

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | APRIL 26, 2026 | FOURTH 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

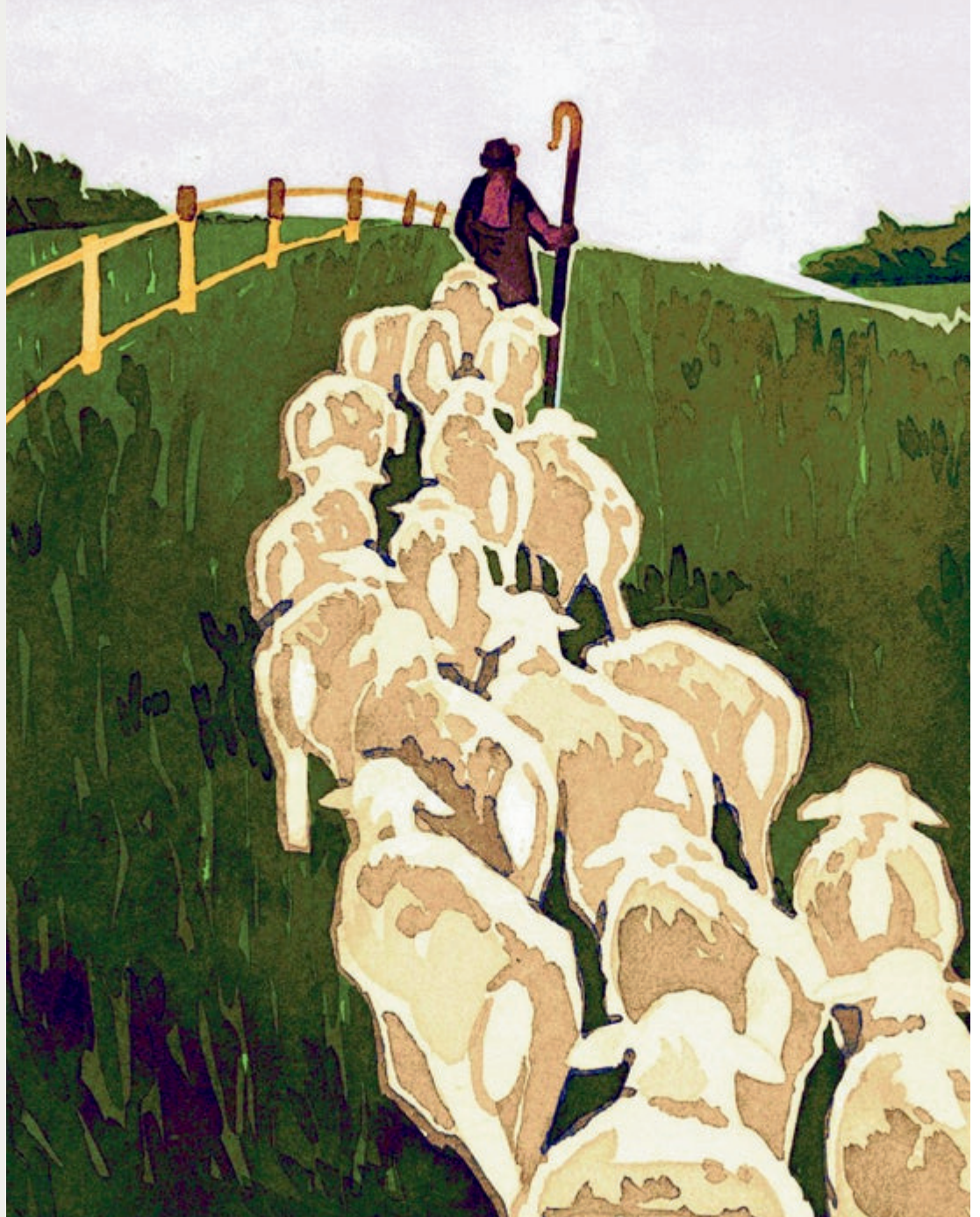
To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE · SERVE · CELEBRATE



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S I N C E 1 9 1 1



NEWS + EVENTS

Padres' Catholic Night Tickets are Now on Sale!

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

Come see the San Diego Padres with our Sacred Heart Padres--and your fellow parishioners! "Catholic Night" at Petco Park is Friday, July 10, at 6:40 pm, and tickets are now on sale. We've reserved 60 tickets in Section 133. There are 12 seats in each row with great views. Tickets cost \$45 each, a discounted price for these regularly priced \$62 seats. Please visit the parish office with your cash or check, or call 619.224.2746 to pay by card. Tickets sold out last year, so be sure to get yours soon!



Cinco de Mayo-themed Senior Luncheon this Friday

Friday, May 1 | Mass at 11:30,
Lunch following
Church and Hall, Sacred Heart OB

The next Senior Mass and Luncheon is this Friday, May 1. Come for Mass, then stay to enjoy a Cinco de Mayo-themed lunch. Suggested donations are \$5 for lunch, \$1 for wine, and \$3 for a second take-home meal. Please call Carole Sanders at 619.225.2239 to make your reservation, and be sure to invite friends!



First Young Adult Bible Brunch is this Weekend!

Sunday, April 26 | 11 am
Corner Cottage, Sacred Heart OB

Join Sacred Heart's "Bible Brunch," a welcoming space for young adults to grow in faith and community! The first gathering will be this 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 (Stanley's cooking!), 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 by using the QR code above.



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."

Altar & Rosary Society May Tea

Saturday, May 9 | 1-3 pm
Sacred Heart of OB Hall

All are invited to the annual Sacred Heart May Tea on May 9, from 1-3 pm. Join the community for a delightful afternoon of tea, treats, and fellowship. The cost is \$25 for adults and \$12 for children. Please use the QR code below to register or email your RSVP to Therese Flaningam at tireneflan@yahoo.com by May 5. If you choose to pay by check, please make your check payable to the Sacred Heart Altar & Rosary Society.



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 CONTACT OCEANA FREE AT SANVEAN2@GMAIL.COM OR CHERYL ACCOMAZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

Diocesan Pentecost Mass for All People

Saturday, May 23 | 11 am
Cathedral Catholic High School
5555 Del Mar Heights Rd., San Diego

Bishop Michael Pham invites the entire community to join him in celebrating our Catholic faith, as "One Body in Christ," on Saturday, May 23, at Cathedral Catholic High School. This annual event, which celebrates the mosaic of cultures and languages that bring our faith to life throughout our diocese, starts with Mass at 11:00 am and is followed by a festival where Catholic communities will share their history and culture with free food samplings, musical entertainment, and traditional cultural attire if you'd like. Come and celebrate the universality of our Catholic Church.

Diocesan Mass for Mental Health Awareness

Sunday, May 17 | 8:30 am
Our Lady of Guadalupe
1770 Kearney Ave., San Diego

The Office for Family Life and Spirituality invites us to the 2026 Diocesan Mass for Mental Health Awareness. Join the community for a day of compassion, accompaniment, understanding, and learning. Mass in English begins at 8:30 am; Mass in Spanish begins at 10:30 am. A resource fair will follow.

FOR MORE INFORMATION, PLEASE CONTACT THE OFFICE OF FAMILY LIFE AND SPIRITUALITY AT 858.490.8295 OR WBAEZ@SDCATHOLIC.ORG

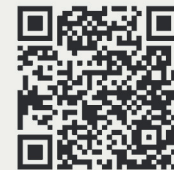


GIVING

Remember Your Church by Using Online 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

Acts 2:14a, 36-41/Ps 23:1-3a, 3b-4, 5, 6/1 Pt 2:20b-25/Jn 10:1-10

Monday

Acts 11:1-18/ Ps 42:2-3; 43:3, 4/Jn 10:11-18 (second choice)

Tuesday

Acts 11:19-26/ Ps 87:1b-3, 4-5, 6-7/Jn 10:22-30

Wednesday

Acts 12:24-13:5a/ Ps 67:2-3, 5, 6 and 8/Jn 12:44-50

Thursday

Acts 13:13-25/ Ps 89:2-3, 21-22, 25 and 27/Jn 13:16-20

Friday

Acts 13:26-33/ Ps 2:6-7, 8-9, 10-11ab/Jn 14:1-6

Saturday

Acts 13:44-52/ Ps 98:1, 2-3ab, 3cd-4/Jn 14:7-14



Reflection on the Readings

Though phrases like “verdant pastures” and “restful waters” are figurative more than literal (Psalm 23:2), they suggest that following the Lord as our shepherd brings comfort and peace. However, the psalmist admits that sometimes the “right paths” lead to “dark valleys” (23:3-4). The first letter of Peter echoes this aspect, speaking of suffering when doing the right thing. For an example of coping with this, we need look no further than the Good Shepherd himself, who suffered more than can scarcely be imagined: an innocent man tortured, nailed to a cross, and left to die. From the garden of Gethsemane to the hill on Calvary, Jesus realized that the Father was by his side, giving him the courage to face the darkest of valleys. May we bear our sufferings as he did, knowing that God is always with us.

A sheepfold in the Ancient Near East generally consisted of a low stone wall with an opening through which sheep could leave to go out to pasture or be returned to spend the night. A shepherd would lie down across the opening, acting as a gate in order to keep the sheep inside and to keep them safe from predators during the night, whether from wolves or thieves. Jesus took this one step further in calling himself the Good Shepherd and the gate itself. He not only lays down to protect his sheep like a dedicated shepherd, he will go on to fulfill his mission as our Savior by laying down his life to save his sheep.



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

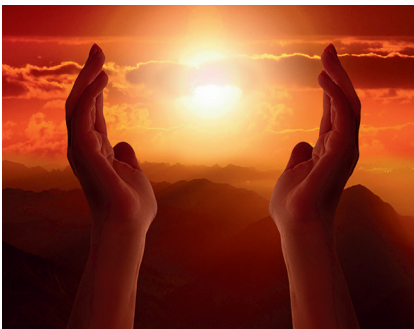
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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 25

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

Sunday, April 26

8 am | Mass for Parishioners
 10 am | Jimmie and Theresa Howard †
 5 pm | Frances May †

Monday, April 27

8 am | John Coito †

Tuesday, April 28

8 am | Allie Liu †

Wednesday, April 29

8 am | Robert Newbrough Jr.

Thursday, April 30

8 am |

Friday, May 1

8 am | Frances Marada †
 11:30 am |

Saturday, May 2

4:30 am | Don Matzzie †

Sunday, May 3

8 am | Manuel and Maria Antonio †
 10 am | Mass for Parishioners
 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
 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 04.26.26

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

Lisa Danaher
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parishoffice@sacredheartob.org

Rachel Ohalek & Karen Martinez
Bookkeeper
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Stephen Williams
Director of Catechetical Ministry
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PARISH STAFF

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Youth Minister
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Janis Cantú
Music Director
619.253.0391
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
619.246.4955
teixeira@cox.net

COMMUNITY DINNERS

Oceana Free (Volunteers)
sanvean2@gmail.com

Cheryl Accomazzo (Food Service)
cherylacco@gmail.com

CREATION CARE

Mary Cairns
619.223.8859
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FINANCE COUNCIL

Mary Nauert
619.224.2746

HOSPITALITY MINISTRY

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PARISH MINISTRIES

KNIGHTS OF COLUMBUS
Gregg Sprosty
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LOAVES & FISHES

Pat Katka
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MINISTERS OF HOLY COMMUNION AND THE WORD

Teofla Rich
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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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PASTORAL COUNCIL

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ministryscheduler@
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
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

SAFE ENVIRONMENTS

Safe Environments are Important. The Diocese of San Diego and Sacred Heart of Ocean Beach are committed to preventing sexual abuse and to maintaining a safe environment for children and young people. To report suspected sexual misconduct or sexual abuse within our institutions and ministries, please contact Child and Youth Protection victim assistance coordinator, Mary Acosta, at misconduct@sd.catholic.org or 858.490.8353.

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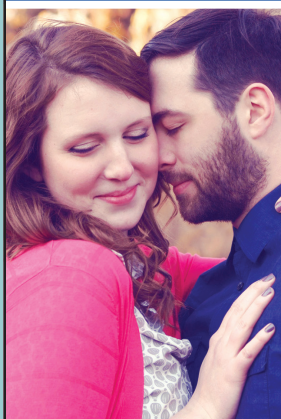
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