

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | AUGUST 9, 2026 | NINETEENTH 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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OCEAN BEACH

S I N C E 1 9 1 1



Lord,

let us see
your kindness,
and grant
us salvation.

PSALM 85

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.



Can You Help CWP?

Behind the scenes at Sacred Heart, our Care of the Whole Person team gathers monthly to assemble bags of nonperishable food items to give to the many food insecure people in our community who stop by the parish office. They are in need of your old plastic grocery bags if you still have them, as well as any protein or nutrition drinks well within their expiration dates. Please help if you can by dropping these items off at the parish office between 8:30 am and 4:00 pm Monday through Friday. Thank you!

Confirmation Registration Now Open



Registration for Teen Confirmation is now open. This two-year formation program is open to teens beginning as early as ninth grade. Please visit the confirmation page on our website for details and to register. You may also register by using the QR code above. Registration will close on August 31, 2026. We hope your teen will join us!

PLEASE CONTACT NATALIE CULBERTSON AT YOUTHMINISTER@SACREDHEARTOB.ORG IF YOU HAVE QUESTIONS.

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. 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.

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 religiously@sacredheartob.org.



Coffee at the Cottage This Tuesday

**Tuesday, August 11 | 8:30 am
Corner Cottage**

ARS invites us all to this month's Coffee at the Cottage on Tuesday at 8:30 am. Join new friends and old over coffee and pastries in the Corner Cottage.





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.

Advertise Your Business in Our Church Bulletin

Church bulletin advertising is a cost-effective way to advertise your business 52 times per year. Michael Berman of LPI, our bulletin printer, will be securing new ads for our church in the coming weeks. Please consider purchasing a print or digital ad, as your participation both supports our bulletin and helps you to attract customers.

TO PLACE AN AD, CONTACT MICHAEL BERMAN AT 800.950.9952 X4088 OR MBERMAN@4LPI.COM.

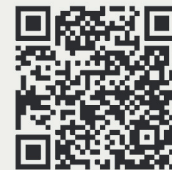


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Remember Your Church by Using Online Giving

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

1 Kgs 19:9a, 11-13a/Ps 85:9ab and 10, 11-12, 13-14/Rom 9:1-5/Mt 14:22-33

Monday

1 Kgs 19:9a, 11-13a/Ps 85:9ab and 10, 11-12, 13-14/Rom 9:1-5/Mt 14:22-33

Tuesday

Ez 2:8-3:4/Ps 119:14, 24, 72, 103, 111, 131/Mt 18:1-5, 10, 12-1

Wednesday

Ez 9:1-7; 10:18-22/Ps 113:1-2, 3-4, 5-6/Mt 18:15-2

Thursday

Ez 12:1-12/Ps 78:56-57, 58-59, 61-62/Mt 18:21-19:1

Friday

Ez 16:1-15, 60, 63 or 16:59-63/Is 12:2-3, 4bcd, 5-6/Mt 19:3-1

Saturday

Rv 11:19a; 12:1-6a, 10ab/Ps 45:10, 11, 12, 16/1 Cor 15:20-27/Lk 1:39-56



Reflection on the Readings

Storms, fires, and earthquakes were often thought of as divine manifestations; even today we may refer to a natural disaster as an act of God. Therefore, it's hard to imagine that Elijah did not venture to the opening of the cave to look for God in the heavy wind, the earthquake, or the fire, especially after he had been told, "Go outside . . . the LORD will be passing by" (1 Kings 19:11). But he waited patiently until he heard a tiny whispering sound. Standing at the entrance of the cave, he then hears the LORD's voice. (This occurs immediately after the end of today's first reading.)

May the wisdom of the prophet provide a lesson for us as well. We may wait in vain for a big event to hear God's voice, expecting to recognize it during the trauma of the moment. But like the compassionate souls reaching out to rescue and aid a storm's survivors, our God can often be found in the quiet moments and days as we recover from life's storms.

In today's second reading, Paul's heart breaks when he considers that most of his own people—the Chosen

People—could not see Jesus as the Messiah. But up until his journey to Damascus, he too was in that state. In fact, he was dedicated to persecuting those, like Stephen, who saw Jesus as the Christ. He feels the anguish so deeply because he regrets the actions of his old self so deeply. Seeing through eyes of faith can challenge us, for we cannot return to our old imperfect way of seeing things.

Fear is a great threat to faith in the Bible, from the Chosen People's fear of starvation in the desert to Peter's fear while walking on the water in today's Gospel. It is no wonder that whenever an angel visits, the first words out of their mouth are, "Do not be afraid." Overcoming fear, as Abraham did when bringing Isaac up the mountain, or David in facing Goliath, takes faith. Peter, in today's Gospel fails on this count as well. His "little faith" leads to doubt, which allows his fear to overtake him (Matthew 14:31). Peter is literally drowning in fear. Faith allows us to walk above our fears.

Pastoral Patterns | August 9, 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
 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 8

4:30 pm | Mass for Parishioners

Sunday, August 9

8 am | Virginia and Steven Zagleski †

10 am | Jerry Sanders †

5 pm | Dalny Balelo †

Monday, August 10

8 am | Meliton Solorio †

Tuesday, August 11

8 am | Denise Cleaton †

Wednesday, August 12

8 am | Ben Singer †

Thursday, August 13

8 am | Jan Anderson †

Friday, August 14

8 am | Jeremy Simmons and
 Julia Kenyon

Saturday, August 15

4:30 pm | Manuel C. Tavares †

Sunday, August 16

8 am | Mass for Parishioners

10 am | Darla Bebrin †

5 pm | Patricia Aylesworth †

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)
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
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

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maintaining a safe environment
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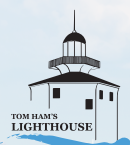
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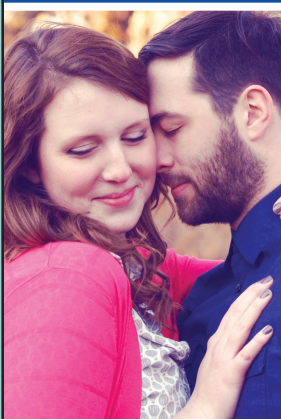
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