

THE HEART

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A PARISH BUILT ON LOVE | JUNE 28, 2026 | THIRTEENTH 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

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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SINCE 1911



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NEWS+EVENTS

A Message of Gratitude from Preschool Director Rebecca Godina

Dear Sacred Heart Family,

On June 14, the preschool had the pleasure of hosting the Feast of the Sacred Heart Barbecue. In conjunction with all the amazing food, drinks, and entertainment, we held a fundraiser to benefit a new Infant Center to be established at the preschool. Father Billy very sportingly agreed to be the "dunkee" in our dunking booth. In addition, we have started an amazing tile project that will be used to decorate the school. The proceeds raised from the dunk tank, sale of tiles, and straight donations will allow us to create a beautiful and loving environment for children ages 6-weeks to 24-months. We are hoping to open the infant center in January 2027.

I cannot thank the amazing parishioners, school parents, and alumni who came out and supported us the way you all did. The love and generosity you show to the parish and the preschool does not go unnoticed or unappreciated. A special thank you to all the volunteers who came out in force on Saturday and Sunday to put on such an amazing event.

Our tile wall project will continue for the foreseeable future. You can still purchase a 4"x4" tile or a 6"x8" tile. The tiles will be hung in the school, and I cannot wait to see the end result. For everyone who has already purchased a tile (or tiles) your artwork can be returned to Lisa in the parish office or to me at the preschool by July 31st!



Thank you again for the support you have shown our school. God bless you all.

In faith and love,
Rebecca Godina
Preschool Director

We Will Miss You, Fr. Tony!



As you know, Fr. Tony Stanonik will be moving on to serve as Pastor at Christ the King parish this July. We at Sacred Heart will miss him dearly, especially the Thursday morning Mass folks. Thank you, Fr. Tony, for your kind and gentle ways and for celebrating Thursday morning Masses for us over the past three years. God bless you, your ministry, and all of your new parishioners, who are very lucky indeed!

Parish Communications

Are you interested in receiving email communications from Sacred Heart if you don't already receive them? Please call the parish office to be added to our e-blast list, managed by parishioner Bruce Bauer. Thanks, Bruce, for always keeping us informed about upcoming parish events!

Happy Fourth of July!



In observance of Independence Day--our 250th!--Friday's Mass time is 9:00 am, there is no Confession, and the parish office will be closed.

Peter's Pence Collection this Weekend

"Together, as one people, as brothers and sisters, let us walk towards God and love one another." --Pope Leo XIV, Homily at Mass for the Beginning of the Pontificate of Pope Leo XIV, May 18, 2025

This weekend's special collection is a centuries-old, worldwide collection that supports the Universal Church and the work of the Holy See, including the charitable works of Pope Leo XIV. These benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. The collection is an opportunity to join with Pope Leo to be a sign of hope for the suffering. For more information, please visit the Vatican's website: www.obolodisanpietro.va/en.html. Thank you for your generosity!

Bible Brunch this 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 tortillas 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.



Community Dinner

**Tuesday, July 14 | 5-6 pm
Sacred Heart Church of OB Hall**

Our next community dinner will be served in the hall on Tuesday, July 14, 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 OR CHERYL ACCOMAZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

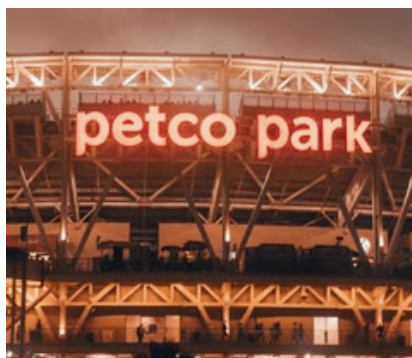
Preventing Cybersecurity Scams

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, some have already received scam emails from a "fake Fr. Billy." 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.

Catholic Night with the Padres is Coming Soon

**Friday, July 10 | 2 pm
Petco Park, San Diego**

If you purchased tickets to the July 10 game, keep an eye out for an email message about the tailgate party, how to obtain your Padres tickets and hats, and other important details. Go Padres!

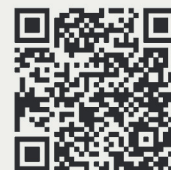


GIVING

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

2 Kgs 4:8-11, 14-16a/Ps 89:2-3, 16-17, 18-19/Rom 6:3-4, 8-11/Mt 10:37-42

Monday

Acts 12:1-11/ Ps 34:2-3, 4-5, 6-7, 8-9/2 Tm 4:6-8, 17-18/Mt 16:13-19

Tuesday

Am 3:1-8; 4:11-12/Ps 5:4b-6a, 6b-7, 8/Mt 8:23-27

Wednesday

Am 5:14-15, 21-24/Ps 50:7, 8-9, 10-11, 12-13, 16bc-17/Mt 8:28-34

Thursday

Am 7:10-17/Ps 19:8, 9, 10, 11/Mt 9:1-8

Friday

Eph 2:19-22/Ps 117:1bc, 2/Jn 20:24-29

Saturday

Am 9:11-15/Ps 85:9ab and 10, 11-12, 13-14/Mt 9:14-17



Reflection on the Readings

No one will come to your door with a name tag that says “Disciple” on their shirt or jacket. Nor will the person you see begging for spare change identify themselves as one of Christ’s disciples. To whom should you offer a cup of cold water, as Jesus himself counseled? How can you tell who’s worthy? The only way to ensure that you are helping a disciple in need is to help everyone you encounter who is in need, even if it’s just with a drink of cold water.

Jesus delivers bad news and good news in the Gospel passage we hear today. First the bad news: being a disciple means giving yourself to Jesus. You must take up your cross and live a life of self-sacrifice, putting Christ before not only yourself but even your loved ones. However, the good news is that if you live unselfishly for the sake of the gospel you will be rewarded. When Jesus tells his disciples that “whoever loses his [or her] life for my sake will find it” (Matthew 10:39), he is telling us that if we “lose” our self-centeredness we will find that life in Christ has much greater rewards.

Saint Paul writes that through baptism we now live in “newness of life” (Romans 6:4). The woman of Shunem gives Elisha a foretaste of the newness of life by offering hospitality to him from the goodness of her heart. In return, Elisha literally promises newness of life in prophesying a newborn son.

Jesus promises newness of life to those who become his disciples, who take up their cross and follow him. They will receive the reward of eternal life from the one who is the resurrection and the (newness of) life. To picture the practice of baptism by immersion, which was the norm in Paul’s time, the moment when you cannot breathe is like a death to your old self and sin, followed by a rising to new life.

— Pastoral Patterns
June 28, 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

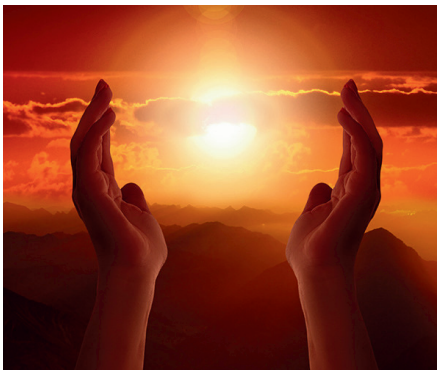
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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 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

Monday, June 29

8 am | Father's Day Novena

Tuesday, June 30

8 am | Joao and Albina Correia †

Wednesday, July 1

8 am | Bob Robbins †

Thursday, July 2

8 am | Patricia Aylesworth †

Friday, July 3

9 am | Antoinette Zolezzi †

Saturday, July 4

4:30 pm | Patricia Duran

Sunday, July 5

8 am | Jimmie L. Howard †

10 am | Darla Bebrin †

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

Daphinne Accomazzo
 Michael Brown
 Ginny Buerger
 Denise Cleaton
 Norma Evans
 Anthony George
 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
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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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PARISH STAFF

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Youth Minister
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Janis Cantú
Music Director
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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
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COMMUNITY DINNERS

Oceana Free (Volunteers)
droceanafree@gmail.com
Cheryl Accomazzo (Food Service)
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CREATION CARE

Mary Cairns
619.223.8859
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FINANCE COUNCIL

Mary Nauert
619.224.2746

HOSPITALITY MINISTRY

Sheila Ragan
619.504.7597
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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
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MINISTRY SCHEDULER

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ministryscheduler@
sacredheartob.org

MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

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OCIA: BECOMING CATHOLIC

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ministryscheduler@
sacredheartob.org

PRO-LIFE AND YOUNG FAMILIES

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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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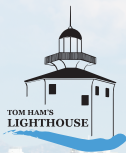


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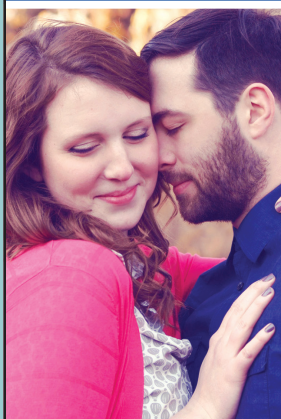
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