

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | FEBRUARY 22, 2026 | FIRST SUNDAY OF LENT

WEEKDAY MASS

Monday–Friday | 8 am
Federal Holidays | 9 am

WEEKEND MASS

Saturday | 4:30 pm
Sunday | 8 am, 10 am, 5 pm

CONFESSION

Monday | 7:30–7:55 am
Note: No Confession on
Federal Holidays
Saturday | 3:15–4 pm
Other | By Appointment

ROSARY & DIVINE MERCY

Chaplet: After Daily Mass

ADORATION IN CHAPEL

9 am–7 pm

OUR MISSION

To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE · SERVE · CELEBRATE

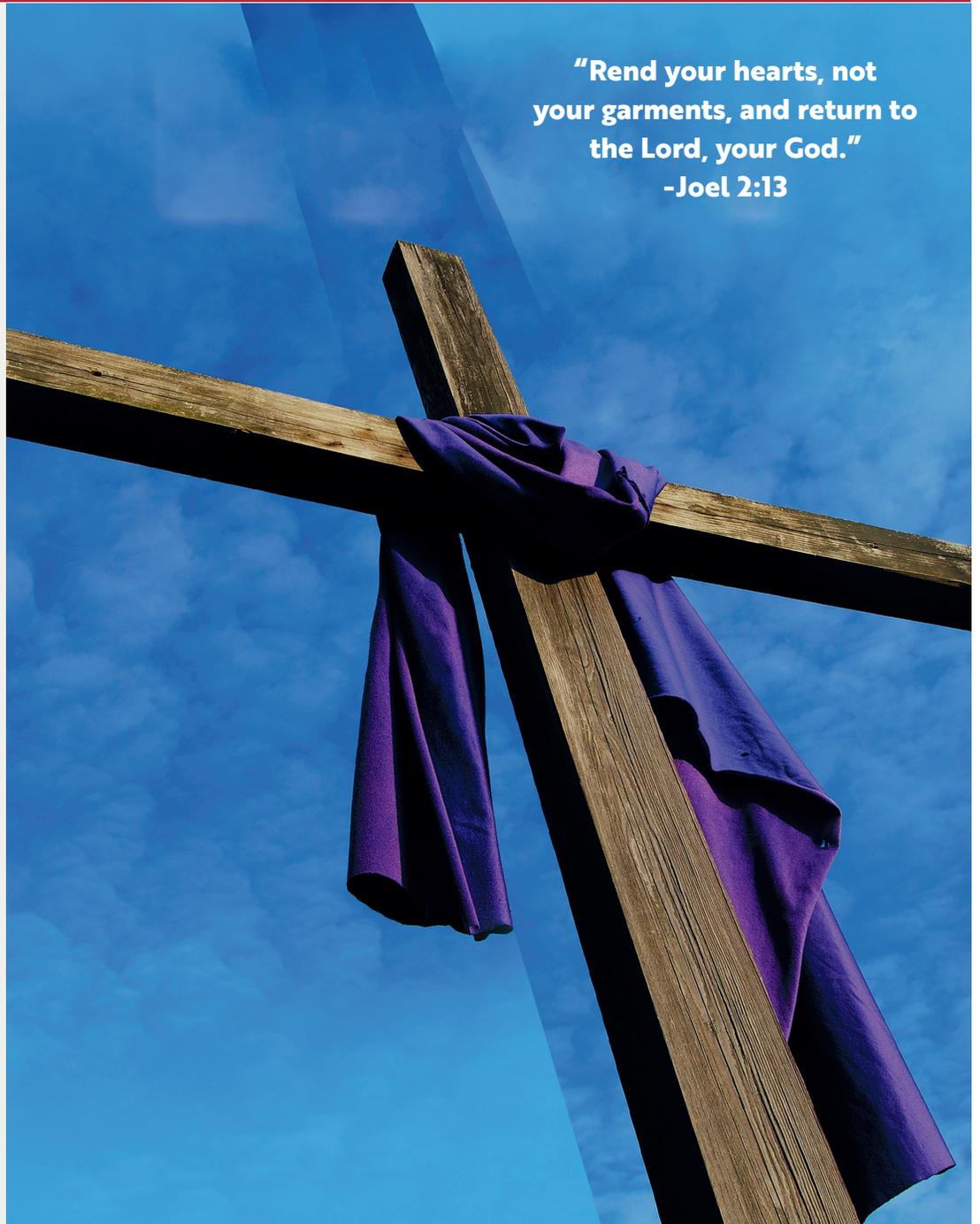


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OCEAN BEACH

SINCE 1911

**“Rend your hearts, not
your garments, and return to
the Lord, your God.”**

-Joel 2:13



NEWS+EVENTS



A Whole Lotta LOVE at this Parish Built on Love

Sacred Heart certainly showed the love at "All You Need is Love" on Valentine's Day! With delicious food stations like the "Confectional," the wine pull, fabulous auction items, some spirited bidding, and plenty of smiles, a lot of FUN was had at this FUNdraiser. Many thanks to the hard-working, dedicated team who made it all happen and to the parishioners and members of our larger community for their support.

Fish Fry this Friday

The Knights of Columbus annual fish fry is this Friday after Stations of the Cross. Come to Stations at 6:00 pm, then head over to the hall for a fish dinner. All are welcome!

Prayers for our Confirmation Students

This weekend, our confirmation students are on retreat in Borrego Springs, learning more about their faith, building friendships, and deepening their relationship with Christ, as they prepare for Confirmation this spring. Please keep Aurora, Carmina, Emily, Gustavo, Hanna, Isabella, Madison, Marisol, Naomi, Natasha, and Olivia, along with their leaders--Fr. Billy, Natalie Culbertson, Anne and Jeff Anthony, Ari, and Catherine--in your prayers.



In Memoriam

Longtime parishioner Richard "Dick" Friel passed away on January 6. Dick and his wife of 66 years, Linda, were both baptized and married at Sacred Heart and raised their children here as well. A firefighter for 26 years in the OB community and the captain of our Station 15, Dick was also a "fix-it guy," who enjoyed working on cars, doing electrical and plumbing work, and built his own home with the help of his firefighter friends. A private Celebration of Life will be held for Dick next month. Please keep him and all of his family in your prayers.

Learn About the Priesthood at "Explorer Day"

March 28 | 8:30 am-4:15 pm
St. Francis Center, USD
An informational session for men interested in exploring a possible vocation to the priesthood will be hosted by the Director of Priestly Vocations, Fr. Mark Gandolfo, at St. Francis Center, USD, on Saturday, March 28. If living a life of service for Christ and the people of God is attractive to you, please pick up a registration form in the parish office or call 858.490.8389.



Community Dinner Tuesday, February 24 | 5-6 pm Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, February 24, from 5-6 pm. Dinners are served every second and fourth Tuesday of the month, from 5-6 pm. Volunteers are always welcome and appreciated; please arrive at 3:30 pm if you'd like to help, and plan to stay until 6:30.

IF YOU HAVE QUESTIONS, PLEASE REACH OUT TO OCEANA FREE AT SANVEAN2@GMAIL.COM OR CHERYL ACCOMAZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

Our Lady of Guadalupe Pilgrimage

July 27-August 3, 2026
Mexico City

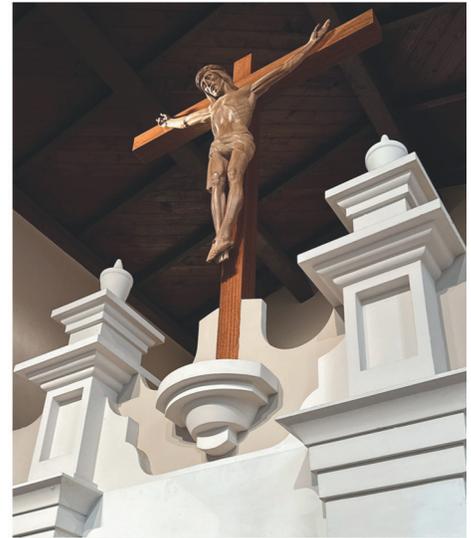


This year marks the 500th anniversary of Mary's appearance to Juan Diego on Tepeyac Hill, now



Mexico City. To celebrate, the Diocese of San Diego and the Diocese of Monterey will join together in offering a pilgrimage through Mexico City, Tlaxcala, Teotihuacan, and Puebla with Bishop Michael Pham, Bishop Felipe Pulido, and Bishop Ramon Bejarano.

The cost for this all-inclusive package, beginning in Tijuana, BC, is \$2,290 per person. Please scan the QR code above to register or text 310.339.0930 with questions.



GIVING

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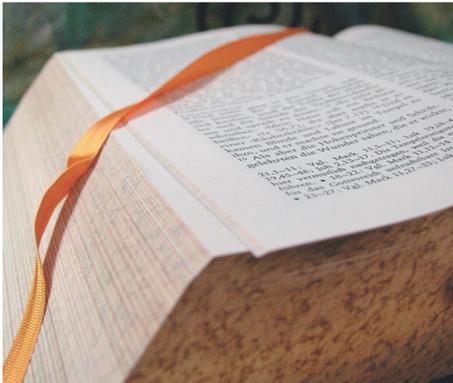
make a one-time donation, or you can sign up to give weekly. Thank you for your continued support and faithful giving. Many Blessings,

—FR. BILLY

You can also donate the car you no longer need to Sacred Heart

AT [HTTPS://CAREASY.ORG/SACRED-HEART-OF-OCEAN-BEACH](https://careasy.org/sacred-heart-of-ocean-beach) OR CALL 855.500.7433

MEDITATIONS



Readings for the Week

Sunday

Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

Monday

Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/Mt 25:31-46

Tuesday

Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/Mt 6:7-15

Wednesday

Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/Lk 11:29-32

Thursday

Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3, 7c-8/Mt 7:7-12

Friday

Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/Mt 5:20-26

Saturday

Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48

Reflection on the Readings

An obvious contrast is made between Adam and Eve's yielding to temptation in the first reading and Jesus' resistance of temptation in the Gospel. But another contrast can be noted: the first reading is set in a garden of plenty while the Gospel is set in a desert. Adam and Eve succumb to temptation even though they already have everything they need. In fact, they had everything they had ever wanted before the serpent put ideas in Eve's head. Jesus, meanwhile, had fasted for forty days and forty nights—recalling lengthy times of trial in the Old Testament—and is surrounded by emptiness. Nevertheless, Adam and Eve act selfishly and disobey God, bringing sin and death to humanity. Jesus, meanwhile, acts selflessly and obeys God's will, which will eventually bring redemption and eternal life to humanity.

The devil's final temptation in this weekend's Gospel promises Jesus all the kingdoms in the world. Had Jesus taken the offer, he would have soon found out that he wasn't getting what was promised at all. Would Jesus have emerged from the desert as king of every nation with every army sworn to obey him and every person subject to him? Obviously not! The fact is, this was an empty promise, designed to gain Jesus' fealty. Note that with none of these temptations is the devil actually promising to do anything. He doesn't promise to turn stones to bread or catch Jesus from the parapet himself.

When we renew our baptismal promises at Easter, we renounce Satan's empty promises, his "empty show," for—configured to Christ in baptism—we recognize that the devil's promises are hollow.



Even if Jesus had turned stones to bread, he would have grown hungry again. The bread of this world satisfies for only a few hours. At the Last Supper, Jesus turns bread into his Body, providing spiritual food that can satisfy forever. The devil's second temptation is echoed on Good Friday, when passersby tempt Jesus to throw himself down from the cross. Instead of prostrating himself to the devil in the desert, Jesus kneels in Gethsemane and affirms that he will follow God's will to the end. Jesus not only refuses the devil's temptations now, he turns them all around in the end.

PRAYERS

Recognizing Our Military

LTJG Sutter Grune, USN
USS Howard (DDG 83) Sailors
EN2 Tyler McNabb, USN
Capt. Silas Huff, U.S. Army
Lt. Eva Johnstone, USN

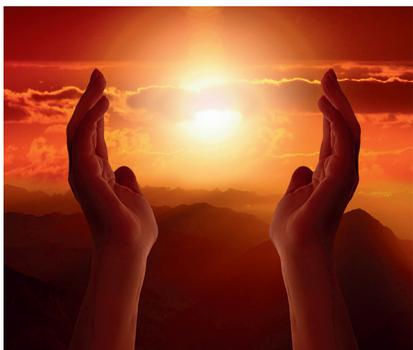
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

Please give the military member's name, rank, branch of service, and if deployed, length of deployment. Remember to call the office when your loved one has returned home.

Adoration

**Sacred Heart Church Chapel
Behind the Altar | 9 am–7 pm**

If you would like a code to the chapel door, please contact Janice Teixeira at 619.246.4955 or teixeira@cox.net.



Do You Need Prayers?

Submit your prayer request to the Sacred Heart Prayer Ministry at www.bit.ly/ineedprayers. Our prayer warriors are ready to pray for you.

Mass Intentions

Saturday, February 21

4:30 pm | Mass for Parishioners

Sunday, February 22

8 am | Joao and Albina Correia †

10 am | Luci Rowe †

5 pm | Guiseppe Piazza †

Monday, February 23

8 am | Lisa Danaher

Tuesday, February 24

8 am | Kathy Beeler

Wednesday, February 25

8 am | Toni Monise †

Thursday, February 26

8 am | David McConnell Martinez

Friday, February 27

8 am | Lee and Clara Burkhardt †

Saturday, February 28

4:30 pm | Dr. Louie Linarelli †

Sunday, March 1

8 am | Mass for Parishioners

10 am | Frank Barrancotto †

5 pm | Deceased Members of the Accomazzo Family †

Our Lady of Lourdes Home Visits

Sacred Heart's traveling Our Lady of Lourdes statue is available for private prayer devotion in your home for up to 2 weeks.



PLEASE CONTACT JUNE SPROSTY AT PRAYERMINISTRY@SACREDHEARTOB.ORG TO RESERVE AND BE BLESSED BY OUR HOLY MOTHER.



Remember in Your Prayers

Ginny Buerger
Denise Cleaton
Norma Evans
Della Greenwell
Fr. Ron Hebert
Yvette Howard
Fr. Tom Kiely
Yolanda Maura
Mikael Peters
Pat Schmitt
Jean Skoblar
Margaret Schweizer
Lisa Shamoun and Family
Jean Skoblar
Lisa Sofio
Gary Turton
Tate Van Lopik
Philip Varner
Betty White
Leslie Williams
Maria Wimer

NAMES WILL REMAIN ON OUR PRAYER LIST FOR 30 DAYS AND CAN BE RENEWED BY CONTACTING THE PARISH OFFICE AT 619.224.2746

PARISH TEAM

EDITED 01.11.25

PARISH OFFICE

Monday through Friday
Hours: 8:30 am–4 pm
Closed noon–1 pm for lunch
619.224.2746

BAPTISMS

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

MARRIAGE

Contact Rev. Billy Zondler
as you begin your wedding
planning.
619.224.2746

FUNERALS

Contact Janice Teixeira
619.246.4955

APPOINTMENTS

619.224.2746

PARISH STAFF

Rev. Billy Zondler, Pastor
619.224.2746
bzondler@sacredheartob.org

Rev. Lt. Emmanuel Ochigbo, USNR
In Residence

Rev. Anthony (Tony) Stanonik
In Residence

Rev. Mr. Mark Wieczorek, Deacon
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Janis Cantú
Music Director
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

Therese Flaningam
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ALTAR SERVERS

Contact the parish office to
enroll your child in the next
training.
619.224.2746

BEREAVEMENT MINISTRY

Janice Teixeira
619.246.4955
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CARE OF THE WHOLE PERSON

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COMMUNITY DINNERS

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Cheryl Accomazzo (Food Service)
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CREATION CARE

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FINANCE COUNCIL

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HOSPITALITY MINISTRY

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PARISH MINISTRIES

KNIGHTS OF COLUMBUS

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LOAVES & FISHES

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MINISTERS OF HOLY COMMUNION AND THE WORD

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sacredheartob.org

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OCIA: BECOMING CATHOLIC

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sacredheartob.org

PRO-LIFE AND YOUNG FAMILIES

619.224.2746
parishoffice@sacredheartob.org

SACRED HEART PRAYER MINISTRY

June Sprosty
Submit your prayer request to
www.bit.ly/inneedprayers

PARISH MINISTRIES

SENIOR ACTIVITIES

Janice Teixeira
619.246.4955
teixeira@cox.net

SMALL CHURCH COMMUNITIES

Stephen Williams
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religioused@sacredheartob.org

WALL OF REMEMBRANCE

Janice Teixeira
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teixeira@cox.net

YOUNG ADULTS

religioused@sacredheartob.org

PRESCHOOL

SACRED HEART ACADEMY

Mrs. Rebecca Godina, Director
4895 Saratoga Avenue
619.222.7252
shaobpreschool2@gmail.com
sacredheartpreschool.org

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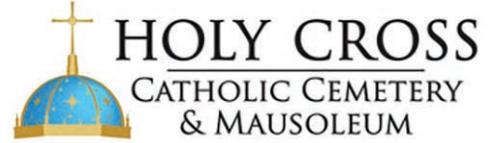
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Acosta, at misconduct@sd.catholic.org or 858.490.8353.

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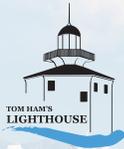


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