

THE HEART

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A PARISH BUILT ON LOVE | JUNE 14, 2026 | MOST SACRED HEART OF JESUS

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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OCEAN BEACH

S I N C E 1 9 1 1



NEWS+EVENTS

Happy Feast Day, Sacred Heart! BBQ is this Sunday!

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

Did we mention Fr. Billy will be in the "dunk tank"??? Come for that, for great food, drinks, games, fun, and fellowship. It's all happening this Sunday at Sacred Heart Academy Preschool. See you there!



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 about their



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



June Senior Mass and Luncheon were a HULA-VA Great Time!



Every June, our senior ministry team offers a free senior appreciation luau to thank our seniors in the community for all they've done for us, and this one took the (pineapple upside-down) cake! The incomparable Fr. Mark, delicious food, prizes, music, and hula dancers made it extra special. Thank you to all organizers, decorators, chefs, cooks, and of course, Fr. Mark! We appreciate all of you, too!



"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.

Life-Giving Wounds Retreat

Saturday, July 31-August 2 | Weekend Mission San Luis Rey Retreat Center, Oceanside

The "Life-Giving Wounds" retreat supports adults who have been impacted by parental divorce, separation, or family brokenness. Life-Giving Wounds is a ministry that encourages people to explore these wounds in a prayerful environment and feel Christ's healing. The weekend-long retreat location is the beautiful Mission San Luis Rey Retreat Center in Oceanside. Register at www.rcbo.org/acod. For more information, contact Janelle Peregroy at 858.490.8292 or jperegroy@sdcatholic.org.

Community Dinner

Tuesday, June 23 | 5-6 pm Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, June 23, 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.



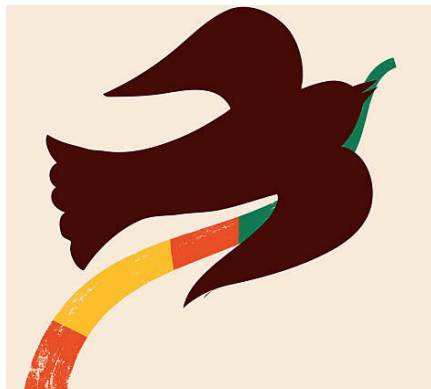
Beginning Experience Retreat

Saturday, July 18 | 8:30 am-4 pm St. Elizabeth Seton Church, Carlsbad

"In the Beginning, Coping with Life Alone" is a one-day retreat for men and women experiencing the loss of a spouse through death, separation, or divorce to help begin healing and focus on moving forward. The cost is \$50 for the retreat and meals. To register, please call Vicki at 858.748.2273. For more information, visit BeginningExperienceSD@gmail.com.

Diocesan Juneteenth Mass

Sunday, June 21 | 10 am St. Rita Catholic Church, San Diego



Though the United States officially ended slavery with Lincoln's Emancipation Proclamation in 1863, Juneteenth commemorates the day in 1865 on which all remaining enslaved people in the nation were in actuality granted their freedom. The Diocese of San Diego, in coordination with the African-American Catholic community, will again celebrate this historic day with a Juneteenth Mass, celebrated by Bishop Michael Pham. All are invited to celebrate the unifying power of love at St. Rita Catholic Church on June 21 at 10 am.

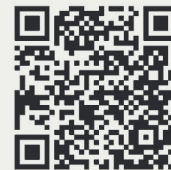


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make a one-time donation, or you can sign up to give weekly. Thank you for your continued support and faithful giving. Many Blessings,

—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 19:2-6a/Ps 100:1-2, 3, 5/Rom 5:6-11/Mt 9:36-10:8

Monday

1 Kgs 21:1-16/Ps 5:2-3ab, 4b-6a, 6b-7/Mt 5:38-42

Tuesday

1 Kgs 21:17-29/Ps 51:3-4, 5-6ab, 11 and 16/Mt 5:43-4

Wednesday

1 Kgs 2:1, 6-14/Ps 31:20, 21, 24/Mt 6:1-6, 16-1

Thursday

Sir 48:1-14/ Ps 97:1-2, 3-4, 5-6, 7/Mt 6:7-1

Friday

2 Kgs 11:1-4, 9-18, 20/Ps 132:11, 12, 13-14, 17-18/Mt 6:19-2

Saturday

2 Chr 24:17-25/Ps 89:4-5, 29-30, 31-32, 33-34/Mt 6:24-34



Gospel Meditation

A few years ago, I met a woman in my parish who was a successful lawyer. Yet in her free time, she poured her energy into a nonprofit she founded to advocate for children with special needs. When I asked what inspired her, she spoke of her niece, who was born with disabilities. Her niece was both a glorious gift and a constant challenge. Out of that painful, beautiful experience, she felt called to create something lasting for other children and parents. The nonprofit thrived, not because she had mapped it all out, but because she was deeply moved to act.

Jesus called his disciples, all of them ordinary, with no special qualifications, and sent them to heal, preach, and cast out demons. Their mission flowed not from their skills but from his authority and the Spirit's gifts.

The Second Vatican Council teaches that the Spirit continually pours out charisms, special graces for the good of the Church and the world (cf. *Lumen Gentium* 4 & 12). These often arise from the unfolding of our lives: from what breaks your heart, what fills you with hope, what suffering has shaped you. The Spirit works through those very experiences to equip us with gifts that build up others.

What is your charism? Well, what needs around you call you to loving action? This could be where Christ is sending you. Allow your heart to be moved like Christ's. Then get to work.

— Father John Muir
LPi
June 14, 2026



PRAYERS

Recognizing Our Military

LTJG Sutter Grune, USN
 USS Howard (DDG 83) Sailors
 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

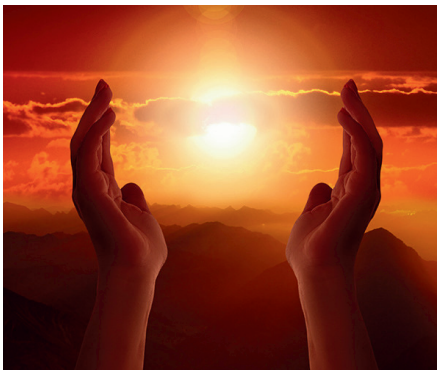
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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, 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 †

Monday, June 15

8 am | Howard and Azevedo Families †

Tuesday, June 16

8 am | Patricia Aylesworth †

Wednesday, June 17

8 am | Dominic Nunes

Thursday, June 18

8 am | John Theisen †

Friday, June 19

8 am | John and Susan Maggio

Saturday, June 20

4:30 am | Dr. Louie Linarelli and Deacon Bob Mulligan †

Sunday, June 21

8 am | Father's Day Novena
 10 am | Mass for Parishioners
 5 pm | Maria Antoinetta Branco †

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
 Don Gossard
 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/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 or 858.490.8353.

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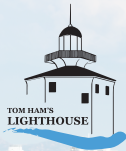
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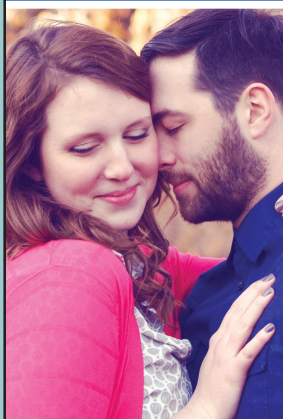
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