

# 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](mailto:frdexnerqofa@gmail.com)

### Parish Office Staff

Enriqueta Luquin: **Business Manager**, [enriquetaqofa@gmail.com](mailto:enriquetaqofa@gmail.com)

Jacob Brown: **Administrative Assistant**, [jacobqofa@gmail.com](mailto:jacobqofa@gmail.com)

Glenn D'Abreo : **Music Coordinator**, [glennqofa@gmail.com](mailto:glennqofa@gmail.com)

Darlene Ames: **The Messenger**, [bulletinqofa@gmail.com](mailto:bulletinqofa@gmail.com)

**Parish Email:** [parishqofa@gmail.com](mailto:parishqofa@gmail.com)

**Women's Auxiliary:** [womensauxiliaryqofa@gmail.com](mailto:womensauxiliaryqofa@gmail.com)

**Knights of Columbus:** [knightsofcolumbusqofa@gmail.com](mailto:knightsofcolumbusqofa@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](http://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



*We ask you to prayerfully consider how the Lord is inviting you to give towards this year's appeal. Your continued generosity in support of our local Church is vital to the mission of the Universal Catholic Church.*

**GOAL: \$25,607.00 PLEDGE: \$5,960.00**  
**BALANCE: \$19,647.00**

DIOCESE OF SAN DIEGO 2024 ANNUAL CATHOLIC APPEAL

## READINGS & MASS INTENTIONS JULY 20-28, 2024

**Sunday:** Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/ Eph 2:13-18/Mk 6:30-34  
**Monday:** Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18  
**Tuesday:** Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/Mt 12:46-50  
**Wednesday:** Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and 17/Mt 13:1-9  
**Thursday:** 2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/ Mt 20:20-28  
**Friday:** Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23  
**Saturday:** Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/ Mt 13:24-30  
**Next Sunday:** 2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 (see 16)/Eph 4:1-6/Jn 6:1-15

DATE	TIME	INTENTION
Saturday, Jul 20	5:30 pm	†Harold Hensle
Sunday, Jul 21	8:00 am	
Sunday, Jul 21	10:30 am	†Esther Villa
Monday, Jul 22	7:30 am	Rosary
Tuesday, Jul 23	7:30 am	Rosary
Wednesday, Jul 24	7:30 am	Rosary
Thursday, Jul 25	7:30 am	Rosary
Friday, Jul 26	7:30 am	Rosary
Saturday, Jul 27	5:30 pm	†Harold Hensle
Sunday, Jul 28	8:00 am	
Sunday, Jul 28	10:30 am	†Al Florance

### PRAYER REQUEST

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



Kelly Barker  
 Joyce Drexler  
 Mike Gust  
 Jim Hill  
 June Hill  
 Carmen Holt  
 Eugene Isaacs  
 Deacon Fred Thornton  
 Jason Laccone  
 Steven McMeeken  
 Rebekah Meyer  
 Suzie Pfingsten  
 Donald Rakestraw  
 Donna Rakestraw  
 Jack Welch  
 Kailyn & Charis Whaley

...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](mailto:bulletinqofa@gmail.com).

Names remain listed for four weeks and can be renewed by contacting Darlene Ames at [bulletinqofa@gmail.com](mailto:bulletinqofa@gmail.com).



## ANNOUNCEMENTS



**Mark Your Calendars** There will be NO morning Mass **July 23-26** as Father David will be out of town. Please however consider joining us as we recite the rosary at 7:30 AM during these days.



**OCIA** For any adults who are interested in learning more about, or joining, the Catholic Church, or for those who want to complete their sacraments, the Order of Christian Initiation for Adults (OCIA) will begin in September. Please check the parish webpage to complete the inquiry form, and please contact Fr. David if you have any questions.



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



**MISSIONS** **Missionary Appeal** Next weekend, **July 27-28**, Father Ben Chinnappan, Mission Coordinator for the Diocese of Chingleput, India will be speaking at all Masses to promote education among the poor children in India. When contributing to this worthwhile cause, please use the special designated yellow envelopes found at the church entrance.



**Peter's Pence** If you haven't had time to donate to the Peter's Pence collection and would still like to envelopes are available at the entrances to the church. The collection will remain open until the end of July and is an annual, worldwide collection that supports the charitable and evangelical works of the Church throughout the world. Please pray and ask the Lord how He is calling you to give towards His Kingdom and His work.



**"Spiritual Rosary" Books** Queen of Angels has the "Spiritual Rosary" book available for purchase. This book is the modern version of the way the rosary was once prayed throughout Western Europe in the late Middle Ages. This book is for everyone as it helps one to keep thinking about the Mysteries of each decade of the Rosary, while reciting the rosary. The books are available in the office during normal business hours for \$15.00. Limited supply, purchase yours now.



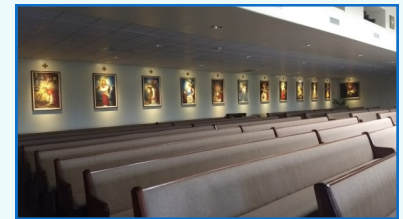
### QUEEN OF ANGELS CATHOLIC CHURCH

#### MEMBERSHIP IN THE PARISH

All Catholic adults living in the parish and regularly participating in the Liturgy here are asked to register in the parish. Church attendance alone does not make you and your household registered members of our parish family. Registration is required for Baptism, First Communion, Confirmation, Marriage and enrollment in our Religious Education programs.

To register, please contact Father David at 619-445-2145 during regular business.

Welcome to **QUEEN OF ANGELS**, our hidden jewel in the Diocese of San Diego!



### Registration for the 2024-2025 Year is officially OPEN!

The link to the registration form can be found on the parish website

[queenofangels.org](http://queenofangels.org)

#### PLEASE TAKE NOTE:

Registration is **FREE** from now until the end of July, so sign up early and sign up **NOW!**



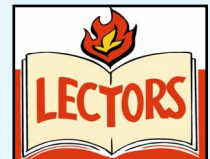
Faith Formation

We at Queen of Angels are always in need of more **Altar Servers, Communion Ministers, Lectors, Ushers & Choir Members.**

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

If you can assist 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****SAVE THE DATE!**

**July 28, 2024**  
**After the 10:30AM Mass**

The Knights of Columbus will be hosting a

***-SUMMER BBQ LUNCHEON-***

The fine Knight Chefs will be serving up Hamburgers & Hot Dogs  
with all the yummy side

This event is

**FREE**

Bring your Parents, Grandparents & Children and enjoy a Summer BBQ Luncheon  
with fellow Queen of Angel parishioners.



**COME EAT & ENJOY!!!**

**MISSIONARY APPEAL**

Office for the Missions  
San Diego Diocese

Christianity is India's third-largest religion with approximately 30 million followers, constituting 3% of India's population. Around 70% of Christians are Dalits, a marginalized group without any rights or power. Dalits are formerly known as 'Outcaste or Untouchables' under the caste system of India. For centuries, they have been deprived of education, social justice, and equal opportunity. Due to poverty, the children are unable to continue their schooling and end up working in restaurants, tea shops, brick kilns, hazardous firework factories and weaving factories. They are robbed of their beautiful childhoods and bright futures. More than 15 million children are listed as child laborers in India. The only way these children can break this vicious cycle of poverty, abuse and oppression is to return to school. In this painful context, our Bishop, A. Neethinathan makes this appeal in seeking your help and prayers. Your generosity through this mission appeal can help our children return to school and enjoy their childhood. You can surely prevent many children from child labor, child trafficking and child migration. Your contribution will be used to pay school fees, books, and uniforms. You can also support a child through educational sponsorship at [www.dalitsolidarity.org](http://www.dalitsolidarity.org)



Father Ben Chinnappan

Thank you and may God richly bless you for answering God's greatest commandment -- to love.

## ANNOUNCEMENTS

### WELCOME TO QUEEN OF ANGELS CATHOLIC FAITH COMMUNITY

We warmly welcome all visitors to our parish, the heart of our catholic Faith-life in Alpine since 1951. Thank you for joining us for Divine Worship. We hope you will find ways to participate in and support our parish life and mission by sharing your time, talent and treasure.

If you have been coming here but are not registered or if you just moved into the area, we invite you to join us a member of our parish family, using the registration form below or stopping by the Parish office. Your registration makes it possible for us to communicate with you and to plan and provide for your needs more effectively.

Registration is required for Baptism, First Communion, Confirmation, Marriage and enrollment in our religious education programs.

Register, Participate, and Share your Gifts and Talents.

### REGISTRATION FORM FOR "NEW" PARISHIONERS

*Information: (Please cut and drop in the offering basket)*

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Street Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

City, State & Zip \_\_\_\_\_ Email \_\_\_\_\_

*(this registration form will be followed by a telephone call to obtain more information)*



**ST. KIERAN CATHOLIC SCHOOL**

619-588-6398 | SAINTKIERANCATHOLICSSCHOOL.ORG  
1347 CAMILLO WAY EL CAJON, CA 92021



**OPEN FOR REGISTRATION  
2024-2025 SCHOOL YEAR**

**JOIN US**

**CATHOLIC VALUES**

- DAILY PRAYER
- SACRAMENTS & WEEKLY MASS
- CHRISTIAN ENVIRONMENT
- STRESSES RESPECT, REVERENCE, SERVICE AND PERSONAL GROWTH

**COLLEGE PREPATORY**

- HIGH STANDARDS FOR RIGOROUS ACADEMIC GROWTH & ACHIEVEMENT
- ART, PE, MUSIC, ROBOTICS, ELECTIVES, AND LEADERSHIP OPPORTUNITIES
- AFTER SCHOOL SPORT PROGRAMS
- DEVELOPING LIFELONG LEARNERS AND RESPONSIBLE AND PATRIOTIC CITIZENS




**A Summer Prayer**

Father, Creator of all,  
thank you for summer!  
Thank you for the warmth of the sun  
and the increased daylight.  
Thank you for the beauty I see all around me  
and for the opportunity to be outside  
and enjoy your creation.  
Thank you for the increased time I have  
to be with my friends and family,  
and for the more casual pace  
of the summer season.

Draw me closer to you this summer.  
Teach me how I can pray  
no matter where I am  
or what I am doing.  
Warm my soul  
with the awareness of your presence  
and light my path  
with your Word and Counsel.  
As I enjoy your creation,  
create in me a pure heart  
and a hunger and a thirst for you.

Amen.

*Author Unknown*



## ANNOUNCEMENTS

### PUZZLE

Find and circle these words from today's Gospel:

PLACE	GOING	SHEPHERD
APOSTLES	BOAT	PEOPLE
ALONE	CROWD	TEACHING

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

### MISSION

Spend some alone time with Jesus tonight. If you get interrupted because someone else needs help, that's okay. Go help, and then come back to your alone time with Jesus again.

## GROWING WITH THE Gospel CYCLE B

### COLOR

Read the Gospel of the week and color the image.



16th Sunday in Ordinary Time • Mark 6:30-34



### GOSPEL MEDITATION

July 21, 2024  
16th Sunday in Ordinary Time

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, **"Come away by yourselves to a lonely place, and rest a while."** For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we please get a minute to ourselves? This is not healthy!" And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve.

— Father John Muir

AND HE SAID TO THEM, "COME WITH ME PRIVATELY TO A SOLITARY PLACE, AND LET US REST FOR A WHILE." FOR MANY PEOPLE WERE COMING AND GOING, AND THEY DID NOT EVEN HAVE TIME TO EAT.

— MARK 6:31



## ANNOUNCEMENTS

### Everyday Stewardship

My daughter can easily become overwhelmed by having so much to do. She recently graduated from high school, and many times during those four years, she found herself going crazy from being involved in so many things. Sports, drama, youth group, homework, friends, and more all demanded a slice of her attention. Sometimes the slice of time that remained wasn't much and one does have to sleep!

A good everyday steward can get caught up in doing so much and giving so much that he or she loses sight of the fact that you cannot give what you do not have. If you have no time left, you cannot give that. If you have no energy left, you cannot give that. Finally, if you find yourself agitated and overwhelmed, you cannot give that which others benefit from the most: YOU!

Even when we plant seeds in a garden after tilling and watering the soil, we must rest and wait for there to be growth. If we do not take time to rest and recharge, we are not allowing time for God's grace to bring forth new life in us. We fear that things will suffer without us, but the truth is that no one is benefiting from our fatigue. We can think we are giving but really we are empty. Take some time and rest in your God. Retreat and recharge. Then you will be able to share once again.

-Tracy Earl Welliver, MTS

*Come away by yourselves to a desolate place and rest a while."*

☞ *Mark 6:31*

### National Natural Family Planning Awareness Week

National Natural Family Planning (NFP) Awareness Week will take place from **Sunday, July 21 to Saturday, July 27, 2024.**

The week is an educational campaign that highlights the anniversary of the papal encyclical *Humanae Vitae*, which was published on July 25, 1968. The encyclical outlines Catholic beliefs on human sexuality, marriage, conjugal love, and responsible parenthood. The week also marks the feast of Sts. Joachim and Anne, the parents of the Virgin Mary.

NFP has often been called the "Church's best kept secret." There is a lot of misunderstanding about what NFP actually is, so this is a great time of year to learn more! There are some incredible resources out there that have been developed to 1) teach NFP to couples all stages of their relationship, 2) provide on-going support to couples practicing NFP, and 3) assist parishes in building NFP ministries. For further information, contact [nfp@uscgb.org](mailto:nfp@uscgb.org).



### 16TH SUNDAY IN ORDINARY TIME

