

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | MAY 17, 2026 | ASCENSION OF THE LORD

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

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S I N C E 1 9 1 1



NEWS + EVENTS

Feast of the Sacred Heart Barbecue Volunteers Needed

Sunday, June 14 | 11 am-3 pm
Sacred Heart Academy

Celebrate the feast day of our parish at Sacred Heart Academy on June 14! We'll have food, drinks, games and fellowship, and we'll also be rolling out plans for the opening of the Sacred Heart Academy infant center at the preschool! We are currently looking for volunteers to help with the event. Please use the QR code below if you can help.



New Adult Bible Study Begins June 3



A new bible study for adults, "The Acts of the Apostles, Part 1," begins on June 3. The five-week study, led by Stephen Williams, will meet on Wednesdays at 1 pm in person and at 7 pm on Zoom. It explores how the Holy Spirit inspired the apostles to grow the early Church and the challenges they faced along the way. For more information, please contact Stephen Williams at religiouised@sacredheart.ob.org.

Congratulations to our Children and Teens!

Congratulations to our Sacred Heart children Louis Ferguson, Ada Linarelli, and Bailey Milbury, who will make their First Holy Communion at the 10:00 am Mass this Sunday! Congratulations also to Carmina Allende, Marisol Allesio, Hannah Borgerding, Emily Bui, Olivia Estrada, Aurora Hubbard, and Madison Hulse, who will be confirmed at the 5:00 pm Mass this Sunday! "May the Lord bless you and keep you. May the Lord make his face shine on you and be gracious to you. May the Lord turn His face toward you and give you peace" (Numbers 6:24-26)--all the days of your lives!



Tea Time!

The Altar and Rosary Society's May Tea last weekend was such a lovely afternoon! Thanks, ARS, for the tea and refreshments, and for another opportunity to enjoy friendship at this "parish built on love."



Register for Vacation Bible School 2026



Sacred Heart's Vacation Bible School spots are filling up fast, so be sure to register your children soon. With our VBS team, they'll explore what it means to be rooted in relationship with God as they enact Bible stories, create crafts, play games, enjoy rainforest-themed snacks, conduct scientific experiments, and sing songs. VBS is designed 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. The cost is \$65. Please use the QR code or visit our website to register.



San Diego Catholic Worker Annual Fundraiser Lunch

Saturday, May 30 | 12-4 pm
Saint Mary Magdalene Church Hall
1945 Illion St., San Diego

The San Diego Catholic Worker was initiated by Dorothy Day and Peter Maurin to address widespread hunger during the Great Depression. Help SDCW celebrate 50 years of service at their annual lunch on May 30, at noon, at St. Mary Magdalene Church. Enjoy "Fr. Gil's gourmet luncheon," a "Meet Dorothy--Yesterday and Today" presentation, auction, sing-a-long, and gifts. A donation of \$30 is suggested. You may pay at the door or visit sandiegocatholicworker.org to pay in advance.

Donuts and Fellowship

Join your fellow parishioners for coffee, donuts, and friendship in the hall after the 8:00 and 10:00 am Masses this weekend. All are welcome!

Community Dinner

Tuesday, May 26 | 5-6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, May 26, 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" Next Weekend

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 diocesan event, which celebrates the mosaic of cultures and languages that bring our faith to life includes Mass at 11:00 am, followed by a festival, where Catholic communities will share their history and culture with free food samplings, and musical entertainment. **Come and represent Sacred Heart** while celebrating 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 1:1-11/Ps 47: 2-3, 6-7, 8-9/Eph 1:17-23/Mt 28:16-20

Monday

Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab/Jn 16:29-3

Tuesday

Acts 20:17-27/Ps 68:10-11, 20-21/Jn 17:1-11a

Wednesday

Acts 20:28-38/ Ps 68:29-30, 33-35a, 35bc-36ab/Jn 17:11b-1

Thursday

Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11/Jn 17:20-26

Friday

Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab/Jn 21:15-1

Saturday

Acts 28:16-20, 30-31/Ps 11:4, 5 and 7/Jn 21:20-25

Reflection on the Readings

How often have we wished that Jesus would come down from heaven and do something about the terrible things going on in the world today? Such a thought fundamentally misunderstands two lessons from today's readings. First of all, Jesus is already with us. As he promised his disciples, he is with us always, only not in the flesh any longer. Secondly, solving all the world's problems is not why Jesus came in the first place. He did not solve all the world's problems in 30 AD either. He did not bring peace between nations or harmony between peoples. He did not bring miracle cures that could wipe out diseases or disabilities. He did not bring prosperity and happiness to the whole world. No, he joined us in our human condition to share our suffering, redeem us from our sins, and lead us to eternal life with God. What he accomplished transcends the problems of every age, no matter how serious they are. It is now up to us, with the Lord's help, to do what we can to solve the world's problems, if only a little at a time.

Not only does Jesus remain with us, as he promised his disciples, but we become Christ for others by virtue of our baptism. Today we hear Jesus commanding his disciples to "Go, therefore, and make disciples of all

nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit . . ." (Matthew 28:19). When we are baptized, we "put on Christ," as the priest or deacon says in the baptismal rite. We become Christ for others when we allow him to do his work through us, when we give our time, our talents, and our energy to the Lord to use as God wills. Jesus has ascended, but he is not gone.

Just before entering into his Passion, Jesus told his disciples that what they do for the least among them they do for him. Indeed, in addition to us putting on Christ in baptism, Christ is present in our neighbor in need. As Paul would say, with the "eyes of [our] hearts" enlightened (Ephesians 1:18), we can see Christ in those who are hungry or thirsty, those lacking decent clothes or shelter, those ill or imprisoned. No, Jesus is not only "up there in the sky"; he is also here on earth, in us and in the least of our sisters and brothers.

--Pastoral Patterns, May 17, 2026



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 16

4:30 pm | Mother's Day Novena †

Sunday, May 17

8 am | Mass for Parishioners
 10 am | Mother's Day Novena
 5 pm | Jerry Sanders †

Monday, May 18

8 am | Mother's Day Novena

Tuesday, May 19

8 am | Fernando L. Padilla †

Wednesday, May 20

8 am | Marilyn Kasperick †

Thursday, May 21

8 am |

Friday, May 22

8 am | Gianna Nunes

Saturday, May 23

4:30 am | Mary, Joaquin, and
 Bibiana Medina †

Sunday, May 24

8 am | Dorothy and Gerald Barreda †
 10 am | Mass for Parishioners
 5 pm | Flavia DiTullio †

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
 Jean Skoblar
 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
4776 Saratoga Avenue
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

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Janis Cantú
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PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

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ALTAR SERVERS

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

BEREAVEMENT MINISTRY

Janice Teixeira
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CARE OF THE WHOLE PERSON

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PARISH MINISTRIES

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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/inneedprayers

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

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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