

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | MAY 24, 2026 | PENTECOST 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

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Spirit

AND

Renew

THE FACE OF THE
EARTH

Psalm 104



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. Please use the QR code 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.

Welcome, Karen Martinez!



A warm welcome to Karen Martinez, our new bookkeeper! Karen brings more than twenty years of experience in financial management and community service to her role as Bookkeeper at Sacred Heart. Her professional background includes executive leadership in homeowner association management, where she oversaw accounting operations, budgeting, and financial reporting. Karen is grateful for the opportunity to serve the Church and support our parish community. In her free time, she enjoys traveling, cooking, yoga, and pilates with her husband and two sons. Please be sure to say hello to Karen when you are next in the parish office!

Help Build our Rainforest Next Weekend

Help build our rainforest for Sacred Heart Vacation Bible School after all Masses next weekend. For \$5 you can purchase a leaf to help us decorate for VBS week and also offset the cost of this wonderful intergenerational program for our Sacred Heart parish children. Thank you for your support!

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.



Memorial Day: May 25

In observance of Memorial Day, the daily Mass time is 9:00 am, and there is no confession. The parish office will be closed and will resume regular hours on Tuesday, May 26.



A Weekend of Sacraments at Sacred Heart!



Congratulations to our children who received their First Eucharist, our teens who were confirmed, little Maizy and Lucia who were baptized, and Brooke and Pedro who were married--all last week! May God bless you always!

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.

In Memoriam

Please remember in your prayers Patti Aylesworth, who died last Wednesday, and all her family. Patti, sister of Janice Teixeira, was born and raised in the Sacred Heart community and received all of her sacraments here. Patti was a faithful Sacred Heart volunteer, who gave her time generously to our senior lunches by helping in the kitchen. A Rosary is scheduled at 9:30 am on Saturday, May 30, followed by a Funeral Mass at 10, and a reception in the hall afterward. May the angels lead Patti to Paradise.

Young Adults Bible Brunch

Sunday, May 24 | 11 am
Corner Cottage

Are you a young adult who has been dreaming about Stanley's cinnamon rolls since last month's Bible Brunch? The wait is over! Come to the corner cottage after 10:00 Mass this weekend for another Young Adult Bible Brunch!



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 2:1-11/Ps 104:1 and 24, 29-30, 31 and 34/1 Cor 12:3b-7, 12-13/Jn 20:19-23

Monday

Gn 3:9-15, 20 or Acts 1:12-14/Ps 87:1-2, 3 and 5, 6-7/Jn 19:25-34

Tuesday

1 Pt 1:10-16/ Ps 98:1, 2-3ab, 3cd-4/ Mk 10:28-31

Wednesday

1 Pt 1:18-25/ Ps 147:12-13, 14-15, 19-20/ Mk 10:32-45

Thursday

1 Pt 2:2-5, 9-12/ Ps 100:2, 3, 4, 5/ Mk 10:46-52

Friday

1 Pt 4:7-13/ Ps 96:10, 11-12, 13/Mk 11:11-26

Saturday

Jude 17, 20b-25/ Ps 63:2, 3-4, 5-6/ Mk 11:27-33

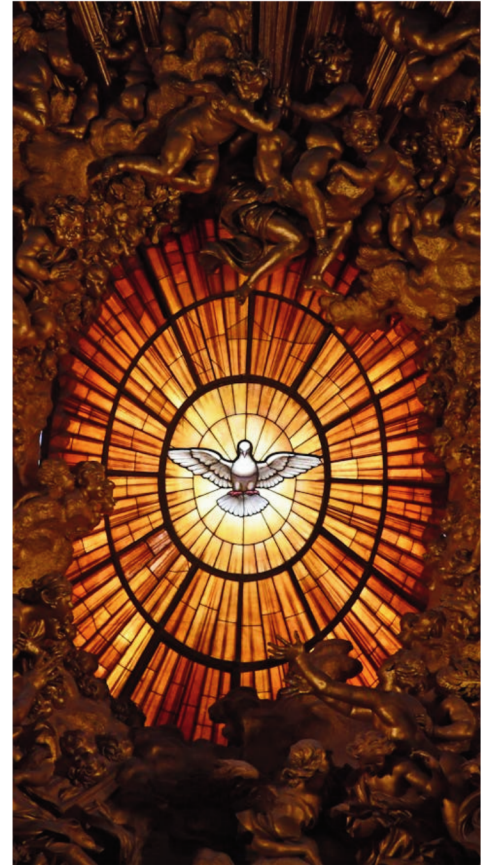
Reflection on the Readings

The readings from Ash Wednesday called us to repentance; when imparting the Holy Spirit, Jesus gives his disciples the power to forgive. On Ash Wednesday we were reminded that we will return to dust, but on Easter morning we beheld the promise of the Resurrection.

In a sense, our journey is now complete. We are now called to witness to the Risen Lord and the Holy Spirit as we accompany others on their journeys from darkness, sin, and death, to light, salvation, and new life. The accounts of the coming of the Holy Spirit given by Luke in Acts and by John in his Gospel are markedly different. In John's Gospel, Jesus gives his disciples the Holy Spirit himself the first time he appears to them after the Resurrection.

In Acts, the Holy Spirit descends upon the disciples after Jesus has ascended to heaven. In John, the Holy Spirit arrives on the soft breath of Jesus. In Luke, it's on a strong driving wind. In John, the disciples are silent. In Acts, the disciples immediately begin to speak in tongues loud enough to be heard outside.

Why the contradictions? It might help to think of the coming of the Holy Spirit as a process, in stages, with the disciples slowly realizing the power they'd been given. Indeed, the Holy Spirit descended upon most of us in infancy, when we could not know what was happening, but appears again and again in different ways, with different gifts and different workings, throughout our whole life.



In between wishing his disciples peace and bestowing on them the Holy Spirit, Jesus did one other thing: he showed them his wounds. The disciples may have thought that this was only to prove to them that it was him, but it may have also been to show them that even with his glorified body the wounds remain. The wounds are a part of him now. The risen Lord is wounded, as are we all.

--Pastoral Patterns, May 24, 2026
Pentecost Sunday



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

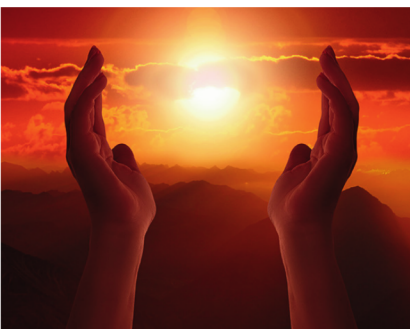
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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 23

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

Sunday, May 24

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

Monday, May 25

9 am | Patrick Fitzgerald †

Tuesday, May 26

8 am | Tom Williams

Wednesday, May 27

8 am | Gerry Scott †

Thursday, May 28

8 am | Fernando G. Padilla †

Friday, May 29

8 am | Darla Bebrin †

Saturday, May 30

4:30 am | Bishop Joe Coffey

Sunday, May 31

8 am | Honorina Soares †
 10 am | Michelle Oulton †
 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
 Kathy Grady
 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

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

Janice Teixeira
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COMMUNITY DINNERS

Oceana Free (Volunteers)
sanvean2@gmail.com

Cheryl Accomazzo (Food Service)
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CREATION CARE

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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

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MINISTERS OF HOLY COMMUNION AND THE WORD

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MINISTRY SCHEDULER

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MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

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OCIA: BECOMING CATHOLIC

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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

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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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