

# THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | JUNE 7, 2026 | MOST HOLY BODY AND BLOOD OF CHRIST

#### 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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CHURCH**  
OCEAN BEACH

S I N C E 1 9 1 1



# NEWS+EVENTS

## It's Almost Here!

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

Celebrate the feast day of our parish at Sacred Heart Academy next Sunday, 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 preschool.



## Registration for VBS Closing Soon

Registration for Sacred Heart's Vacation Bible School is closing soon. Stephen Williams and his VBS team have another great week planned for the kids this summer! You may recall Ava the camel from last year? More fun is in store this year as children learn more about



their faith and grow closer to God. Please use the QR code here to register.



## Congratulations, Fr. Billy and Deacon Mark!



This week, we celebrate not one but two ordination anniversaries! On Tuesday, June 9, Fr. Billy will celebrate the ninth anniversary of his ordination to the priesthood, and on Thursday, June 11, Deacon Mark will celebrate his fifteenth anniversary to the diaconate. Congratulations, Fr. Billy and Deacon Mark, with our love and thanks for all you do for us at Sacred Heart, and our continued prayers for you and your ministry!

## Flooring Work has Resumed in the Church

It would be hard not to notice that Pellegrino Stone Care has returned to complete our church flooring project. This final phase is projected to take four weeks. Pews will be removed in four sections, one section per week, to allow the tile under them to be stripped, cleaned, and sealed. About twelve pews will be removed and transported to the hall each Monday and returned to the church each Friday, in time for weekend Masses. We are almost there! Thanks for your patience as we all take care of the beautiful church we are lucky to call home.

## "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, from 9-5, and our focus is an end to racism.



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.

## Knights of Columbus Pancake Breakfast

Sunday, June 7 | After 8 & 10 Masses  
Sacred Heart Church of OB Hall



The Knights of Columbus extend an invitation to their pancake breakfast after the 8 am and 10 am Masses this Sunday. Come and enjoy a delicious breakfast, fellowship, and fun. All are welcome!

## 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.

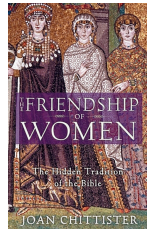
**IF YOU HAVE QUESTIONS, PLEASE CONTACT OCEANA FREE AT SANVEAN2@GMAIL.COM OR CHERYL ACCOMAZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.**



## Sacred Heart Book Club's June Pick

Friday, June 26 | 11:00 am  
Sacred Heart of OB Rectory

For the month of June, the Sacred Heart Book club has selected "The Friendship of Women: The Hidden Tradition of the Bible," by Joan Chittister, OSB. The book explores often overlooked female voices and experiences in scripture and



subtly argues that female friendships have much to teach us about the value of our friendships with each other and of God with creation. The book club

will meet at 11 am in the rectory on Friday, June 26, for a discussion, and they invite anyone interested to join them, even if you haven't finished your reading yet.

## Coffee at the Cottage this Tuesday

Tuesday, June 9 | 8:30 am  
Corner Cottage



The Altar and Rosary Society invites all in the Sacred Heart community to their popular "Coffee at the Cottage" in the corner cottage at 8:30 am this Tuesday. Come and enjoy coffee, treats, and friendship!

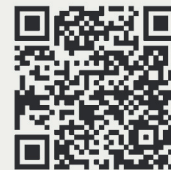


# GIVING

## 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

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# MEDITATIONS



## Readings for the Week

### Sunday

Dt 8:2-3, 14b-16a/Ps 147:12-13, 14-15, 19-20/1 Cor 10:16-17/Jn 6:51-5

### Monday

1 Kgs 17:1-6/ Ps 121:1bc-2, 3-4, 5-6, 7-8/Mt 5:1-1

### Tuesday

1 Kgs 17:7-16/ Ps 4:2-3, 4-5, 7b-8/Mt 5:13-1

### Wednesday

1 Kgs 18:20-39/ Ps 16:1b-2ab, 4, 5ab and 8, 11/Mt 5:17-1

### Thursday

Acts 11:21b-26; 13:1-3 (580)/Ps 65:10, 11, 12-13/Mt 5:20-2

### Friday

Dt 7:6-11/Ps 103:1-2, 3-4, 6-7, 8, 10/1 Jn 4:7-16/Mt 11:25-3

### Saturday

1 Kgs 19:19-21/Ps 16:1b-2a and 5, 7-8, 9-10/Mt 5:33-3



## Reflection on the Readings

When the Chosen People journeyed across the vast desert for forty years (forty indicating a lengthy time of trial), God provided manna to nourish and sustain them. Without it, many would have starved and never made it to the promised land. The manna sent from heaven restored life to their bodies. The Body and Blood that Jesus gives us to eat nourishes and sustains us as we journey throughout earthly lives—which can be times of trial—on our way to be with him eternally. Jesus promises us that “whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day” (John 6:54). This is what we celebrate every Sunday and every time we celebrate the Eucharist. The living bread come down from heaven gives us life forever. The true food and true drink we consume gives us true life: life eternal.

Saint Paul tells the Corinthians that they receive more than sustenance and nourishment when they receive the Eucharist. They also participate in the offering of the Body and Blood of Christ to begin with. This puts us into

communion with God and with each other. It also brings us into unity as the single body of Christ, which is the Church.

Physical hunger is a simple fact of life. Whether we have plenty or live on a limited budget or suffer from malnutrition, we experience the pangs of hunger whenever we have not eaten for a while. Spiritual hunger is a fact of life as well. Our spirits need sustenance and nourishment as much as our bodies do. We need friendship, we need intimacy, we need peace of mind, we need love. Jesus satisfies this hunger and explains it in physical terms. The “true food” he provides is his very self, which gifts us an intimacy beyond any other gift, a communion of love with Christ in the Eucharist.

--Pastoral Patterns, June 7, 2026  
Most Holy Body and Blood of Christ



# 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

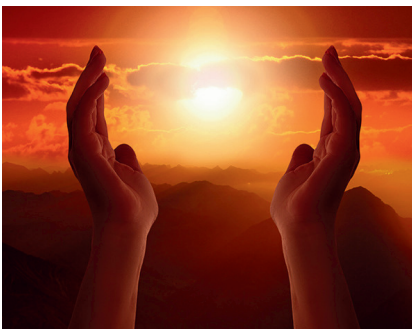
**IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.**

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](mailto:teixeira@cox.net).



## Do You Need Prayers?

Submit your prayer request to the Sacred Heart Prayer Ministry at [www.bit.ly/ineedprayers](http://www.bit.ly/ineedprayers). Our prayer warriors are ready to pray for you.

## Mass Intentions

### Saturday, June 6

4:30 am | Mass for Parishioners

### Sunday, June 7

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

### Monday, June 8

8 am | Ivonne and Jim Harper

### Tuesday, June 9

8 am | Fr. Billy Zondler

### Wednesday, June 10

8 am | Ted Newbrough

### Thursday, June 11

8 am | Deacon Mark Wiczorek

### Friday, June 12

8 am | Antionette Zolezzi †

### Saturday, June 13

4:30 am | Manuel U. and Aurora Silveira †

### Sunday, June 14

8 am | Mass for Parishioners  
 10 am | Francine Frey †  
 5 pm | Jimmy Gracey †

## 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](mailto: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  
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bookkeeper@sacredheartob.org

### Stephen Williams

Director of Catechetical Ministry  
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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**  
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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/ineedprayers](http://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](mailto:misconduct@sd.catholic.org) or 858.490.8353.

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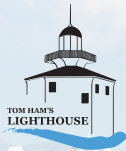
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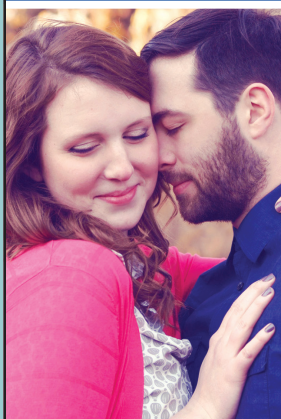
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