

# THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | JUNE 21, 2026 | TWELFTH SUNDAY IN ORDINARY TIME

#### 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

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#### 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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HEART  
CHURCH**  
OCEAN BEACH

S I N C E 1 9 1 1



*“You are worth  
more than  
many sparrows.”*

MATTHEW 10:31

# NEWS + EVENTS

## Feasting at Sacred Heart!

A great time was had by all at our Feast of the Sacred Heart barbecue on Sunday, June 14! Delicious food, desserts, drinks, music by the Saint Augustine High School jazz band, DJ, balloon artist, games, crafts, fun, and fellowship all came together with spirit and joy. Thanks to great sport Fr. Billy for climbing in the dunk tank, for all who contributed to the development of Sacred Heart's new infant center (planned for winter 2027), and for each and everyone--too numerous to name here--who shared their time, talent, and treasure to make our feast day so special.





## Donuts and Fellowship this Sunday

Sunday, June 21 | After 8 & 10 am  
Sacred Heart of OB Hall

It's the third Sunday of the month, and donuts and coffee are on the menu! Please stop by the parish hall after the 8:00 or 10:00 Mass for coffee, donuts, and friendships new and old. All are welcome.



## Bible Brunch Next Sunday

Sunday, July 21 | 11 am  
Corner Cottage

Attention Young adults ages 18-39: Come be part of Bible Brunch, a welcoming space for young adults to grow in faith and community. Enjoy our usual homemade bagels and fresh cinnamon rolls, in addition to our special menu items: Spanish tortilla and North African shakshuka. Reflect on Fr. Billy's homily, connect through fun icebreakers, and share in meaningful conversation with fellow young adults. No RSVP required.

## Father's Day Novena

**Happy Father's Day!** If you'd like to remember a father or man who has played an important role in your life, please write their names on a Father's Day envelope located in the pews, place your envelope in the collection basket, and they will be enrolled in our Father's Day Novena, offered from June 21-29.

## Preventing Cybersecurity Scams

The Diocese of San Diego asks us to exercise caution as there have been more phishing and cybersecurity scams circulating in the name of the bishops and priests of our diocese. These are often in the form of text messages, emails, or phone calls. Please know that it is not the practice of our bishops and clergy to request gift cards or money by email, call, or text. Here at Sacred Heart, multiple volunteers and staff members have already received scam emails from a "fake Fr. Billy." We are worried that these emails may extend beyond volunteers and staff to potentially include all parishioners. Even if a message seems legitimate, please contact Fr. Billy or Lisa in the parish office to ensure it is authentic. In any circumstance, if you believe you have been the victim of a scam, you may report it at [reportfraud.ftc.gov](http://reportfraud.ftc.gov).

## 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 [DROCEANAFREE@GMAIL.COM](mailto:droceanafree@gmail.com) OR CHERYL ACCOMAZZO AT [CHERYLACCO@GMAIL.COM](mailto:cherylacco@gmail.com). MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.**

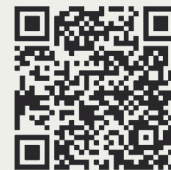


# GIVING

## 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

Jer 20:10-13/Ps 69:8-10, 14 and 17, 33-35/Rom 5:12-15/Mt 10:26-33

### Monday

2 Kgs 17:5-8, 13-15a, 18/Ps 60:3, 4-5, 12-13/Mt 7:1-5

### Tuesday

2 Kgs 19:9b-11, 14-21, 31-35a, 36/ Ps 48:2-3ab, 3cd-4, 10-11/Mt 7:6, 12-14

### Wednesday

Is 49:1-6/Ps 139:1b-3, 13-14ab, 14c-15/Acts 13:22-26/Lk 1:57-66, 80

### Thursday

2 Kgs 24:8-17/ Ps 79:1b-2, 3-5, 8, 9/Mt 7:21-29

### Friday

2 Kgs 25:1-12/ Ps 137:1-2, 3, 4-5, 6/Mt 8:1-4

### Saturday

Lam 2:2, 10-14, 18-19/ Ps 74:1b-2, 3-5, 6-7, 20-21/Mt 8:5-17



## Gospel Meditation Matthew 10:26-33

Jean Améry, a Holocaust survivor tortured by the Nazis, later wrote about the abyss of human evil. He described his reaction as an “indignant despair.” Haven’t we all, to some degree, felt that abyss opened beneath us? A sudden loss, a violent headline, a moment of loneliness or panic, when the world feels fragile and meaning seems to collapse?

It is to this fear that Jesus speaks in today’s Gospel: “Do not be afraid of those who can kill the body” (Matthew 10:28). He does not deny evil or pretend we will never suffer. Instead, He reframes the abyss: do not fear those who can kill the body but cannot kill the soul. Your life is seen, known, and counted by the Father. Even the hairs of your head, even the sparrow’s fall.

This is no superficial comfort. Jesus himself has entered the abyss: suffering, death, even our sense of forsakenness, and he has come through it. That is why his words, “Do not be afraid,” hold such weight. They do not erase the abyss but build a bridge across it.

Faith is not pretending everything is fine. It is staring into the abyss and still choosing trust. And in that trust, we discover we are never alone. Christ stands with us, and the Father’s care surrounds us. That is the only comfort deep enough for our (often fearful) hearts.

— Father John Muir  
©LPI



# 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](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 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 †

### Monday, June 22

8 am | Father's Day Novena

### Tuesday, June 23

8 am | Father's Day Novena

### Wednesday, June 24

8 am | Father's Day Novena

### Thursday, June 25

8 am | Father's Day Novena

### Friday, June 26

8 am | Father's Day Novena

### Saturday, June 27

4:30 am | Father's Day Novena

### Sunday, June 28

8 am | Mass for Parishioners  
 10 am | John and Josephine Linarelli †  
 5 pm | Father's Day Novena

## 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

- Daphinne Accomazzo
- 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)**  
droceanafree@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**  
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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](http://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](mailto:misconduct@sd.catholic.org) or 858.490.8353.

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