

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | MAY 31, 2026 | MOST HOLY TRINITY

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

Feast of the Sacred Heart Barbecue is in 2 Weeks!

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

Celebrate the feast day of our parish at Sacred Heart Academy on June 14 from 11 am-3 pm ! 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 pre-



school! If you are able to help with the barbecue, please use the QR code here.



New Adult Bible Study Begins this Wednesday

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@sacredheartob.org.

Help Build our Rainforest this 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!



Are you interested in registering your child for our Sacred Heart Vacation Bible School? Use the QR code here.

Last Senior Mass and Luncheon before Summer

Friday, June 5 | 11:30 am-2 pm
Sacred Heart Church and Hall

This Friday is our last Senior Luncheon and Mass before the summer break. Don't miss it! Come and enjoy Mass, a luau-themed lunch, fun and friendship. RSVP to Carole Sanders: 619.985.5433.



"250 Hours of Adoration"

As the United States of America commemorates the 250th anniversary of the signing of the Declaration of Independence, the U.S. bishops will consecrate the country to the Sacred Heart of Jesus. Sacred Heart, together with all of the parishes in the Diocese of San Diego and the larger United States, will join the USCCB initiative to contribute 250 hours of Adoration upon our country's semiquincentennial and the national consecration to the Sacred Heart of Jesus. Parishes in our diocese will participate, each for one day, and each with a specific focus, leading up to July 4. Our Adoration day is June 19, and our focus is an end to racism. More information will be available as our date approaches.



Catholics nationwide are also encouraged to devote special time to works of mercy. Some works of mercy include donating to food pantries and clothing closets; assisting women facing a crisis pregnancy; participating in a community beautification program; raising money for an overseas development project; sponsoring a refugee family; tutoring children; and volunteering at homeless shelters.



Noah Homes Presents Summerfest 2026: Cruising Route 66

Saturday, June 6 | 4–7:30 pm
Noah Homes
12526 Campo Rd., Spring Valley



Established in 1983, Noah Homes is a San Diego non-profit organization that provides residential care, activities, and services to adults with developmental disabilities. Hit the road with them at their “Cruising Route 66” fundraiser on June 6, from 4 pm-7:30 pm at their location on Campo Rd. The evening includes specialty food and beverages, the music of a local band, silent and live auctions, and a raffle. Call 619.440.6161 or visit their website: noahhomes.org for tickets.

Community Dinner

Tuesday, June 9 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, June 9, 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 ACCOZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.



The Visitation

This month of Mary began with May Crownings and ends this Sunday with the Feast of the Visitation, commemorating the visit of Mary, newly pregnant with Jesus, to her cousin Elizabeth, six months pregnant with John the Baptist. Though the Church celebrates the Feast of The Most Holy Trinity this Sunday, consider closing May with a rosary, Magnificat, Memorare, or Hail Holy Queen prayer to Mary, Queen of Peace and mother of us all.

Congratulations!

Congratulations to Carson Cullina, one of our preschool children, who will be baptized at the 10:00 Mass this weekend. God bless Carson and all of his family!



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

Ex 34:4b-6, 8-9/Dn 3:52, 53, 54, 55, 56/2 Cor 13:11-13/Jn 3:16-18

Monday

2 Pt 1:2-7/ Ps 91:1-2, 14-15b, 15c-16/Mk 12:1-12

Tuesday

2 Pt 3:12-15a, 17-18/ Ps 90:2, 3-4, 10, 14 and 16/Mk 12:13-17

Wednesday

2 Tm 1:1-3, 6-12/ Ps 123:1b-2ab, 2cdef/Mk 12:18-27

Thursday

2 Tm 2:8-15/ Ps 25:4-5ab, 8-9, 10 and 14/Mk 12:28-34

Friday

2 Tm 3:10-17/ Ps 119:157, 160, 161, 165, 166, 168/Mk 12:35-37

Saturday

2 Tm 4:1-8/ Ps 71:8-9, 14-15ab, 16-17, 22/Mk 12:38-44

Reflection on the Readings

“The LORD, the LORD, a merciful and gracious God, slow to anger and rich in kindness and fidelity,” God says to Moses in the first reading (Exodus 34:6). It is interesting that God uses a description that does not include the first words that may come to mind regarding the divine essence: words like all-powerful, all-knowing, infinite, or perfect. These words are true, of course, but God instead chooses to use words that are relational. God cannot be any of these things—merciful or gracious, kind or faithful—without someone else. But the fact that God is three persons means that God is relational from the start. Indeed, Jesus relies on these qualities when he faces his suffering and death. He relies on his faith that the Father is merciful to him, is gracious to him, is faithful to him. He also relies on these qualities when he promises the Holy Spirit to his disciples. Our God is a relational God, and God’s mercy, grace, love, and fidelity to us reflects these qualities among Father, Son, and Spirit.

God’s generosity is strongly reflected in today’s readings. God’s self-description to Moses relates God’s generosity with mercy, grace, forgiveness, kindness, and faithfulness. Perhaps the ultimate example of God’s generosity comes in God’s Son—a gift to the world in the incarnation who gives himself over to death on the cross. As John points out, God is also generous with salvation. It is available to anyone who believes in the Son. Finally, God has given us the Holy Spirit, who remains with us always. Generosity is another relational quality, needing another person to be generous to.



We cannot be all-powerful, all-knowing, infinite, or perfect. Nor can we bring salvation to the world. However, we can be merciful, gracious, slow to anger, kind, faithful, loving, and generous. The qualities that God puts first and foremost as godlike are qualities we can have—and use—as well. When we forgive and bear with one another, act kindly, give of ourselves, and love each other, we are acting as God self-identifies.

--Pastoral Patterns, May 31, 2026
Most Holy Trinity



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 30

4:30 pm | Bishop Joe Coffey

Sunday, May 31

8 am | Honorina Soares †
 10 am | Michelle Oulton †
 5 pm | Mass for Parishioners

Monday, June 1

8 am | Jimmie and Theresa Howard †

Tuesday, June 2

8 am | Patricia Aylesworth †

Wednesday, June 3

8 am | Lenyk Family

Thursday, June 4

8 am | Steven Miller †

Friday, June 5

8 am | Sydney Towles
 11:30 am | Norma Evans

Saturday, June 6

4:30 am | Mass for Parishioners

Sunday, June 7

8 am | Norbert Correia
 10 am | Diane Guerra †
 5 pm | Dalny Balelo †

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
deaconmark@sacredheartob.org

Lisa Danaher
Office Manager
619.224.2746 x101
parishoffice@sacredheartob.org

Rachel Ohalek & Karen Martinez
Bookkeeper
619.224.2746 x103
bookkeeper@sacredheartob.org

Stephen Williams
Director of Catechetical Ministry
619.224.2746 x102
religioused@sacredheartob.org

PARISH STAFF

Natalie Culbertson
Youth Minister
619.224.2746 x106
youthminister@sacredheartob.org

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
mmacairns@verizon.net

FINANCE COUNCIL

Mary Nauert
619.224.2746

HOSPITALITY MINISTRY

Sheila Ragan
619.504.7597
sheila@oceanpointfinancial.com

PARISH MINISTRIES

KNIGHTS OF COLUMBUS

Gregg Sprosty
koc.plc.3947@gmail.com

LOAVES & FISHES

Pat Katka
619.222.9648

MINISTERS OF HOLY COMMUNION AND THE WORD

Teofla Rich
619.758.0943
garich@cox.net

MINISTRY SCHEDULER

Kate McKenzie
619.224.2746
ministryscheduler@
sacredheartob.org

MINISTRY TO THE HOMEBOUND

Janice Teixeira
619.246.4955
teixeira@cox.net

MUSIC MINISTRY

Janis Cantú
619.253.0391
musicdirector@sacredheartob.org

OCIA: BECOMING CATHOLIC

Stephen Williams
619.224.2746 x102
religioused@sacredheartob.org

PASTORAL COUNCIL

Kate McKenzie
619.224.2746
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/inneedprayers

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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