

THE HEART

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A PARISH BUILT ON LOVE | OCTOBER 4, 2026 | FEAST OF ST. FRANCIS

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

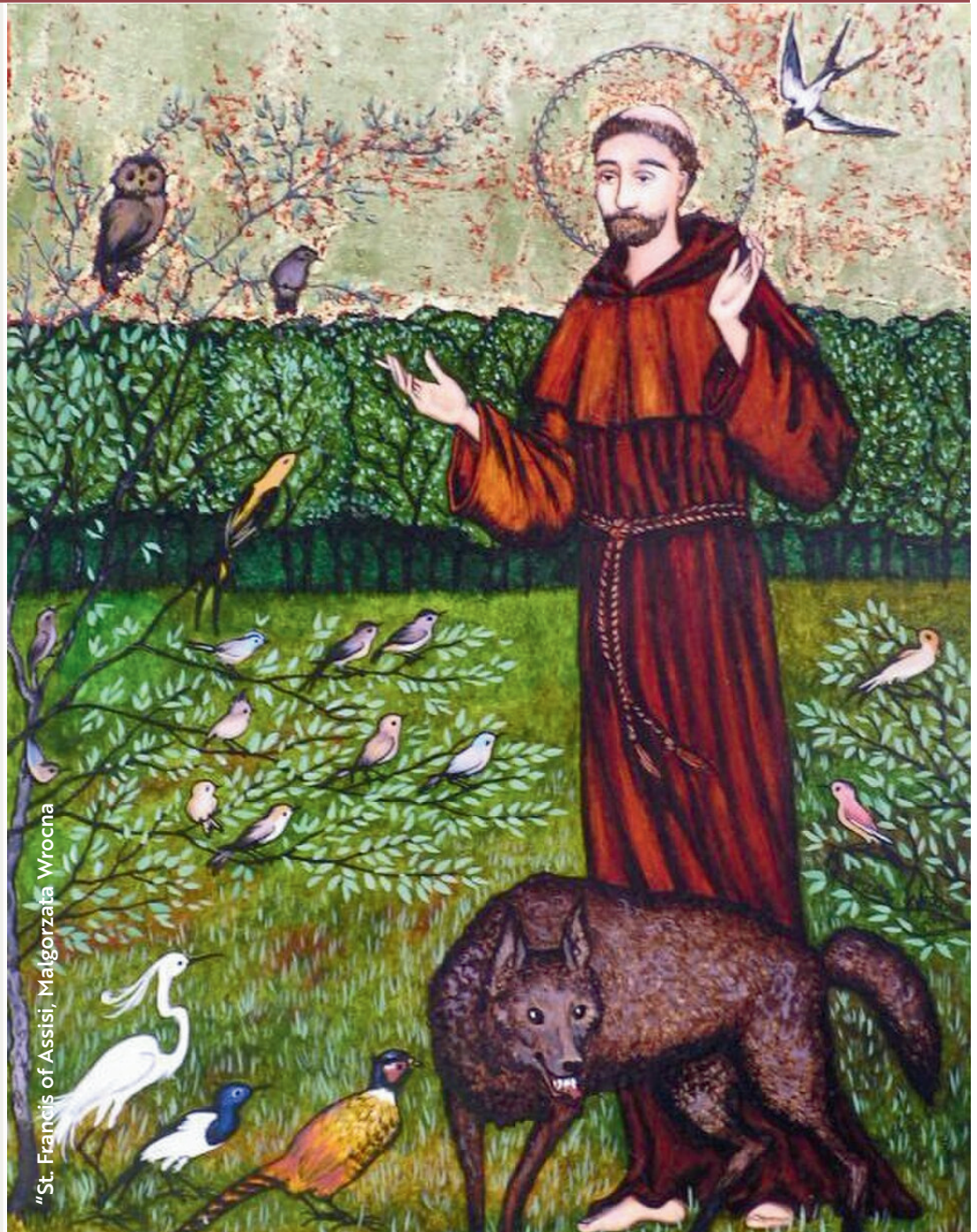
To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE • SERVE • CELEBRATE



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SINCE 1911



"St. Francis of Assisi, Małgorzata Wrocna

NEWS+EVENTS

Feast of St. Francis and Blessing of the Animals This Sunday

Sunday, October 4 | 1 pm
Sacred Heart Church Courtyard

This year marks the 800th anniversary of the death of St. Francis, and we'll honor him once again with a Feast of St. Francis service and Blessing of the Animals. Join our Sacred Heart community at 1 pm in the courtyard this Sunday, October 4, with your pet, leashed or in a carrier.



Free Pancakes for Kids This Sunday!

Sunday, October 4 | After Morning Masses, Sacred Heart Hall

Knights of Columbus breakfasts are always a hit, and this week breakfast is free for all children. Join the Knights and your fellow parishioners after the 8 am or 10 am this Sunday Mass for breakfast and fellowship.



Looking for the Ultimate Weekly Mood Boost? Join Choir!



Our Sacred Heart choir is a friendly, welcoming group eager to add some new voices. If you enjoy singing, now is a great time to join, as the group will soon begin to practice music for the Christmas season! The choir meets for practice every Thursday evening at 6:30 pm. No audition is required, and you do not need to read music. All you need is a love for music and our church community. If you have a child who enjoys singing, a new children's choir is forming just in time to sing at our children's Christmas Vigil Mass! Be sure to look for the flyer in an upcoming bulletin.

FOR MORE INFORMATION, CONTACT MUSIC DIRECTOR JANIS CANTU AT MUSIC DIRECTOR@SACREDHEARTOB.ORG.

Respect Life Month

October is Respect Life Month, and as such, it is a time to reflect on the sanctity of human life. The Diocese of San Diego invites us to support women who have said "yes to life" and our local pregnancy resource center (<https://sdcatholic.org/life-peace-and-justice/culture-of-life/beginning-of-life/>) or sign up for vigil hours during the 40 Days for Life campaign (<https://sdcatholic.org/life-peace-and-justice/culture-of-life/40-days-for-life-campaign/>).

Guadalupe 2031

Saturday, October 10 | 9:30 am
Cathedral Catholic High School Gymnasium

Our diocesan five-year journey towards the 500th anniversary of the apparition of Our Lady of Guadalupe begins on Saturday, October 10, 2026, at the Cathedral Catholic High School gymnasium, from 9:30 am-2 pm. There will be a procession with the Tilma Relic, prayer service, rosary, live Mariachi, and festival. All are welcome!



FOR MORE INFORMATION, VISIT WWW.SDCATHOLIC.ORG/GUADALUPE2031 OR EMAIL GUADALUPE2031@SDCATHOLIC.ORG

Congratulations!

Congratulations to Georgia Sophia Duffy, who was baptized here at Sacred Heart last Sunday, and to her family. May God bless Georgia all the days of her life!





Oktoberfest was Quite the September Fest!

Oktoberfest 2026 at Sacred Heart was a wonderful celebration of community with plenty of fun “on tap”! Many thanks to all who contributed their time, talent, and treasure to make it a success and to all who supported the Oktoberfest by their presence. “Prost!” to a great event and an even greater parish community!



Community Dinner

Tuesday, October 13 | 5–6 pm
Sacred Heart Church Hall

Our next community dinner will be served in the hall on Tuesday, October 13, 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 DROCEANA FREE@GMAIL.COM OR CHERYL ACCOMAZZO AT CHERYLACC@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

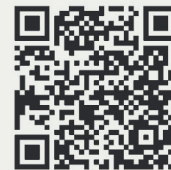


GIVING

Remember Your Church by Using Online Giving

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 5:1-7/Ps 80:9 and 12, 13-14, 15-16,
19-20/Phil 4:6-9/Mt 21:33-43

Monday

Gal 1:6-12/Ps 111:1b-2, 7-8, 9 and
10c/Lk 10:25-37

Tuesday

Gal 1:13-24/Ps 139:1b-3, 13-14ab,
14c-15/Lk 10:38-42

Wednesday

Gal 2:1-2, 7-14/Ps 117:1bc, 2/Lk 11:1-4

Thursday

Jb 19:21-27/Ps 27:7-8a, 8b-9abc, 13-
14/Lk 10:1-12

Friday

Gal 3:1-5/Lk 1:69-70, 71-72, 73-75/Lk
11:5-13

Saturday

Gal 3:22-29/Ps 105:2-3, 4-5, 6-7/Lk
11:27-2



Prayer of St. Francis

Lord, make me an instrument of
your peace.

Where there is hatred, let me
sow love;

where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O Divine Master,
grant that I may not so much seek
to be consoled as to console;

to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that
we are pardoned;
and it is in dying that we are
born to eternal life.

Amen.



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, October 3

4:30 pm | Mass for Parishioners

Sunday, October 4

8 am | Olga and Manuel Soares †

10 am | Pamela DeVoe †

5 pm | George and Lorena Hornby †

Monday, October 5

8 am | Erland and Juanita Baesler †

Tuesday, October 6

8 am | Fr. Bill Stevenson

Wednesday, October 7

8 am | Mary Rudick

Thursday, October 8

8 am | Saint James Paulo

Friday, October 9

8 am | Jose Paulo and Eddie Paulo †

Saturday, October 10

4:30 pm | Manuel A. and Maria
 Silveira †

Sunday, October 11

8 am | Mass for Parishioners

10 am | Patricia Aylesworth †

5 pm | Lorraine Squillaro †

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
 Christine Champ
 Norma Evans
 Maria Gaven
 Don Gossard
 Kathy Grady
 Della Greenwell
 Manuella Guasti
 Fr. Ron Hebert
 Yvette Howard
 Fr. Tom Kiely
 Ryan Lenyk
 St. James Paolo
 Mikael Peters
 Finn Renard
 Margaret Schweizer
 Jean Skoblar
 Gregg Sprosty
 Gary Turton
 Tate Van Lopik
 Philip Varner
 Joey Wheeler
 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
hello@fadaochigbo.com

Rev. Mr. Mark Wieczorek, Deacon
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Karen Martinez
Bookkeeper
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Stephen Williams
Director of Catechetical Ministry
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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
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
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

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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

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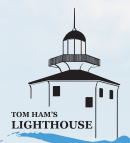
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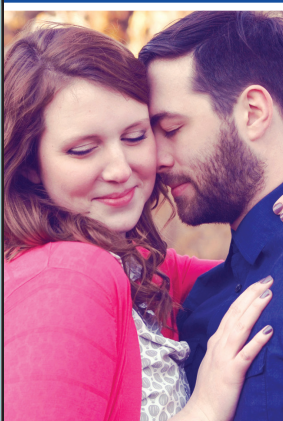
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