

QUEEN OF ANGELS CATHOLIC CHURCH

THE MESSENGER

2569 W Victoria Drive
Alpine, CA 91901

Office: 619.445.2145

Website

www.queenofangels.org

Holy Sacrifice of The Mass

Saturday: 5:30 pm

Sunday: 8:00 am
& 10:30 am

Daily Mass

Tuesday-Friday: 8:00 am

Rosary

Monday-Friday: 7:30 am



Mary, Queen of Angels, Pray for Us!

Church is Handicapped Accessible

First Saturday to Honor the Immaculate Heart of Mary

Mass 9:00 am

First Friday to Adore the Sacred Heart of Jesus

Exposition/Adoration
10:30-11:15 am

(Benediction follows)

Confessions
10:35-11:15 am,
Mass 11:30 am

Confession

Tuesday-Friday: 7:15-7:45 am,

Saturday: 4:00-5:00 pm,
or by appointment

Baptism

Contact Fr. David

Clergy

Rev. David Exner, **Pastor**, frdexner@queenofangels.org

Parish Office Staff

Pamela Stanley, **Business Manager**, pamela@queenofangels.org

Enriqueta Luquin, **Administrative Assistant**, enriqueta@queenofangels.org

Jacob Brown, **Administrative Assistant**, jacob@queenofangels.org

Darlene Ames, **The Messenger**, bulletin@queenofangels.org

Parish Email, parish@queenofangels.org

The Mission of Queen of Angels Church is to:

Grow in our relationship with God through Jesus Christ.

Strengthen our faith by living and teaching the Gospel.

Serve God's People in our parish, our community, and our world.

If you're worried about an unplanned pregnancy, you may be experiencing a personal crisis full of concerns about your future. Pregnancy Care Clinic can assist you. www.unplannedparenthood.org, 619.442.4357

Reporting Sexual Abuse

Complaints about sexual abuse by a member of the clergy or by a parish or Catholic school employee or volunteer can be made by calling Mary Acosta at the Child and Youth Protection Office, Victims Assistance Coordinator, at 858.490.8353.

Table of Contents

Church Directory	Pg 1
Weekly Readings	Pg 2
Mass Intentions	Pg 2
Announcements	Pg 3-7
Pastor's Page	Pg 4
Announcements	Pg 5-7

STEWARDSHIP OF TIME, TALENT & TREASURE

February 13, 2022

Envelopes Used 71
Envelope Collections \$ 4,518.00
Plate Collections \$ 267.00
TOTAL \$ 4,785.00



READINGS & MASS INTENTIONS FEBRUARY 19-27, 2022

Sunday: 1 Sm 26:2, 7-9, 12-13, 22-23/Ps 103:1-2, 3-4, 8, 10, 12-13/1 Cor 15:45-49/Lk 6:27-38
Monday: Jas 3:13-18/Ps 19:8, 9, 10, 15/Mk 9:14-29
Tuesday: 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6/Mt 16:13-19
Wednesday: Jas 4:13-17/Ps 49:2-3, 6-7, 8-10, 11/Mk 9:38-40
Thursday: Jas 5:1-6/Ps 49:14-15ab, 15cd-16, 17-18, 19-20/Mk 9:41-50
Friday: Jas 5:9-12/Ps 103:1-2, 3-4, 8-9, 11-12/Mk 10:1-12
Saturday: Jas 5:13-20/Ps 141:1-2, 3 and 8/Mk 10:13-16
Next Sunday: Sir 27:4-7/Ps 92:2-3, 13-14, 15-16/1 Cor 15:54-58/Lk 6:39-45

DATE	TIME	INTENTION
Saturday, Feb 19	5:30 pm	For the People
Sunday, Feb 20	8:00 pm	Jean & †Charles LaClare
Sunday, Feb 20	10:30 am	Nell LaRussa
Monday, Feb 21	7:30 am	Rosary
Tuesday, Feb 22	8:00 am	Arthur Brosco
Wednesday, Feb 23	8:00 am	†Mary Avvampato
Thursday, Feb 24	8:00 am	
Friday, Feb 25	8:00 am	
Saturday, Feb 26	5:30 pm	Giannah Thrower
Sunday, Feb 27	8:00 pm	
Sunday, Feb 27	10:30 am	For the People



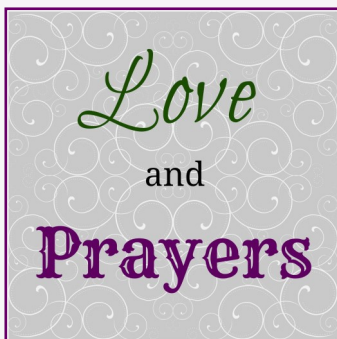
Continue to Keep in Your Prayers and Hearts those on our Healing and Deployed Military Lists.



Prayer Requests

*Nonie Beach
Toshiko Brown
Vita Cano
Yvonne Harris
Tom Hebb
Chik Hylton
Carmen Holt
Estela Lopez
Rick McCullough
Pat Nixon
Jerry Price
Gil Sanchez
Joan Smith
Anne-Marie Sommese*

*Robert Craig Wiederkehr
Kailyn & Charis Whaley*



Names remain listed for four weeks and can be renewed by contacting Darlene Ames at bulletin@queenofangels.org.


Deployed Military


**Meagan Abad, LT
Matthew D. Fuller, PV2
William W. Fuller II, PFC
Rebekah Meyer, BMSN(sw)
Jacob Tweed, HM3
Mattison Underhill, USN**





If you have a friend or relative who is serving in our military and is deployed or will be deployed, please contact Darlene at bulletin@queenofangels.org.


ANNOUNCEMENTS

 **Faith Formation** There will be no Faith Formation classes this Sunday, **February 20** in observance of President's Day. Classes will resume on **February 27**.

 **Please Consider Assisting!** We here at Queen of Angels are always in need of Altar Servers, Communion Ministers, Lectors and Ushers. If you feel the call, please contact Enriqueta in the parish office at 619.445.2145. We will work with your availability to serve at the Mass which you now attend.

 **Volunteers Needed** Queen of Angels is happy to announce that during the Lenten Season on Fridays after Station of the Cross, our tradition Soup Suppers will return!! If you or your ministry community would like to host a Friday, please contact Darlene Ames at 619.508.8443 and sign up.

 **Remember in Your Prayers** Please remember in your prayers our Confirmation candidates, teachers and priest as they will be attending their annual Confirmation Retreat the weekend of February 25-27.

 **Just a Reminder** All literature, pamphlets, handouts, etc. need to be approved by Father David before placing said items on the tables near the church entrances. Please refrain from placing any items on the tables without his prior approval. Thank you.



*The 2022 Annual Catholic Appeal
"Living Our Mission",
begins February 19-20, 2022.*

Queen of Angels assessment for 2022 is \$30,000.

This is your opportunity to make possible the work that affects so many in our diocese: assistance to the poor, education of those who attend Catholic school, formation of new priests and care for our retired priests, evangelization and accompaniment of Young Adults, and the consoling presence of Christ for those imprisoned.

We ask you to prayerfully consider how much you can give to this year's appeal. Your continued generosity in support of our local Church is vital to the mission of

G K E E H C U R S E H K
C L V E N R Y B S S W T
T O A S R E N N I S B V
L R R R T C M W P E C M
E L E A I E V I G R O F
N U H B D I Y S E U A A
D F T N E V E D O S W Y
O I O I Y E I B T A O C
O C S A R T S R Y E F Y
G R L G E V I G S M F L
K E A A V K J U D G E V
L M S S E L B S H I R T
L R A S T A K E S H A S

WORD SEARCH
SEVENTH SUNDAY IN
ORDINARY TIME

ABUSE	AGAIN	ALSO
AWAY	BEGS	BLESS
CHEEK	COAT	CONDEMN
CREDIT	CURSE	ENEMIES
EVEN	EVERY	FORGIVE
GIVE	GOOD	HATE
HEAR	JUDGE	LEND
LOVE	MEASURE	MERCIFUL
OFFER	OTHER	PRAY
RECEIVE	SHIRT	SINNERS
STRIKES	TAKES	WISH

ANNOUNCEMENTS

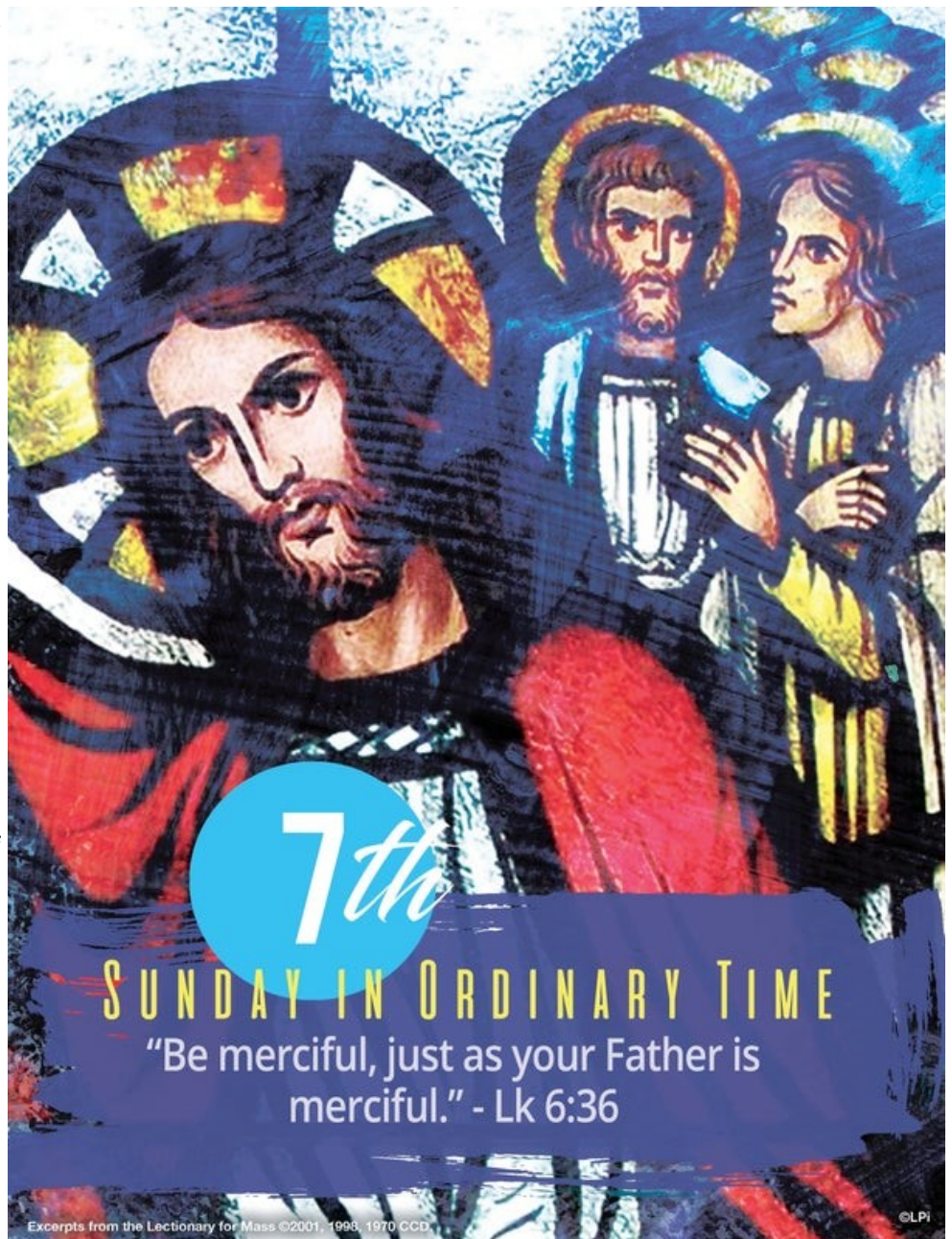
February 20, 2022 7th Sunday in Ordinary Time

Sometimes, Jesus' teachings don't seem to make practical sense. When we hear things like love your enemies and do good to them, turn the other cheek when struck, give to anyone who asks, do to others as you would have them do to you, be merciful, stop judging, forgive, and give to others, we get a bit unsettled. After all, it's okay for God to do all of these things, but does He really want us to do them, too? Many good-hearted Christians really draw the line with some of these ideals and say, "No way!" They even remark that if someone did something hurtful to someone they loved, they would have no reservations seeking severe retribution. There is still this persistent thinking, even among those who consider themselves Christian, that a violent action deserves a violent response. Somehow, we continue to justify this.

Yet, it is most clearly against the very grain of the Gospel. Part of our difficulty has more to do with understanding God's love. We wrongly think that sinful or hurtful actions and evil people somehow are seen as lesser in God's eyes. They are not. God loves the sinner as much as He does the saint. And, both of these inclinations exist in every human being, even those who consider themselves holy. Both the capacity for good and the disposition toward evil exist in every one of us. Viktor Frankl has this to say when reflecting on the Holocaust: "Our generation is a realistic generation because we have learned what a human being really is. When all is said and done, man is that same creature who invented the gas-chambers of Auschwitz; but he is also that being who walked upright into those chambers with the prayer 'Shema Yisrael' on his lips."

If we believe in God, we have to act like God. Whether we like that idea is another issue. If we don't then perhaps, we need to reconsider our faith and whether we really believe in Jesus Christ. We are made in the image of God, not the image of ourselves. The Christian must, at all costs, leave resentment and the need for retaliation behind, lose defensiveness and bring into the mind and heart the realization of who we represent in this world.

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ANNOUNCEMENTS

FAST AND ABSTINENCE (self-denial).

To foster the spirit of penance and of reparation for sin, to encourage self-denial, and to guide us in the footsteps of Jesus, Church law requires the observance of fast and abstinence (CCC 1249-1253).

- 1. Abstinence:** All persons who have already celebrated their 14th birthday are bound *to abstain from meat on Ash Wednesday and all Fridays of Lent.*
- 2. Fasting:** Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Voluntary fasting on other weekdays of Lent, especially on Wednesdays and Fridays, is highly recommended. *Fasting is generally understood to mean eating one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.* Other forms of "fasting," especially regarding alcoholic drink, needless television, video games, internet use and social entertainment, is of true spiritual value and is strongly encouraged. When health or ability to work would be seriously affected, neither the law of fasting nor the law of abstinence obliges. If in doubt, one's parish priest or confessor may be consulted.
- 3. Prayer** In order to deepen one's love for Christ, Catholics are urged to read and pray over sacred Scripture; to study the Catechism of the Catholic Church; to participate in devotions offered by the parish; and to pray more fervently -- individually, as families, and in common with others. The faithful are exhorted to pray the rosary, to make private visits to the Blessed Sacrament, and to pray especially for vocations to the priesthood and the religious life.
- 4. Almsgiving** The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a form of piety, a witness of fraternal charity and an expression of Lenten conversion. Therefore, all Catholics are urged to support generously the charitable works of the Church, including ordinary stewardship to their parish and generous response to the Annual Catholic Appeal.



EXPLORER DAY

What is Explorer Day?

Explorer Day is a six-hour discernment experience sponsored by the Diocese of San Diego for men interested in the priesthood. It includes Mass & other common prayer, presentations from priests, and an opportunity to ask questions and discuss topics such as: What is a priest? What does a priest do? What is the preparation process like? What are some of the rewards and challenges of priestly ministry? How does a man know if God is calling him to the priesthood?

If you think you may be interested in exploring a possible vocation to the priesthood, please join us on Saturday, **March 19**, at St. Francis Center on the campus of the University of San Diego from 8:30 am to 3:30 pm. If living a life of service for Christ and the people of God is attractive to you, take advantage of the opportunity to attend this upcoming Explorer Day.

For more information or to register please contact Fr. Lauro Minimo at St. Francis Center at 858.490.8385. Or contact Father David at 619-4452145 during normal business hours. Pre-registration is required for this event.



ANNOUNCEMENTS


40 DAYS FOR LIFE™

We need your help!
Starting March 2nd – April 10th
 Covering prayer shifts
from 7:00am – 7:00pm every day for 40 Days

Please join us for at least one hour in peaceful pray to end abortion
 in the public right-of-way outside
Planned Parenthood at 1685 E Main St., El Cajon
 (near Greenfield and East Main Street next to McDonalds)
Please contact Pat Hansen at 619-445-3822
ASAP to schedule your prayer time.

elcajon40days@hotmail.com www.40daysforlife.com/elcajon

Join us for our Opening Ceremony:
Tuesday, March 1st at 6:30pm
1625 E. Main Street, El Cajon
 (on the sidewalk in front of the East County Urgent Care)
We will process in prayer to the Planned Parenthood location



**OFFICE FOR
 YOUNG ADULT
 MINISTRY**

**THEOLOGY ON TAP**

THURS. FEBRUARY 24, 7PM
 W. SPECIAL GUEST SPEAKER

BETH DAVIS

DIRECTOR OF MINISTRY ADVANCEMENT
 BLESSED IS SHE
 \$15 ENTRY, BEER & TACOS
 ST. LUKE PARISH, EL CAJON

**LENTEN PILGRIM WALK**

SATURDAY, MARCH 5. 9AM-2PM
 CO-HOSTED BY MODERN CATHOLIC PILGRIM
 FROM IMMACULATA AT USD TO
 ST. BRIGID PACIFIC BEACH

ANNOUNCEMENTS



CELEBRATING FAMILY LIFE
OFFICE FOR FAMILY LIFE & SPIRITUALITY

Celebrating Family Life

February 2022

Lent

Question:

Lent always seems to help me renew my relationship with God and strengthen my religious practice. Do you have any suggestions as to what I could do to achieve that the rest of the year?

Answer:

The obvious answer may seem to be to do whatever you do during Lent all year round. But part of the power of Lent is that we focus as a community on renewing our faith and preparing for Easter. Our Lenten practices have a purpose and a goal. Therein lies the secret. When we focus our efforts on one virtue, or try to change one bad habit, or seek to deepen our understanding of one aspect of faith, we focus our efforts and give our full attention to what we are trying to accomplish. We tend to be more successful achieving our goals. More importantly, it has a ripple effect in our lives: one thing changes or is added to the spiritual mix of our lives and many aspects are changed.

All too often we leave our spiritual growth to chance and the practice of faith to habit, and then wonder why we have no sense of growth or progress. Think of it in terms of exercise. We walk, lift weights, bend and stretch to attain the maximum benefit from what we do. In addition, to keep those benefits, we eat healthful food and get enough vitamins and rest. Spirituality requires the same kind of attention: we pray, fast, read the Bible, receive sacraments, and do charitable work to maximize the benefits of practicing faith. Keeping Lent year round keeps us in spiritual shape!

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