

# 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

### Our Response as Stewards

**REFLECT**-On the many gifts you have received from God. Including your financial blessings.  
**PRAY**-About how God wants you to use the gifts he has given you.  
**RESPOND**-By supporting the mission.

*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 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 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.*

2024 ANNUAL CATHOLIC APPEAL

"making every effort to maintain the unity of the Spirit in the bond of peace."  
— Ephesians 4:3

## READINGS & MASS INTENTIONS JULY 6-14, 2024

**Sunday:** Ez 2:2-5/Ps 123:1-2, 2, 3-4 (2cd)/  
2 Cor 12:7-10/Mk 6:1-6a  
**Monday:** Hos 2:16, 17c-18, 21-22/Ps 145:2-3, 4-5, 6-7,  
8-9/Mt 9:18-26  
**Tuesday:** Hos 8:4-7, 11-13/Ps 115:3-4, 5-6, 7ab-8, 9-10/  
Mt 9:32-38  
**Wednesday:** Hos 10:1-3, 7-8, 12/Ps 105:2-3, 4-5, 6-7/  
Mt 10:1-7  
**Thursday:** Hos 11:1-4, 8e-9/Ps 80:2ac and 3b, 15-16/  
Mt 10:7-15  
**Friday:** Hos 14:2-10/Ps 51:3-4, 8-9, 12-13, 14 and 17/  
Mt 10:16-23  
**Saturday:** Is 6:1-8/Ps 93:1ab, 1cd-2, 5/Mt 10:24-33  
**Next Sunday:** Am 7:12-15/Ps 85:9-10, 11-12, 13-14 (8)/  
Eph 1:3-14 or 1:3-10/Mk 6:7-13

DATE	TIME	INTENTION
Saturday, Jul 6	9:00 am	
Saturday, Jul 6	5:30 pm	†Isabelle – Mac Everson
Sunday, Jul 7	8:00 am	†Chik Hylton
Sunday, Jul 7	10:30 am	June Hill
Monday, Jul 8	7:30 am	Rosary
Tuesday, Jul 9	8:00 am	†Alfonso & Carmen Luquin
Wednesday, Jul 10	8:00 am	The Souls in Purgatory
Thursday, Jul 11	8:00 am	Amanda Pickett
Friday, Jul 12	8:00 am	Tina Durante
Saturday, Jul 13	5:30 pm	†Cari Culver
Sunday, Jul 14	8:00 am	†Beverly Bohacek
Sunday, Jul 14	10:30 am	†Norma Pinal

### 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  
 Mark Padilla  
 Suzie Pfingsten  
 Donald Rakestraw  
 Donna Rakestraw  
 Jack Welch  
 Kailyn & Charis Whaley

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



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

### 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).

## ANNOUNCEMENTS



**Monthly ECPCC Collection** Please leave your donations after all the Masses this weekend, **July 6-7**, in the "**ECPCC COLLECTION CHEST**" directly behind the church. You can access the chest any day of the week. Please remember to close the lid when you are finished, and **PLEASE** only leave maternity and baby clothing.



**Knights of Columbus** There will be a Council meeting on Tuesday, **July 9** at 7:00 PM in the parish hall. All Knights are encouraged to attend.



**Please Take Notice** The parish office will be closed Thursday, **July 18**-Friday, **July 19** AND Monday, **July 22**. We will reopen at 9:00 AM on Tuesday, July 23. Thank you for your understanding.



**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.



**Annual Catholic Appeal** Don't forget about the Annual Catholic Appeal. Please check the bulletin for more information on where we currently stand on our parish goal. Thank you for your ongoing generosity towards the work of Christ in our diocese and our parish. If you cannot donate at this time, we ask you to pray for a successful 2024 Annual Catholic Appeal for our parish.



**"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.

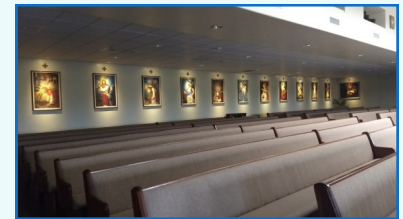
### QUEEN OF ANGELS CATHOLIC CHURCH

#### 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!**



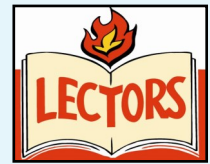
Faith Formation

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

### **GOSPEL MEDITATION**

July 7, 2024  
14th Sunday in Ordinary Time

Recently I watched a bunch of YouTube videos on how to optimize willpower in the face of weakness. The message was: do not accept your weakness. Crush it. Dominate it. In one video, however, at the end of a rant by a willpower coach, the muscular stoic admitted, "You'll never actually get what you want, no matter how hard you try." Amazingly, he admitted that willpower alone is not sufficient for us weak-willed humans.

What does God want us to do with our weaknesses, if crushing them with willpower won't work? For example, what should I do with my tendency to arrogance and self-isolation? Or my procrastination? Or my intellectual and physical limitations? Or my selfishness?

The counter-intuitive answer is clear in this week's words from St Paul, "I will rather boast most gladly of my weaknesses in order that the power of Christ may dwell in me (2 Cor. 12:9)." Boast of our weaknesses? Paul isn't promoting weak-mindedness or laziness. Rather, he perceives that Jesus loves us not despite our weaknesses but because of them. Boasting of our weakness means claiming human will is not all we have. It means turning to God whenever we feel weak, which—let's face it—is almost all the time. When we do, we learn to love our weaknesses, because it's there that we meet the strength of Christ. This week, I challenge us to find ways to boast not in willpower but in weakness.

— Father John Muir

©LPi



### **Caregiver Resources**

Queen of Angels has put together the following caregiving resources for assistance in your Caregiving needs. Please clip and save and refer to it as needed.

**Caregiver Coalition of San Diego:** This resource link brings you to an organization that focuses on all caregiver topics to assist others manage all aspects of caregiving. [caregivercoalitionsd.org/resources.html](http://caregivercoalitionsd.org/resources.html).

**Social Workers:** They can provide guidance and additional information. Phone: 858-492-4400.

Example: Maybe a loved one needs a referral for neurological testing. Among other reasons, a diagnosis is important to have, because it may lead to more resources or sometimes funding for additional services.

**In-Home Support Services (IHSS):** Income based resource. Phone: 619-551-7400.

**Southern Care Resource Center:** They provide guidance, classes, and support groups. Phone: 858-268-4432.



## 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)

### FOURTEENTH SUNDAY OF ORDINARY TIMES

accompanied	hands	perform
amazed	hands	place
astonished	honor	prophet
brother	house	sabbath
carpenter	Jesus	sick
curing	kin	son
deeds	Mary	synagogue
departed	native	teach
disciples	offense	wisdom
faith	people	wrought

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

## ANNOUNCEMENTS



NATIONAL  
**Eucharistic  
Revival**

*Revival's in the Air* “

*EucharisticRevival.com* (website)

*Eucharist.Formed.org* (platform)

### INSPIRED BY THE EUCHARIST



#### Eucharistic Revival: From the Pews!

*Cynthia S. in the Archdiocese of Galveston-Houston, Texas*

Many years ago, I was in emotional agony over my 17-year-old daughter's struggle with depression and fear. One day, during the Consecration at Mass, I prayed, “Lord help me. I give you my suffering to be joined with yours.” I felt in the depth of my soul that my “bleeding heart” was indeed shedding blood, and that it in some mysterious way mingled in the chalice with Jesus’ own sacrificial self-gift poured out for me. Immediately, a total calm came over me. I experienced a peace as if Jesus had just reached down and snatched away that agony in my heart. I will never forget what was for me a “little miracle.” Thanks be to God for his true presence in the Eucharist!



*If the poison of pride is swelling up in you, turn to the Eucharist; and that Bread, Which is your God humbling and disguising himself, will teach you humility. If the fever of selfish greed rages in you, feed on this Bread; and you will learn generosity... Lastly, if you feel scorched by the fever of impurity, go to the banquet of the Angels; and the spotless Flesh of Christ will make you pure and chaste.*

St. Cyril of Alexandria



#### Bringing Christ to the world through the media

Relevant Radio is a Catholic talk radio network offering catechesis and community prayer 24/7 on 220 stations, online at [relevantradio.com](http://relevantradio.com).

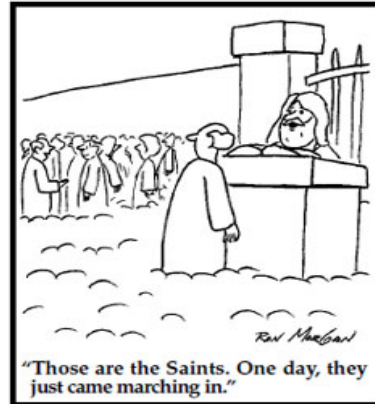


## ANNOUNCEMENTS

### HOMEBOUND AND SHUT-IN PARISHIONERS



Homebound and Shut-In parishioners are brought Holy Communion by Fr. David and select members of the parish. If you are homebound, know some one in the parish that is, or have family members that are please contact the office at 619-445-2145 so that they can be placed on the Holy Communion List for the homebound/shut-ins.  
Thank you!



**Sunday  
Humor**

### PRO-LIFE RESOURCES

Birthline San Diego: 858-270-2491  
National Life Center: 800-848-5683  
Culture of Life Family Services:  
619-692-4401  
College Area Pregnancy  
Services "CAPS": 619-337-8080

POST ABORTION  
HEALING  
& RECONCILIATION

**Rachel's Hope**  
858-581-3022  
[rachelshope.org](http://rachelshope.org)

*Rachel's  
Hope*



*Come together with the San Diego Catholic community and the Padres for Catholic Night at Petco Park.*

*Your Catholic Night theme Game Package includes a limited edition themed hat and a ticket to the Padres vs. the Braves game.*

*Buy tickets at [ticketmaster.com/padres](http://ticketmaster.com/padres)*

*In the Spirit of Excellence*

## ST. KIERAN CATHOLIC SCHOOL

619-588-6398 | [SAINTKIERANCATHOLICSSCHOOL.ORG](http://SAINTKIERANCATHOLICSSCHOOL.ORG)  
1347 CAMILLO WAY EL CAJON, CA 92021



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

**JOIN US**

**✓ CATHOLIC VALUES ✓ COLLEGE PREPATORY**

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

