

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!

First Friday Devotions to the Sacred Heart of Jesus

Exposition/Confession: 10:00 am,
Mass 11:30 am

First Saturday Devotions to the Immaculate Heart of Mary

Rosary: 8:30 am, Mass: 9:00 am

Mother of Perpetual Help Devotion

Wednesday: after 8:00 am Mass

Eucharistic Adoration

Friday: after 8:00 am Mass
until 9:30 am

Confession

Tuesday-Friday: 7:15 am,
Saturday: 4:00 pm,
or by appointment

Sacraments

Baptism, Holy Matrimony, & Funerals
Contact Fr. David

Clergy

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

Parish Office Staff

Enriqueta Luquin: **Business Manager**, enriqueta@queenofangels.org

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

Glenn D'Abreo : **Music Coordinator**, glenn@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 5, 2023**

Envelopes Used	87
Envelope Collections	\$ 5,667.02
Plate Collections	\$ 512.00
TOTAL	\$ 6,179.02
Special Donation	\$10,000.00

The 2023 Annual Catholic Appeal "Living our Faith", has begun

Our Annual Catholic Appeal enables us to fund our Pastoral Center ministry offices and programs that help our community members to live their faith. They include our schools and programs to support faith formation at all ages, to strengthen families, to promote a culture of life, to care for creation, to engage youth and young adults, to sustain our retired clergy and those preparing for the priesthood, and to extend a helping hand to the marginalized.

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. If you cannot donate at this time, we ask you to pray for a successful appeal.

works: Show me your faith by your works, and I will show you my faith by my works.

GOAL: \$27,804.00 PLEDGE: \$ 2,030.00 BALANCE: \$22,774.00

READINGS & MASS INTENTIONS MARCH 11-19, 2023

Sunday: Ex 17:3-7/Ps 95:1-2, 6-7, 8-9 (8)/
Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42
Monday: 2 Kgs 5:1-15ab/Ps 42:2, 3; 43:3, 4/Lk 4:24-30
Tuesday: Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 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: Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14
and 17/Mk 12:28-34
Saturday: Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/
Lk 18:9-14
Next Sunday: 1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6 (1)/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

<u>DATE</u>	<u>TIME</u>	<u>INTENTION</u>
Saturday,	Mar 11 5:30 pm	Melissa Yelvington
Sunday,	Mar 12 8:00 am	Fr. Dave Leon
Sunday,	Mar 12 10:30 am	Luise Barrett
Monday,	Mar 13 7:30 am	Rosary
Tuesday,	Mar 14 8:00 am	Rosary
Wednesday,	Mar 15 8:00 am	Rosary
Thursday,	Mar 16 8:00 am	Rosary
Friday,	Mar 17 8:00 am	Rosary
Saturday,	Mar 18 5:30 pm	Melissa Yelvington
Sunday,	Mar 19 8:00 am	Paul Stenson
Sunday,	Mar 19 10:30 am	Dan Little



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



*Kelly Barker
Nonie Beach
Joyce Drexler
Katie Clark Larson
Jim Hill
Carmen Holt
Jason Laccone
Becky Rangel
Steve Rodkey
Joan Smith
Kailyn & Charis Whaley*

**Deployed Military**

**Meagan Abad, LT
Matthew D. Fuller, PV2
William W. Fuller II, PFC
Edward R.M. Lopez, SSgt
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.

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

ANNOUNCEMENTS



Morning Weekday Mass Schedule Please make note: There will be no morning Masses **March 14-23**. We will however be reciting the rosary at 7:30 AM and would love to see you there. Thank you for your understanding.



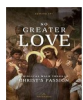
Knights of Columbus There will be a Council meeting on Tuesday, **March 14** at 7:00 PM in the parish hall. All Knights are encouraged to attend.



Lenten/St. Patty's Day Meal Please join fellow Queen of Angels parishioners on Friday, **March 17** after the 6:30 PM Stations of the Cross for a Special **Lenten/St. Patty's Day Meal** sponsored by the Knight's of Columbus. All practicing Catholics have been granted a dispensation from eating meat on this day but still must adhere to all Lenten obligations.



Queen of Angels Women's Auxiliary Our February meeting will be on Wednesday, **March 22** at 5:30 PM in the parish hall. All women of the parish are welcome to join as there is no better time than now as we continue to plan ways to serve our church community throughout the year. Mark your calendar and we look forward to seeing you there.



Bible Study There's still time to join our latest Bible Study that begun on March 7 for five weeks every Tuesday evenings from 6 PM-8 PM in the parish hall. Class is free. Additional study guide set is \$26.95 and the book only is \$14.99 plus shipping. To sign-up visit: ascensionpress.com/collections/no-greater-love#study-materials.

Thank You A big **THANK YOU** to our Queen of Angels Music Ministry for hosting and suppling the delicious soups at our recent Lenten Soup Supper on March 10. What a blessing you are!



Please Leave the Cry Room Cleaner Than You Found

It Upon leaving Mass when using the Cry Room **PLEASE** clean up after your children. Picking up all books and toys off the floor and placing them back in the storage basket only takes a few seconds and greatly enhances the appearance of the church. Thank You~



Baptisms We congratulate the newest member of our parish. **Remie Jo Omahen** daughter of John Christopher and Jenna Nicole Dykes was baptized on March 10, 2023. We lovingly welcome her into our Queen of Angels Faith Community!



Additional Opportunities for Reconciliation 2023



Our Lady of Perpetual Help, Lakeside	March 13	10:00 AM
Our Lady of Perpetual Help, Lakeside	March 13	7:00 PM
St. Martin of Tours, La Mesa	March 14	7:00 PM
St. John of the Cross, Lemon Grove	March 15	7:00 PM
St. Luke, El Cajon	March 23	7:00 PM
Guardian Angels, Santee	March 27	7:00 PM
Our Lady of Grace, El Cajon	March 28	7:00 PM

Stations of the Cross

Every Friday in Lent

at 6:30 PM in the Church
(MARCH 17, 24 & 31)

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 (EXCEPT MARCH 17)
following the
8:00 AM morning Mass until 9:30 AM

Reconciliation
Tuesday-Friday: 7:15-7:45 AM
Saturday: 4:00 PM, or by appointment

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

Friday are Days of Fasting & Abstinence.



Easter Egg Hunt



HOP On Over to the 1ST ANNUAL QUEEN OF ANGELS EASTER EGG HUNT

Hosted by the Knights of Columbus

**On Easter Sunday, April 9
after the 10:30AM Mass**

In the Church Playground

BYOB (Bring Your Own Basket/Bag)

All ages welcome; 18 years and younger.

**Parents are highly
encouraged to supervise their children.**



PASTOR'S PAGE

Friends,

One of the most common questions I get during Lent is, "Do I have to follow my Lenten penance (e.g., no chocolate) on Sundays?" But I have a problem with this question – several problems, actually, though it might surprise you how I mean that.

You see, the problem I have with the question is NOT that I think that we should all continue our Lenten penance on Sunday. I have physically counted out, with a calendar in hand, the number of days between Ash Wednesday and Easter Sunday, and the ONLY way to get to 40 days is if you DON'T count the Sundays. So no, you don't *have* to follow your Lenten penance on Sundays, or Solemnities for that matter (the Feast of the Annunciation, the Feast of Saint Joseph, and the Feast of the Lord's Supper on Holy Thursday). But we are asking the wrong question! Allow me to explain...

I would like to answer our "**wrong**" question with a question of my own: **why are we asking?** Why does it matter to us so much if we are allowed to, for example, eat chocolate again on Sunday? And what do I plan on doing if the answer is the one I'm hoping for? Because THAT reveals the real problem: nothing less than my heart, which is still far from the Lord, as evidenced by my desire to go in full reverse the moment I'm "allowed" to do so.

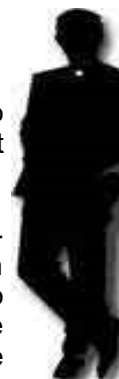
Let me give as an example a theoretical friend, whom we shall call Zerubabbel (why? because it's one of my favorite weird OT names, and also because I'm pretty sure we don't have any parishioners named "Zerubabbel" who might get offended when I use his name). Zerubabbel gave up his favorite tv show for Lent, and he bravely avoided watching it every night... but every Sunday, he binge watched all 6 hours of the show that he missed the previous week. So what was the point of it all? He would have been better off simply watching 1 hour of tv every night instead of cramming 6 hours in on Sunday. By treating the Lord's Sabbath, our day of rest, like this, Zerubabbel missed out on time he could have spent with his family, on time he should have spent praying and worshipping God on the Lord's day. So I ask again, what was the point of it all? I think we would all agree that he completely blew it, even though, according to the letter of the law, he kept his Lenten penance perfectly. But the way he did it highlights our real problem. Thank you, Zerubabbel!

But there is another, equally important reason why I have a problem with our original question. In the Gospel of Luke, Jesus is asked why his disciples do not fast. His answer is very telling: "Can you make wedding guests fast while the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast in those days" (Lk 5:34-35). Let's look closer at this, and in a particular way, look at his response through the prism of the liturgy. Why? Because every Mass is a remembrance and a re-presenting to the Father of the Paschal Mystery of Jesus Christ. At every Mass, Christ is present to us, in Word and in Sacrament, but most especially in the Eucharist, which we call "the source and summit of our faith" (CCC 1324-27). But every Sunday Mass (and every Solemnity), in a very special way, is when we as the family of God come together to "do this in memory" of the One who gave everything for us! In other words, every Sunday we celebrate the Divine Bridegroom being present with us again! And when the Bridegroom is with us, we cannot ask or demand that the wedding guests (you and I) fast.

This brings up the notion of true Christian freedom, because that is also at stake here. Saint Paul reminds us that, "For freedom Christ has set us free" (Gal 5:1a). We also remember that Sunday – the Lord's day – is given to us as a day of rest. And not just rest from work, but rest from *all* of our burdens... which includes Lenten penance. But what does that have to do with freedom? Well, because the Bridegroom is with us, we are free to decide whether or not we wish to keep our Lenten observance on Sundays or not. We are under no obligation to maintain our fast (though we certainly may – and in some cases, it may even be good for us to do so), just like we are under no obligation to break our fast. We are truly set free in Christ Jesus! And that is worth celebrating! Which is why, every Sunday, no matter what season we are in, the Church collectively exhales, and enters into the Lord's rest. We are free! So I implore you, brothers and sisters, to use your freedom responsibly and well, always keeping your eyes fixed upon Jesus, the author and perfecter of our faith – and our Divine Bridegroom. May our Lent be filled with blessing and spiritual fruitfulness, and may the Lord in His great love and mercy transfigure our hearts to be more like His own!

Awaiting the Bridegroom's Coming,

Fr. David



ANNOUNCEMENTS

LEGUMES FOR LENT

2023



Do a Work of Mercy For Lent - Feed the Hungry

Help the Sisters to buy MANY Bags of Beans

Dear friends of the Casa de Los Pobres,

Once again we are appealing to your generosity. The last time that we made this appeal in 2022 the response to our "Legumes For Lent" Campaign was truly heartwarming! As you can imagine, the need continues & is ever more urgent. For the meals and for the grocery bag program for the elderly, handicapped & families & for the Haitian refugees, they use over 8,000 pounds of dried pinto beans per month which cost between \$10,000 & \$12,000.

(To give an idea, a 10 lb. bag of dried Goya pinto beans on Amazon Prime is \$19.99)

Since beans are such an absolute staple in the lives of the people who come to the Casa, it would once again be a great blessing if they would receive donations to pay for enough beans to carry them at least through Lent & perhaps even through the whole Easter season. The sisters are asking for money to buy beans in Tijuana because sadly, it is almost impossible to get beans and canned goods (& clothing) across the Mexican border.

Here is quote from Sr. Armida sent regarding the mission of the Casa to the poor of Tijuana:

"When a young mother of 4 small children arrived at the Casa some time ago, the children were very malnourished, with very low weight and were very small for their age. What a blessing it is to be able to help this young woman in saving the lives of her children and offering them, along with their mother and father and grandmother, food, clothing, medicine & a better life. It is the loving embrace of the Casa and of God the Father, Jesus our Savior & the Blessed Virgin Mother of Guadalupe that is made possible through the wonderful generosity of our benefactors. Gracias por su generosidad!"

If you are able to donate the equivalent of 10 pounds of beans (approx. \$20) in the form of a donation made on the website or a check made out to Casa de los Pobres, USA or a gift card to Costco or Smart & Final (both have outlets in Tijuana), Sr. Armida, the other sisters, the people & staff of the Casa de los Pobres & I would be most grateful.

Please go the website www.Casa de los Pobres USA.com and click the "Donate" button or mail checks or gift cards to: Casa de los Pobres USA, PO Box 9596 San Diego CA 92169-0596. Please write "Legumes for Lent" in the memo line of checks, or in the memo area of PayPal donations. Thank you!

iQue Dios les bendiga! May God bless you! -Fr. Gil Gentile, SJ



Please feel free & even encouraged to forward this to anyone you know who might be interested!

ANNOUNCEMENTS

NATIONAL
Eucharistic
Revival

"Revival's in the Air"

NATIONAL
Eucharistic
Revival

Like many love stories, this one begins with a girl...

I was in college, working a slew of odd jobs, including playing at local bars and restaurants as a solo musician. I MET Amanda at a show one evening, and we hit it off.

Through a series of seemingly odd connections and random run-ins, we began dating each other. Amanda wasn't Catholic, but she was a committed Christian, and early in our relationship I even wondered if I had found "the one."

Then one day we had a serious discussion that revealed substantial theological differences. It sent me on a journey to re-evaluate my Catholic faith. What I found was what Venerable Fulton J. Sheen called "the greatest love story"—I fell in love with Jesus in the Eucharist. Amanda and I eventually parted ways, but my faith was never the same. Like many love stories, this one began with a girl, but it didn't end there.

That experience sent me on the mission of evangelization. If the Eucharist is the greatest gift Jesus could give us, since it is the gift of himself, then everyone should receive this gift. I spent the following years ministering to teenagers and families, sharing this message along with the beauty and depth of our Catholic faith. I've been given "front row seats" to the work that the Holy Spirit is doing in our world, specifically in the United States.

And let me tell you—revival is happening. Revival is here.

I cannot tell you how profoundly blessed I feel to serve as the Chief Mission Officer for the National Eucharistic Congress. Our Lord has been good to me by allowing me to play a small part in the work he is doing. I wake up every day and get to serve the Lord by loving my wife and my children and by empowering the incredible grassroots efforts that make revival possible.

We are all part of that. We are part of this love story that the Lord is telling.

Like any great story, there are mountaintop moments and very dark moments, but the thread throughout it all is the desire of Jesus Christ to revive our Church. Just as he called forth Lazarus from the tomb, he is calling to us. Yes, we are going to have an amazing National Eucharistic Congress that will send us out as missionaries. Yes, we will put forward initiatives at the diocesan and parish levels to help reinvigorate belief and devotion to the Eucharist.

But revival needs to happen in our hearts first. Revival is reinvigorating the love story the Lord has been striving for in your life. It's a radical openness to that transforming love. Revival happens here and now. It's happening as you read this email. Love stories have a beginning, but personal revival does, too. It begins with a moment—sometimes one that doesn't seem big or momentous, but in hindsight, it changes everything.

A quiet time of prayer.

A conversation.

An email.

Revival happens here. The only question we must answer is, "Are we ready for it?"

Rock in Christ,

Joel Stepanek

Chief Mission Officer for the National Eucharistic Congress Inc.



ANNOUNCEMENTS



WE NEED YOUR HELP!

Now Thru – April 2nd

Covering prayer shifts,
from 7:00am – 7:00pm every day for 40 Days
Tuesday is Queen of Angels' Day to Pray

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 Anne Baldwin at 619-572-8478
or Pat Hansen at 619-445-3822
to schedule your prayer time.

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



If you are grieving the loss of your marriage through
death, divorce or separation,
join us on **April 28 to 30, 2023**
at the **Prince of Peace Abbey Oceanside, CA.**

A trained team leads participants through a healing and growth program.
If you are ready to move through your feelings of grief, into the light of a
new beginning and hope, this weekend may be for you.

Contact beginningexperiencesd@gmail.com for more information.

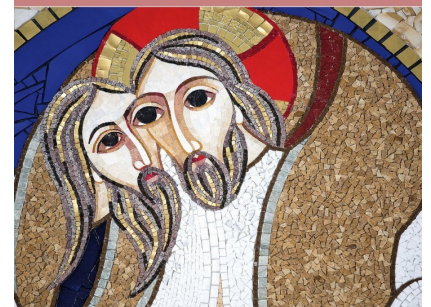
EXPLORER DAY

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 18**, 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. Cost is free. Pre-registration is required for this event.

IS GOD CALLING YOU TO BE A PRIEST?



The Church is the house of mercy, and it is the "soil" where vocations take root, mature and bear fruit.

- Pope Francis

3rd SUNDAY OF LENT

