

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | APRIL 5, 2026 | EASTER SUNDAY

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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SINCE 1911



*This is the day the Lord has made;
let us rejoice and be glad.*

Psalm 118:24

NEWS + EVENTS

Happy Easter!

On behalf of Fr. Billy, Fr. Emmanuel, Fr. Tony, Deacon Mark, and the Sacred Heart of OB staff, a blessed, joy-filled Easter to all! May the Risen Lord bless you and keep you this Easter and always!

Congratulations!

Congratulations to all who received their Sacraments of Initiation at this weekend's Easter Vigil Mass!

Ellangeline Grace Halász
Tristan Jacques Halász
Kayla Kenney
William Kenney
Gary Kretzschmar
Vanessa Lopes
Sarah Isabel McNabb
Jocelyne Matancillas
Ella Sofia Mohler
Selena Reyna Mungula
Hector Edmundo Rodriguez
Luis Rodriguez III
Jayden Santalo
Jordan Santalo
Penelope Acierto Shapiro
Brianna Noelle Smith
Moirá Mikaela Tan
Michael Torres
Caleb Matthew Unsell
Sean Van Cahill
Chantel Villarreal
Charlee Warner
Jessica Ybarra

Parish Office Hours

The parish office will be closed this Monday. The office will resume regular hours--8:30 am--noon and 1:00-4:00 pm--on Easter Tuesday.



Happy Birthday, Fr. Emmanuel!



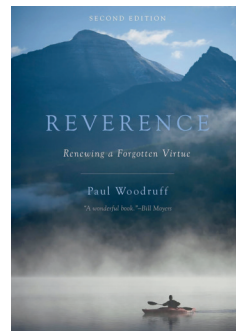
Fr. Emmanuel's birthday is this Monday, April 6. When you see him this week, be sure to wish him a Happy Birthday! May God bless you on your birthday and every day, Fr. Emmanuel!

Sacred Heart Book Club

April 24 | 11:00 am

Sacred Heart of OB Rectory

Sacred Heart Book Club's April book selection is "Reverence," by Paul Woodruff. In it, Woodruff explores the meaning of reverence in the arts, politics, and family, ultimately arguing for its importance in modern life.



The group will meet at 11:00 am on Friday, April 24, in the Sacred Heart rectory. New members are always welcome!

And Another Alleluia

Phases 1 and 2 of our church tile floor stripping, cleaning, and sealing project are now complete. The first two phases included all areas of the church except under the pews. Phase 3 is scheduled to begin on June 1. It will include the removal of all pews, one quarter of them each week, for a projected total of four weeks. This will affect weekdays only; pews will be replaced each of the Fridays, in time for weekend Masses So we'll have even more to celebrate at our Feast of the Sacred Heart this year!

Many thanks for your patience with this work--especially our weekday Mass "dream team": Maria, Joan, and Michael.

Whispering Winds Women's Auxiliary Annual Women's Retreat

May 15-17 | 4 pm Friday arrival
Whispering Winds Conference Ctr.
Julian, CA

The Whispering Winds Women's Auxiliary presents "When Jesus Sees You: Encounter, Healing and Mission" during the weekend of May 15. This year's guest speaker is Anne Trufant, a dynamic non-profit founder, international retreat leader, ministry leader, wife, mother, and grandmother. The cost of the retreat is \$240 for members, \$260 for nonmembers, with financial assistance available.

TO REGISTER OR FOR ADDITIONAL INFORMATION, PLEASE EMAIL LAURIE@WHISPERINGWINDS.ORG.

Recovering from Divorce Program

Thursdays, beginning April 8 | 7 pm
Pastoral Center
3888 Paducah Drive, San Diego

If you are separated or divorced and are looking to find hope and support, please consider participating in this program facilitated by our diocesan Divorce Support Ministry. This peer-led ministry will meet on Thursday evenings, April 16-June 18, from 7 pm-8:30 pm at the diocesan Pastoral Center.

PLEASE CONTACT JANELLE AT JPREGOY@SDCATHOLIC.ORG TO REGISTER.

Community Dinner

Tuesday, April 14 | 5-6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, April 14, 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.

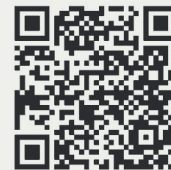


GIVING

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SACREDHEARTOB.ORG



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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

Acts 10:34a, 37-43/Ps 118:1-2, 16-17, 22-23/Col 3:1-4 or 1 Cor 5:6b-8/Jn 20:1-9 or Mt 28:1-10 Or Lk 24:13-35

Monday

Acts 2:14, 22-33/Ps 16:1-2a and 5, 7-8, 9-10, 11/Mt 28:8-15

Tuesday

Acts 2:36-41/Ps 33:4-5, 18-19, 20 and 22/Jn 20:11-18

Wednesday

Acts 3:1-10/Ps 105:1-2, 3-4, 6-7, 8-9/Lk 24:13-35

Thursday

Acts 3:11-26/Ps 8:2ab and 5, 6-7, 8-9/Lk 24:35-48

Friday

Acts 4:1-12/Ps 118:1-2 and 4, 22-24, 25-27a/Jn 21:1-14

Saturday

Acts 4:13-21/Ps 118:1 and 14-15ab, 16-18, 19-21/Mk 16:9-15

Reflection on the Readings



The two most important feasts of the Church—Christmas and Easter—have very few or no eyewitnesses. As far as we know, only Mary and Joseph were present at Christ’s birth. But that’s two more people than on Easter morning. No one saw Christ rise from the dead. No one could provide eyewitness testimony of what happened. Thus, different people drew different conclusions upon seeing the empty tomb. Mary Magdalene assumed someone had taken Jesus’ body. Simon Peter noticed that the headcloth was rolled up neatly and separately, implying that it wasn’t grave robbers, but just seemed confused. Only the Beloved Disciple “saw and believed” (John 20:8). Only the Beloved Disciple immediately saw with eyes of faith. Now we are called to see with eyes of faith. We are challenged to understand the scripture, to receive church teaching, and to hear the eyewitness testimony of Jesus’ appearances after his resurrection so that, like the beloved disciple, we too may make the leap of faith and see beyond the empty tomb.

Saint Paul tells the Colossians that “you have died, and your life is hidden with Christ in God” (Colossians 3:3).

When a person is near death, we often speak of them inhabiting two worlds, this one and the next, where loved ones who have died are present to them in a way that they haven’t been since they passed away. Paul would say that in baptism we already gained admittance to the next world, where we are “hidden with Christ.” Since we are joined with Christ, we are called to live as Christ calls us to live, seeing him in our neighbor and serving those who are the least of our brothers and sisters.

Saint Paul uses the images of yeast and dough to teach the Corinthians what it means to be raised to new life. The old yeast, he said, must be thrown out, for it will no longer cause the dough (that is, us) to rise. What’s more, in ancient times the yeast in an old batch of dough was regarded as corrupt and regarded as a wicked influence, for it may have fermented, causing the other ingredients in the dough to break down. Unlike old yeast, Christ raises us to a new life of goodness and mercy, of love of God and love of neighbor, of sincerity and truth.



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, April 4
 4:30 pm | Easter Vigil

Sunday, April 5
 8 am | Catherina "Lina" Ortega Rodriguez †
 10 am | Mass for Parishioners

Monday, April 6
 8 am | Fr. Emmanuel Ochigbo

Tuesday, April 7
 8 am | David Lamonica †

Wednesday, April 8
 8 am | Joe Finete †

Thursday, April 9
 8 am | Fred and Carol Crowe

Friday, April 10
 8 am | Antoinette Zolezzi †

Saturday, April 11
 4:30 am | Manuel U. and Aurora Silveira †

Sunday, April 12
 8 am | Michael Brown
 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
- 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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Bookkeeper
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Director of Catechetical Ministry
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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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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)
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Cheryl Accomazzo (Food Service)
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CREATION CARE

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FINANCE COUNCIL

Mary Nauert
619.224.2746

HOSPITALITY MINISTRY

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PARISH MINISTRIES

KNIGHTS OF COLUMBUS

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LOAVES & FISHES

Pat Katka
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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/ineedprayers

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
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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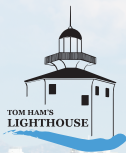


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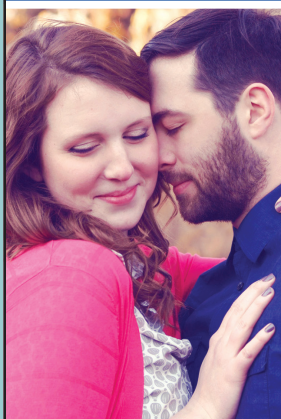
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