

THE HEART

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A PARISH BUILT ON LOVE | JULY 26, 2026 | SEVENTEENTH 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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*"Blessed are you, Father, King of heaven and earth; for you have revealed to little ones
the mysteries of the kingdom." cf. Matthew 11:25*



NEWS+EVENTS

Thank you, Stephen Williams, Fr. Billy, leaders, volunteers, children, and families, for a wonderful Sacred Heart of Ocean Beach Vacation Bible School 2026!





Children's Religious Education Classes

Sacred Heart's 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.

Olivewood Sales This Weekend

Beautiful handmade olivewood religious articles, made by Catholic families in Bethlehem and Jerusalem, are on sale in the courtyard this 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 to help support them.

CWP Presents: "Reduce Stress and Relax"

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

Next Saturday, our CWP team will present 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.

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.

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.**

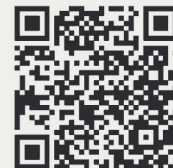


GIVING

Remember Your Church by Using Online Giving

Go to our secure online giving site:

SACREDHEARTOB.ORG



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

1 Kgs 3:5, 7-12/Ps 119:57, 72, 76-77,
127-128, 129-130/Rom 8:28-30/Mt
13:44-52 or 13:44-46

Monday

Jer 13:1-11/Dt 32:18-19, 20, 21/Mt
13:31-35

Tuesday

Jer 14:17-22/Ps 79:8, 9, 11 and 13/Mt
13:36-43

Wednesday

Jer 15:10, 16-21/Ps 59:2-3, 4, 10-11,
17, 18/Jn 11:19-27 or Lk 10:38-42

Thursday

Jer 18:1-6/Ps 146:1b-2, 3-4, 5-
6ab/Mt 13:47-53

Friday

Jer 26:1-9/Ps 69:5, 8-10, 14/Mt 13:54-
58

Saturday

Jer 26:11-16, 24/Ps 69:15-16, 30-31,
33-34/Mt 14:1-12



Gospel Reflection Matthew 13:44-52

Around the time that the gold rushes ended in the nineteenth-century West, a curious phenomenon arose in New England known as money diggers. These were men who roamed the countryside with shovels, divining rods, and superstitious hope, convinced that treasure lay buried beneath their feet. Surely there must be gold under our feet. But there was not. The craze of these wild goose chases caused many to lose farms, families, and sanity.

In this weekend's Gospel, Jesus inaugurates a new era of spiritual money digging. He announces, "The kingdom of heaven is like a treasure buried in a field." He invites us to become treasure seekers who search in the right place. What is of greatest value is not money beneath our feet, but the infinite treasure hidden deep in the humanity of Jesus himself, God's own blessed life. The glory of heaven lies veiled in his ordinary life, his teaching, his suffering, his Church.

This teaching about the Kingdom changes things. Now we see the Church's doctrinal and moral teachings are not arbitrary rules. They are a treasure map. Follow them, and we will uncover divine happiness. Ignore them, and we will wander aimlessly, spade in hand, digging in empty fields, discouraged.

Where have we wasted energy seeking treasure in the wrong places? How have we given up on seeking the treasure of truly finding God's love for us? If so, let us repent of both. Then let us dust off our shovels and get back to digging deep into the field of Christ Jesus and his Church. After all, He never ceases seeking his treasure in us.

Father John Muir | ©LPI



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 25

4:30 pm | Mike Mulligan †

Sunday, July 26

8 am | Neal Maura †

10 am | Mass for Parishioners

5 pm | Stanley P. Ragan †

Monday, July 27

8 am | Darla Bebrin †

Tuesday, July 28

8 am | Helen Walker †

Wednesday, July 29

8 am | Albina Correia †

Thursday, July 30

8 am | Michael and Melissa Miller

Friday, July 31

8 am | Maureen Spagnola and Lillian Perrini †

Saturday, August 1

4:30 pm | Tim Mulligan †

Sunday, August 2

8 am | Johanna Zvyurnie †

10 am | Antoinette Zolezzi †

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
 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
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bzondler@sacredheartob.org

Rev. Lt. Emmanuel Ochigbo, USNR
In Residence

Rev. Mr. Mark Wieczorek, Deacon
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Bookkeeper
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PARISH STAFF

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Janis Cantú
Music Director
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

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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

Oceana Free (Volunteers)
droceanafree@gmail.com
Cheryl Accomazzo (Food Service)
cherylacocz@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
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PARISH MINISTRIES

KNIGHTS OF COLUMBUS

Gregg Sprosty
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LOAVES & FISHES

Pat Katka
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MINISTERS OF HOLY COMMUNION AND THE WORD

Teofla Rich
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MINISTRY SCHEDULER

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sacredheartob.org

MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

Janis Cantú
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OCIA: BECOMING CATHOLIC

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PASTORAL COUNCIL

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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/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
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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.

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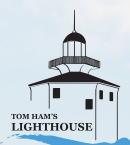
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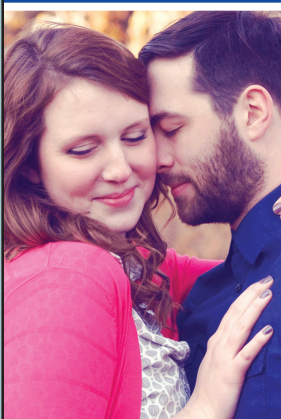
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