SACREDHEARTOB.ORG

THE HEART

A PARISH BUILT ON LOVE | OCTOBER 25, 2026 | THIRTIETH 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

SINCE 1911



NEWS+EVENTS

Sacred Heart Children's Choir



Calling all children ages 7–12! Sacred Heart pianist Mr. John Rodriguez invites your children, grandchildren, nieces, nephews, neighbors, and friends to share the joy of Christmas through music! The newly formed choir will sing at the Children's Mass on Christmas Eve at 4:00 PM. Rehearsals are on Sunday afternoons, from 3:00 PM–4:00 PM, with the open opportunity to join Mr. John in singing at the 5:00 PM Mass following each weekly rehearsal. There is no charge to participate, and no musical experience is necessary, just enthusiasm and a love of singing! Give your child the opportunity to make new friends, build confidence, and share their musical gifts with our parish community. Let's make a joyful noise together this Christmas!

IF YOU HAVE QUESTIONS OR WOULD LIKE ADDITIONAL INFORMATION, PLEASE CONTACT JOHN RODRIGUEZ AT MRJOHN PIANO@GMAIL.COM.

Altar & Rosary Society Mass

Wednesday, November 4 | 8 am
Sacred Heart Church

A Mass for deceased ARS members will be offered on Wednesday, November 4, at 8:00 am. A meeting and breakfast will follow in the corner cottage.

Thanksgiving Baskets

Sacred Heart is again collecting traditional Thanksgiving food to create baskets for families in need. Please see the flyer in today's bulletin for details and a list of needed nonperishable items. We'll collect food from now until November 20, and bins may be found in the church, parish office, and preschool. If you are able to donate a turkey, please call Pat Katka at 619.222.9648. Thanks for your food donation, and thanks to all who give their time to prepare and distribute baskets every year!



Thanksgiving Meals for Homebound Community Members

Do you know someone who will be homebound this Thanksgiving? The Care of the Whole Person ministry is offering Thanksgiving meals and will deliver them.

IF YOU, A LOVED ONE, OR SOMEONE YOU KNOW WOULD LIKE A THANKSGIVING DINNER, PLEASE CONTACT JANICE TEIXEIRA AT TEIXEIRA@COX.NET OR 619.246.4955.

Young Adult Bible Brunch

Sunday, October 25 | 11 am
Sacred Heart Corner Cottage

Attention Young Adults ages 18–39! Come be part of Bible Brunch, a welcoming space to grow in faith and community. Enjoy homemade bagels, cinnamon rolls, and other dishes, reflect on Fr. Billy's homily, and connect through fun conversation and fellowship.

QUESTIONS? CONTACT STANLEY TRYKA AT STANLEYTRYKA@GMAIL.COM.

Cybersecurity Safety

A reminder to be aware of scammers who use email and text messages to try to trick us into clicking malicious links or sharing personal data. If you should receive one that appears to be from the Sacred Heart parish office or Fr. Billy, please know we would never send an email or text asking for money or personal information. If you are unsure if an email or text is legitimate, please call the parish office at 619.224.2746.

A Listening Church that Hears the Voices of Women

Thursday, November 5 | 6-9 pm
University of San Diego

The presentation explores the scriptural foundations of women leaders in the Early Church, their progression into the New Testament, while delving into Catholic Social Teaching themes. It is a free event, but registration is required.

TO REGISTER, VISIT HTTPS://SDCATHOLIC.ORG / EVENT/A-LISTENING-CHURCH-NTHAT-HEARS-THE-VOICES-OF-WOMEN-THE-SCRIPTURAL-FOUNDATIONS-FOR-CATHOLIC-SOCIAL-TEACHING/

Save the Date: Christmas at Sacred Heart

Sunday, December 6 | 11 am
Sacred Heart Hall and Courtyard

A huge hit last year, Christmas at Sacred Heart will return for a second year on Sunday, December 6, after the 10 am Mass. You won't want to miss it! Enjoy lunch, hot cocoa, home-made cookies, mimosas, Christmas crafts, face-painting, game booths, and a sing-along. The event will conclude with a festive Peninsula Singers holiday concert at 1 pm in the church. Christmas at Sacred Heart is free and appropriate for all ages.

Community Dinner

Tuesday, October 27 | 5–6 pm
Sacred Heart Church Hall

Our next community dinner will be served in the hall on Tuesday, October 27, 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.

All Souls Day Mass and Día de los Muertos

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



Our All Souls Day Mass and Día de los Muertos celebration is on Monday, November 2. Mass begins at 6 pm and will be followed by a candlelight procession, from the church to the courtyard, to honor parishioners who died this past year. There we will celebrate our fourth annual Día de los Muertos event. This beautiful tradition of remembrance and love is free 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.

All Souls Day Novena

Our All Souls Day Novena begins next weekend. You may have your loved one(s) included by completing and returning an All Souls Day envelope, which will be placed on the altar throughout the novena. Envelopes may be found in the church vestibule or parish office.



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 OR CALL 855.500.7433

MEDITATIONS



Readings for the Week

Sunday

Ex 22:20-26/Ps 18:2-3a, 3b-4, 47 and 51/1 Thes 1:5c-10/Mt 22:34-40

Monday

Eph 4:32-5:8/Ps 1:1-2, 3, 4 and 6/Lk 13:10-17

Tuesday

Eph 5:21-33/Ps 128:1-2, 3, 4-5/Lk 13:18-21

Wednesday

Eph 2:19-22/Ps 19:2-3, 4-5/Lk 6:12-16

Thursday

Eph 6:10-20/Ps 144:1b, 2, 9-10/Lk 13:31-35

Friday

Phil 1:1-11/Ps 111:1-2, 3-4, 5-6/Lk 14:1-6

Saturday

Phil 1:18b-26/Ps 42:2, 3, 5cdef/Lk 14:1, 7-11



Gospel Meditation

Matthew 22:34-40

When I was in seventh grade, like most boys of that age, I was constantly hungry. I could eat at any hour of the day. Then I fell head over heels for a classmate named Kristin. One evening, while lying on my bed and pondering her perfections, my mom called me to dinner. For the first time in my adolescent life, I remember thinking: "I'm not hungry." My heart longed for Kristin more than my stomach for food. Now, I wouldn't confuse adolescent infatuation with mature love. But it was an experience of how love can reorder everything in our lives.

In today's Gospel reading, Jesus says, "You shall love the Lord, your God, with all your heart" (Matthew 22:37). He is not issuing a burden or a moral goal for high achievers. He is naming the deepest orientation of the human heart. We were made for love so great that it gathers every other love into itself. Jesus does not ask us to love less the persons or things that attract us. Rather, he wants our love for God to be so total and intense that we love everything and everyone else because we love him so much.

Do we believe that such a love is possible for us? Because of the gifts of the Holy Spirit, it is! It is readily available to us. Let's repent of our half-hearted love for God and ask Him to fill our hearts to the brim with divine love.

— Father John Muir
©LPi

PRAYERS

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 24

4:30 pm | Neal Maura †

Sunday, October 25

8 am | Colleen Corless †
10 am | Bill and Lisé Zondler
5 pm | Mass for Parishioners

Monday, October 26

8 am | Patrick Fitzgerald †

Tuesday, October 27

8 am | Chris Stermole †

Wednesday, October 28

8 am | Keith Klum †

Thursday, October 29

8 am | Dennis and Mary Fox †

Friday, October 30

8 am | Finn Renard

Saturday, October 31

4:30 pm | Mass for Parishioners

Sunday, November 1

8 am | Steven Zagleski †
10 am | Deacon Bob Mulligan †
5 pm | Paul and Rita Rehberger †

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
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bzondler@sacredheartob.org

Rev. Lt. Emmanuel Ochigbo, USNR
hello@fadaochigbo.com

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Janis Cantú
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY
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tireneflan@yahoo.com

ALTAR SERVERS
Contact the parish office to enroll your child in the next training.
619.224.2746

BEREAVEMENT MINISTRY
Janice Teixeira
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CARE OF THE WHOLE PERSON
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COMMUNITY DINNERS
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Cheryl Accomazzo (Food Service)
cherylacco@gmail.com

CREATION CARE
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FINANCE COUNCIL
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PARISH MINISTRIES

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PRO-LIFE AND YOUNG FAMILIES
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parishoffice@sacredheartob.org

SACRED HEART PRAYER MINISTRY
June Sprosty
Submit your prayer request to www.bit.ly/ineedprayers

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WALL OF REMEMBRANCE
Janice Teixeira
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YOUNG ADULTS
religioused@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@sdcatholic.org or 858.490.8353.

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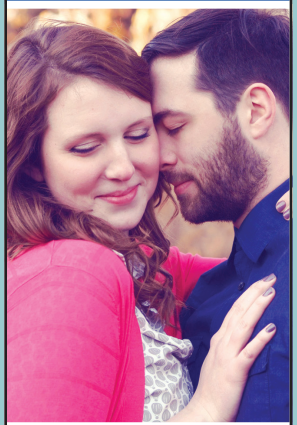
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