

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | JULY 19, 2026 | SIXTEENTH 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

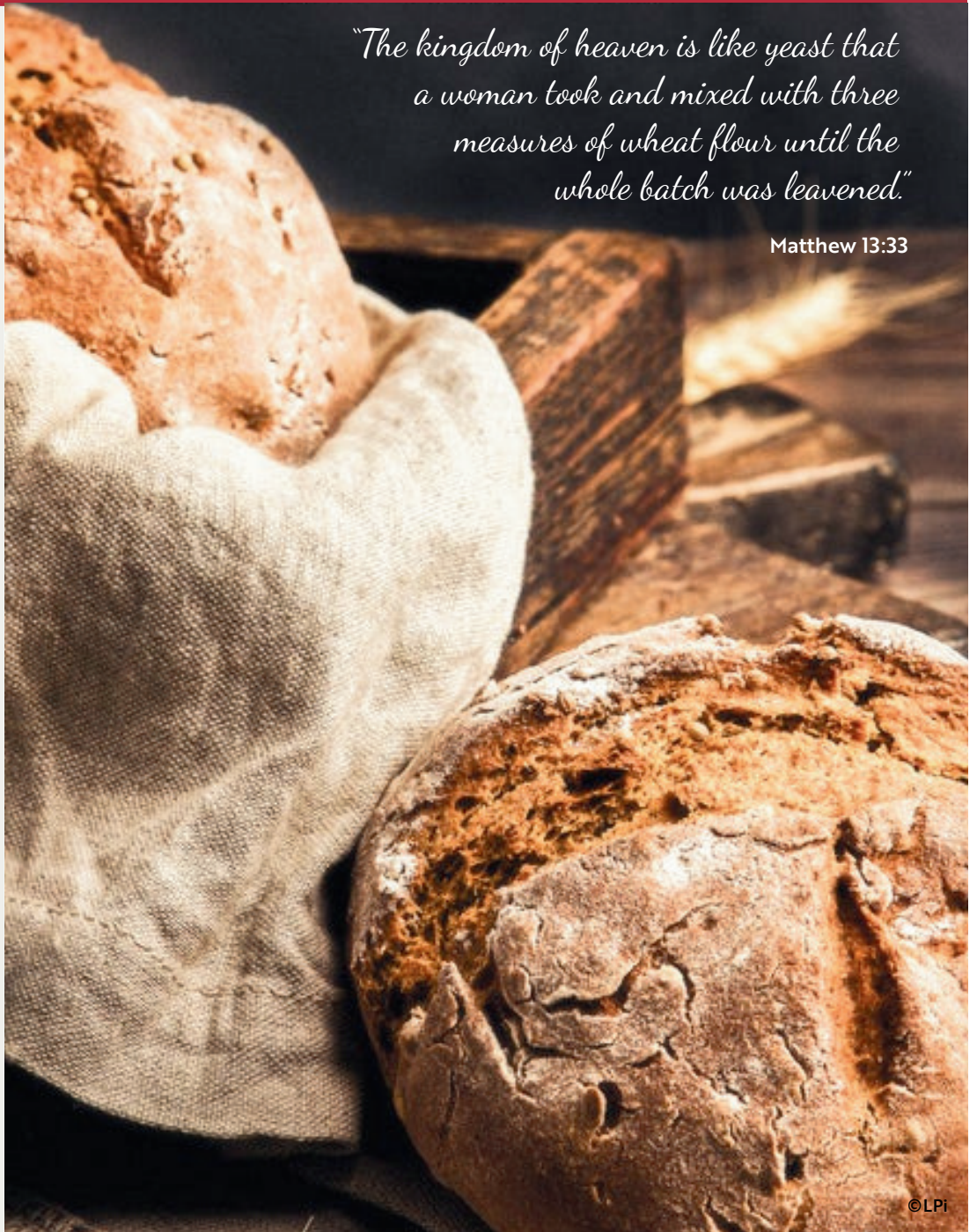


**SACRED
HEART
CHURCH**
OCEAN BEACH

S I N C E 1 9 1 1

*"The kingdom of heaven is like yeast that
a woman took and mixed with three
measures of wheat flour until the
whole batch was leavened."*

Matthew 13:33



©LPI

NEWS+EVENTS

Sr. Nathalie Becquart, XMCJ Presents: Re-Imagining Parish Life in a Synodal Church

Friday, August 21 | 7-9 pm
St. Gregory the Great Parish

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. Fr. Billy, as our diocesan Vicar for Synodality, has served on the planning team for this event. Let's



support him with a strong Sacred Heart showing! Please register by using the QR code here.

Olivewood Sales Next Weekend

Beautiful handmade olivewood religious articles, made by Catholic families in Bethlehem and Jerusalem, will be on sale in the courtyard next weekend, July 25-26. The Christian population in the Holy Land has dropped from over 65% to under 2% in just the past ten years. The crafting and selling of the religious art they'll have on display is their primary source of income. Please stop by their tables next weekend to help support them.

Children's Religious Education Classes

Sacred Heart Children's Religious Education Program begins on September 15, 2026, and online registration has opened. Classes will be held on Tuesday nights,



from 5:30-6:40 pm at Sacred Heart Academy Preschool. Sign up online today with the QR code.

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, please contact Stephen Williams at religiously@sacredheartob.org.

Donuts and Fellowship



Sacred Heart's hospitality ministry is serving coffee, donuts, and fellowship in the hall after Sunday morning Masses this weekend. All are welcome!

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. Are you ready to reduce your stress level? Join Debbie Malloy and CWP in the hall on Saturday, August 1, at 10 am for this worthwhile presentation. All are welcome.

Congratulations to our Newly Baptized Children

Congratulations to our newly baptized children and their families! Alejandro Xavier Calderon, Luisa Fernanda Orona-Pedrero, and Salma Maria Serrano were all baptized here at Sacred Heart recently. May God bless them and their families always!

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.



Outta the Park!

It was a loss for the San Diego Padres but a WIN for Sacred Heart! After some lively tailgating in our courtyard, sixty Sacred Heart Padres fans, including two of OUR OWN PADRES, headed down to Petco Park for Catholic Night 2026. Sporting new baseball hats, Sacred Heart fans put their HEARTS into some serious fandom. Many thanks to Teofla Rich for making this event possible for us. We hope to secure even more tickets next year. Please let Teofla know if you are interested in attending next summer, so she can begin calculating how many tickets to request when they become available.

Community Dinner

Tuesday, July 28 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, July 28, 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 CHERYLACC@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

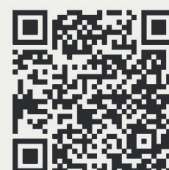


GIVING

Remember Your Church by Using Online Giving

Go to our secure online giving site:

[SACREDHEARTOB.ORG](https://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

Wis 12:13, 16-19/Ps 86:5-6, 9-10, 15-16/Rom 8:26-27/Mt 13:24-43 or 13:24-3

Monday

Mi 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23/Mt 12:38-4

Tuesday

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/Mt 12:46-5

Wednesday

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-1

Thursday

Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11/Mt 13:10-17

Friday

Jer 3:14-17/Jer 31:10, 11-12ab, 13/Mt 13:18-2

Saturday

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Mt 20:20-28

Reflection on the Readings

The weed in the first parable we hear today is dandelion, an insidious weed because in its early stages of growth it looks very much like wheat. Sometimes referred to as "false wheat," it can induce sleep or even death. No wonder Jesus expected that most people would agree that it should be pulled out as soon as possible. But because in their early stages dandelion is difficult to distinguish from good wheat, trying to eradicate one hundred percent of the bad wheat would also eradicate some percentage of the good wheat. And the kingdom of heaven is not a place where even one shoot of good wheat should be thrown out with the bad. Hence the call to wait until the good wheat and the false wheat have matured and shown their true natures. In a similar way, we may perceive someone as toxic, but they may just not have matured yet.

You know what else looks alike? Three measures of wheat flour and three measures of wheat flour with a handful

of yeast mixed in. No one can tell just from looking at both piles initially, or even when each is made into dough. But over time, one will rise and the other will not. The kingdom of heaven in our midst may likewise be imperceptible, hidden among all the worldly matters that manifest themselves in the headlines or within our neighborhoods or towns. But like mustard seeds, the kingdom blossoms and grows among us, microscopically at first, but eventually large enough to give a home for many.

At the Last Supper, Jesus assures the disciples that "in my Father's house there are many dwelling places" (John 14:2). As the mustard bush provides many dwelling places for birds, the kingdom provides many dwelling places for us. With God's grace, we spend our lives nurturing the mustard bush so that it continues to grow and expand, inviting more and more disciples to flock in its branches.

Pastoral Patterns | July 19, 2026





PRAYERS

5

Recognizing Our Military

LCDR Jesse Ray Doiron, USN
 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 18

4:30 pm | Margaret Fox

Sunday, July 19

8 am | Mass for Parishioners

10 am | Fr. Emmanuel Ochigbo

5 pm | Maria Antoinetta Branco †

Monday, July 20

8 am | Joyce and John Veskerna

Tuesday, July 21

8 am | Meliton Solorio †

Wednesday, July 22

8 am | Marshall LeTourneau †

Thursday, July 23

8 am | Manuel Garces and
 Manuel T. Garces †

Friday, July 24

8 am | Vera da Silva †

Saturday, July 25

4:30 pm | Mike Mulligan †

Sunday, July 26

8 am | Neal Maura †

10 am | Mass for Parishioners

5 pm | Stanley P. Ragan †

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

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 07.12.26

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
deaconmark@sacredheartob.org

Lisa Danaher
Office Manager
619.224.2746 x101
parishoffice@sacredheartob.org

Karen Martinez
Bookkeeper
619.224.2746 x103
bookkeeper@sacredheartob.org

Stephen Williams
Director of Catechetical Ministry
619.224.2746 x102
religiously@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)
cherylaccco@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
religiously@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
religiously@sacredheartob.org

WALL OF REMEMBRANCE

Janice Teixeira
619.246.4955
teixeira@cox.net

YOUNG ADULTS

religiously@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.

Little
space.
Big
impact.

Advertise here
Call 800-950-9952

Does your organization
need a newsletter?
We'll cover the printing
costs!

Learn more at
lpicommunities.com



HOLY CROSS
CATHOLIC CEMETERY
& MAUSOLEUM

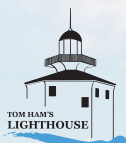
45th & Hilltop Drive, San Diego, CA 92102
No Interest Budget Plan | Up to 5 years to pay

Call 264-3127 Se Habla Español

**Advertise in Our
Church Bulletin!**

Contact Michael Berman
mberman@4LPi.com
(800) 950-9952 x4088

NOTHING IS IMPOSSIBLE
NOTHING IS IMPOSSIBLE
NOTHING IS IMPOSSIBLE
WITH GOD.



Tom Ham's Lighthouse
2150 Harbor Island Drive
San Diego, CA 92101
619-291-9110
tomhamslighthouse.com

1971-2022

*Celebrating Decades of
Bayside Business with You!*

Host your next
Reception, Anniversary, Wedding, Reunion
Brunch, Lunch or Dinner with us!



Bali Hai Restaurant
2230 Shelter Island Drive,
San Diego, Ca 92106
(619) 222-1181
balihairrestaurant.com

1954-2022

**Made
you look.**

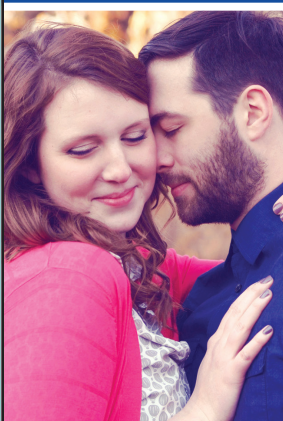
Advertise here to
reach your local
audience.

Visit 4LPi.com/advertising-solutions

Scan to get
started!



catholicmatch®
California



CatholicMatch.com/CA

Newly Remodeled!

Lic# 372000400



**NAZARETH
HOUSE**

ASSISTED LIVING COMMUNITY



"Caring for the mind, body, and soul since 1974"

For information and to
schedule a tour contact:

Amber Zendejas
DIRECTOR OF ADMISSIONS
Amber@NazarethHouseSD.org
619-563-0480

Scan for a
Virtual Tour



- Daily Mass in our Chapel
- Nurses 24/7
- Quality Care & Activities
- Scenic Patio Views from your Private Room

6333 Rancho Mission Rd, San Diego, CA

INDEPENDENT LIVING | ASSISTED LIVING | HOSPICE CARE



For ad info. call 1-800-950-9952 • www.4LPi.com

Sacred Heart Church of Ocean Beach, San Diego, CA

05-1808

ALWAYS ACCURATE
INCOME TAX & BOOKKEEPING

Stacey Thayer
Notary Public

4869 Santa Monica Ave., Ste. B
Ocean Beach

(619) 225-9571

**Tami Fuller &
Associates**

Your OB &
Point Loma Realtor

619-980-TAMI (8264)

www.tamifuller.com

DRE #01000767

Monday-Saturday 9 AM-6 PM

**Flowers of
Point Loma**

Your Full-Service Florist

Hawaiian Leis

Weddings & Special Events

Military Discount 10%

(619) 223-3161

2170 Chatsworth Blvd.

Celebrating 53 Years of
Excellent Entertainment

**53rd
Anniversary**

- Live Music
- Novelty Acts
- Disc Jockeys

Keith Danon

MUSIC AS YOU LIKE IT
PRODUCTIONS
ENTERTAINMENT FOR ALL OCCASIONS.
619.223.5732
www.musicasyoulikeit.com



Handing You the Keys
mySanDiegoAgent
Realty Group

**JONATHAN
McCown**

REALTOR®
CA DRE #02403029

858-361-8889

realestatemccown@gmail.com

MySanDiegoAgent.com

IF YOU LIVE ALONE

MDMedAlert!

- ✓ Ambulance/Police
- ✓ Family/Friends
- ✓ GPS & Fall Alert*

SWITCHOVERS Welcome

CALL NOW! 800.809.3570

\$1 Less Than
a day



Lynn M. Guidi

Realtor®

Pacific View Real Estate

"I Welcome the
Opportunity to Serve
You With All Your Real
Estate Needs."

619.890.9514

Fala-se Portugues
CA BRE Lic. #01475895

Let Go.
Let God.

Advertise Here!

Engage with consumers in
your neighborhood.

**Never
miss our
bulletin!**

Get this bulletin
delivered straight
to your inbox
every week.



Scan to subscribe on
parishesonline.com



**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

**Stump's
FAMILY
MARKETPLACE**

Point Loma
3770 Voltaire St.

OPEN DAILY
Hours: 6am - 9pm

(619) 226-9575

Family owned and operated since 1977

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Support Our Advertisers!