

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.

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STEWARDSHIP OF TIME, TALENT & TREASURE**February 13, 2022**

Envelopes Used 65
Envelope Collections \$ 3,540.00
Plate Collections \$ 419.00
TOTAL \$ 3,959.00

**READINGS & MASS INTENTIONS FEBRUARY 26-MARCH 6, 2022**

Sunday: Sir 27:4-7/Ps 92:2-3, 13-14, 15-16/
1 Cor 15:54-58/Lk 6:39-45
Monday: 1 Pt 1:3-9/Ps 111:1-2, 5-6, 9 and 10c/
Mk 10:17-27
Tuesday: 1 Pt 1:10-16/Ps 98:1, 2-3ab, 3cd-4/
Mk 10:28-31
Wednesday: Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13,
14 and 17/2 Cor 5:20—6:2/Mt 6:1-6, 16-18
Thursday: Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/
Lk 9:22-25
Friday: Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/
Mt 9:14-15
Saturday: Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/
Lk 5:27-32
Next Sunday: Dt 26:4-10/Ps 91:1-2, 10-11, 12-13,
14-15/Rom 10:8-13/Lk 4:1-13

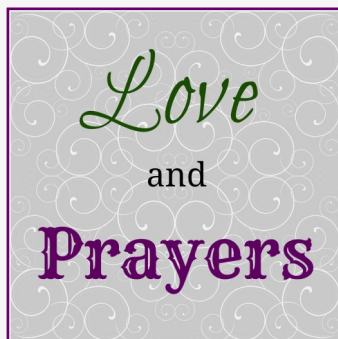
<u>DATE</u>	<u>TIME</u>	<u>INTENTION</u>
Saturday, Feb 26	5:30 pm	Giannah Thrower
Sunday, Feb 27	8:00 pm	
Sunday, Feb 27	10:30 am	For the People
Monday, Feb 28	7:30 am	<i>Rosary</i>
Tuesday, Mar 1	8:00 am	
Wednesday, Mar 2	8:00 am	Gina Bartonicek
Thursday, Mar 3	8:00 am	Dee Clague
Friday, Mar 4	11:30 am	
Saturday, Mar 5	9:00 am	
Saturday, Mar 5	5:30 pm	
Sunday, Mar 6	8:00 pm	For the People
Sunday, Mar 6	10:30 am	



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

**Prayer Requests**

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



Leap into Lent Please stop by the church multi-purpose room this Sunday, **February 27**, after the 8:00 or 10:30 AM Masses to pick up several resources for all ages for your Lenten journey.



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!! In order to make this successful participation is necessary. 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 pray for our Confirmation candidates, teachers and priest as they will be attending their annual Confirmation Retreat this weekend.

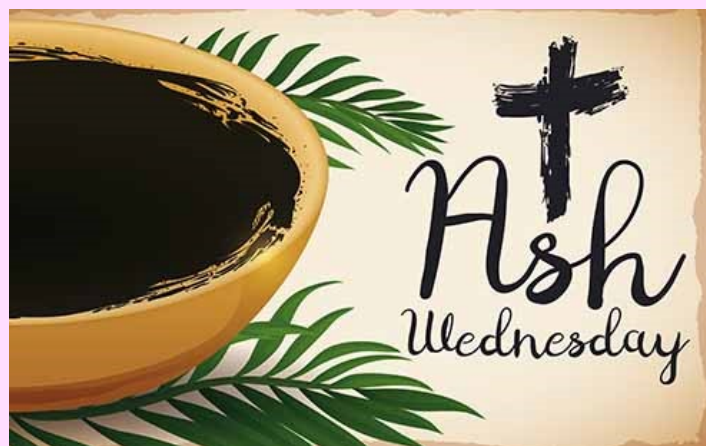
Please Consider Assisting! We here at Queen of Angels are always in need of Altar Servers, Communion Ministers, Lectors and Ushers. If you feel the call, please contact Enriqueta in the parish office at 619.445.2145. We will work with your availability to serve at the Mass which you now attend.



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.



Town Hall/Synod Meeting Mark your calendars. **March 13** at 1:00 PM in the parish hall. More info to follow.



Masses on March 2, 2022 Ash Wednesday are:
8:00 AM, 5:30 PM & 7:00 PM

Ashes will be distributed at all Masses.

This is a Day of Fasting and Abstinence.

Lenten Prayer materials is available in the church multi-purpose room.

Stations of the Cross

Every Friday in Lent

at 6:30 PM in the Church
(MARCH 4, 11, 18, APRIL 1 & 8)

Followed by a Soup Supper Meal
at 7:00 PM in the parish hall
Hosted by various parish ministries

Adoration of the Blessed Sacrament

Every Friday in Lent

following the

8:00 AM morning Mass until 9:30 AM

First Friday Devotions-MARCH 4 & APRIL 1 AT 10:30 AM

First Saturday Devotion to the Immaculate Heart of Mary

Saturday, MARCH 5 & APRIL 2

Rosary at 8:30 AM, Mass at 9:00 AM



Solemnity of St. Joseph

Saturday, MARCH 19

Adoration-8:00 AM, Mass-9:00 AM

Solemnity of the Annunciation of the Lord

Friday, MARCH 25

Mass-8:00 AM & 5:30 PM
Stations of the Cross-6:30 PM

Followed by a Solemnity Celebration Meal
at 7:00 PM in the hall hosted by the Knights of Columbus.
More information to follow.

Reconciliation

Tuesday-Friday: 7:15-7:45 AM

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

Lenten Prayer materials will be available in the church multi-purpose room.

Friday are Days of Fasting & Abstinence.

PASTOR'S PAGE

Friends,

Lent is just around the corner! And as we prepare for this incredible season of penance, I would like to share a few notes on how to incorporate each of the Lenten observances of **fasting**, **prayer**, and **alms-giving**. And it should go without saying, but whatever we give up, and whatever we give, ought to be done **joyfully**!

FASTING. Fasting is, simply put, denying ourselves of something that we enjoy, or perhaps even need. Here are a few examples, taken from my own personal experience/mistakes, of what to do or what not to do:

Do NOT give up "chocolate." "Chocolate" here does not literally mean chocolate (that may actually be a good penance for you), but rather the standard, go-to penance that we don't think about, just do reflexively. I encourage you to really think about what it is that you want to give up this Lent.

Do NOT give up "pickles." I hate pickles with the fire of 1000 suns. So if I give up pickles for Lent, that sacrifice is absolutely worthless. Give up something that actually means something to you.

DO give up "pizza." This goes along with "pickles." As I related in my homily a few weekends ago, several years back I gave up pizza for Lent, and I was both surprised and embarrassed by how difficult it was for me. Whatever we choose to give up for Lent ought to feel like it's costing us something.

Do NOT give up "coffee." As with every other "... word, "coffee" is a place-holder. Here it means something I give up that will cause me to become uncharitable and much harder to be around. What we give up for Lent should not cause us or others to sin.

PRAYER. Prayer is self-explanatory, but it's more than simply adding an extra decade of the rosary to your daily routine (although that may be a great thing to do during Lent). Prayer in this context also covers the principle in life that we know to be true: it is not enough to simply eliminate something from my routine, I have to replace it with something else. A humorous, if somewhat embarrassing, example from my own life is how several years ago I gave up my favorite tv show for Lent. However, instead of replacing that time with studying Scripture, or reading spiritual literature, or extra prayer, what I ended up doing was watching a different tv show. Which meant after Lent was over, I was addicted to 2 tv shows instead of just 1. The lesson here: learn from my mistake, and incorporate more prayer into your life this Lent to fill the space that your fasting has opened up.

ALMS-GIVING. This one can be challenging for us, but is actually very important. What alms-giving does NOT mean is that I am morally obligated to give away everything. But I do need to balance my "wants" in life appropriately in light of others' "needs." Consider the words of Jesus in Matthew 25, where he tells us that we will be judged based on how much we show love "to the least of these." THAT is alms-giving. Take notice of, and live out the love of Christ to, the least of these. Buy a case of water, or some granola bars, or something, and keep them in your car to give to the poor when see them by the roadside. Go through your closets and look for clothes, jackets, and blankets that you don't use or need, and give them to a homeless shelter. When you notice someone that everyone else is ignoring, smile at them and give them your name, and then ask for theirs. Remind them of their dignity, the dignity they have in Christ, the dignity that God the Father Himself has bestowed upon them by creating them in His own image and likeness. But give of yourself to others, and pray for the grace to recognize Jesus in the people you meet.

Finally, it is not an official Lenten observance, but **GO TO CONFESSION** during Lent. We are obligated as Catholics to go to confession *at least* once a year (or whenever we are aware of grave sin in our lives), and ideally, we go during Lent so that we can also fulfill our obligation to receive Communion *at least* once a year, preferably during the Easter season. In addition to the 3 hours of offered confession here at the parish each week, there will also be several penance services offered here and at the nearby parishes, so please take the time to go to confession, and bring your family. Lent is the perfect time of year to, as we will hear on Ash Wednesday, "Repent, and believe in the Gospel!"

Joyfully,
Fr. David



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ANNOUNCEMENTS



*The 2022 Annual Catholic Appeal
“Living Our Mission”,
has begun.*

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 the Universal Catholic Church.

GOAL: \$ 30,000.00 PLEDGED: \$ 1,100.00 BALANCE: \$ 28,900.00

Communal Penance Services in neighboring Parishes:

Parish	Date	Time
Queen of Angels, Alpine	8-Mar	7:00 PM
St. Therese, San Diego	9-Mar	7:00 PM
Our Lady of Perpetual Help, Lakeside	15-Mar	9:00 AM
Our Lady of Perpetual Help, Lakeside	15-Mar	7:00 PM
St. Kateri Tekakwitha, Lakeside/Barona	15-Mar	7:00 PM
St. John of the Cross, Lemon Grove	16-Mar	7:00 PM
St. Luke, El Cajon	17-Mar	7:00 PM
St. Martin of Tours, La Mesa	21-Mar	7:00 PM
Guardian Angels, Santee	29-Mar	7:00 PM
Santa Sophia, Spring Valley	30-Mar	7:00 PM
St. Pius X, Jamul	31-Mar	7:00 PM
Holy Trinity, El Cajon	4-Apr	7:00 PM
Our Lady of Grace, El Cajon	5-Apr	7:00 PM



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

First Friday to Adore the Sacred Heart of Jesus

10:30 am–11:15 am—Exposition/
 Adoration
 (Benediction to follow)
 10:35 am–11:15 am—Confessions
 11:30 am—Mass



First Saturday to Honor the Immaculate Heart of Mary

9:00am—Mass



Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



ANNOUNCEMENTS



An Ash Wednesday Prayer



"Ashes to ashes. Dust to dust."

You remind us today, oh Lord, of our origin and end.

In the beginning, You fashioned us in the Garden.

You dignified dust with the Breath of Life.

You made us in Your image and likeness.

You led Your people through the dust of the Sinai wilderness to the Promised Land.

You overcame temptation in the dry desert.

You healed the blind with dirt and clay.

Three times Your body stirred the dust
as you fell on the road to Calvary.

Hear the cry of Your people!

One day we will return to dust.

This Lenten season, stir our minds to contemplate You, our hearts to love You, and our bodies to serve
You in our brothers and sisters.

May our prayer, fasting, and almsgiving
be Your breath alive in us.

Amen.

Question:

Is Ash Wednesday a holy day of obligation?

Answer:

Despite the often packed churches, you may be surprised to hear that the answer is no! Holy days of obligation commemorate a particular event (such as the birth of Christ at Christmas) or celebrate particular people (such as Mary's Immaculate Conception or the feast of All Saints). Ash Wednesday is a day of penance, fasting, and abstinence to begin the season of Lent. In a sense, it focuses on a concept rather than something particular and concrete.

Of course, repentance ought to be reflected in particular, concrete ways! That's one of the reasons that attending Mass on Ash Wednesday is a very good idea. It marks the beginning of a solemn season of penance. Despite all its comparisons to the desert, Lent can be very fruitful for our spiritual growth! Beginning this season with the celebration of Mass and the reception of ashes is a sign of our commitment to God and to spiritual growth.

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