

THE HEART

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A PARISH BUILT ON LOVE | AUGUST 23, 2026 | TWENTY-FIRST 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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S I N C E 1 9 1 1

*You are Peter, and upon this rock I will build my
church...I will give you the keys to the
kingdom of heaven.*

MATTHEW 16:15-16



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.



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 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 14, 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.



Young Adults Bibles and Brunch

Attention young adults ages 18-39: Come be part of Bible Brunch, a welcoming space for young adults to grow in faith and community. Enjoy our usual homemade bagels and fresh cinnamon rolls, in addition to our special monthly menu items. Reflect on Fr. Billy's homily, connect through fun icebreakers, and share in meaningful conversation with fellow young adults. No RSVP required.





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. Her funeral Mass will be held here at Sacred Heart on Tuesday, August 25, at 10:00 am. Long-time parishioner **Pat Schmitt** also passed away recently. Details on a Mass for Pat will be shared as they become available.

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.



Retrouvaille Weekends Planned in San Diego

September 18-20 | Spanish
September 25-27 | English
Location shared upon registration

Retrouvaille is a Catholic ministry for married couples facing difficult challenges in their relationships. If you are not willing to let go of your marriage, there is hope. Two Retrouvaille weekends will be offered next month: September 18-20 in Spanish and September 25-27 in English.

TO REGISTER FOR THE WEEKEND OFFERED IN ENGLISH, CONTACT JOSE AND MARY AT 951.259.9474 OR JOSEANDMARY@HELPOURMARRIAGE.ORG. TO REGISTER FOR THE WEEKEND OFFERED IN SPANISH, CONTACT ROMAN AND GABRIELA AT ROMANYGABRIELA@AYUNDANUESTROMATRIMONIO.ORG.



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.

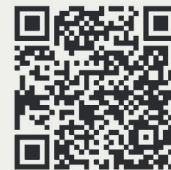


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Go to our secure online giving site:

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

Is 22:19-23/Ps 138:1-2a, 2b-3, 6 and 8/Rom 11:33-36/Mt 16:13-20

Monday

Rv 21:9b-14/Ps 145:10-11, 12-13, 17-18/Jn 1:45-51

Tuesday

2 Thes 2:1-3a, 14-17/Ps 96:10, 11-12, 13/Mt 23:23-26

Wednesday

2 Thes 3:6-10, 16-18/Ps 128:1-2, 4-5/Mt 23:27-32

Thursday

1 Cor 1:1-9/Ps 145:2-3, 4-5, 6-7/Mt 24:42-51

Friday

1 Cor 1:17-25/Ps 33:1-2, 4-5, 10-11/Mt 25:1-13

Saturday

1 Cor 1:26-31/Ps 33:12-13, 18-19, 20-21/Mk 6:17-29



Reflection on Today's Readings

By this point, Peter had witnessed Jesus performing many miracles, from the multiplication of the loaves and fishes to walking on water. He had seen him heal the sick, restore sight to the blind, and drive out demons. But when Peter identifies him as "the Christ, the Son of the living God," Jesus says that it is his Father who has revealed this to him, not what he has witnessed him do in the flesh (Matthew 16:16). It is the gift of faith, which Peter received from God the Father, that enables him to identify the Son. We received the gift of faith from God in baptism, and through that gift God's Son is also revealed to us. What others may see as bread and wine, we recognize as our Lord's Body and Blood as we receive it in the Eucharist.

We are Jesus' disciples, so he asks us now just as he'd asked the Twelve then, "Who do you say that I am?" (Matthew 16:15). Our answer may depend on the stage of life we're in, the recency of traumatic events, or our tendency to doubt. May we rest assured that Jesus is always ready to be recognized, through prayer, through the Word, through the

Eucharist, or through our neighbor. Answering this question may always be a challenge, but we pray that we may continue to grow in wisdom and understanding.

While Saint Peter immediately identifies Jesus as the Messiah as the rest of the apostles struggle with the question, Saint Paul grapples with the fact that so many of the people Jesus came to save don't accept him as the Messiah. He concludes that trying to understand God's plan is impossible: "How inscrutable are his judgments and how unsearchable his ways!" (Romans 11:33). This is where the gift of faith comes in. Paul famously did not receive that gift until traveling the road to Damascus to persecute those who had already received the gift. Peter's own faith wavered on the choppy waters of the Sea of Galilee. Hebrews says, "Faith is the realization of what is hoped for and evidence of things not seen" (Hebrews 11:1). Blessed are we to have been given this gift without being able to understand the mind of God.



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 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 †

Monday, August 24

8 am | Manuel Garces and Manuel T. Garces †

Tuesday, August 25

8 am | Frank and Patty Barrancotto †

Wednesday, August 26

8 am | Lynn Kapryn †

Thursday, August 27

8 am | David Sheppard †

Friday, August 28

8 am | Sydney Towle †

Saturday, August 29

4:30 pm | Dr. Louie Linarelli †

Sunday, August 30

8 am | Darla Bebrin †

10 am | John † and Judy Theisen

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
 Don Gossard
 Kathy Grady
 Della Greenwell
 Fr. Ron Hebert
 Yvette Howard
 Fr. Tom Kiely
 Ryan Lenyk
 Mikael Peters
 Margaret Schweizer
 Jean Skoblar
 Gary Turton
 Tate Van Lopik
 Philip Varner
 Betty White
 Leslie Williams

IT IS ONCE AGAIN TIME TO UPDATE OUR PRAYER LIST. PLEASE CONTACT LISA DANAHER AT 619.224.2746 OR PARISHOFFICE@SACREDHEARTOB.ORG, BY FRIDAY, AUGUST 28, IF YOU WOULD LIKE YOUR NAME OR THE NAME OF A LOVED ONE TO REMAIN ON OUR PRAYER LIST. THANK YOU.

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
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Lisa Danaher
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Janis Cantú
Music Director
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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
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COMMUNITY DINNERS

Oceana Free (Volunteers)
droceanafree@gmail.com
Cheryl Accomazzo (Food Service)
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CREATION CARE

Mary Cairns
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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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MINISTRY SCHEDULER

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MINISTRY TO THE HOMEBOUND

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MUSIC MINISTRY

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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
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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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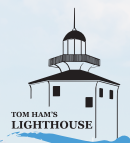
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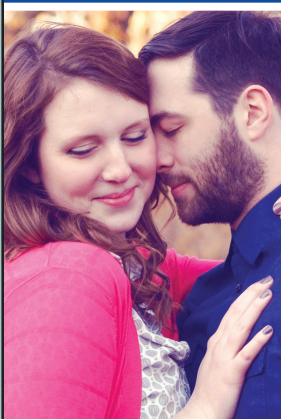
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