SACREDHEARTOB.ORG

THE HEART

A PARISH BUILT ON LOVE | NOVEMBER 22, 2026 | CHRIST THE KING

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



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ALL THE NATIONS ASSEMBLED BEFORE HIM.

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NEWS + EVENTS

Sacred Heart Children's Nativity Reenactment

Children of Sacred Heart Parish and Sacred Heart Academy Preschool ages 3-12 are invited to participate in a reenactment of the Nativity at the beginning of the 4 pm Mass on Christmas Eve. Children must attend a mandatory rehearsal on Sunday, December 22, from noon-3 pm, where they will be assigned roles and costumes, make a craft, have lunch together, and rehearse. Parents are welcome to stay and help. On December 24, children will rehearse at 3:30 pm, just before Mass. Please use the QR code to register.

Special Collection for National Needs This Weekend

This weekend has been designated for the 2026 Special Collection for National Needs, which supports the Black and Indian Missions, the Catholic Home Missions, the Catholic Communication Campaign, the Catholic Campaign for Human Development, and the Catholic University of America. Envelopes may be found in the pews and vestibule, or you may donate online. Thanks for your support.

2027 Calendars are Available

2027 Calendars are now available. You may pick up yours in the church vestibule or parish office beginning this weekend. There are two choices for 2027: the traditional "Feasts and Saints" theme or a Pope Leo theme.

Interfaith Thanksgiving Prayer Service this Sunday Evening

Sunday, November 22 | 7 pm
OB Joyful (formerly Water's Edge)

Come be a part of this new opportunity for our local faith communities to join together in prayer. An interfaith Thanksgiving prayer service is scheduled for this Sunday evening, at 7 pm, at the former Water's Edge church building, and Fr. Billy will be one of the pastors leading it. Let's have some great Sacred Heart representation!

Thanksgiving Community Dinner

Our Community Dinners team will serve two meals during the week of Thanksgiving: a traditional Thanksgiving dinner on Tuesday, November 24, from 5-6 pm and a sit-down turkey sandwich lunch on Thanksgiving Day. Volunteers who can help on Thanksgiving Day are asked to arrive at 10 am and stay until 12:30 pm. Doors open at 11 am, and lunch will be served from 11 am-12 pm.

Thanksgiving Mass and Office Hours

Happy Thanksgiving! Thanksgiving Day Mass is at 9 am. You are invited to bring your Thanksgiving dinner wine and bread for a blessing. The parish office will close at noon on Wednesday, November 25, and reopen on Monday, November 30.

Thanks, ARS and Knights!

We are very grateful to our Altar & Rosary Society and Knights of Columbus for the new books in the church pews this month, as well as their support of our parish all year!

ARS Holiday Market This Weekend

November 21-22 | After Masses
Sacred Heart Courtyard

Swing by the courtyard after this weekend's Masses for the ARS Holiday Market! You'll find unique gifts, and so much more. Each year, artists and crafters donate their time and materials, and the money raised allows the ARS to purchase needed items for Sacred Heart. Thanks for supporting this great cause!

Advent Books

Advent begins next Sunday! With thanks to two generous parishioners who wish to remain anonymous, Advent and Christmas season books are available to us again this year. You'll find them in a basket in the church vestibule.

Lector Books

Lectors and small church community members: Lector books for 2027 are now available in the parish office. The cost is $14.

Angels at Sacred Heart



Last Christmas season, our outdoor Nativity angel was shattered by a winter storm and the damage appeared irreparable. Until parishioner Glen Holland got to work! Glen repaired our angel to perfection, and she will again grace our outdoor Nativity set this year. Glen, thank you for sharing your time and artistic talent with Sacred Heart!

Interfaith Shelter Opportunity

Week of February 20-27
St. Peter's by the Sea

The Interfaith Shelter Network is a local nonprofit, formed in 1986, when a group of churches organized together to shelter their unhoused neighbors throughout the winter months. Today, it includes churches throughout San Diego. St. Peter's by the Sea Lutheran Church, just down the road from us, is one of the host churches. This year they will host 10-15 people, including families living in their cars, for four weeks. They are asking for our help during their final week: February 20-27. Can you serve as a dinner host from 5-7 pm by sharing a dinner you've prepared? Are you able to step in as an overnight host to help ensure safety?

PLEASE CONTACT THE PARISH OFFICE AT 619.224.2746 OR PARISHOFFICE@SACRED HEARTOB.ORG IF YOU CAN HELP.

Community Thanksgiving Dinner

Tuesday, November 24 | 5–6 pm
Sacred Heart Church Hall

Our next community dinner will be served in the hall on Tuesday, November 24, 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.

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.

Save the Date: Our Lady of Guadalupe

Saturday, December 12 | 12 pm
Sacred Heart Church, Hall, and Courtyard

Save the date for this beautiful tradition celebrating faith, love, and a special miracle. A bilingual Mass in honor of Our Lady of Guadalupe begins at noon, followed by a festive lunch and mariachi music.

You are Invited!

Saturday, December 5 | 10 am
St Michael Catholic Church
15546 Pomerado Rd., Poway

The Diocese of San Diego joyfully announces the ordination of our former Sacred Heart seminarian, **John Murcko**, to the Order of Deacon! You are invited to attend his Mass of Ordination on Saturday, December 5, at 10 am, at St. Michael Catholic Church. May God bless John and his ministry abundantly!



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

Ez 34:11-12, 15-17/Ps 23:1-2a, 2b-3, 5, 6/1 Cor 15:20-26, 28/Mt 25:31-46

Monday

Rv 14:1-3, 4b-5/Ps 24:1bc-2, 3-4ab, 5-6/Lk 21:1-4

Tuesday

Rv 14:14-19/Ps 96:10, 11-12, 13/Lk 21:5-11

Wednesday

Rv 15:1-4/Ps 98:1, 2-3ab, 7-8, 9/Lk 21:12-19

Thursday

Rv 18:1-2, 21-23; 19:1-3, 9a/Ps 100:1b-2, 3, 4, 5/Lk 21:20-28

Friday

Rv 20:1-4, 11-21:2/Ps 84:3, 4, 5-6a and 8a/Lk 21:29-33

Saturday

Rv 22:1-7/Ps 95:1-2, 3-5, 6-7ab/Lk 21:34-36



Gospel Meditation

Our Lord Jesus Christ, King of the Universe
Matthew 25:31-46

Pope Pius XI instituted the solemnity of Christ the King just over a hundred years ago—in 1925—as a response to the Great World War that had recently ended. Alarmed by the rise of nationalism, which divided God's children by their allegiance to their state, and fascism, which substituted the worship of Christ with the worship of a leader, he reminded Catholics of every nation that Jesus Christ is our true king. He must reign in our hearts and lives and so lead us to the true kingdom. Jesus, the Prince of Peace, will not allow enmity and discord to drive people or nations apart.

When we pass a homeless person on the street begging for food, an undocumented immigrant looking for daywork, a mentally ill person shouting out at random, or a person behind bars, whom do we see? Do we see a failure who's taking our welfare dollars, an "illegal" who should be deported, a danger to the community who stopped taking their meds, or a criminal who doesn't belong on the streets ever again? Or do we see Jesus? Because if we don't see Jesus, we haven't heard this Gospel correctly. Because he tells us right here that it's him. No asterisks, no exceptions. The hungry, the thirsty, the stranger, the naked, the ill, the imprisoned: they're Christ.

May we leave today praying for the grace to see as Christ sees, so that we may see him right in front of us.

Pastoral Patterns
November 22, 2026

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, November 21
4:30 pm | Mary, Joaquin, and Bibiana Medina †

Sunday, November 22
8 am | Andrés Crosthwaite †
10 am | Fr. Charles Eis †
5 pm | Mass for Parishioners

Monday, November 23
8 am | Deceased Members of the Krause Family †

Tuesday, November 24
8 am | Taylor Anthony Bell †

Wednesday, November 25
8 am | Gerry Scott †

Thursday, November 26
9 am | Karen Martinez

Friday, November 27
8 am |

Saturday, November 28
4:30 pm | Mass for Parishioners

Sunday, November 29
8 am | Howard and Azevedo Families †
10 am | Darla Bebrin †
5 pm |

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
Kristin Maringola
St. James Paolo
Mikael Peters
Finn Renard
Margaret Schweizer
Jean Skoblar
Gregg Sprosty
Gary Turton
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

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

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June Sprosty
Submit your prayer request to www.bit.ly/ineedprayers

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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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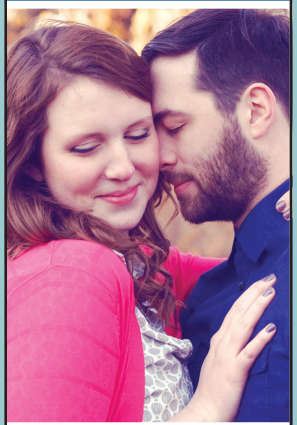
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