SACREDHEARTOB.ORG

THE HEART

A PARISH BUILT ON LOVE | NOVEMBER 29, 2026 | FIRST SUNDAY OF ADVENT

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

**"BE WATCHFUL! BE ALERT!
YOU DO NOT KNOW WHEN THE TIME WILL COME...
WATCH!" -MARK 13:37**



NEWS + EVENTS

A Warm Welcome to New Sacred Heart Parishioners!

On Sunday, November 15, Sacred Heart welcomed 26 new parishioners and their families at a New Parishioners Brunch. Thank you, Teofla Rich and team, for the delicious breakfast and welcome! Have you been coming to Mass and thinking about registering? You may do so by clicking the "Join our Parish" link on our Sacred Heart website or by filling out a form in the church vestibule or office.



Senior Mass and Luncheon

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

This Friday is the next Senior Mass and Luncheon. Come to Mass at 11:30 am and stay for a delicious Christmas-themed lunch and music after. This is the final senior Mass and luncheon of the year. Senior Masses and luncheons will break for the holidays and resume on Friday, February 5.



(Cooking up some joy at the November Senior Luncheon!)

OCIA Rite of Welcome



OCIA, or Order of Initiation of Adults, is a series of classes focused on the spiritual formation of adults wishing to receive their sacraments and enter fully into the Catholic Church. On Sunday, November 15, 22 of our OCIA candidates received the Rite of Welcome at our 10:00 am Mass during a beautiful ceremony led by Fr. Billy. May God continue to bless them and guide their spiritual journeys!

Advent Books

Advent begins this 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.

2027 Calendars are Available

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

Save the Date: Our Lady of Guadalupe

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

Save the date for this meaningful tradition celebrating faith, love, culture, 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.

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.

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 Dinner

Tuesday, December 8 | 5–6 pm
Sacred Heart Church Hall

Our next community dinner will be served in the hall on Tuesday, December 8, 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 Next Sunday

Sunday, December 6 | 11 am
Sacred Heart Courtyard

A huge hit last year, Christmas at Sacred Heart returns for a second year next 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.

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!

Stock and IRA Charitable Gift Donations

A gift of your securities--including stocks or mutual funds--is a simple and impactful way to support Sacred Heart or Sacred Heart Preschool. Donating appreciated securities may help you avoid paying capital gains tax that would otherwise be due. Contributions are deductible for tax purposes, and there are no transaction fees or other costs. Always seek professional tax and financial guidance.



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

Is 63:16b-17, 19b; 64:2-7/Ps 80:2-3, 15-16, 18-19/1 Cor 1:3-9/Mk 13:33-37

Monday

Rom 10:9-18/Ps 19:8, 9, 10, 11/Mt 4:18-22

Tuesday

Is 11:1-10/Ps 72:1-2, 7-8, 12-13, 17/Lk 10:21-24

Wednesday

Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6/Mt 15:29-37

Thursday

Is 26:1-6/Ps 118:1 and 8-9, 19-21, 25-27a/Mt 7:21, 24-27

Friday

Is 29:17-24/Ps 27:1, 4, 13-14/Mt 9:27-31

Saturday

Is 30:19-21, 23-26/Ps 147:1-2, 3-4, 5-6/Mt 9:35-10:1, 5a, 6-8



Gospel Meditation

First Sunday of Advent
Mark 13:33-37

A friend once told me, "When I was young, I was so broke, I couldn't even pay attention." It's a clever line. Even when your pockets are empty, you can still be attentive. And yet, we often find creative ways to spend our attention on anything but what matters most.

We begin the season of Advent with Jesus' words about how we maintain our attention. He says, "What I say to you, I say to all: 'Watch!'" (Mark 13:37). He describes servants waiting for their master's return. Their task is simple: stay alert. Be ready to open the door, welcome him, and serve.

That is why they're there. Advent reminds us that this is the purpose of our lives, too. God is coming to us. The question is whether we are awake and ready to receive him.

How do we train our attention for God? One powerful way is the age-old Christian practice of vigils. Praying in the quiet stillness of night — free from all distraction — focuses the heart and awakens a deeper awareness of God's presence. This Advent, watch for the coming of the Lord by the practice of vigils. Not in theory, but concretely. The Lord is coming. The awake, attentive heart will recognize Him.

— 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.



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 28
4:30 pm | Mass for Parishioners

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

Monday, November 30
8 am | Albina Correia †

Tuesday, December 1
8 am | Craig Smith †

Wednesday, December 2
8 am | Mary Cintron †

Thursday, December 3
8 am | Betty Jankowski †

Friday, December 4
8 am | Maggio Family
11:30 am | Darla Bebrin †

Saturday, December 5
4:30 pm | Manuel C. Tavares †

Sunday, December 6
8 am | Mass for Parishioners
10 am | Cintron Family
5 pm | Amy Jo Gary Archer †

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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619.224.2746

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June Sprosty
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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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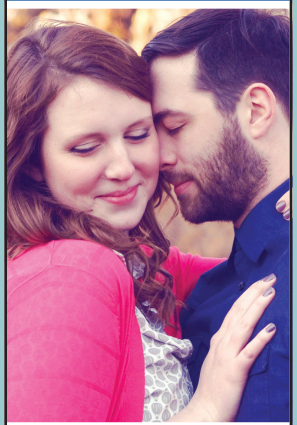

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