Church Communities
Stephen Williams 619-224-2746x102
religiously@sacredheartob.org
Wall of Remembrance
Janice Teixeira 619-246-4955
seniorministry@sacredheartob.org
Web
Vince Linarelli 619-224-2746
Email Blasts
Bruce Bauer 619-994-0775
communications@sacredheartob.org
Young Adults
youthminister@sacredheartob.org
Youth Minister/Confirmation
youthminister@sacredheartob.org

1/26/25

God's Game of Telephone

You've probably played the game of "pass it on" before, maybe years ago on the playground. It's a simple concept: one person whispers something in another person's ear, and it gets repeated person by person throughout the group, until finally the last one to hear the message has to say it out loud. Whatever ends up being said at the end of the game is usually a far cry from the original statement, and everyone has a good laugh.

As individuals, we don't receive news in the same way. Our personalities, our histories, our weaknesses, and our strengths determine how we interact with information we encounter in the world, both good and bad. One person will interpret a compliment positively; someone else will take offense. One person reacts to news of a job promotion with joy, another is disappointed that now they will have less time with their family. The same

news can mean completely different things to different people.

But what God gives us is the truth in love, and the truth in love is the same in every place and in every time, for every person of every race. When Christ prayed to the Father that "the love with which you loved me may be in them," he was asking that the magnificent gift that had been imparted to him would also be imparted to us.

Our job is to play a game of pass it on with this gift of love. How do we keep it from becoming warped? Through remaining committed to the word of God, to the sacraments, and to one another.

In this game, we don't change the message. The message changes us. And we have to give it away to keep it.

— Tracy Earl Welliver, MTS
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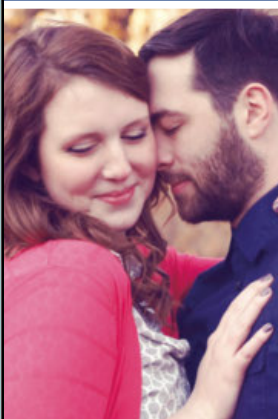
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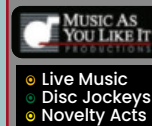
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