

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | MARCH 8, 2026 | THIRD 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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his voice,
HARDEN
NOT YOUR
hearts.

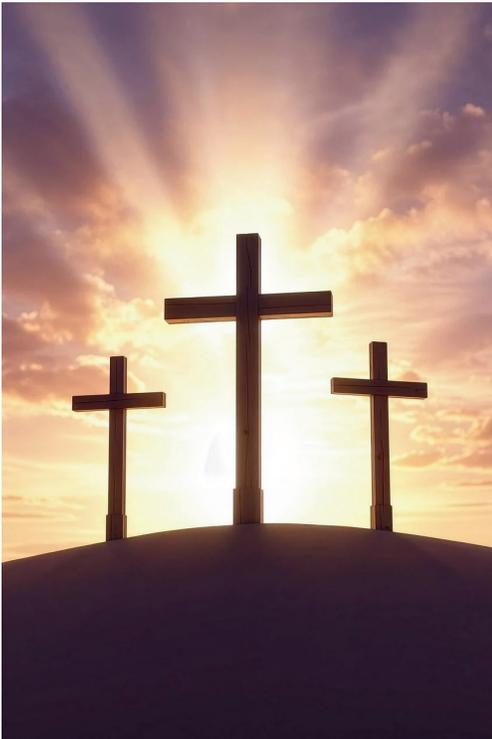
Psalm 95



NEWS + EVENTS

**“And I will give you a new heart, and a new spirit I will put within you.”
-Ezekiel 36:26**

Our recent teen Confirmation retreat in Borrego Springs was a true blessing. Teens and retreat leaders camped outdoors, hiked to the oasis in Palm Canyon, and spent intentional time with God away from their often chaotic routines. The students were engaged, helpful, and a joy to be with throughout the weekend. Our new youth minister, Natalie, led the retreat with thoughtful preparation and calm leadership and will be seeking donations to support future retreats. Fr. Billy was fully present with the teens, especially around the campfire, listening and sharing stories. Special thanks to Jan D. for joining her first camping trip, to Kevin D. for helping cook and support the retreat, and to Ari for creating the retreat video. Please continue to pray for our confirmation students as they prepare to receive the Holy Spirit this May.



Reconciliation, Triduum, and Easter at Sacred Heart

Reconciliation Service: Wednesday, 3/25, at 7:00 pm

Palm Sunday: 3/28-29, regular weekend schedule

Holy Thursday Mass with Adoration: Thursday, 4/2, at 7:00 pm

Good Friday Ecumenical Pilgrimage: Friday, 4/3, at 11:00 am, with route beginning at St. Peter's by the Sea

Good Friday Liturgy of the Lord's Passion: Friday, 4/3, at 3:00 pm and 7:00 pm

Easter Vigil: Saturday, 4/4, at 8:00 pm

Easter Sunday: Sunday, 4/5, at 8:00 am and 10:00 am

Easter Egg Hunt: Sunday, 4/5, after the 10:00 am Mass

Coffee at the Cottage

Sacred Heart's Altar and Rosary Society will offer "Coffee at the Cottage" this Tuesday at 8:30 am. Join your fellow parishioners at the Corner Cottage for coffee, baked goods, and friendship. Can't make it this month? Not to worry; the ARS hosts "Coffee at the Cottage" every second Tuesday of the month. See you there!





Loaves and Fishes Special Collection

This weekend’s special collection benefits Loaves and Fishes. Loaves and Fishes is an important mission-driven, community resource organized nearly 50 years ago to serve our food-insecure neighbors on the Peninsula. Your donation today helps Loaves and Fishes volunteers alleviate hunger and offer hope. Thank you for your generosity!

Community Dinner

Tuesday, March 10 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, March 10, 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.

Save the Date: Catholic Night at Petco Park

Friday, July 10 | 6:40 pm
Petco Park, San Diego

Spring Training is in full swing in Arizona, but the Padres will be home soon enough! On July 10, they’ll host “Catholic Night,” which was a hit for Sacred Heart last year. We will attend “Catholic Night” again this summer and are in the preliminary planning phase. Game time is at 6:40 pm, and we expect the ticket price to be around \$45. Interested in joining the Sacred Heart team? Step up to the plate by emailing your interest and the number of tickets you plan to purchase to organizer Teofla Rich at toflar@cox.net.

In Memoriam

Sacred Heart mourns the loss of two longtime parishioners. Charlie Daniels, who greeted parishioners at the church door as an usher for many years, passed away on November 28, at age 93, in New Mexico, where he had relocated after the death of his beloved wife Katherine. Charlie enjoyed his final years with his grandson Colter and Colter’s wife Morgan, who cared for him. Charlie was a kind, gentle, and generous man to our parish.

Sheron Doll passed away last week. Sheron and her partner of 20 years, fellow parishioner Joe Mayer, left San Diego a few years ago to travel the world. Sheron will be remembered for her friendly smile and will be missed. Please keep Sheron and Charlie in your prayers, and may the angels lead them into Paradise.



GIVING

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SACREDHEARTOB.ORG



Or scan this QR code. 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

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

Ex 17:3-7/Ps 95:1-2, 6-7, 8-9/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

Monday

2 Kgs 5:1-15ab/Ps 42:2, 3; 42:3, 4/Lk 4:24-30

Tuesday

Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9/Mt 18:21-35

Wednesday

Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/Mt 5:17-1

Thursday

Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-2

Friday

Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17/Mk 12:28-34

Saturday

Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/Lk 18:9-1



Gospel Meditation

3rd Sunday of Lent

John 4:5-42

Recently I received a note from a teenager I met years ago. He wrote, "Dear Father Muir, you probably do not remember me, but I wanted to thank you for your inspiring and humorous homilies at the parish. They helped me appreciate the beauty of Catholicism, which I have now embraced in a personal way." That small note moved me more than he probably imagined. I had no idea my words had taken root in him. I was simply sowing seeds — week by week, Mass by Mass. Someone else — his parents, a youth minister, or God Himself — was doing the deeper work. Now this young man is joyfully reaping a harvest of faith.

In today's Gospel, Jesus offers living water to a Samaritan woman whose life had been full of searching and

disappointment. By the end of their encounter, she becomes a bold and joyful evangelist. Then Jesus turns to his disciples and says something easily overlooked: "One sows and another reaps" (John 4:37). He is helping them — and us — understand how evangelization works. Often, the one who sows the seeds of faith is not the one who sees the fruit.

This Lent, ask yourself: Are you in a sowing phase or a reaping phase? If you are sowing — raising children, praying for someone, mentoring — be patient. Your work matters. If you are reaping — seeing someone come alive in faith — be grateful. You are standing on sacred ground, tilled and watered by others.

Lenten challenge: Thank someone who once sowed faith into your life. And keep sowing, even when the harvest is unseen.

— FR. JOHN MUIR | MARCH 8, 2026
LPI

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, March 7

4:30 pm | Mike Mulligan †

Sunday, March 8

8 am | Antionette Zolezzi †
10 am | Mass for Parishioners
5 am | Dalny Bateo †

Monday, March 9

8 am | Shirley McLennan †

Tuesday, March 10

8 am | Sue Munz

Wednesday, March 11

8 am | Fernando G. Padilla

Thursday, March 12

8 am | Joao Correia †

Friday, March 13

8 am | Jimmie and Theresa
Howard †

Saturday, March 14

4:30 pm | Jose C. and Albertina
Tavares †

Sunday, March 15

8 am | James Mentzer †
10 am | Darla Bebrin †
5 pm | Mass for Parishioners

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 OR CALL 619.224.2746 TO RESERVE AND BE BLESSED BY OUR HOLY MOTHER.



Remember in Your Prayers

Michael Brown
Ginny Buerger
Denise Cleaton
Norma Evans
Della Greenwell
Fr. Ron Hebert
Yvette Howard
Fr. Tom Kiely
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

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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

Janice Teixeira
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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

Mary Nauert
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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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OCIA: BECOMING CATHOLIC

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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/ineedprayers

PARISH MINISTRIES

SENIOR ACTIVITIES

Janice Teixeira
619.246.4955
teixeira@cox.net

SMALL CHURCH COMMUNITIES

Stephen Williams
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WALL OF REMEMBRANCE

Janice Teixeira
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teixeira@cox.net

YOUNG ADULTS

religioused@sacredheartob.org

PRESCHOOL

SACRED HEART ACADEMY

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4895 Saratoga Avenue
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shaobpreschool2@gmail.com
sacredheartpreschool.org

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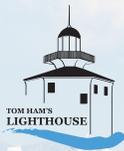


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