

QUEEN OF ANGELS CATHOLIC CHURCH

THE MESSENGER

2569 W Victoria Drive
Alpine, CA 91901
Office: 619.445.2145

Office Hours

Monday - Thursday:
9:00 am to 2:00 pm
Friday: 9:00 am to Noon

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**May 14, 2023**

Envelopes Used	72
Envelope Collections	\$ 4,745.00
Plate Collections	\$ 478.00
TOTAL	\$ 5,223.00
April Online Collections	\$ 7,281.78



Queen of Angels 2023 Annual Catholic Appeal
"Living our Faith", has begun

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 2023 Annual Catholic Appeal for our parish.

GOAL: \$26,004.00 PLEDGE: \$ 6,515.00
BALANCE: \$23,089.00

READINGS & MASS INTENTIONS MAY 20-28, 2023

Sunday-Ascension: Acts 1:12-14/Ps 27:1, 4, 7-8/
1 Pt 4:13-16/Jn 17:1-11a

Monday: Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab/
Jn 16:29-33

Tuesday: Acts 20:17-27/Ps 68:10-11, 20-21/
Jn 17:1-11a

Wednesday: Acts 20:28-38/Ps 68:29-30, 33-35a,
35bc-36ab/Jn 17:11b-19

Thursday: Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11/Jn 17:20-26

Friday: Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab/
Jn 21:15-19

Saturday: Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14
or Jl 3: 1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30/Rom 8:22-27/Jn 7:37-39

Next Sunday-Pentecost: Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34/1 Cor 12:3b-7, 12-13/Jn 20:19-23

DATE	TIME	INTENTION
Saturday, May 20	5:30 pm	Mother's Day Novena
Sunday, May 21	8:00 am	Mother's Day Novena
Sunday, May 21	10:30 am	Mother's Day Novena
Monday, May 22	7:30 am	Rosary
Tuesday, May 23	8:00 am	Mother's Day Novena
Wednesday, May 24	8:00 am	Mother's Day Novena
Thursday, May 25	8:00 am	Becky Rangel
Friday, May 26	8:00 am	Souls in Purgatory
Saturday, May 27	5:30 pm	†Caterina Lo Coco
Sunday, May 28	8:00 am	Katie Clark
Sunday, May 28	10:30 am	†Al Florance

Prayer Requests

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



Bob Aguilar
Kelly Barker
Sue Dodds
Jim Hill
Carmen Holt
Jason Laccone
Stephen McMeeken
Jacqueline Meyer
Steve Rodkey
Joan Smith
Kailyn & Charis Whaley
Celeste Woestman
Melissa Yelvington

In Our Thoughts
& Prayers

**Deployed Military**


Meagan Abad, LT
Matthew D. Fuller, PV2
William W. Fuller II, PFC
Edward R.M. Lopez, SSgt
Rebekah Meyer, BM2(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

 **Women's Auxiliary** Our April meeting will be on Wednesday, **May 24** at 5:30 PM in the parish hall. All woman of the parish are welcome to join. Mark your calendar and we look forward to seeing you there.

 **Friendly Reminder** In observance of the Memorial Day holiday, the parish office will be closed on Monday, **May 29**. We will reopen at 9:00 AM on Tuesday, **May 30**. 

 **PLEASE Consider Assisting!** We here at Queen of Angels are always in need of **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 would like to assist with any of these positions please contact Father David in the parish office at 619-445-2145. We will work with your availability to serve at the Mass which you now attend. Note: We specifically need volunteers for the 8AM Mass. If you can assist just only once a month it would be greatly appreciated.

 **Spam Messages** Periodically in the parish office we experience an increase in spam messages mimicking staff email. We would like to remind everyone that no one at the parish office will ever request personal or financial information from you via email, especially on a individual basis.

*In honor of
Pentecost Sunday-May 28,*

*Queen of Angels will have
Eucharistic Adoration
prior to Sunday Mass services.*

*Adoration will begin at
7:00AM & 9:00 AM
for each respective Mass.*

*This is a great opportunity to increase our
Eucharistic devotion as a church and ready
ourselves for the upcoming
National Eucharistic Revival.*

Revival is in the Air!



KNIGHTS OF COLUMBUS SCHOLARSHIP

The Knight of Columbus will once again be awarding the

Andrew Tompkins Memorial College Scholarship Award

to practicing Catholics and members of Queen of Angels Parish. Applicants must be a senior in a Catholic, Public, Charter or accredited Home High School or a full-time student at an accredited College or Trade School.

Applications are available online at queenofangels.org.

Applications must be completed and **POSTMARKED NO LATER THAN MAY 31st.**



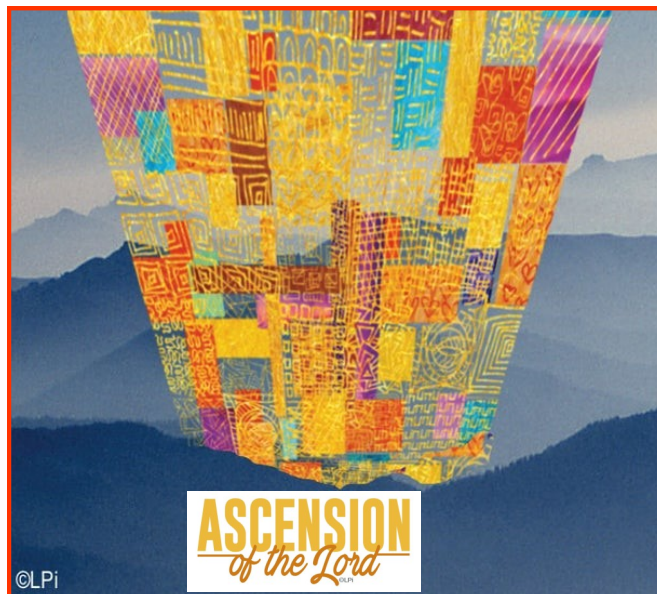
ETERNAL REST GRANT UNTO HIM O LORD



We wish to inform you of the death of **Ben Aguirre**, musician and organist at Our Lady of Light and former parishioner of Queen of Angels Church.

There will be a Funeral Mass at 11:00 AM
on Tuesday, June 6, 2023 at
Our Lady of Light Church in Descanso.
Burial will follow at Glenn Abbey Cemetery at 1:00 PM.

Our sympathy and prayers go to all who mourn the loss of Ben at this time. Please keep Ben and his family and friends in your prayers.



PASTOR'S PAGE

Friends,

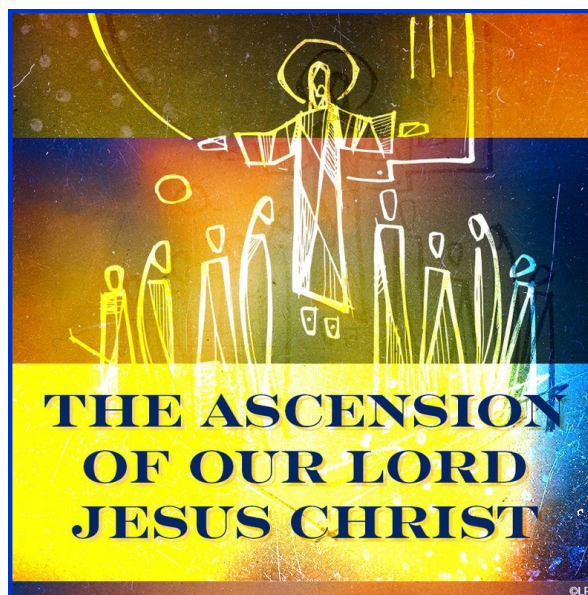
This past week – either last Thursday or this Sunday, depending on the diocese – the Church celebrates the Solemnity of the Ascension, the last piece of the puzzle, so to speak, of the Paschal Mystery of Jesus Christ. While it should need no introduction, we remember that the Ascension is when Jesus, 40 days after rising from the dead, returned to his Father in Heaven. It is the moment where Jesus gave his disciples what is often called “the Great Commission,” when he instructed them (and by extension, us) to, “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and behold, I am with you always, to the close of the age” (Mt 28:19-20). The Book of Acts additionally records that before ascending to Heaven, and anticipating the sending of the Holy Spirit at Pentecost (next Sunday), he also told them, “But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth” (Acts 1:8).

I will leave the discussion of how we are called to live out the Great Commission for another time; today I would rather go back to why it is so terribly significant that the Ascension is mentioned alongside the Passion, Crucifixion, and Resurrection of Jesus in the Paschal Mystery. Sometimes we can get so caught up in the spiritual – which is ordinarily a good thing – that we forget how beautifully incarnational our faith is. Jesus Christ did not merely disguise himself as a human, or project some supernatural hologram of himself onto the earth for approximately 33 years. We believe that he truly became one of us! He really did take on human flesh and bone: “And the Word became flesh and dwelt among us, full of grace and truth” (Jn 1:14a). Jesus was no more a hologram or figment of Mary and Joseph’s imagination than I am a hologram or figment of your imagination, or you of mine. He was really here. And he really died. And he really rose from the dead three days later. And – this is **HUGELY** important – he really did ascend to Heaven and return to his Father in glory. Why is this so important for us? It’s the reason why for the majority of this past Easter season we shifted from proclaiming the Nicene Creed (“I believe in the resurrection of the dead”) to the even more ancient Apostle’s Creed (“I believe in the resurrection of the body”). It’s important for us to remember that at the last judgment, when God rights every wrong and wipes away every tear (cf. Rev 21:4), we will be reunited with our bodies, glorified just like the resurrected body of Jesus, and that we too will enter the joys of Heaven, not just spiritually, but in a way that encompasses every aspect of our humanity, just as God created us in the beginning (cf. Gen 2:7). Jesus came to redeem us – and that means **ALL** of who we are, everything that makes us human. And the proof of that is that when he returned home to prepare a place for us... he ascended bodily.

Brothers and sister, we don’t know exactly what Heaven will be like or exactly what to expect once we get there (we do have an idea and can make some fairly educated guesses, but that goes beyond the scope of this bulletin), only that “no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love Him” (1 Cor 2:9; Is 64:4). But we do know that it will be something that we get to experience in the complete totality of our humanity, body and soul, because the One who prepares the way for us to follow – the One who himself is the Way, the Truth, and the Life – is fully human, just like us.

Overwhelmed by the Gift,

Fr. David



ANNOUNCEMENTS



“Revival’s in the Air”

EucharisticRevival.com (website)

[E. Eucharist. Formed.org](https://www.ice.la/Eucharist.Formed.org) (platform)

Dear Friends,

This Easter Season thousands of children around the country will celebrate their First Holy Communion. A couple of weeks ago, the little children I am privileged to teach received the Eucharist for the first time. A few days later, I invited them to share what they felt in their hearts when they received Jesus. Most of the children had a powerful emotion to share—for some excitement, for others happiness and joy.

Yet, I was most moved by the responses of two little girls who remarked that *they didn’t feel anything at all*. I was so impressed by their sincerity and asked them whether, despite not having felt anything, they had *encountered* Jesus. In their own way, both girls responded that yes, indeed, Jesus had come to them. They knew that Jesus is real. Jesus loves them.

As we continue this journey of Eucharistic Revival, let us learn from these innocent little children a pivotal lesson: *encountering Jesus is not about a feeling we may experience or want to experience*. Our feelings do not prove that we have had an encounter. Encounter is about a relationship. In good times and bad times, whether we feel it or not, *Jesus is with us and we are with him*. He doesn’t judge our emotions, because emotions are neither good nor bad. But, he wants to help purify our motives.

Brothers and sisters, let’s ask Jesus today, right now, to help us seek him *for himself*. Just as Jesus has given himself *for us*, let us give ourselves completely for him—and through him, for one another.

May Mary, Mother of the Eucharist, help us enter more completely into communion with each other through Jesus. May our bond of unity be the joyful witness that draws those who have wandered far away from the Eucharist back to the Source and Summit of our Christian life!

In Jesus,

Sister Alicia Torres
Managing Editor



ANNOUNCEMENTS

MENTAL HEALTH PODCASTS


May is National Mental Health Month



Podcasts are recorded audio programs that you can listen to online or with an app like Apple Podcast, Spotify, or Stitcher. Keep in mind that mental health podcasts are not a replacement for a therapist, but can be a great way to learn and get insights. Some popular podcasts include:

- Feeling Good with David D. Burns, MD
- The Hardcore Self-Help Podcast with Duff the Psych
- The Happiness Lab with Dr. Laurie Santos
- The Anxiety Podcast with Tim JP Collins
- Terrible, Thanks for Asking with Nora McInerney
- Therapy for Black Girls with Joy Harden Bradford, PhD
- The Mental Illness Happy Hour with Paul Gilmartin
- The Self Work Podcast with Dr. Margaret Rutherford
- Meditation Minis with Chel Hamilton

Please note that these links are being provided for informational purposes only. We are continuously updating this list of resources.



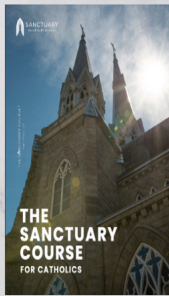
MENTAL HEALTH MINISTRY INVITES YOU!

THE SANCTUARY COURSE®

FOR CATHOLICS

It is an 8-session course, specially designed for small groups. The objective is to explore the different realities and mental health issues. The current needs generate the urgency to create space to have these collective faith-based conversations about mental health.


1 in 4 people is affected by a mental health challenge.
The stigma around this issue silences many and impedes religious communities from responding compassionately and effectively.



Tuesdays 6:30pm – 8:30pm
May 16 & 30
June 13 & 21
July 11 & 25
August 1 & 15

Good Shepherd Parish
 St. Bernard Room
 8200 Gold Coast Drive
 San Diego, CA 92126

Each session includes a video that present the stories of Catholics living with mental health issues. The perspective of archbishops, theologians and psychologists regarding mental health is also explained.



The objectives of this course are educational only and the information provided is not a substitute for medical or therapeutic advice.

THERE IS NO HOMEWORK, BUT IT'S RECOMMENDED THAT YOU READ/LISTEN TO THE SESSIONS IN ADVANCE OF MEETING. YOU HAVE THE OPTION OF READING THE TEXT ONLINE OR FOR A \$10 DONATION PURCHASE A PRINTED COPY. THERE WILL BE A LIMITED NUMBER OF COPIES IN THE FIRST SESSION. TO RESERVE YOUR COPY, PRE-REGISTER FOR THE CLASS.

FOR MORE INFORMATION: MENTALHEALTHMINISTRY@GOODSHEPHERDPARISH.NET

PENTECOST MASS FOR ALL PEOPLES



SATURDAY

MAY 27

2023

Feast of Faith

Experience a colorful feast of languages, cultures, and traditions:
 Heritage Exhibits | Ethnic Food Tasting | Live Music

Let us pray, celebrate, and share the many gifts of our universal Church.

All Are Welcome!

10 am | Call to Worship
 11 am | Mass with Cardinal McElroy
 12 pm | Festival of Cultures

NEW LOCATION: San Diego Miramar College
 Hourglass Field House & Gymnasium
 10440 Black Mountain Road, CA 92126





Sharing Christ's Love in Eucharistic Worship

Rejoicing with Newly Baptized | Highlighting New Generation of Priests
 Listening to One Another as Members of One Human Family

WEAR TRADITIONAL ATTIRE
adiatz@sdcatholic.org | (858) 490-8306

FREE FAMILY EVENT

ANNOUNCEMENTS

Ecce Homo...in all His glory

The heart-piercing flash of time when the wife's eyes lock with her husband's as she steps into the lifeboat, but he stays on board the listing ship. The wailing and crying as mothers and children are ripped apart on the platform at Auschwitz-Birkenau. The well-loved cousin who leaves his far-flung relatives' home after a visit, everyone knowing he will never pass that way again. The emotional farewell. The final, bittersweet call. The last hug and tender kiss on the teary cheek. History, literature, and everyday reality are thick with dramatic goodbyes.

Departures can be painful, none more than the mysterious finality of a soul's departure from this life. For those without faith, confusion deepens the pain. Without God there is, after life, just the void. The real absence.

Emptiness, chaos, and guesswork about what frightening reality awaits behind the curtain. Today's Feast of the Ascension is a peek behind that curtain and what the believer sees is life, fulfillment, and hope. In the Ascension, we have a preview of coming attractions and much, much more. Forty days after His Resurrection from the dead, the disciples witness the Lord go away. But they are not sad. Saint Luke relates that the disciples were full of joy upon returning to Jerusalem after witnessing Jesus' Ascension on the Mount of Olives. Jesus had gone away but had not died. He had departed but was fully alive. Christ showed that there was an alternative path, a different way to "do" leaving time and space.

Most memory is happy memory. We naturally forget what causes us pain and embarrassment and more easily retain what brings smiles and light. Our Catholic religion serves us well when it remembers truths on our behalf. The Church tells us year in and year out where we came from—God. It reads to us at Mass the stories of our salvation. It reminds us that death and suffering are painful but not the end. And in the Ascension the Church preserves the very positive memory of man's greatness. The Ascension reinforces our dignity. It is a shot of vitamin B right into the spine. We stand taller and straighter when we know that we are meant to live forever in the Father's house in heaven.

Many modern biologists point to a pile of wet clay and say, "Look, here is man." Modern visual artists often show bloody, suffering, degraded man and say, "Look, here is man." Sensualists sell the unclothed body to the lustful and say, "Look, here is man." Pontius Pilate stood the broken and bloody body of Jesus before the rabble and said the same, "Ecce Homo." Today the Church asks its believers to gaze up at the Ascension and to say, "Here is man too. Here is the body restored, in all of man's resplendent power." It is not enough for us to guess about our origins. We must reflect upon our destination. Where we are going says more about us than where we came from. Man is not a small pile of dirt. He is not his broken jaw, his foreclosed home, his failed marriage, or his carnal desires. He is these things, but he is more. Man is great because God is great. At Mass the priest says, "Lift up your hearts," and the people respond, "We lift them up to the Lord." Indeed. Today we marvel at the spectacle of the God-Man Jesus Christ ascending to heaven and to home. From that high place, and only from there, can we properly gauge our dignity. The Ascension should not invite speculation about the number of rooms in the Father's mansion, or how exactly the Lord zoomed up into the clouds. The Ascension is about what comes next. It's about our dignity. It teaches us that self importance is nothing. It is union with God that makes us great and makes us happy.

Lord Jesus, You were from Mary biologically but from the Father theologically. On this Feast of the Ascension, You return to the Father's house. Help all who believe in You and who belong to You in the Church to one day join You in that heavenly home forever and ever.

