

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | AUGUST 2, 2026 | EIGHTEENTH 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

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

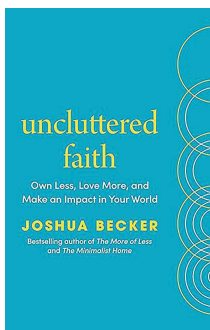


5:30-6:40 pm. at Sacred Heart Academy Preschool. This program includes preparation for

First Holy Communion. Sign up online today with the QR code.

Sacred Heart Book Club News

Friday, August 28 | 11 am
Sacred Heart Church of OB Rectory



Sacred Heart's book club has selected "Uncluttered Faith" by Joshua Becker as their August book. In it, Becker focuses on the emptiness of consumerism and its

potential to hinder us from living life fully in Christ. Join the book club for a thoughtful discussion on Friday, August, 28, at 11 am in the rectory. All are welcome, whether you'd like to become a member or are simply interested in exploring the topic with a great group of parishioners.

QUESTIONS? CONTACT CINDY KRAUSE AT
KRAUSE67@GMAIL.COM.

Adult Religious Education: Becoming Catholic



Classes to Become Catholic (OCIA) begin on September 7, 2026, at 6 pm at Sacred Heart Academy Preschool. If you would like to become Catholic, complete your sacraments, or just learn more about the Catholic faith, please contact Stephen Williams, Director of Catechetical Ministry, at 619.224.2746 ext. 102 or religious@sacredheartob.org.

In Memoriam

Please pray for the soul of Jackie Aiken, who passed away last week. Jackie was the mother of parishioners Tim and Linda Aiken.



Funeral services for Jackie include a Rosary on Thursday, August 13, at 9:30 am and a Funeral Mass at Sacred Heart at 10:00 am followed by burial at El Camino. Eternal rest grant unto her, O Lord, and may perpetual light shine upon her.

Pancakes This Sunday

It's the first Sunday of the month, and yep, that means pancakes! Please join the Knights of Columbus for pancakes, coffee, and friendship after 8 am and 10 am Masses this weekend. All are welcome!



Volunteers Needed: Kairos Prison Ministry

The Kairos Prison Ministry is a nondenominational Christian volunteer organization dedicated to sharing the love of Christ with incarcerated individuals and their families. This ministry is supported and sponsored by the Diocese of San Diego's Life, Peace & Justice office and operates free of charge at state and federal institutions across 37 U.S. states and 13 countries in over 500 prisons. Centinela State Prison in the Imperial Valley is seeking Catholic men interested in being positive role models for incarcerated men. An informational meeting will be held on Saturday, August 15, at 9 am at Rise Up Industries on Market St.

PLEASE RSVP TO DAVID HOLLAND AT
HOL5527@COX.NET OR DEACON FRED
THORNTON AT
DCN.FRED@OUTLOOK.COM.



Young Adult Retreat

September 11-13 | Weekend
Whispering Winds Retreat Center

Registration for the Annual Young Adult Retreat is now open. The cost is \$200 and includes shared lodging, food, activities, dynamic talks, Mass, Eucharistic adoration, confession, free-time activities, community, small groups, spiritual direction, and more. The retreat is offered by the Diocese of San Diego for adults of the



diocese ages 18-39. Registration closes on August 28 or when full. Please use the QR code to register.

Community Dinner

Tuesday, August 11 | 5-6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, August 11, 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.



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 XMCI, 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.

Adult Bible Study Begins This Week

A continuation of the recently concluded adult bible study begins this Wednesday, 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. For a last-minute registration, please contact Stephen Williams at religioused@sacredheartob.org.

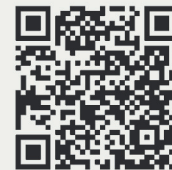


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SACREDHEARTOB.ORG



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

Is 55:1-3/Ps 145:8-9, 15-16, 17-18/Rom 8:35, 37-39/Mt 14:13-21

Monday

Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102/Mt 14:22-36

Tuesday

Jer 30:1-2, 12-15, 18-22/Ps 102:16-18, 19-21, 29, 22-23/Mt 14:22-36 or Mt 15:1-2, 10-14

Wednesday

Jer 31:1-7/Jer 31:10, 11-12ab, 13/Mt 15:21-28

Thursday

Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/2 Pt 1:16-19/Mt 17:1-9

Friday

Na 2:1, 3; 3:1-3, 6-7/Dt 32:35cd-36ab, 39abcd, 41/Mt 16:24-28

Saturday

Hb 1:12-2:4/Ps 9:8-9, 10-11, 12-13/Mt 17:14-20



Gospel Reflection Matthew 14:13-21

In his song, "Lose Yourself," the artist Eminem raps, "the mood all changed."

We all know that moment when the mood changes, when life turns from lighthearted to deadly serious. That happens in today's Gospel. Jesus has just heard that John the Baptist, his cousin, forerunner, and friend, has been murdered. As Matthew tells us, "When Jesus heard of it, he withdrew in a boat to a deserted place by himself." Until now, he had been teaching in parables and healing quietly. But John's death signals a new phase. The shadow of the Cross begins to fall. Evil shows its teeth.

And how does Jesus respond? Not with rage or despair. He goes to a lonely place to go into deep communion with his Father. From that silence comes action. He feeds the multitude. Out of grief comes generosity. Out of sorrow, life.

This is the rhythm of every disciple's life. When tragedy or violence breaks our hearts, we face a choice. We can react, or we can retreat into prayer — like and with Christ. This is the hidden place where pain becomes compassion and compassion becomes self-gift.

Lord Jesus, when life intensifies, draw me into Your quiet strength. In that hidden place with You and the Father, turn my heartbreak into the bread of love for the world. Amen.

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, August 1

4:30 pm | Tim Mulligan †

Sunday, August 2

8 am | Johanna Zvyurnie †

10 am | Antoinette Zolezzi †

5 pm | Mass for Parishioners

Monday, August 3

8 am | Jacquelyn Kenyon †

Tuesday, August 4

8 am | JC Correia

Wednesday, August 5

8 am | Ron and Barb Jankowski

Thursday, August 6

8 am | Sue Munz †

Friday, August 7

8 am | Sue Munz †

Saturday, August 8

4:30 pm | Mass for Parishioners

Sunday, August 9

8 am | Virginia and Steven Zagleski †

10 am | Jerry Sanders †

5 pm | Dalny Balelo †

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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Janis Cantú
Music Director
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

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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
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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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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

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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.

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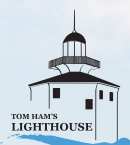
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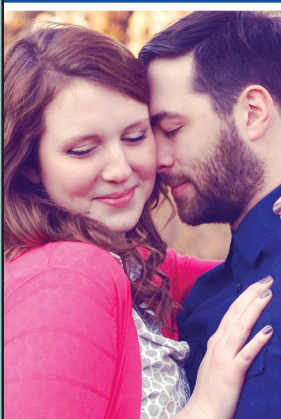
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