

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | APRIL 19, 2026 | THIRD SUNDAY OF EASTER

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

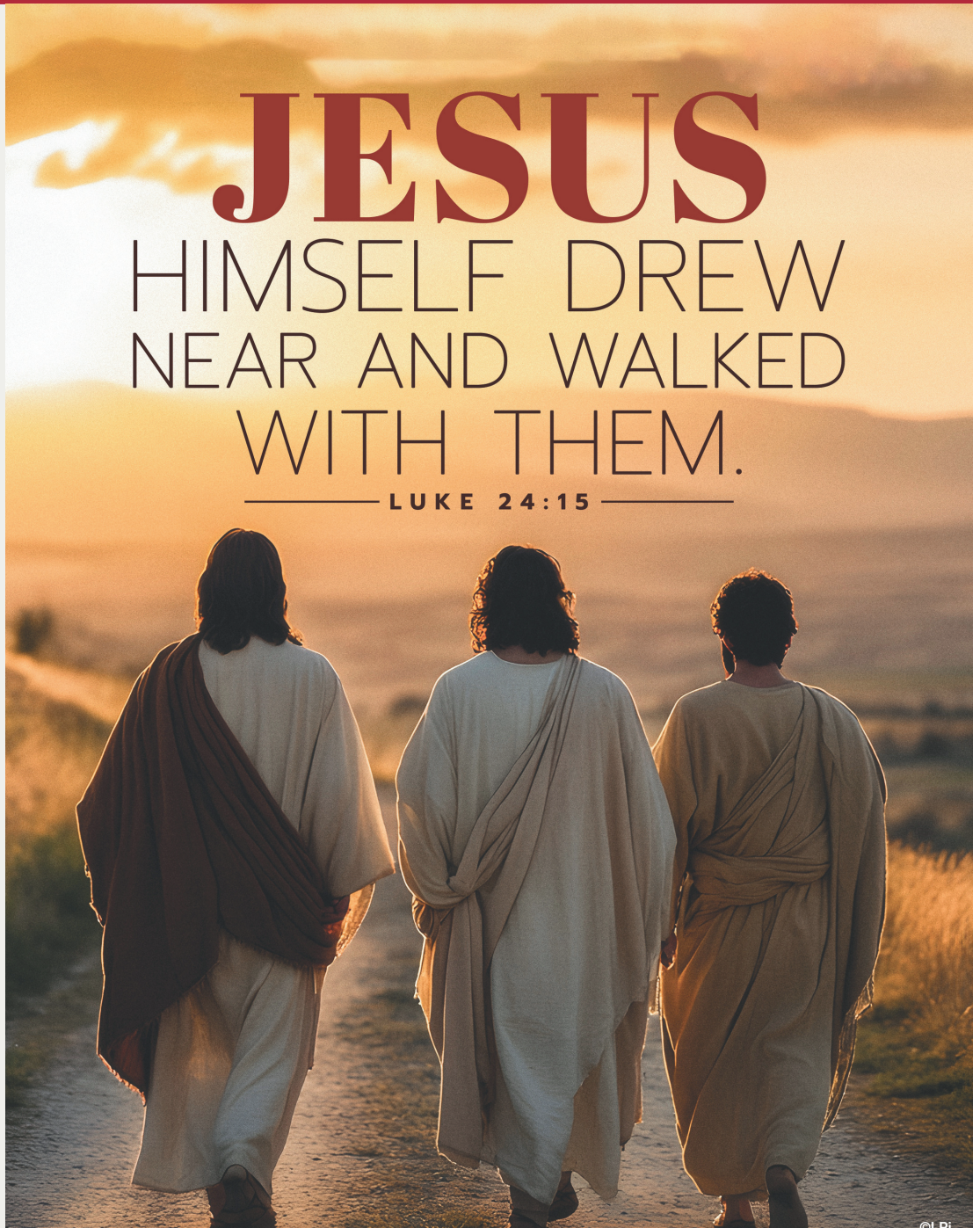
To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE · SERVE · CELEBRATE



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NEWS + EVENTS

Catholic Night with the Padres!

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

Don't miss this great opportunity for Sacred Heart! The San Diego Padres play the Toronto Blue Jays on "Catholic Night"-- July 10 at 6:40 pm. We've reserved 60 tickets in Section 133, Rows 21-25. There are 12 seats in each row with great views! Tickets are \$45 each, a discounted price for these regularly priced \$62 seats, and sales launch on Monday, April 20. Please visit the parish office with your cash or check, or call the office at 619.224.2746 to pay by card. Tickets will be available until they sell out (which they did last year) or until June 1.



Registration is Open for Vacation Bible School 2026

Sacred Heart's Vacation Bible School registration has opened for this summer, and the theme is "Rainforest Falls." Children will step through the mist into Rainforest Falls, overflowing with wild waterfalls, towering trees, and colorful creatures. Beneath a canopy of chattering birds and howling monkeys, kids will plunge into a lifelong adventure of discovering the nature of God. They'll explore what it means to be rooted in relationship with God, their creator, a safe haven in life's storms. God's word will come alive as kids enact Bible plays, create crafts, play games, enjoy rainforest-themed snacks, explore scientific experiments, and sing silly songs.

VBS is curated for children aged 4-11, but kids 12 years old and older are welcome to participate as team leaders and helpers. VBS dates are July 13-17, from 9 am -noon, with an 8:45 am early drop-off time. Families are invited to a Mass on Friday, July 17 at noon, to conclude the program and allow everyone to feel the VBS magic!

The cost is \$65. You may pay by visiting our Sacred Heart website (<https://sacredheartob.org>), clicking the "Give Online" link, selecting "Vacation Bible School 2026," and then clicking "VBS Registration."

Young Adult Bible Brunch

Sunday, April 26 | 11 am
Corner Cottage

Join Sacred Heart's "Bible Brunch," a welcoming space for young adults to grow in faith and community! The first gathering will be on Sunday, April 26, right after the 10 am Mass in the Corner Cottage. The group will continue to meet every fourth Sunday. Enjoy great food, reflect on Fr. Billy's homily, and connect through fun ice breakers and meaningful conversation. Come for the brunch, stay for the fellowship. Please RSVP through the QR code below.



Children's Liturgy Ministry Needs Your Help

Our Children's Liturgy Ministry is in need of volunteers. Has your child been enjoying hearing the Sunday readings shared on their level with peers and caring volunteers? Do you enjoy working with kids? If you have even a spare hour a month, Stephen and the team would really appreciate your help. Please call him at 619.224.2746 ext.102.

Women are Invited to Discern Vocation

Mondays | 6:30 pm
Mission Basilica, San Diego de Alcalá

Women ages 18-35 are invited to a discernment session to explore religious life. Weekly meetings are held on Mondays, at 6:30 pm, at Mission Basilica, San Diego de Alcalá. Women are invited to come and share their experiences and walk with other women in discernment.

FOR MORE INFORMATION, PLEASE CONTACT SISTER KATIA CHAVES, SJS, AT 760.562.2727.



Community Dinner

Tuesday, April 28 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, April 28, 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.

Discerning a Way to Share Your Time at Sacred Heart?

Has the Easter season got you thinking about how you might give some of your time and talent to Sacred Heart? Or perhaps you are a new parishioner interested in getting to know more people in your new parish? Consider sharing your musical gifts at weekend Masses, your faith through our children's ministries, or your green thumb with our courtyard garden club. Our liturgical ministry team always appreciates new lectors, eucharistic ministers, and ministers of hospitality as well. Please call the parish office at 619.224.2746 if you feel called to help.

Healing Retreat for after Abortion

May 29-31 | Weekend
St. Mary's, Escondido
102 East 13th Ave., Escondido

Rachel's Hope is offering a weekend healing retreat for after abortion at St. Mary's, Escondido. The retreat, recognized by the Diocese of San Diego, is professionally-led, confidential, and judgment-free. Group size is limited. The cost is \$130 with partial scholarships available.

FOR MORE INFORMATION OR TO REGISTER, CALL OR TEXT ANDREA FINCH AT 619.244.5021. YOU MAY ALSO VISIT WWW.RACHELSHOPE.ORG

Donuts, Anyone?

It's the third Sunday of the month, which can only mean donuts! Stop by the hall after the 8 and 10 am Masses this weekend for some donuts and friendship!



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

Acts 2:14, 22-33/Ps 16:1-2 and 5, 7-8, 9-10, 11/1 Pt 1:17-21/Lk 24:13-35

Monday

Acts 6:8-15/Ps 119:23-24, 26-27, 29-30/Jn 6:22-29

Tuesday

Acts 7:51-8:1a/ Ps 31:3cd-4, 6 and 7b and 8a, 17 and 21ab/Jn 6:30-35

Wednesday

Acts 8:1b-8/ Ps 66:1-3a, 4-5, 6-7a/Jn 6:35-40

Thursday

Acts 8:26-40/ Ps 66:8-9, 16-17, 20/Jn 6:44-51

Friday

Acts 9:1-20/ Ps 117:1bc, 2/Jn 6:52-59

Saturday

1 Pt 5:5b-14/ Ps 89:2-3, 6-7, 16-17/Mk 16:15-20

Reflection on the Readings

The transformation of the two disciples as they walk to Emmaus with the Lord is dramatic, even though they are not conscious of who this is. When the Lord encounters them, they are disheartened and preoccupied. No doubt they are grieving the loss of their mentor. They seem sad and depressed, looking downcast. They may have been angry and frustrated as well, for they were debating about all that happened as they conversed. They are so self-absorbed that they don't seem to notice a stranger until he asks what's going on. But by the end of their conversation, they enjoy the company of this teacher so much that they insist he stay with them. Their spirits have been lifted. No longer are they returning home disconsolate and alone; this stranger—whom they still don't recognize—has turned their attention back outward again. The risen Lord has awakened their hospitable, caring, and unselfish natures.

Note that Cleopas and his companion are not part of the Eleven. They were not present at the Last Supper, which would have been but a few days earlier. They were not present when Jesus "took bread, said the blessing, broke it" (Luke 22:19, 24:30) and told the apostles that this was his body. Yet, this is the moment when "their eyes were opened and they recognized him" (24:31). The breaking of bread triggered their recognition even though they had not personally experienced the event it suggested.

Transformed and hearts now aflame, the two disciples immediately return to Jerusalem to share the incredible news. Remember, it was late and they had planned to retire for the night. But they cannot hold their encounter with the risen Lord inside. Overflowing with Easter joy, they return the way they had come, but joyous, not downcast. Hearts burning, not mourning. Eager to find others, not to isolate alone. They are impassioned to spread the truly Good News.



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
 USS Minnesota (SSN 783) Crew
 Company 27 USNA Class of 2026
 Company S1 Texas A&M Corps of Cadets
 Company 2D Cal Poly Maritime Academy

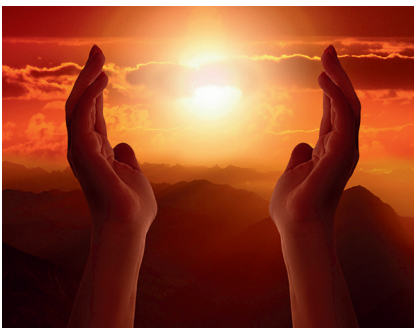
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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 18

4:30 pm | Mass for Parishioners

Sunday, April 19

8 am | Maria Jose Fernandes †

10 am | Charlie Daniels †

5 pm | Dalny Balelo †

Monday, April 20

8 am | Leigh Baesler

Tuesday, April 21

8 am | Joao and Albina Correia †

Wednesday, April 22

8 am | Gina Coito †

Thursday, April 23

8 am | Denise Cleaton

Friday, April 24

8 am | Bob Stipanov

Saturday, April 25

4:30 am | Manuel A. and Maria Silveira †

Sunday, April 26

8 am | Mass for Parishioners

10 am | Jimmie and Theresa Howard †

5 pm |

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
 Ryan Lenyk
 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
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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

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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

Pat Katka
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MINISTERS OF HOLY COMMUNION AND THE WORD

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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

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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
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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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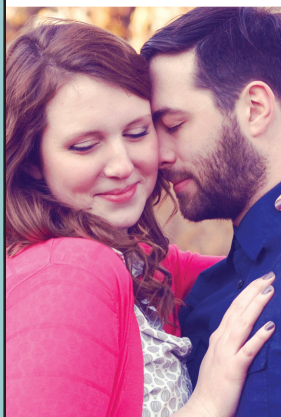
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