

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | AUGUST 16, 2026 | TWENTIETH 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



NEWS+EVENTS

Children's Religious Education Classes

Sacred Heart's Children's Religious Education Program begins on September 14, 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.



Children's Liturgy of the Word

We are currently seeking volunteers to teach Children's Liturgy of the Word at our 10:00 am Masses. This rewarding ministry involves proclaiming the Mass readings with children and explaining them. Volunteers will take turns as a team, with only a once-a-month commitment. Please prayerfully consider joining this team, which is in need of volunteers in order to continue. Can you help? For information and to volunteer, please contact Stephen Williams at religioused@sacredheartob.org.

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.

Sacred Heart Academy Preschool Now Enrolling for Fall 2026

Sacred Heart Academy Preschool is currently enrolling students for the 2026-2027 school year. The preschool offers a learn through play program for children aged 2-5, with an emphasis on social and emotional development; students are kindergarten-ready when the time comes. The school is open Monday-Friday, from 7:30 am until 5:00 pm. Preschool director Rebecca Godina is now enrolling students for fall but also accepts students year-round, availability permitting.

PLEASE CONTACT REBECCA GODINA AT 619.222.7252 OR AT SHAOBPRESCHOOL2@GMAIL.COM FOR MORE INFORMATION OR TO SCHEDULE A TOUR OF THE PRESCHOOL.

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 religioused@sacredheartob.org.



Donuts and Fellowship

Sunday, August 16 | 9 and 11 am Church Hall

Sacred Heart hospitality ministry invites us all to coffee, donuts, and fellowship in the hall after morning Masses this weekend. Come and catch up with old friends and make some new ones, too!





Mass Intentions for 2027

Sacred Heart's Mass Intentions book for calendar year 2027 will open this week. If you'd like to have a Mass said for a loved one in the coming year, please visit the parish office to schedule it.

In Memoriam

Gloria Oversmith, a long-time parishioner, passed away last week. Her funeral Mass will be held here at Sacred Heart on Tuesday, August 25, at 10:00 am. May the angels lead Gloria into Paradise. Please keep her family in your prayers.

Community Dinner

Tuesday, August 25 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, August 25, 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 Next Friday

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.

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.

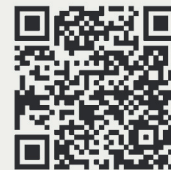


GIVING

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

Is 56:1, 6-7/Ps 67:2-3, 5, 6 and 8/Rom 11:13-15, 29-32/Mt 15:21-28

Monday

Ez 24:15-23/Dt 32:18-19, 20, 21/Mt 19:16-22

Tuesday

Ez 28:1-10/Dt 32:26-27ab, 27cd-28, 30, 35cd-36ab/Mt 19:23-30

Wednesday

Ez 34:1-11/Ps 23:1-3a, 3b-4, 5, 6/Mt 20:1-16

Thursday

Ez 36:23-28/Ps 51:12-13, 14-15, 18-19/Mt 22:1-14

Friday

Ez 37:1-14/Ps 107:2-3, 4-5, 6-7, 8-9/Mt 22:34-40

Saturday

Ez 43:1-7ab/Ps 85:9ab and 10, 11-12, 13-14/Mt 23:1-12

Gospel Reflection

August 16, 2026

Twentieth Sunday in Ordinary Time
Matthew 15:21-28

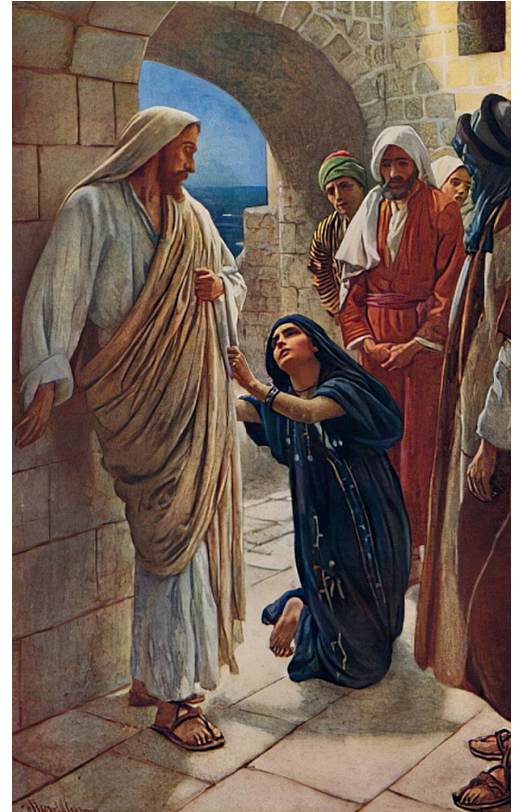
Does God ignore or act a bit rough with you? Jesus crosses the border into the pagan region of Tyre and Sidon, the territory long outside the covenant. There, a Canaanite woman calls out, "Have pity on me, Lord, Son of David." At first, he is silent. Then he rebuffs her. "It is not right to take the food of the children and throw it to the dogs." But the Church Fathers saw this not as an insult but as an initiation. Christ draws out of her heart a deeper faith.

She presses on. "Please, Lord, even the dogs eat the scraps that fall from the table of their masters." Jesus' silence and response solidify her humility and trust. She thus becomes a model for prayer for centuries of Christians. St. Augustine said she shows how sinners come to grace by moving from silence to humility to perseverance.

This woman is the Church. She is you and me. She is every soul who dares to cry out from the margins, who endures divine silence until it turns to compassion. When Jesus says, "O woman, great is your faith," it is the joyful cry of God discovering faith where the world least expects it. Even the smallest crumb of Your mercy, Lord, is enough to heal the soul. Do we have the courage to show faith like that?

— Father John Muir

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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 15

4:30 pm | Manuel C. Tavares †

Sunday, August 16

8 am | Mass for Parishioners

10 am | Darla Bebrin †

5 pm | Patricia Aylesworth †

Monday, August 17

8 am | Tony D'Amato †

Tuesday, August 18

8 am | Thomas Cairns †

Wednesday, August 19

8 am | Daphinne Accomazzo

Thursday, August 20

8 am | Gloria Oversmith †

Friday, August 21

8 am | Joao and Albina Correia †

Saturday, August 22

4:30 pm | Jose F. and Emilia Tavares †

Sunday, August 23

8 am | Ryan Lenyk

10 am | Mass for Parishioners

5 pm | Laurie Robinson and

Brett Robinson †

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
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bookkeeper@sacredheartob.org

Stephen Williams
Director of Catechetical Ministry
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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
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MINISTRY SCHEDULER

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ministryscheduler@
sacredheartob.org

MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

Janis Cantú
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musicdirector@sacredheartob.org

OCIA: BECOMING CATHOLIC

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619.224.2746 x102
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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.

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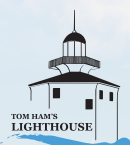
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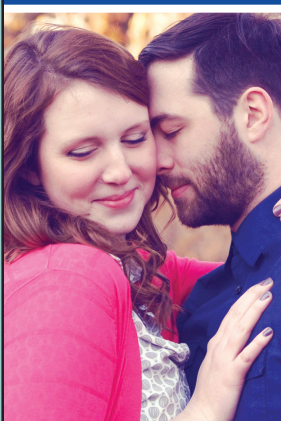
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