

QUEEN OF ANGELS CATHOLIC CHURCH

2569 W Victoria Drive
Alpine, CA 91901
Office: 619-445-2145
www.queenofangels.org

Office Hours

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

Holy Sacrifice of The Mass

Saturday: 5:30 pm
Sunday: 8:00 & 10:30 am

Daily Mass

Tuesday-Friday: 8:00 am

Rosary

Monday-Friday: 7:30 am



Mary, Queen of Angels, pray for us!

Confession

Tuesday-Friday: 7:30 am,
Saturday: 4:00 pm,
or by appointment

Eucharistic Adoration

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

First Friday Devotions

Adoration/Confession: 10:00 am
Mass: 11:30 am

First Saturday Devotions

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

Baptism, Holy Matrimony & Funerals

Contact Fr. David

Clergy

Rev. David Exner: **Pastor**, frdexnerqofa@gmail.com

Parish Office Staff

Enriqueta Luquin: **Business Manager**, enriquetaqofa@gmail.com

Jacob Brown: **Administrative Assistant**, jacobqofa@gmail.com

Glenn D'Abreo : **Music Coordinator**, glennqofa@gmail.com

Darlene Ames: **The Messenger**, bulletinqofa@gmail.com

Parish Email: parishqofa@gmail.com

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 858-0490-8353.

STEWARDSHIP OF TIME, TALENT & TREASURE**February 3-4, 2024**

Envelopes Used	82
Envelope Collections	\$ 6,058.24
Plate Collections	\$ 520.74
TOTAL	\$ 6,578.98

**Collection of old Blessed Palm Leaves**

Queen of Angels will be collecting old blessed palm leaves from last year's Palm Sunday. Look for the basket in the vestibule of the church to place the leaves in. Father David will burn the leaves and the ash will be added to our reserve.

**READINGS & MASS INTENTIONS FEBRUARY 10-18, 2024**

Sunday: Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 (7)/
1 Cor 10:31—11:1/Mk 1:40-45
Monday: Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76/
Mk 8:11-13
Tuesday: Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19/
Mk 8:14-21
Wednesday: Jl 2:12-18/2 Cor 5:20—6:2/Ps 51:3-4,
5-6ab, 12-13, 14 and 17/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: Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 (see 10)/
1 Pt 3:18-22/Mk 1:12-15

DATE	TIME	INTENTION
Saturday, Feb 10	5:30 pm	Erica Rangel McCall
Sunday, Feb 11	8:00 am	†Bernadette Gross
Sunday, Feb 11	10:30 am	†Tom & Toshiko Brown
Monday, Feb 12	7:30 am	Rosary
Tuesday, Feb 13	8:00 am	Christopher Lee
Wednesday, Feb 14	8:00 am	Our Parish Family
Wednesday, Feb 14	6:00 pm	Jerry & Joanne Price
Thursday, Feb 15	8:00 am	Danny Lee
Friday, Feb 16	8:00 am	Joe & Lois Agosta
Saturday, Feb 17	5:30 pm	†Jacqueline Meyer
Sunday, Feb 18	8:00 am	Deacon Fred Thornton
Sunday, Feb 18	10:30 am	Jim Hill

Prayer Requests

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



*Kelly Barker
Bill Brundage
Katie Clark
Mike Gust
Jim Hill
Chik Hylton
Carmen Holt
Jason Laccone
Steven McMeeken
Richard Nixon
Becky Rangel
Steve Rodkey
Joan Smith
Deacon Fred Thorton
Kailyn & Charis Whaley
Celeste Woestman*

*...may they find joy in
the healing love of Christ.*

**Deployed Military**

Meagan Abad, LT
Matthew D. Fuller, PV2
William W. Fuller II, PFC
Edward R.M. Lopez, SSgt
David J. McIntyre, PFC
Rebekah Meyer, BM2(sw)
Nicholas Palstorm, E8
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 bulletinqofa@gmail.com.

*Names remain listed for four weeks and can be renewed by contacting
Darlene Ames at bulletinqofa@gmail.com.*

ANNOUNCEMENTS



Lenten Literature Try and stop by the donut/multi-purpose room any time after Mass to pick up material to enhance your **Lenten Journey**. We are offering resources for all ages.



The Magnificat Lenten Companion Are you looking for a way to develop a more fervent practice of your Catholic faith this Lenten season? Let the *The Magnificat Lenten Companion* be your guide. This booklet is available in the vestibule of the church. Suggested donation \$1.00.



THANK YOU to those who have so selflessly and willingly signed up to volunteer and sponsor a Lenten Soup Supper here at Queen of Angels. Your kind deed does not go unappreciated. If you or your ministry community have any questions regarding Soup Supper don't hesitate to reach out to Darlene Ames at bulletin@queenofangels.org or at 619-445-2145.



Knights of Columbus There will be a Council meeting on **Tuesday, February 13**, at 7:00 PM in the parish hall. All Knights are encouraged to attend.



40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion businesses.

WE NEED YOUR HELP!

Starting February 20th – March 24th

**Covering prayer shifts,
from 7:00am – 7:00pm every Tuesday for 5 weeks**

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)

For more information or to schedule your prayer time sign-up after all Masses or contact Yvonne Harris at yvonne@goharris.net

www.40daysforlife.com/elcajon

**Join us for our Opening Ceremony &
Sidewalk Prayer Procession:**

**Tuesday, February 13th at 5:00 PM,
1625 E. Main Street, El Cajon**

(Dress comfortably. Will be held rain or shine!)

Youth Group All middle school and high school youths are invited to our next meeting on **February 14**. Bring a friend; bring two friends and join in some fun, music and fellowship.



Stations of the Cross During the Lenten Season Stations of the Cross will be recited every Friday at 6:30 PM in the church. Please consider being a part of this special devotion that commemorates Jesus Christ's last day on Earth as a human.



Soup Supper Please join fellow Queen of Angels parishioners on Friday, **February 16** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by the *Knights of Columbus*.



Faith Formation There will be no Faith Formation classes next Sunday, **February 18** in observance of Presidents' Day. Please make a note of this. Classes will resume on **February 25**.



Please Note: The parish office will be closed on Monday, **February 19**, in observance of Presidents' Day. We will reopen on Tuesday, February 21, at 9:00 AM.



Green Thumb Gardeners There still are several beautiful Poinsettia plants that weren't picked up from the Christmas season. With proper care these plants can thrive year round and rebloom. If you would like one or two please help yourself.



Masses on February 14, 2024

**Ash Wednesday are:
8:00 AM & 6:00 PM**

*Ashes will be distributed at all Masses.
This is a Day of Fasting and Abstinence.*

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



Additional Opportunities for Reconciliation 2024

St. John of the Cross, Lemon Grove	February 19	7:00 PM
Santa Sophia, Spring Valley	February 20	7:00 PM
Queen of Angels, Alpine	February 21	7:00 PM
St. Martin of Tours, La Mesa	March 4	7:00 PM
St. Therese, San Diego	March 6	7:00 PM
St. Pius X, Jamul	March 7	7:00 PM
Our Lady of Perpetual Help, Lakeside	March 11	10:00 AM
Guardian Angels, Santee	March 11	7:00 PM
Holy Trinity, El Cajon	March 12	7:00 PM
St. Luke, El Cajon	March 14	7:00 PM
Our Lady of Grace, El Cajon	March 20	7:00 PM

ANNOUNCEMENTS**Music in Lent**

Lent, our 40 day season of prayer, fasting, and almsgiving is a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we look for our Lord through prayer; we give of ourselves to others through almsgiving and other types of service; and we practice self-control through fasting. We are called to abstain from luxuries during Lent, through a true inner conversion of heart as we seek to follow Christ's will more faithfully.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. It is the same with music in church. Celebrating the Eucharist is such a profound privilege and such a source of joy that we cannot keep from singing. It is an excellent way of fasting from what we love to do as a source of joy. It is for this reason that we take down our exuberance in music. It is a fast from all the enjoyable music we love to sing in church.

We will have a change in the way we usually begin Mass. We will not be doing an entrance hymn during Lent. Instead, we will be singing a simple chant that has historically been done during Lent. "Parce Domine" is derived from the book of Joel 2:17. *Parce Domine* is a Lenten lament. It is one of the responses designated to be sung by the choir during the imposition of the ashes on Ash Wednesday. We will be singing this every Sunday during Lent. A request to our God, for pardon of our sins.

We will be rehearsing it for the first couple of Sundays so that everyone is familiar with it. It will have the effect of reminding us that Lent is a time of prayer and trying to get closer to Jesus. It will also help us to unleash our joy when it is time to celebrate His glorious Resurrection when we restart singing all the music we usually enjoy during the rest of the Year.



Glenn D'Abreo
Music Coordinator

"THE ONLY THING BETTER THAN SINGING IS MORE SINGING!"
Ella Fitzgerald

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

SIXTH SUNDAY IN ORDINARY TIME

AWAY	BESEECHING	CAME
CHARGED	CLEAN	CLEANSING
COMMANDED	HAND	IMMEDIATELY
KNEELING	LEFT	LEPER
LEPROSY	MADE	MAKE
MOSES	MOVED	NOTHING
OFFER	ONCE	PEOPLE
PITY	PRIEST	PROOF
SAID	SENT	SHOW
STERNLY	STRETCHED	TOUCHED

ANNOUNCEMENTS

GOSPEL MEDITATION

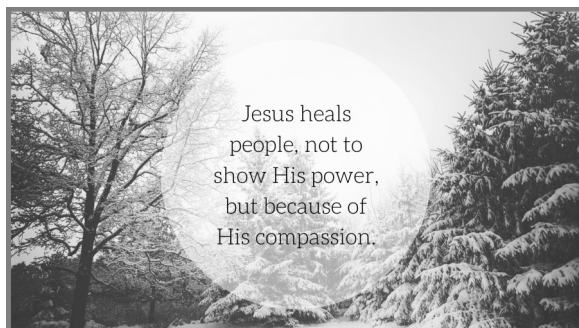
February 11, 2024
6th Sunday in Ordinary Time

Recently I had a skin rash, and it was awful. (Please don't tell anyone.) I am embarrassed to admit that I didn't handle it well. Complaining, whining, begging for sympathy, and crying were my responses to the merciless itching and burning. In the aftermath, a silver lining emerged. I feel a new heartfelt sympathy for all those vexed with chronic skin problems. If you've ever had a seemingly unending skin problem, you know how that sympathy flows up from deep inside.

This gut-level compassion is something like what the Gospel describes in Jesus when the sore-covered leper says, "If you will it, you can make me clean." At this, just before the healing, Jesus was "moved with compassion." The Greek word used here is strong and earthy, closer to "his bowels and guts trembled with the deepest emotions of sadness, pity, and love." In Jesus, God heals our infirmities not from a divine distance but by learning what it feels like to be us. He acquires first-hand experience of what it costs us to be afflicted and still be faithful to God. He sympathizes with the burning, itching, and blistering of human existence in the deepest, first-hand way. To discover that is to touch Jesus' heart.

What in your life, right now, is breaking out like diseased skin? What is getting worse the more you try to soothe it? Perhaps only you feel it. Or maybe it's exposed to all. A bad habit, broken relationship, loneliness, fear of failure, self-hatred? Name it, and then find a way to bring it confidently to Jesus who will feel what we are feeling, and thereby heal us.

— Father John Muir
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Sin and Loneliness

By Colleen Jurkiewicz Dorman

When I was in high school, we read "The Metamorphosis" by Franz Kafka. It's a depressing little novella about a man (spoiler alert!) turns into a cockroach and dies of neglect, his family gradually ceasing to recognize the creature he has become.

"Never underestimate how badly human beings need touch," our teacher told us. "Without each other, we curl up and die."

Our need for communion with each other is written into our biology — breathing and heart rate of newborns regulates when they lie against the skin of their mothers, and we instinctively reach out to embrace someone who has been wounded. But it is also written into our souls. Consider the early days of the pandemic, and the emotional starvation we all experienced, prevented from gathering in groups to worship, to celebrate and to mourn. And when we did encounter other people, we kept a mutual distance. "I feel like a leper," we grumbled to our families when we returned home, because we finally understood it: the real tragedy of leprosy is not pain and disfigurement. The real tragedy of leprosy is loneliness.

"If you wish, you can make me clean," begged the leper as he knelt before Christ (Mark 1:40). He wasn't begging for deliverance from pain and disfigurement. He was begging for deliverance from isolation.

"If you wish, you can make me clean," we beg God in confession, not because we are physically withering and dying but because we are so desperate to once again be held in His embrace.

"Moved with pity, he stretched out his hand, touched him, and said to him, 'I do will it. Be made clean.'" — Mark 1:41

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ANNOUNCEMENTS**ST. PAUL CENTER
presents
2024 LENT CHALLENGE**

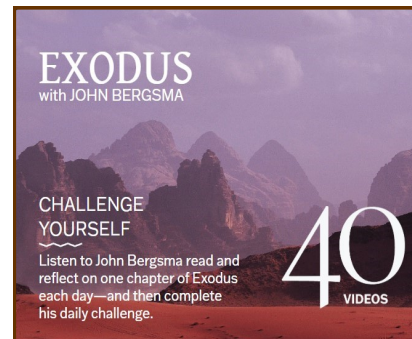
This Lent, join Scott Hahn and John Bergsma as they lead us out of exile and on the journey home. Like the Israelites of old, we are not home. And yet, there is great hope in our sojourning - in our movement back to God.

Each day of Lent, spend ten minutes with John Bergsma as he reads and reflects on one chapter of the Book of Exodus and then gives you a daily challenge to complete.

Once a week, join Scott Hahn as he delivers an inspiring series of 8 talks based on his new book *Catholics in Exile* – filmed with a live audience at the new St. Paul Center headquarters.

Exodus & Exile will officially begin on **Ash Wednesday-February 14th** and ends on **Easter Sunday-March 31st**

For more information and to sign up visit: www.stpaulcenter.com/exodus/

***Prayer for Married Couples***

*O God, who in creating the human race
willed that man and wife should be one,
keep, we pray, in a bond of inseparable love
those who are united in the covenant of Marriage,
so that, as you make their love fruitful,
they may become, by your grace, witnesses
to charity itself.*

*Through Christ our Lord
Amen*

World Marriage Day February 11, 2024



**A man walks into a church, outside of mass hours and finds the priest.
He pulls out a gun and he says, "give me everything you have."
The priest panics and desperately searches his pockets. He does not have any
money on him, but he has several pieces of wrapped candy, which he holds
out and says, "I'm sorry. This is all I have!"**

The robber replies, "But Father, I gave up candy for Lent!"



ANNOUNCEMENTS

A HEALING RETREAT FOR ADULTS WITH DIVORCED OR SEPARATED

Parents



Mission San Luis Rey Retreat Center

MARCH | 1 - 3 | 2024

Join the Archdiocese of Los Angeles, the Diocese of Orange and the Diocese of San Diego for this unique experience of Christ's healing. For more information, contact Janelle at jperegoyesdcatholic.org

Register at <https://rcbo.org/acod>

\$375 for Single Occupancy, \$325 for Double Occupancy before Jan. 15

Lent and the Flood

By Colleen Jurkiewicz Dorman

I would bet money that somewhere in your church this Lent, there's a bare tree branch draped in purple fabric and an empty bowl filled with rocks.

I'm not poking fun, the desert imagery that surrounds the season of Lent isn't a cliché — or if it is, it's only because clichés are essentially true. Lent is the desert. Lent is the wilderness. Lent is the time of less.

But what if Lent was also the flood?

It seems counterintuitive, floods are excessive, and we don't think of Lent as a time for superabundance. Lent is when we limit experiences outside of ourselves in order to limit proclivities within ourselves. Lent is not a time for anything to be washing over us, consuming us, carrying us away on a tide.

Unless...it is.

Consider the flood of the Old Testament. An act of destruction, yes, but also an act of purification. An endurance test for the soul, an epic trust fall exercise between God and Noah in which Noah had to ride the literal waves, clinging to life as God wiped away everything familiar. Everything sinful.

In Lent, we relinquish our weaknesses and our infirmities to the flood. It's frightening, certainly. But it's also exciting. Because just as the flood destroys everything, it also makes everything possible. It is a baptism.

Lent, like the flood, makes the world new.

*"Put to death in the flesh, he was brought to life in the Spirit."
— 1 Peter 3:18*

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Marriage Enrichment Retreat 1

MARCH 16-17 2024

MISSION SAN LUIS REY
4050 MISSION AVE
OCEANSIDE, CA



Early Bird Price \$285

ends January 31st

Regular Price \$300

Scan QR to Register



FOR MORE INFO CONTACT
HOWEN 858-833-8591 OR JANICE 858-837-2581