

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | NOVEMBER 1, 2026 | SOLEMNITY OF ALL SAINTS

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



Fra Angelico, "The Forerunners of Christ with Saints and Martyrs" (1423-1424)

**ALL YOU HOLY MEN AND WOMEN,
PRAY FOR US!**

NEWS+EVENTS

Eucharistic Ministers Needed

At 8:00 am Sunday Masses:

Sacred Heart is in need of Eucharistic ministers for our 8 am Sunday Masses. If you are a current Eucharistic minister at Sacred Heart or have trained in another parish and are able to help, please contact Kate McKenzie at ministryscheduler@sacredheartob.org and ask to be added to the schedule. If you are interested in serving as a Eucharistic minister and have never done so before, please contact Teofla Rich at garich@cox.net to schedule your training.

For Homebound Community Members:

We are also in need of additional volunteers to bring Communion to our homebound community members. Can you help?

CONTACT JANICE TEIXEIRA AT 619.246.4955 OR TEIXEIRA@COX.NET.

Please Pick up the Phone: God is Calling

**November 14 | 8:30 am-4:15 pm
St. Francis Center, USD Campus**

On Saturday, November 14, the Diocese will host an Explorer Day, with Director of Priestly Vocations Fr. Marc Gandolfo, for men interested in exploring a possible vocation to the priesthood. If living a life of service for Christ and the people of God is attractive to you, consider attending. Applications are available at the parish office or call the St. Francis Center at 858.490.8389.

Thanksgiving Baskets

Sacred Heart is again collecting traditional Thanksgiving food to create baskets for families in need. Please see our website 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.

Senior Mass and Luncheon

**Friday, November 6 | 11:30 am
Sacred Heart Church and Hall**

The next Senior Mass and Luncheon is this Friday. Come to Mass at 11:30 and stay for a delicious Thanksgiving-themed lunch in the hall at noon.

PLEASE CALL CAROLE SANDERS AT 619.225.2239 TO MAKE YOUR RESERVATION.



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.

Altar & Rosary Society's Holiday Market Preview

**November 7-8 | After Masses
Sacred Heart Courtyard**

Hoping for a sneak peek at all of the Altar & Rosary Society's Holiday Market offerings? Swing by the courtyard after next weekend's Masses for the Holiday Market Preview. There you'll find unique gifts, a chance to participate in the opportunity drawing, and more. The artists and crafters represented at the Holiday Market each year donate all of their time and materials. The money raised allows the ARS to purchase items for Sacred Heart, such as some of the books we use at Mass every week. Thanks for supporting this great cause!



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.

Congratulations!

Congratulations to Bella Vittoria Ladisa, baptized last week at Sacred Heart, and her parents! God bless you always!

Community Dinner

Tuesday, November 10 | 5–6 pm
Sacred Heart Church Hall

Our next community dinner will be served in the hall on Tuesday, November 10, 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.



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 Day Mass and Día de los Muertos This Monday

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



Our All Souls Day Mass and Día de los Muertos celebration is this 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

An All Souls Day Novena begins this weekend. It's not too late to 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 pews or church vestibule.

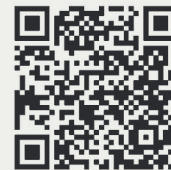


GIVING

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

Rv 7:2-4, 9-14/Ps 24:1bc-2, 3-4ab, 5-6/1 Jn 3:1-3/Mt 5:1-12a

Monday

Wis 4:7-14/Ps 25:6, and 7b, 17-18, 20-21/Rom 5:17-21/Mt 11:25-3

Tuesday

Phil 2:5-11/Ps 22:26b-27, 28-30ab, 30e, 31-32/Lk 14:15-24

Wednesday

Phil 2:12-18/Ps 27:1, 4, 13-14/Lk 14:25-33

Thursday

Phil 3:3-8a/Ps 105:2-3, 4-5, 6-7/Lk 15:1-10

Friday

Phil 3:17-4:1/Ps 122:1-2, 3-4ab, 4cd-5/Lk 16:1-8

Saturday

Phil 4:10-19/Ps 112:1b-2, 5-6, 8a and 9/Lk 16:9-15

Gospel Meditation

All Saints' Day
Matthew 5:1-12

At the end of her short life, my hero, St. Thérèse of Lisieux, found herself in a curious position. Audaciously, she was convinced that she would become a great saint and would be loved by many after her death. At the same time, she insisted that she was weak, impatient, and ordinary. She became arguably the greatest saint in modern times. How is it possible that an ordinary and imperfect person can also be a great saint?

On this All Saints' Day, Jesus overturns our assumptions about holiness. He says, "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (Matthew 5:3). The blessed are not the impressive or the self-sufficient, but the poor in spirit, the meek, the merciful, and the persecuted.

These are not heroic traits by normal standards. They are signs of a heart that has learned to rely on God rather than itself. That's what St. Thérèse, and all the saints, are all about.

All Saints' Day is not a celebration of spiritual elites. Rather, it announces what grace can do in our ordinary lives. The saints are not those who avoid weakness or suffering, but those who allow these things to deepen their trust. What good news for us! The smaller and weaker we are, the more qualified we are to be great saints.

— Father John Muir
©LPI



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

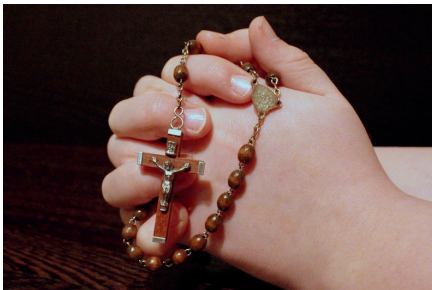
IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

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.



Need Prayers?

Submit your prayer request to www.bit.ly/ineedprayers. Sacred Heart Prayer Warriors are ready to pray for you!

Mass Intentions

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 †

Monday, November 2

8 am | All Souls Novena †

6 pm | Dawn Lambusta

Tuesday, November 3

8 am | All Souls Novena †

Wednesday, November 4

8 am | All Souls Novena and

Deceased ARS Members †

Thursday, November 5

8 am | All Souls Novena †

Friday, November 6

8 am | All Souls Novena †

11:30 am | Darla Bebrin †

Saturday, November 7

4:30 pm | All Souls Novena †

Sunday, November 8

8 am | Mass for Parishioners

10 am | All Souls Novena †

5 pm | Sue Munz †

Our Lady of Lourdes Home Visit

Sacred Heart's twelve-inch statue of Our Lady of Lourdes is available for private prayer devotion in your home for up to 2 weeks.

**PLEASE CONTACT JUNE SPROSTY AT
PRAYERMINISTRY@SACREDHEARTOB.ORG
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

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

Rev. Mr. Mark Wieczorek, Deacon
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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
619.246.4955
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CARE OF THE WHOLE PERSON

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COMMUNITY DINNERS

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Cheryl Accomazzo (Food Service)
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CREATION CARE

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FINANCE COUNCIL

Mary Nauert
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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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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

PARISH MINISTRIES

SENIOR ACTIVITIES

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teixeira@cox.net

SMALL CHURCH COMMUNITIES

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religiously@sacredheartob.org

WALL OF REMEMBRANCE

Janice Teixeira
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YOUNG ADULTS

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PRESCHOOL

SACRED HEART ACADEMY

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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
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assistance coordinator, Mary
Acosta, at misconduct@sd
catholic.org or 858.490.8353.



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Amber@NazarethHouseSD.org
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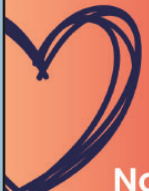
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