

THE HEART

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A PARISH BUILT ON LOVE | SEPTEMBER 6, 2026 | TWENTY-THIRD 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



"For where two or three are gathered in my name, there am I in the midst of them."

Matthew 18:20

NEWS+EVENTS



OKTOBERFEST

\$15 BRATWURST DINNER – MUSIC
\$5 FR. BILLY BREW – BEER – WINE

SEPTEMBER 26, 2026

5:30 PM

SACRED HEART HALL & COURTYARD

USE THE QR CODE TO MAKE AN
ONLINE PAYMENT. PAY BY CASH OR
CHECK IN THE PARISH OFFICE.



This Sunday is Catechetical Sunday

This Sunday, at the 10:00 Mass, we will recognize all who serve as catechists here at Sacred Heart. We are so grateful for our leaders of OCIA, Children's Religious Education, Children's Liturgy of the Word, Teen Confirmation, Middle School Ministry, and preschool religion! May God's blessings rain down upon you as you continue the mission of the Church: sharing the Good News with others!

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.



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 religiously@sacredheartob.org.



Confirmation Registration is 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 soon. We hope your teen will join us!

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



Culture of Life Family Services Celebrates 25 Years at October Gala

October 24 | 4:30 pm
Paradise Point Resort
1404 Vacation Rd., San Diego

Culture of Family Life Services will celebrate 25 years of life-affirming care at its Pro-Life is Good Gala on October 24 at Paradise Point. COLFS is the only Catholic-licensed medical clinic in Southern California. The evening will begin with a Mass with Bishop Michael Pham, and include a keynote address by Abby Johnson, dinner, live music, and fellowship.

VISIT FRIENDSOFCOLFS.ORG/GALA TO REGISTER OR FOR MORE INFORMATION.

Community Dinner

Tuesday, September 8 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, September 8, 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.



Happy Labor Day!

Labor Day is this Monday, September 7. Mass will be celebrated at 9:00 am; there will be no confession; and the parish office will be closed.

A Special Message from Bishop Michael Pham

I am broadly inviting all people of faith in the Diocese to join us in a religious procession on **Sunday, September 27, World Day of Migrants and Refugees, at 2 pm at 6th Ave. and Laurel St. in Balboa Park.** I hope you will join me, my brother priests, deacons, Bishop Pulido, and multi-faith leaders as together we stand up for human dignity.

As shepherd of this Diocese here at the border, I have been feeling an increased urgency to call people of faith around values that unite us: all human beings are sacred, no matter where we are born, or where we now live. Too often we let politics divide us and take away our faith-inspired values and our voice. I invite you to walk with me behind a banner that will state something we all know to be true: "All are Sacred."

What would it be like to have 20,000 people of faith all standing and praying with and for our immigrant brothers and sisters? I hope you will mark your calendars for September 27 at 2 pm, and you will inspire people to join you.

—Bishop Michael Pham

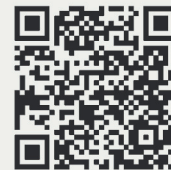


GIVING

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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

Ez 33:7-9/Ps 95:1-2, 6-7b, 7c-9/Rom 13:8-10/Mt 18:15-20

Monday

1 Cor 5:1-8/Ps 5:5-6, 7, 12/Lk 6:6-11

Tuesday

Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab, 6c/Mt 1:1-16, 18-23 or 1:18-23

Wednesday

1 Cor 7:25-31/Ps 45:11-12, 14-15, 16-17/ Lk 6:20-26

Thursday

1 Cor 8:1b-7, 11-13/Ps 139:1b-3, 13-14ab, 23-24/Lk 6:27-38

Friday

1 Cor 9:16-19, 22b-27/Ps 84:3, 4, 5-6, 12/Lk 6:39-42

Saturday

1 Cor 10:14-22/Ps 116:12-13, 17-18/Lk 6:43-49



Gospel Meditation

Matthew 18:15-20

A few summers ago, my family had a big reunion. It included my parents, my four siblings, and all their many children. One of my favorite moments was simply watching my parents' contented faces as they took in all of us together, laughing, sharing food, singing, telling stories. They loved seeing their children happily together with each other. That is something like the heart of God we see in today's Gospel message about Christian reconciliation. These verses come right after Jesus' parable of the lost sheep. He is not giving the disciples a cold formula for dealing with conflict. He is revealing the Father's longing for children who love and reconcile with each other. His heart aches when his children are divided and isolated.

So when Jesus says, "Go and tell your brother his fault," He is not deputizing us as morality police. He

is inviting us into his mission of reconciliation. When he adds, "If he listens to you, you have won over your brother," we glimpse the real goal. Not winning arguments, but reuniting a divided family.

These days, we often think religion is just between God and me. But the Father's dream is about a lively family, one in which His children forgive, gather, and rejoice together.

Lord Jesus, give me the courage to seek reconciliation where it is needed. Make my heart resemble the Father's heart, longing and working for unity among His children. Amen.

— 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, September 5

4:30 pm | Rev. Wilfred Theisen †

Sunday, September 6

8 am | George and Lorena Hornby †

10 am | Mass for Parishioners

5 pm | Denise Cleaton †

Monday, September 7

8 am | Rachel Ohalek

Tuesday, September 8

8 am | Doris Cairns †

Wednesday, September 9

8 am | Gregg Sprosty

Thursday, September 10

8 am | Edward Welby †

Friday, September 11

8 am | Antonio and Maria Da Luz

Saturday, September 12

4:30 pm | Jose C. and Albertina
Tavares †

Sunday, September 13

8 am | Mass for Parishioners

10 am | Vera Ragan †

5 pm | Geri Malovan

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

NAMES WILL REMAIN ON OUR PRAYER LIST FOR 30 DAYS AND MAY BE RENEWED BY CONTACTING THE PARISH OFFICE AT 619.224.2746 OR PARISHOFFICE@SACREDHEARTOB.ORG.

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
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Bookkeeper
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Director of Catechetical Ministry
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youthminister@sacredheartob.org

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
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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sacredheartob.org

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

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

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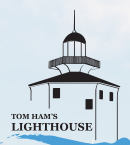
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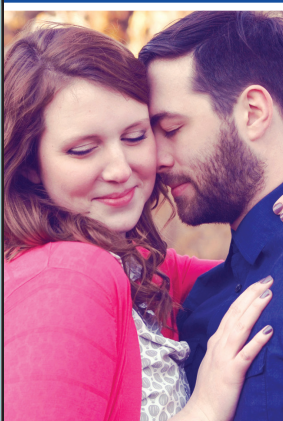
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