

THE HEART

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A PARISH BUILT ON LOVE | JULY 12, 2026 | FIFTEENTH 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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NEWS+EVENTS

Congratulations, Fr. Emmanuel!



Congratulations to Fr. Emmanuel, who will celebrate the 18th anniversary of his priestly ordination this Thursday, July 19! You and your ministry are a blessing to us, Fr. Emmanuel!

Emergency Assistance for Venezuela

Following the devastating earthquakes in Venezuela, the Diocese of San Diego invites us to join the Universal Church in prayer and compassionate support for all affected. If you've been seeking a way to help, please consider donating directly to Emergency Relief through Catholic Relief Services (CRS) by visiting <https://crs.org/donate/venezuela-earthquake>. You may also send a money order or check made payable to the Church in Latin America to USCCB Office of National Collections, P.O. Box 96278, Washington, DC 20090-6278.

Congratulations to our Newly Baptized

Congratulations to our newly baptized children and their families! Avery Rose Awhotu, Isabella Penelope Fortuna, Emlyn Rose Jones, Callie Kathleen Jones, and Adrienne Lucia Osuna were all baptized here at Sacred Heart recently. May God bless them always!

New Adult Bible Study

A continuation of the recently concluded adult bible study begins on August 5 and will meet on Wednesdays in person at 1:00 pm in the rectory and on Zoom at 7:00 pm. The four-week study, led by Stephen Williams, uses the Little Rock Scripture Study, "The Acts of the Apostles, Part Two." Together, the group will discover how the Holy Spirit inspired the apostles to evangelize new believers and the challenges they faced along the way. To join or for more information, please contact Stephen Williams at religioused@sacredheartob.org.

Speaking of Religious Education...



Vacation Bible School is THIS WEEK! If you registered your child, we'll see you at 8:45 am this Monday, July 13. Families, remember to mark your calendars for the VBS Family Mass on Friday, July 17, at noon. Please keep all of our VBS children, volunteers, and leaders in your prayers this week.

Care of the Whole Person Presents: "Reduce Stress and Relax"

Saturday, August 1 | 10 am
Sacred Heart of OB Hall

Our CWP team presents an interactive learning presentation designed to help reduce stress, build resilience, and improve well-being. Sacred Heart parishioner Debbie Malloy M.S., LPCC, RTC will share simple, effective coping tools to use in everyday situations. Join her in the hall for this worthwhile presentation. All are welcome.

Mission San Diego de Alcalá Festival of the Bells

Friday-Sunday | July 17-19
Mission San Diego de Alcalá

Mission San Diego, founded on July 16, 1769 by Saint Junipero Serra, will celebrate its 257th anniversary on July 17-19 with its annual "Festival of the Bells." The San Diego Mission was the first of the 21 California Missions. Festivities include a Blessing of the Animals on Saturday, July 18, at 10 am.

Sacred Heart Academy Infant Center Tile Project

4"x4" and 6"x8" tiles for the Sacred Heart Academy Infant Center and Preschool tile project are still available for purchase. Decorated tiles will be part of a tile wall art display in the school. If you have already purchased a tile, your artwork can be returned to the parish office or to Rebecca at the preschool by July 31st. If you haven't purchased a tile and would like one, please call Rebecca at 619.222.7252.

We're Floored!

Pete and his Pellegrino Stone Care team have left the building, and the results are beautiful! For months, they have stripped our church floors, often on their hands and knees, scrubbed them clean, sealed them, moved pews in and out of the church, and donated the cost of their materials to Sacred Heart. Through it all, they worked around our busy church calendar, appreciating how important morning Masses, Adoration, sacraments, senior lunches, and special parish celebrations are to us. This meant arriving here at 4:30 or 5:00 in the morning to remove or replace pews without disruption to morning Mass times. Thank you Pete, Matt, Ernie, and Blaire for all you've done for us and our church!

Sacred Heart Book Club July Selection

**Friday, July 24 | 11 am
Sacred Heart Church of OB Rectory**

Sacred Heart's Book Club has selected its July read: "Father Gilbert J. Gentile SJ: A Journey of Faith." The book explores the life and ministerial work of Fr. Gilbert in inner city streets, shelters, and jails, where he served the most vulnerable people. Fr. Gentile spent part of his ministry right here in San Diego, even helping to open our Nativity Prep Academy. Whether you've joined the group before, are thinking about it, or are a long-time member, all are invited to come to the book discussion on Friday, July 24, at 11 am in the rectory.

Coffee at the Cottage

**Tuesday, July 14 | 8:30 am
Corner Cottage**

The ARS invites us all to Coffee at the Cottage this Tuesday at 8:30 am. Come and enjoy coffee, treats, and friendships new and old.



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.

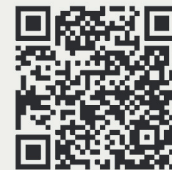


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make a one-time donation, or you can sign up to give weekly. Thank you for your continued support and faithful giving. Many Blessings,

-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

Is 55:10-11/Ps 65:10, 11, 12-13, 14/Rom 8:18-23/Mt 13:1-23 or 13:1-9

Monday

Is 1:10-17/Ps 50:8-9, 16bc-17, 21 and 23/Mt 10:34-11:

Tuesday

Is 7:1-9/Ps 48:2-3a, 3b-4, 5-6, 7-8/Mt 11:20-24

Wednesday

Is 10:5-7, 13b-16/Ps 94:5-6, 7-8, 9-10, 14-15/Mt 11:25-27

Thursday

Is 26:7-9, 12, 16-19/Ps 102:13-14ab and 15, 16-18, 19-21/Mt 11:28-30

Friday

Is 38:1-6, 21-22, 7-8/Is 38:10, 12abcd, 16/Mt 12:1-

Saturday

Mi 2:1-5/Ps 10:1-2, 3-4, 7-8, 14/Mt 12:14-21



Gospel Reflection

Matthew 13:1-23

Sometimes I feel capable of absorbing almost anything except God's Word. My mind soaks up song lyrics, sports trivia, and endless online content. But what was the reading at Mass this morning? I struggle to recall. That realization discourages me, and it leads to an uncomfortable question. What is my heart really for? Is it shaped for constant information and distraction, or is it truly designed for God? Am I capable of deeply receiving His Word?

Jesus speaks directly to this today with a simple image. "The seed sown on rich soil is the one who hears the word and understands it." By comparing the Word of the Kingdom to a seed, Jesus reveals something hopeful about us. The human heart is made for that seed. Soil and seed belong together. No matter how compacted, rocky, or overgrown the ground has become, the Sower never stops sowing.

God loves our hearts. He sees them as a farmer sees his fields, full of potential. Human hearts can indeed "understand the Word." Understanding does not mean mastering information. It means letting the Word sink in, interacting with it, and giving it a home. It means trusting that, beneath the surface, God is at work in quiet and hidden ways. When we allow the Holy Spirit to loosen the soil of our hearts through prayer, repentance, and simplicity, the same Word that created the universe begins to bear fruit in us, 30, 60, even a hundredfold.

Lord Jesus, Sower of Life, soften the soil of my heart. Let Your Word take root in me again, and bring forth the fruit You desire. Amen.

— Father John Muir



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

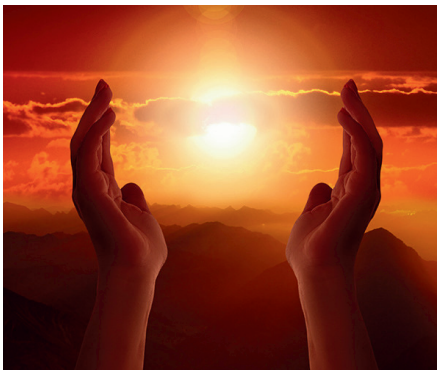
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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, 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 †

Monday, July 13

8 am | Avary Ohalek

Tuesday, July 14

8 am | Jacquelyn Kenyon †

Wednesday, July 15

8 am | James Ohalek

Thursday, July 16

8 am | Frank Nunes

Friday, July 17

8 am | Grant Amundson

Saturday, July 18

4:30 pm | Margaret Fox

Sunday, July 19

8 am | Mass for Parishioners
 10 am | Fr. Emmanuel Ochigbo
 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

Daphinne Accomazzo
 Michael Brown
 Ginny Buerger
 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. Mr. Mark Wieczorek, Deacon

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Lisa Danaher

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Bookkeeper
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Director of Catechetical Ministry
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PARISH STAFF

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Youth Minister
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youthminister@sacredheartob.org

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
619.246.4955
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COMMUNITY DINNERS

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Cheryl Accomazzo (Food Service)
cherylacco@gmail.com

CREATION CARE

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FINANCE COUNCIL

Mary Nauert
619.224.2746

HOSPITALITY MINISTRY

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PARISH MINISTRIES

KNIGHTS OF COLUMBUS

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LOAVES & FISHES

Pat Katka
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MINISTERS OF HOLY COMMUNION AND THE WORD

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sacredheartob.org

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MUSIC MINISTRY

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OCIA: BECOMING CATHOLIC

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PASTORAL COUNCIL

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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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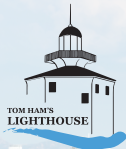
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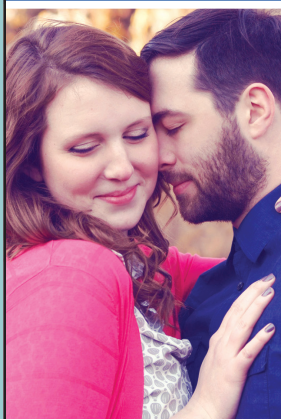
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