

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

March 13, 2022

Envelopes Used	68
Envelope Collections	\$ 3,927.02
Plate Collections	\$ 411.30
TOTAL	\$ 4,338.32

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: \$ 5,130.00 BALANCE: \$ 24,870.00

READINGS & MASS INTENTIONS MARCH 19-27, 2022

Sunday: Ex 3:1-8a, 13-15/Ps 103:1-2, 3-4, 6-7, 8, 11/1 Cor 10:1-6, 10-12/Lk 13:1-9
Monday: 2 Kgs 5:1-15/Ps 42:2, 3; 43:3, 4/Lk 4:24-30
Tuesday: Dn 3:25, 34-43/Ps 25: 4-5, 6 and 7, 8-9/Mt 18:21-35
Wednesday: Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/Mt 5:17-19
Thursday: Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23
Friday: Is 7:10-14; 8:10/Ps 40:7-8a, 8-9, 10, 11/Heb 10:4-10/Lk 1:26-38
Saturday: Hos 6:1-6/Ps 51:3-4, 18-19, 20-21/Lk 18:9-14
Next Sunday: Jos 5:9, 10-12/Ps 34:2-3, 4-5, 6-7, 9/2 Cor 5:17-21/Lk 15:1-3, 11-32

DATE	TIME	INTENTION
Saturday, Mar 19	5:30 pm	Veronica Burke
Sunday, Mar 20	8:00 pm	Veronica Burke
Sunday, Mar 20	10:30 am	For the People
Monday, Mar 21	7:30 am	Rosary
Tuesday, Mar 22	8:00 am	Anne-Marie Sommese
Wednesday, Mar 23	8:00 am	Veronica Burke
Thursday, Mar 24	8:00 am	LouAnn Yelvington
Friday, Mar 25	8:00 am	†Wayne Comfort
Saturday, Mar 26	5:30 pm	For the People
Sunday, Mar 27	8:00 pm	Rachel & David Poe
Sunday, Mar 27	10:30 am	

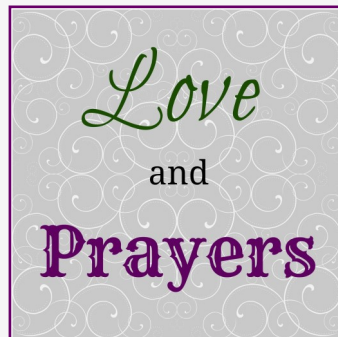


Continue to Keep in Your Prayers and Hearts those on our Healing and Deployed Military Lists.



Prayer Requests

Vita Cano
Yvonne Harris
Carmen Holt
Jerry Price
Joan Smith
Anne-Marie Sommese
Robert Craig Wiederkehr
Kailyn & Charis Whaley
Jestin Zacharias



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, BM3 (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



Thank You THANK YOU Queen of Angels Office Staff for all you do and for hosting a delicious and yummy Soup Supper on March 11.



Electrician Needed Any knowledgeable electric minded parishioners out there? If so, Queen of Angels could use your assistance. There are a few minor electrical issues here on the church property that need expertise beyond swapping out an old light bulb. If you can assist in this matter please contact Pamela in the office during normal business hours.

Please Keep in Your Prayers Queen of Angels wishes to inform you of the passing of *Madelyn Bell Tompkin*, father of parishioners Paul Tompkin and Diana. May the Lord bring Madelyn to everlasting peace and rest. Please keep Madelyn, her family and friends in your prayers.



Communal Penance Services in neighboring Parishes:

Parish	Date	Time
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



Queen of Angels Knights of Columbus

Cordially invite you to a Special

ANNUNCIATION OF THE LORD CELEBRATION MEAL

March 25, 2022

At 7 PM in the Parish Hall after Stations of the Cross

Enjoy a lip smacking meal of
Pulled Pork Sandwiches with all the Fixins,
Dessert and Drinks
all lovingly prepared by our Knights.

(donations accepted)

Stations of the Cross

Every Friday in Lent

at 6:30 PM in the Church
(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-

Friday, APRIL 1 AT 10:30 AM

First Saturday Devotion to the Immaculate Heart of Mary

Saturday, APRIL 2

Rosary at 8:30 AM, Mass at 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 of the Annunciation
Celebration Meal
at 7:00 PM in the hall hosted by the Knights of Columbus.

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 Abstinence. (Fasting is not obligatory)



PASTOR'S PAGE

Friends,

One of the things to consider as we continue on through Lent are the many positive side effects of fasting – and no, I don't mean the physical benefits that you hear about in health magazines, although I don't doubt that those are pretty amazing too. No, I am referring to what we receive spiritually when we are willing to sacrifice for the Lord.

The most basic and obvious thing we gain is the blessing we receive every time we obey God. As every parent knows well, there are few things that bring them more joy than when their children are obedient, because obedience is the truest mark that their children are listening to them and understand that they are loved. So we gain tremendous blessing simply by obeying God when His Church instructs us to fast.

We also are allowed to share in the sufferings of Christ by being in solidarity with these, the least of His brothers. We forget sometimes just how blessed we are, and when we willingly say 'no' and forgo bodily pleasures that others don't have the option to say 'yes' to, we are not merely suffering alongside our brothers and sisters (albeit, from a distance), we are giving consolation to the heart of Jesus, which is always suffering with those who are themselves suffering.

And speaking of 'yes' and 'no,' another incredible benefit of fasting is that we get to exercise our spiritual 'no' muscles. The analogy of a gym can be helpful here. A running joke among many gym rats is to "never skip leg day." In other words, don't forget to work out all of your muscle groups, so they don't atrophy. And when we fast, we are practicing saying 'no' to ourselves, which means when we face temptation, our ability to say 'no' is stronger. And we could all do with less sin in our lives.

But there's another beautiful blessing we receive when we fast, that is linked to the first blessing, but is different. We learn that we can trust God more and deeper than we were before. This is the other side of the obedience coin from earlier: on one side, we bring joy to the heart of the Father because of our obedience and he blesses us as a result; on the other side, we learn how to trust in His love for us even more. Do I truly believe that God is enough for me? Fasting can remind me – or perhaps teach me – that He is.

The last one for today is that fasting strengthens our prayer. It has been said that praying without fasting is like fighting with one hand tied behind your back. But we can talk more about that next week, when we consider the Lenten observance of prayer in greater detail.

With you in the Wilderness,

Fr. David



ANNOUNCEMENTS



If you would like to donate a "Spring Floral Bouquet" for Easter in memory of a family member or a friend, please complete the following form and return it to the parish office or put it in the collection basket. All donations will be used for an assortment of Spring flowers and decorations for the church during Easter and the Easter Season. (Please use one form per donation.)

The suggested donation for each intention is \$15.00.

In memory of:

Donated by:



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MINISTRIES

Do You Hear the Call?

MINISTRIES

Attendance at Masses are growing as we return back to some normalcy. And with that comes the need for more Altar Servers, Communion Ministers, Lectors and Ushers.

These volunteer positions are a vital and integral part of celebrating Mass and are not only necessary but rewarding as well.

If you feel the call, and want to consider helping with any of these positions please contact the parish office at 619.445.2145.

We will work with your availability to serve at the Mass which you now attend.

ANNOUNCEMENTS

40 DAYS FOR LIFE™

~Please Consider Helping~
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

Lenten Soup Supper

If you haven't had the opportunity to join in on one of our Soup Suppers there still is plenty of time to do so. Come enjoy a variety of delicious homemade soups, bread and dessert hosted by various Parish Ministries with fellow Queen of Angels parishioners. Soup Supper is served on Fridays during Lent at 7PM.

Why not make it an evening and attend Stations of the Cross at the 6:30 PM.
 There's nothing better than a full heart and full tummy!
 Hope to see you this Friday.
 (Donations accepted)



ANNOUNCEMENTS

STOKING THE LENTEN FIRE

I think we all can acknowledge that there's a certain fatigue that comes over us all as we near the end of the Lenten season. Next week is Laetare Sunday, and I find that as soon as those pink vestments start coming out of storage, our collective motivation begins to wane.

I get that. Maybe you're fatigued — I am, too. Maybe you're doing well in your resolutions and devotions but you're in danger of coasting. Or maybe, like many of us this year or in past years, you don't feel that you have even really begun your Lenten journey.

Either way, chances are that the fire that was in your belly on Ash Wednesday is burning a bit

low. All fires eventually do, once they consume whatever fuels them. So here we would do well to remember what fuels our Lenten fire.

Sometimes we make resolutions that have the appearance of being spiritual, but also have an earthly motive. We give up chocolate hoping to lose weight. We stop gossiping so our friends may like us more. There is nothing wrong with these sacrifices — just with their motivations.

As Moses removes his sandals to approach the burning bush, he sees that the fire burns brightly, strongly — but does not consume. It is propelled by something inexhaustible, something which is not of this world.

Is your Lenten fire fueled by God? Are you daily surrendering yourself to the same voice that boomed from the bush in Genesis — the voice that commanded the Israelites to do what seemed like the impossible?

—Tracy Earl Welliver, MTS

WHY DO PRIESTS WEAR VESTMENTS? DO THEY HAVE A SPECIAL MEANING?

Vestments are clothes worn for a specific purpose. Priests will joke that they cover a thousand flaws. But our own manner of dress often corresponds to what we do. We dress up for special occasions, and for special guests. We wear certain clothes for golf, for outdoor activities, and years ago, we even had our "Sunday best" clothes we wore just for Church. Vestments are much the same, and each one has a meaning. The alb is a reminder of the baptismal garment. The stole is a symbol of ordained ministry and authority within the Church. The chasuble reminds us that we are on a pilgrimage of faith, passing through this life towards heaven.

Priests wear vestments for two basic reasons. First, they draw attention to the importance and solemnity of the act of worship. The color of the vestments indicates the season of the year or the feast being celebrated. Secondly,

vestments draw attention to what the priest does, rather than who he is. In the celebration of the Mass, the focus is on what we do together, on our common unity, and on the mystery and person of Christ.

