

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | OCTOBER 11, 2026 | TWENTY-EIGHTH 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



**SACRED
HEART
CHURCH**
OCEAN BEACH

S I N C E 1 9 1 1



INVITE TO THE FEAST
WHOMEVER YOU FIND.
MATTHEW 22:9

NEWS+EVENTS

Coffee at the Cottage

Tuesday, October 13 | 8:30 am
Sacred Heart Corner Cottage

The Altar and Rosary Society invites us all to Coffee at the Cottage this Tuesday at 8:30 am. Come over to the Corner Cottage and enjoy coffee, treats, and friendships new and old.



Pregnancy and Infant Loss Remembrance Mass

Sunday, October 18 | 12 pm
San Rafael Parish, 17252 Bernardo Center Drive

Auxiliary Bishop Felipe Pulido invites us to come together at a Mass to remember and honor every life and to hold the families who have lost a pregnancy or an infant in prayer. This special Mass offers each family the space to grieve and a path to healing. There will be light refreshments in the San Rafael parish hall following the Mass.

October is Respect Life Month

October is designated as 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 centers. Please visit <https://sdcatholic.org/life-peace-and-justice/culture-of-life/beginning-of-life/> for a list of them.

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.**

Pray the Rosary this October

October has traditionally been designated as the Month of the Holy Rosary in the Catholic Church. This year, Pope Leo asks that we pray for an end to global conflict and a lasting peace as we meditate upon the joyful, luminous, sorrowful, and glorious mysteries of the Rosary. We have a dedicated group of parishioners who pray the Rosary after weekday Masses. Please join them if you are able. All are welcome.

World Mission Sunday



Next Sunday is World Mission Sunday, a day when Catholics around the globe unite in prayer and generosity for the Church's missionary work. 2026 marks the 100th anniversary of World Mission Sunday, established by Pope Pius XI in 1926. This year's theme, "One in Christ," chosen by Pope Leo XIV, invites us to rediscover the profound unity we share in Christ through baptism and our missionary vocation to bring all into communion with God and ourselves. He reminds us, "Every gift, no matter how small, becomes a meaningful act of missionary communion." Pope Leo, as we all now know, spent many years as a missionary in Peru. On Mission Sunday and throughout the year, let us remember to pray for all those, like Pope Leo, who have left their homes and countries to bring the light of the Gospel to all people.





October Book Selection

Friday, October 16 | 11 am
Sacred Heart Rectory

The Sacred Heart Book Club has chosen Fr. Greg Boyle's "Tattoos on the Heart" and his newest book, "Cherished Belongings" as their October book selections. Read one or both and join their discussion on Friday, October 16, at 11 am in the rectory. New members are always welcome!

**FOR MORE INFORMATION, CONTACT
CINDY KRAUSE AT KRAUSE67@GMAIL.COM**



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.**

All Souls Mass and Día de los Muertos

Monday, November 2 | 6 pm
Sacred Heart Church and Courtyard



Mark your calendar for one of our newest special traditions: All Souls Day Mass and Día de los Muertos celebration on Monday, November 2. Mass begins at 6 pm and will be followed by a candlelight procession, honoring parishioners who died this past year, from the church to the courtyard. Our fourth annual Día de los Muertos celebration begins there. This beautiful tradition of remembrance and love is a free event and open to all. You are invited to bring a photo of your beloved departed to display on our colorful community altar as we celebrate their memory together. The evening, offered by parishioners Rosamaria Acuña, Janice Teixeira, and Margarita Tryka, includes a traditional dinner, live mariachi music, and folkloric dancing.

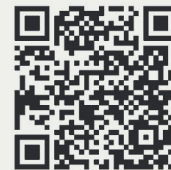


GIVING

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 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6/Phil 4:12-14, 19-20/Mt 22:1-14 or 22:1-1

Monday

Gal 4:22-24, 26-27, 31-5:1/Ps 113:1b-2, 3-4, 5a and 6-7/Lk 11:29-3

Tuesday

Gal 5:1-6/Ps 119:41, 43, 44, 45, 47, 48/Lk 11:37-41

Wednesday

Gal 5:18-25/Ps 1:1-2, 3, 4 and 6/Lk 11:42-46

Thursday

Eph 1:1-10/Ps 98:1, 2-3ab, 3cd-4, 5-6/Lk 11:47-5

Friday

Eph 1:11-14/Ps 33:1-2, 4-5, 12-13/Lk 12:1-7

Saturday

Eph 1:15-23/Ps 8:2-3ab, 4-5, 6-7/Lk 12:8-12



Gospel Meditation Matthew 22:1-14

Some friends invited me to one of the most famous and expensive restaurants in the country. I was grateful and eager to go. One invited friend even flew from another state for the experience. Every bite and sip was truly memorable and delicious. But my friends' teenage children spent much of the time on their phones, complained about the food, and generally ignored the once-in-a-lifetime experience. I wanted to yell, "C'mon, you guys! Look what you're missing!"

In today's parable, Jesus describes people invited to an amazing wedding feast who respond with inexplicable indifference. He says, "Some ignored the invitation and went away, one to his farm, another to his business" (Matthew 22:5). The problem is not that they choose evil but that they allow other desires to

distract them from an amazing opportunity. The feast is prepared, but their hearts are elsewhere. In Christ Jesus, God offers each of us a wildly extravagant offer: a place at the wedding banquet between heaven and earth.

What are your current excuses for the delay in engaging with Jesus? How are you postponing a deepening of your relationship with him under the guise of responsibility? The good news is that the feast is ready. His invitation remains. Hear the Lord say to us, "C'mon, guys! Look what you're missing!" Then respond with concrete action.

— Father John Muir
©LPi



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 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 †

Monday, October 12

8 am | Joao Silveira and Maria Amelia †

Tuesday, October 13

8 am | Guiherme and Maria Francisco †

Wednesday, October 14

8 am | Manuel Paolo and Maria Gaspar †

Thursday, October 15

8 am | Klum and Alt Families

Friday, October 16

8 am | Niko Jones

Saturday, October 17

4:30 pm | Dick Doherty †

Sunday, October 18

8 am | Maria and Manuel Oliveira †
 10 am | Mass for Parishioners
 5 pm | William J. Bartee, Jr. †

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
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

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.

Little
space.
Big
impact.

Advertise here
Call 800-950-9952

Does your organization
need a newsletter?
We'll cover the printing
costs!

Learn more at
lpicommunities.com



HOLY CROSS
CATHOLIC CEMETERY
& MAUSOLEUM

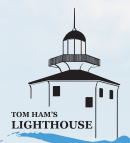
45th & Hilltop Drive, San Diego, CA 92102
No Interest Budget Plan | Up to 5 years to pay

Call 264-3127 Se Habla Español

**Advertise in Our
Church Bulletin!**

Contact Michael Berman
mberman@4LPi.com
(800) 950-9952 x4088

NOTHING IS IMPOSSIBLE
NOTHING IS IMPOSSIBLE
NOTHING IS IMPOSSIBLE
WITH GOD.



Tom Ham's Lighthouse
2150 Harbor Island Drive
San Diego, CA 92101
619-291-9110
tomhamslighthouse.com

1971-2022

*Celebrating Decades of
Bayside Business with You!*

Host your next
Reception, Anniversary, Wedding, Reunion
Brunch, Lunch or Dinner with us!



Bali Hai Restaurant
2230 Shelter Island Drive,
San Diego, Ca 92106
(619) 222-1181
balihairrestaurant.com

1954-2022

**Made
you look.**

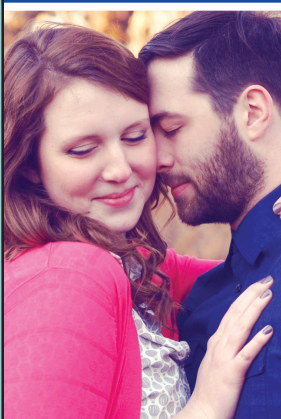
Advertise here to
reach your local
audience.

Visit 4lp.com/advertising-solutions

Scan to get
started!



catholicmatch®
California



CatholicMatch.com/CA

Newly Remodeled!

Lic# 372000400



**NAZARETH
HOUSE**

ASSISTED LIVING COMMUNITY



"Caring for the mind, body, and soul since 1974"

For information and to
schedule a tour contact:

Amber Zendejas
DIRECTOR OF ADMISSIONS
Amber@NazarethHouseSD.org
619-563-0480

Scan for a
Virtual Tour



- Daily Mass in our Chapel
- Nurses 24/7
- Quality Care & Activities
- Scenic Patio Views from your Private Room

6333 Rancho Mission Rd, San Diego, CA

INDEPENDENT LIVING | ASSISTED LIVING | HOSPICE CARE



For ad info. call 1-800-950-9952 • www.4lp.com

Sacred Heart Church of Ocean Beach, San Diego, CA

05-1808

ALWAYS ACCURATE
INCOME TAX & BOOKKEEPING

Stacey Thayer
Notary Public

4869 Santa Monica Ave., Ste. B
Ocean Beach

(619) 225-9571

**Tami Fuller &
Associates**

Your OB &
Point Loma Realtor

619-980-TAMI (8264)

www.tamifuller.com

DRE #01000767

Monday-Saturday 9 AM-6 PM

**Flowers of
Point Loma**

Your Full-Service Florist

Hawaiian Leis

Weddings & Special Events

Military Discount 10%

(619) 223-3161

2170 Chatsworth Blvd.

Celebrating 53 Years of
Excellent Entertainment

**53rd
Anniversary**

- Live Music
- Novelty Acts
- Disc Jockeys

Keith Danon

MUSIC AS
YOU LIKE IT
PRODUCTIONS

ENTERTAINMENT FOR ALL OCCASIONS.
619.223.5732
www.musicasyoulikeit.com



mySanDiegoAgent
Realty Group

**JONATHAN
McCown**

REALTOR®
CA DRE #02403029

858-361-8889

realestatemccown@gmail.com

MySanDiegoAgent.com

IF YOU LIVE ALONE

MDMedAlert!

- ✓ Ambulance/Police
- ✓ Family/Friends
- ✓ GPS & Fall Alert*

SWITCHOVERS Welcome

CALL NOW! 800.809.3570

\$1 Less Than
a day



md-medalert.com



Lynn M. Guidi

Realtor®

Pacific View Real Estate

"I Welcome the
Opportunity to Serve
You With All Your Real
Estate Needs."

619.890.9514

Fala-se Portugues
CA BRE Lic. #01475895

Let Go.
Let God.



• CLEAN • RELATABLE • HILARIOUS

DAN YOUNG

DRY CLEAN COMEDY

Clean, smart comedy
for the whole family.

SCAN FOR DAN'S
COMPLETE SHOW
SCHEDULE,
TICKETS & INFO

linktr.ee/yourgdaniel



Never
miss our
bulletin!

Get this bulletin
delivered straight
to your inbox
every week.



Scan to subscribe on
parishesonline.com



FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE

Call 800.950.9952

**Stump's
FAMILY
MARKETPLACE**

Point Loma
3770 Voltaire St.

OPEN DAILY
Hours: 6am - 9pm

(619) 226-9575

Family owned and operated since 1977

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Support Our Advertisers!