

THE HEART

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A PARISH BUILT ON LOVE | MARCH 22, 2026 | FIFTH 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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NEWS + EVENTS

Happy Birthday, Della!



Parishioner Della Greenwell will celebrate her 103rd birthday on Thursday, March 31st. Della and her family have a long history here at Sacred Heart! She

and her husband, Harold, who flew in the Army Air Corps, met in New Orleans and were married in 1942 at St. Agnes Church. They joined Sacred Heart in 1947, and would eventually see all six of their children graduate from Sacred Heart Academy. Della remembers quilting with friends at the corner cottage every Wednesday for thirty years. Together, they made quilts for Sacred Heart Altar Society fundraisers, and the group's last quilt was auctioned for \$1,200.

The Greenwell home was always open to service members, who were treated to a pot roast or lasagna dinner, which Della prepared. When it was time for dinner out, Della and her family often enjoyed a meal together at Nati's, a longtime popular local restaurant, after Saturday evening Mass.

Happy Birthday, Della! Sacred Heart is blessed by you and our community of parishioners who share rich traditions, history, and love.

If you'd like to wish Della a happy 103rd birthday, please bring cards to the parish office, and they will be delivered to Della on her birthday.

Lent, Holy Week, and Easter

Stations of the Cross:

Fridays during Lent at 6:00 pm with soup dinners following

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

Ecumenical Good Friday Pilgrimage:

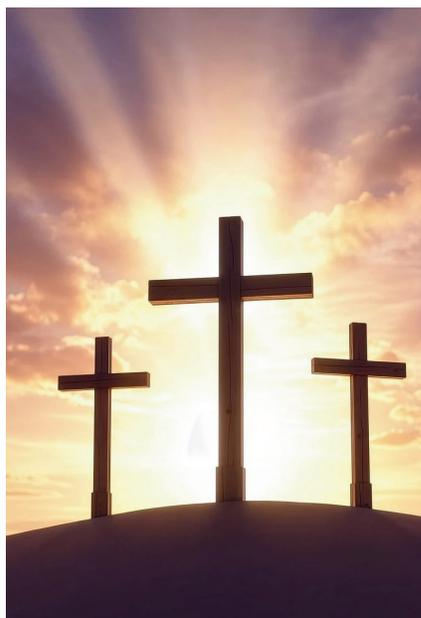
Friday, 4/3, at 11:00 am, with route beginning at St. Peter's by the Sea

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



Lenten Reconciliation Service this Wednesday

Our parish Lenten Reconciliation Service is this Wednesday, March 25, at 7:00 pm. All are encouraged to experience God's unfathomable mercy in the sacrament of Reconciliation. Our Sacred Heart priests and additional priests from throughout the diocese will hear confessions following a beautiful service that includes readings and sacred music.



Is God Calling You to Become a Priest?

The Diocese of San Diego invites men discerning God's call to Explorer Day, an opportunity to learn more about the priesthood, this Saturday, March 28, from 8:30 am-4:15 pm. For more information, please contact the St. Francis Center at (858) 490-8389 or cmaglalang@sdcatholic.org. To register, visit <https://sdcatholic.org/event/explorer-day-mar28/>

Holy Thursday Sock Collection

Our Sacred Heart Holy Thursday tradition of collecting socks for our unsheltered community members begins on Palm Sunday. Please place your donation of new socks in the collection containers that will be located in the back of the church beginning on Palm Sunday. Thank you!

Easter Dinners for Homebound Community Members

Do you know someone who is homebound and would like an Easter meal delivered to their home on Easter morning? Janice Teixeira and the CWP ministry team are ready to help! Please contact Janice at teixeira@cox.net or 619. 224.4955 to schedule a delivery.

Community Dinner

Tuesday, March 24 | 5–6 pm
Sacred Heart Church of OB Hall

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

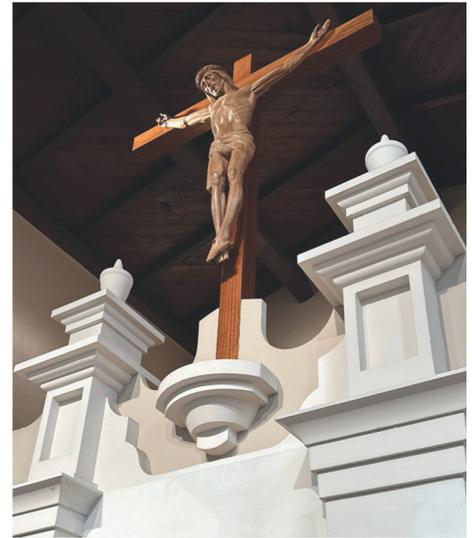
2 Million Meals Event

June 12-14 | (Sign up for a time)
Cathedral Catholic High School
5555 Del Mar Heights Road

Begun in 2021, the Million Meals Event has provided over 5 million meals to hungry families near and far. This June, the event returns with an even more ambitious goal: to pack 2 million meals in one weekend--1 million to be distributed locally by Catholic Charities of San Diego and another million to be distributed across the border and internationally. Please visit www.MillionMealEvent.org to learn how you can help and to register.

Lenten Collection this Weekend

Each year, all parishes in the Diocese of San Diego are asked to participate in the Lenten Collection, which raises funds for Catholic Relief Services, the Church in Africa, and the Church in Latin America. Envelopes for the special collection may be found in pews and in the back of the church. You may also make a contribution online via our parish website.



GIVING

Remember Your Church by Using Online Giving

Go to our secure online giving site:

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

Ez 37:12-14/Ps 130:1-2, 3-4, 5-6, 7-8/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

Monday

Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62/Ps 23:1-3a, 3b-4, 5, 6/Jn 8:1-11

Tuesday

Nm 21:4-9/Ps 102:2-3, 16-18, 19-21/Jn 8:21-30

Wednesday

Is 7:10-14; 8:10/Ps 40:7-8a, 8b-9, 10, 11/Heb 10:4-10/Lk 1:26-38

Thursday

Gn 17:3-9/Ps 105:4-5, 6-7, 8-9/Jn 8:51-59

Friday

Jer 20:10-13/Ps 18:2-3a, 3bc-4, 5-6, 7/Jn 10:31-42

Saturday

Ez 37:21-28/Jr 31:10, 11-12abcd, 13/Jn 11:45-56

Reflection on the Readings

Often Jesus requires that those he heals participate in some way in their recovery. Last week, we heard Jesus heal the blind man by applying clay to his eyes. But then he instructed the man, still sightless, to make it to the Pool of Siloam to wash his eyes. Perhaps onlookers were able to guide him there. Today, Lazarus, tied hand and foot with burial bands after being dead for four days, is ordered to walk out of the tomb. Jesus then orders onlookers to untie Lazarus. These miracles are not passive operations. Today, when we encounter those who are blind out of ignorance or self-centeredness, or when we recognize those who are entombed by addiction or hardship, Jesus orders us to help free them from the bands that bind them.

The passage we heard ends on the triumphant line that many people began to believe in the Lord after seeing this miracle. But the very next line reveals a different reaction: "But some of them went to the Pharisees and told them what Jesus had done" (John 11:46). Most people see a miracle and react with awe and wonder. But for some, a miracle simply upsets the status quo.

They want the blind to stay blind and the dead to stay dead. Someone with the power over blindness and death threatens the little power they are allowed to have. They fear "the Romans will come and take away both our land and our nation" (John 11:48). Our land and our nation, yes, but also our positions of power. "So from that day on they planned to kill him" (John 11:53).



Death is the subject of each of today's readings. Ezekiel addresses the death of a great nation, its citizens in exile. Paul speaks of life "in the flesh," a kind of spiritual death (Romans 8:8). Lazarus has been dead in the tomb for four days. In each case, God brings new life: raising those exiled from their graves and returning them to Israel, sending us the Spirit, who gives life to our mortal bodies, and bringing us forth from the tomb. Our collective sinfulness, our personal sins, and death itself have no power over God. We are called to "come out!" (John 11:43) from our tombs of sin and death and live in the new life of Christ.

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

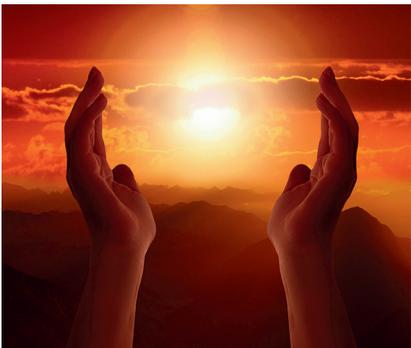
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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 21

4:30 pm | Mass for Parishioners

Sunday, March 22

8 am | Tom Hagedorn †

10 am | Grace Danaher †

5 pm | Flavia DiTullio †

Monday, March 23

8 am | Cathleen Ragan Blanton †

Tuesday, March 24

8 am | Fernando L. and

Fernando G. Padilla †

Wednesday, March 25

8 am | Manuel Garces and

Manuel T. Garces †

Thursday, March 26

8 am | Kathy Beeler

Friday, March 27

8 am | Antonio Da Luz

Saturday, March 28

4:30 pm | Dr. Larry Hammack †

Sunday, March 29

8 am | Mass for Parishioners

10 am | Carolyn Zondler †

5 pm | Paul and Rita Rehberger †

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
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 01.11.26

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
deaconmark@sacredheartob.org

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Janis Cantú
Music Director
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

Therese Flaningam
619.886.8337
tireneflan@yahoo.com

ALTAR SERVERS

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

BEREAVEMENT MINISTRY

Janice Teixeira
619.246.4955
teixeira@cox.net

CARE OF THE WHOLE PERSON

Janice Teixeira
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COMMUNITY DINNERS

Oceana Free (Volunteers)
sanvean2@gmail.com

Cheryl Accomazzo (Food Service)
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FINANCE COUNCIL

Mary Nauert
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HOSPITALITY MINISTRY

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PARISH MINISTRIES

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LOAVES & FISHES

Pat Katka
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MINISTERS OF HOLY COMMUNION AND THE WORD

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MINISTRY SCHEDULER

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ministryscheduler@
sacredheartob.org

MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

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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/ineedprayers

PARISH MINISTRIES

SENIOR ACTIVITIES

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619.246.4955
teixeira@cox.net

SMALL CHURCH COMMUNITIES

Stephen Williams
619.224.2746 x102
religioused@sacredheartob.org

WALL OF REMEMBRANCE

Janice Teixeira
619.246.4955
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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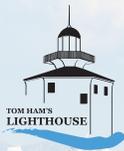


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