

# THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | JULY 5, 2026 | FOURTEENTH 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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HEART  
CHURCH**  
OCEAN BEACH

S I N C E 1 9 1 1



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*“Come to me, all you who labor and are burdened, and I will give you rest.”*

Matthew 11:28

# NEWS+EVENTS

## Sacred Heart Academy Infant Center Tiles Available

You can still purchase a 4"x4" tile or a 6"x8" tile for the Sacred Heart Academy Infant Center and Preschool. Your decorated tile will be part of the tile wall project and hung in the school. If you have already purchased a tile (or tiles), your artwork can be returned to Lisa in the parish office or to Rebecca at the preschool by July 31<sup>st</sup>. If you haven't purchased a tile and would like one or more, please call Rebecca at 619.222.7252.



## Diocesan Grandparents Retreat

**Wednesday, July 22 | 10 am-3 pm**  
**Ascension Church, San Diego**

All grandparents are invited to a diocesan grandparents retreat on Wednesday, July 22, from 10 am-3 pm, at Ascension Catholic Church. Celebrating the Feast of Saints Joachim and Anne, grandparents will reflect on the gift of spiritual wisdom that grandparents share with their adult children and grandchildren. The day-long retreat includes prayer, reflection, and fellowship. Lunch is included, and the retreat will conclude with Mass. The cost is \$25 per person, with registration closing on July 10. If you have questions, please contact Janelle at 858.490.8292 or [jperegoy@sdcatholic.org](mailto:jperegoy@sdcatholic.org).

## In Memoriam



The family of long-time parishioner and friend to the Sacred Heart community, Sue Munz, has shared that she died peacefully in her home on June 24. While Sue is no longer a physical presence in our lives, her bright smile and deep love of people live on in each of us. A Funeral Mass will be said in Sue's honor at Sacred Heart on July 9 at 11 am. Please pray for Sue's husband Bill, her children Kaitlin, Douglas, and Alison, their spouses, and Sue's seven grandchildren. For those who would like to honor her, it is Sue's wish that in lieu of flowers, donations be made to Sacred Heart or to the Sacred Heart Feed the Hungry program. Sue's family will host a reception in her honor in the hall immediately following the Funeral Mass. They look forward to celebrating her life with our Sacred Heart community.

## Parish Communications

If you'd like to receive email communications from Sacred Heart, 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!

## An Evening with Sr. Nathalie Becquart XMCJ

**Friday, August 21 | 7-9 pm**  
**St. Gregory the Great, San Diego**

Have you been wondering, "What exactly IS synodality?" All are invited to an evening with Sr. Nathalie Becquart XMCJ, Vatican Undersecretary of the Synod of Bishops, at St. Gregory the Great on August 21, 2026 from 7 pm-9 pm. Sr. Nathalie will share her thoughts on Re-Imagining Parish Life and Leadership in a Synodal Church--a movement away from a top-down approach to leadership and a welcoming of listening and mutual cooperation between laity and clergy. Please look for the flyer in next weekend's bulletin to register.

## VBS is Next Week



Vacation Bible School is next week, and there are very limited spaces left. If you've already signed your children up, we'll see you at 8:45 on Monday, July 13! If you'd like to register your child for one of our remaining spots, please contact Stephen Williams at 619.224.2746 ext.2 or [religiously@sacredheartob.org](mailto:religiously@sacredheartob.org). VBS is a week-long opportunity for children aged 4-11 to learn about their faith, have fun together, and grow closer to God.

### Pancakes this Sunday

Sunday, July 5 | 11 am  
Sacred Heart of OB Hall



The Knights of Columbus pancake chefs are at it again! All are invited to the hall after the 8:00 and 10:00 Masses this weekend for pancakes, coffee, and fellowship.

### 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.**



### Coffee at the Cottage this Tuesday

Tuesday, July 5 | 8:30 am  
Corner Cottage

Join old friends and make new ones, too, at Coffee at the Cottage this Tuesday. Stop by for some coffee, pastries, and good conversation. All are welcome!



### Catholic Night with the Padres this Friday

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



If you purchased tickets to the July 10 game, tickets for Padres hats and the game, as well as an informative flyer will be distributed at our tailgate party in the courtyard at 2:00 pm on July 10. You are encouraged to carpool from there to the 6:40 pm game that same evening. If you are unable to pick up your tickets at the tailgate party, please call the parish office to make other arrangements. Go Padres!

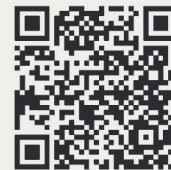


# GIVING

## 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

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14/Rom 8:9, 11-13/Mt 11:25-3

### Monday

Hos 2:16, 17c-18, 21-22/Ps 145:2-3, 4-5, 6-7, 8-9/Mt 9:18-2

### Tuesday

Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10/Mt 9:32-3

### Wednesday

Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7/Mt 10:1-7

### Thursday

Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7/Mt 10:1-7

### Friday

Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17/Mt 10:16-2

### Saturday

Is 6:1-8/Ps 93:1ab, 1cd-2, 5/Mt 10:24-33

## Reflection on the Readings

Even though the messianic oracle we hear in the first reading foreshadows Jesus' arrival in Jerusalem, which we celebrate on Palm Sunday, let us not conclude that Zechariah could predict the future or received a secret message from God. No, but he could read the signs of the times. Prophesying in the postexilic period, he looked back on many of the final monarchs of Judah before it fell and saw arrogant men who lorded their power over the people, failed to honor the covenant, and sinned grievously. Zechariah wisely foresaw that a Messiah would need to be the opposite: meek, obedient to God, and respectful of the covenant. He could say that Jerusalem could rejoice, for their new king would be just, meek, and peaceful.

Recall that in his first sermon—the Sermon on the Mount—Jesus declared that the meek were blessed and that they would inherit the land. The land was thought of as a divine gift and symbolic of God's covenant with the Chosen People, going back to Abraham, Sarah, and Isaac. In other words, claim to the land was never given to conquering heroes or occupying armies; God gave it to those who are meek: people who offer peace and refuse to respond with

violence, people who endure hardship with patience and acceptance if they must, people who accept whatever they have without resentment. Now Jesus tells the crowds that he himself is meek. Therefore, he is a model for those who are blessed and who will inherit the land. This symbol of the original covenant is renewed in Jesus, who is the new covenant, in which we all have a share. Let us learn from him, as Jesus says, and be meek as he was meek and inherit the promise of the new covenant, which we celebrate today and in every Eucharist.

In today's Gospel reading, note that Jesus does not say he will relieve us from a yoke entirely. But he assures us that his yoke is easy and his burden light. However, we know now what neither the crowds nor the disciples realized at the time: that Jesus' own yoke is uniquely difficult, for he would soon have to suffer and die to redeem us from our sins. We too will die one day, perhaps suffering a lot during our final weeks, months, or years. But we will not suffer and die alone. Jesus is yoked to us, easing our burden, even as we suffer and die.

— Pastoral Patterns  
July 5, 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

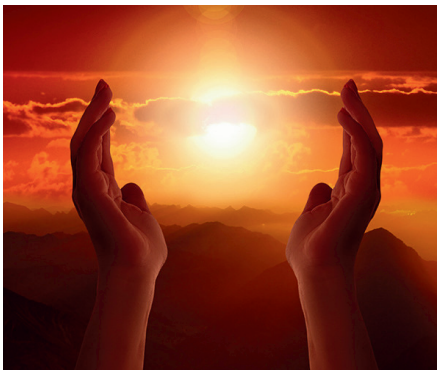
**IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.**

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](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, July 4

4:30 pm | Patricia Duran †

### Sunday, July 5

8 am | Jimmie L. Howard †  
 10 am | Darla Bebrin †  
 5 pm | Mass for Parishioners

### Monday, July 6

8 am | Meliton Solorio †

### Tuesday, July 7

8 am | Bob Dressler

### Wednesday, July 8

8 am | Gerry Scott †

### Thursday, July 9

8 am | Fr. Tony Stanonik

### Friday, July 10

8 am | Sue Munz †

### Saturday, July 11

4:30 pm | Mass for Parishioners

### Sunday, July 12

8 am | Jimmie and Theresa Howard †  
 10 am | Michael and Margaret Mulligan †  
 5 pm | Eva Good †

## 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  
 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  
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**  
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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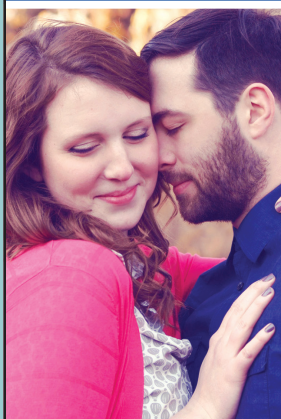
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