

THE HEART

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A PARISH BUILT ON LOVE | MAY 3, 2026 | FIFTH 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

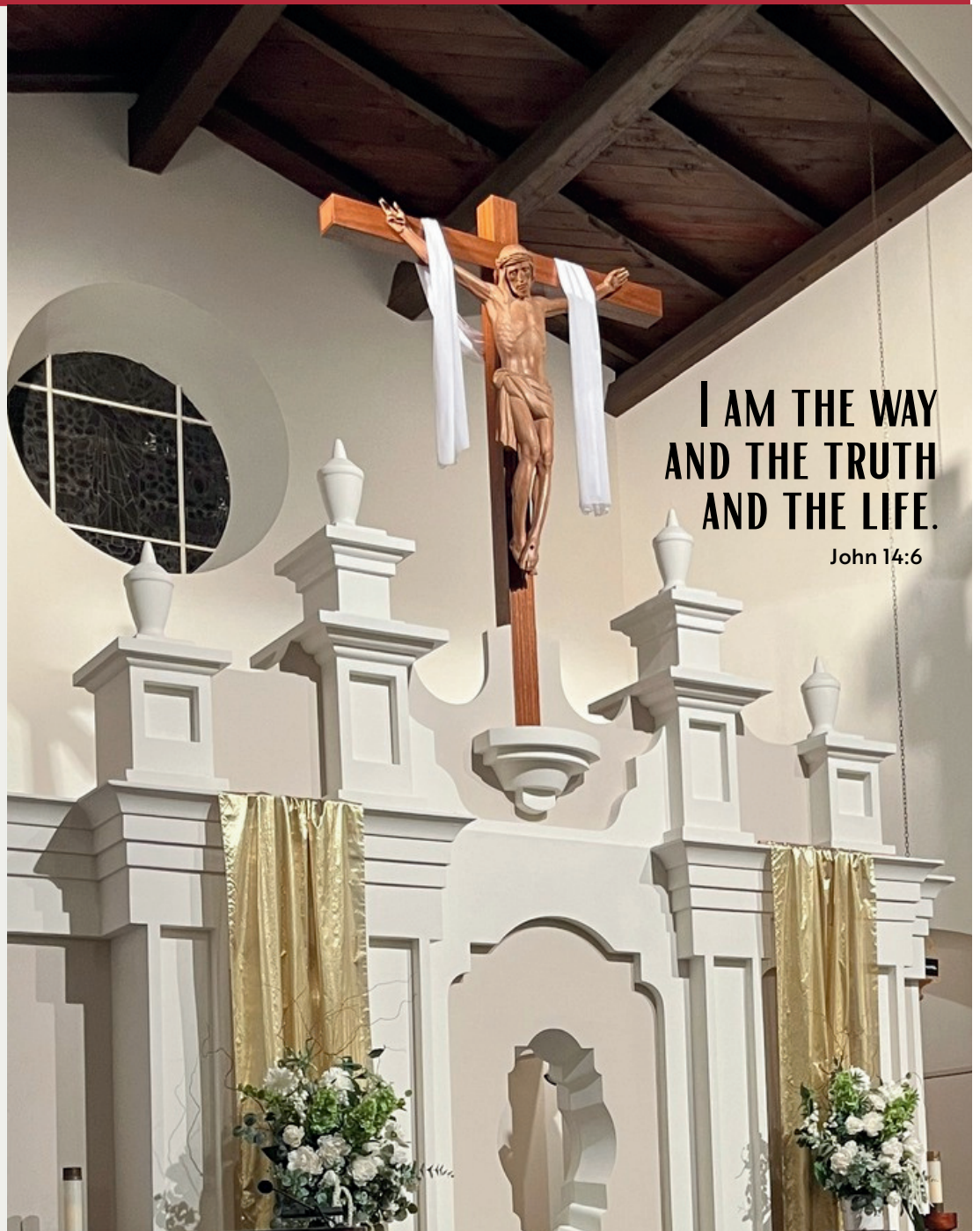
To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE · SERVE · CELEBRATE



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S I N C E 1 9 1 1



**I AM THE WAY
AND THE TRUTH
AND THE LIFE.**

John 14:6

NEWS + EVENTS

May Tea Next Weekend

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, offered by the Altar & Rosary Society. The cost is \$25 for adults and \$12 for children. To register, please use the QR code below or email your RSVP to Therese Flaningam at tireneflan



@yahoo.com and make your check payable to the Sacred Heart Altar & Rosary Society.

Pancakes and Fellowship this Weekend

Sunday, May 3 | 9 and 11 am
Sacred Heart of OB Hall

Join the Knights of Columbus and your fellow parishioners at a pancake breakfast after the 8:00 and 10:00 am Masses this weekend. All are welcome!



Thank you and God Bless You, Liam!

It's been wonderful seeing our seminarian, Liam Cruz Kelly, at Mass each weekend and getting to know him better, but his time with us is drawing to a close. His final weekend with us is next weekend: May 9-10. When you see Liam, please be sure to thank him for his time with us, wish him well as he continues his priestly formation, and keep him in your prayers!

Mission Cooperation this Weekend

This weekend, we welcome Fr. Martin Yufusu, OSA, to Sacred Heart! Fr. Martin will represent The Order of St. Augustine Vicariate of Tanzania as he shares their mission with us: "to impact communities for the advancement of the Kingdom of God." The Order is dedicated to serving poor communities in Tanzania by building schools, wells to provide clean and safe drinking water and more, and to educating seminarians to share the Gospel message. Currently, the Order is preparing 65 seminarians for the priesthood and planning to build a secondary school for 800 boys and girls. A quality education, rooted in Augustinian spirituality, will help children develop their individual gifts to share with their community. Please use the envelopes provided in the pews or use our website to give online to help bring the Order of St. Augustine Vicariate of Tanzania's goals to fruition. Thank you for your support and your prayers!

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."



In Memoriam

Sacred Heart mourns the loss of Marilyn Kasperick, who passed away two weeks ago, surrounded by all of her children. Please pray for Marilyn, for Vince and Candace Kasperick, and for all their family. May angels lead Marilyn to Paradise.

Community Dinner

Tuesday, May 12 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, May 12, 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.



Mother's Day Novena

Honor and remember your mother, grandmother, aunt, or mother figure by enrolling her in our Mother's Day Novena this weekend. Please record their names on an envelope in your pew and return them in the collection basket or at the parish office. Your envelope will remain on the altar throughout the Novena.



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. Mass will be 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.

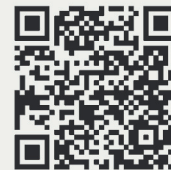


GIVING

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 6:1-7/Ps 33:1-2, 4-5, 18-19/1 Pt 2:4-9/Jn 14:1-12

Monday

Acts 14:5-18/ Ps 115:1-2, 3-4, 15-16/Jn 14:21-26

Tuesday

Acts 14:19-28/ Ps 145:10-11, 12-13ab, 21/Jn 14:27-31a

Wednesday

Acts 15:1-6/ Ps 122:1-2, 3-4ab, 4cd-5/Jn 15:1-8

Thursday

Acts 15:7-21/ Ps 96:1-2a, 2b-3, 10/Jn 15:9-11

Friday

Acts 15:22-31/ Ps 57:8-9, 10 and 12/Jn 15:12-17

Saturday

Acts 16:1-10/ Ps 100:1b-2, 3, 5/Jn 15:18-21

Gospel Meditation

John 14:1-12

We generally approach life with the question, "What can this do for me?" We try a new workout, a low-carb diet, intermittent fasting, or a new career path, hoping it will make us healthier, stronger, happier. The assumption is that if I invest in this, I'll eventually reap some benefit, or I won't do it.

It is easy to think of faith the same way: if I really practice my faith, what will it do for me? Will it make me calmer, more moral, more successful?

But in today's Gospel, Jesus says something astonishing. He doesn't present himself as a teacher who shows us the way to life. He says, "I am the Way, the Truth, and the Life" (John 14:6). He is not merely a guide toward some higher benefit. He is the benefit itself. To know him is to know Life.

Thomas Aquinas explains that every desire in the human heart — love, joy, meaning, all of our restless cravings — is really an indirect cry for life. Even despair testifies to this longing: people despair precisely because they feel they are not, and might never be, fully alive.

The good news is that Jesus is not simply the means to a better life; He is Life itself. To believe in him is to share in God's own eternal vitality. Not simply later but even now. Faith is not a transaction that produces results — it is a union that fills us with joy. To be in communion with Christ is to be truly, fully alive.



— Father John Muir
©LPI



PRAYERS

5

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

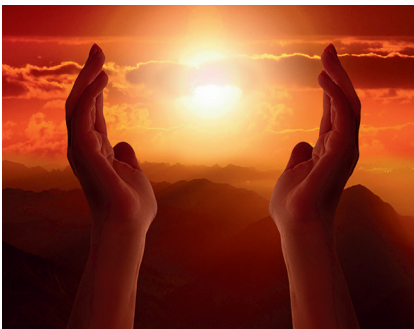
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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, May 2

4:30 pm | Don Matzzie †

Sunday, May 3

8 am | Manuel and Maria Antonio †
 10 am | Mass for Parishioners
 5 pm | Paul and Rita Rehberger †

Monday, May 4

8 am | Nikki Seaver †

Tuesday, May 5

8 am |

Wednesday, May 6

8 am | Ryan Lenyk

Thursday, May 7

8 am | Albina Correia †

Friday, May 8

8 am | Inez Bonales Tennent †

Saturday, May 9

4:30 am | Trudy Mulligan and Josephine Linarelli †

Sunday, May 10

8 am | Mother's Day Novena
 10 am | Antoinette Zolezzi †
 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
 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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Bookkeeper
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Stephen Williams
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
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
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COMMUNITY DINNERS

Oceana Free (Volunteers)
sanvean2@gmail.com

Cheryl Accomazzo (Food Service)
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CREATION CARE

Mary Cairns
619.223.8859
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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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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

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

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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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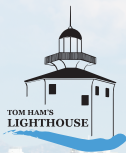


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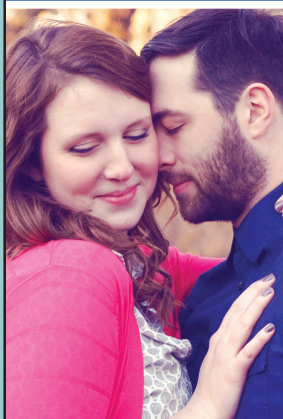
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