

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

March 2-3, 2024

Envelopes Used 77
Envelope Collections \$ 5,804.02
Plate Collections \$ 662.00
TOTAL \$ 6,466.02



STEWARDS OF GOD'S INFLUENCE

Time, Talents, Treasure and Testimony

READINGS & MASS INTENTIONS MARCH 9-17, 2024

Next Sunday: 2 Chr 36:14-16, 19-23/Ps 137:1-2, 3, 4-5, 6 (6ab)/Eph 2:4-10/Jn 3:14-21 *Scrutiny:* 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

Monday: Is 65:17-21/Ps 30:2 and 4, 5-6, 11-12a and 13b/Jn 4:43-54

Tuesday: Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/Jn 5:1-16

Wednesday: Is 49:8-15/Ps 145:8-9, 13cd-14, 17-18/Jn 5:17-30

Thursday: Ex 32:7-14/Ps 106:19-20, 21-22, 23/Jn 5:31-47

Friday: Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23/Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20/Ps 7:2-3, 9bc-10, 11-12/Jn 7:40-53

Next Sunday: Jer 31:31-34/Ps 51:3-4, 12-13, 14-15 (12a)/Heb 5:7-9/Jn 12:20-33 *Scrutiny:* Ez 37:12-14/Ps 130: 1-2, 3-4, 5-6, 7-8 (7)/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

DATE	TIME	INTENTION
Saturday, Mar 9	5:30 pm	†Yair Yacov
Sunday, Mar 10	8:00 am	Chik Hylton
Sunday, Mar 10	10:30 am	†Harry Houghton, Jr.
Monday, Mar 11	7:30 am	<i>Rosary</i>
Tuesday, Mar 12	8:00 am	Joe Woestman
Wednesday, Mar 13	8:00 am	
Thursday, Mar 14	8:00 am	Logan Zdunich
Friday, Mar 15	8:00 am	
Saturday, Mar 16	5:30 pm	Jackie Glick
Sunday, Mar 17	8:00 am	Pooya Javidan
Sunday, Mar 17	10:30 am	†Al Florance

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
Deacon Fred Thornton
Jason Laccone
Steven McMeeken
Becky Rangel
Steve Rodkey
Joan Smith
Jack Welch
Kailyn & Charis Whaley
Celeste Woestman

...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.

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.

ANNOUNCEMENTS



Knights of Columbus There will be a Council meeting on **Tuesday, March 12**, at 7:00 PM in the parish hall. All Knights are encouraged to attend.



Youth Group All middle school and high school youths are invited to our next meeting on **March 13**. Bring a friend; bring two friends and join in some fun, music and fellowship.



Lenten Suppers Please join fellow Queen of Angels parishioners on Friday, **March 15** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by **Queen of Angel's Office Staff**.



Stations of the Cross & Eucharistic Adoration During the Lenten Season Stations of the Cross will be recited every Friday at 6:30 PM in the church. New this year, we will be having Eucharistic Adoration before Stations of the Cross, beginning at 5:30 PM. Please consider being a part of these special devotions.



Thank You A big **THANK YOU** to *Holly Hearts Co-Op* for hosting and suppling the delicious soups and bread at our Soup Supper on March 8.



Collection of old Blessed Palm Leaves The last day for collection of old blessed palm leaves from last year's Palm Sunday is **March 17**. If you still have palms you would like to dispose of please place them in the basket in the vestibule of the church by then. Thank you.



PLEASE Consider Assisting Here at Queen of Angels there is always the need for more **Altar Servers, Ministries, 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 or call the office at 619.445.2145. We will work with your availability to serve at the Mass which you now attend.

40 DAYS FOR LIFE

From now until March 19, you're invited to join other Christians from 7am - 7pm for 40 Days for Life - 40 days of peaceful prayer and fasting for an end to abortion.

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 Street in El Cajon, and also to help spread the word about this important community outreach.

If you'd like more information and especially if you'd like to participate, please contact: Yvonne Harris at yvonne@goharris.net

Or visit their websites at 40daysforlife.com/elcajon
OR
elcajon40days@hotmail.com

Additional Opportunities for Reconciliation 2024

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

"Confession is the sacrament of the tenderness of God, his way of embracing us."

Pope Francis



LENT 2024

SACRAMENT OF RECONCILIATION

Tuesday-Friday at 7:30 AM; Saturday at 4:00 PM

FRIDAYS DURING LENT

(all Fridays during Lent are days of abstinence from meat)

ADORATION AFTER DAILY MASS until 9:30 AM

ADORATION BEFORE VIA CRUCIS at 5:30 PM

VIA CRUCIS (STATIONS OF THE CROSS) at 6:30 PM followed by Lenten Soup Supper in the Parish Hall

FIRST FRIDAY ADORATION & RECONCILIATION at 10:00 AM; MASS at 11:30 AM

EASTER TRIDUUM - MARCH 28-31

HOLY THURSDAY - MASS OF THE LORD'S SUPPER at 7:00 PM

GOOD FRIDAY (day of fasting and abstinence)

OUTDOOR VIA CRUCIS at 12:00 PM

COMMUNION SERVICE WITH VENERATION OF THE CROSS at 3:00 PM

HOLY SATURDAY - EASTER VIGIL MASS at 8 PM

EASTER SUNDAY - FIRST COMMUNION MASS at 8 AM; MASS at 10:30 AM

LENTEN PRAYER MATERIALS WILL BE AVAILABLE IN THE DONUT/MULTI-PURPOSE ROOM.



ANNOUNCEMENTS

GOSPEL MEDITATION

March 10, 2024
4th Sunday of Lent

Our national pastime isn't baseball. It's what the Bible calls "condemning the world." We generally enjoy pronouncing curses upon those whom we see as trouble, wrong, or evil. Don't believe me? Listen to almost any podcast, cable news network, or social media platform to hear it. It will be some version of: "We all agree that if they are eradicated, things will be great." Condemning is almost always clothed in virtue. It basks in its good intentions. That's why it is so attractive. Condemning seems like our best path to saving what is good.

What a shock, then, to hear Jesus announce: "For God did not send His Son into the world to condemn the world, but that the world might be saved through him" (Jn 3:17). He comes to save the world, as we all want, but he will accomplish it without an act of condemnation. How hard it is to accept this! Condemning feels godlike. I judge who and what must be lost to protect the good. But in the light of Jesus' endless mercy and love, this is the least godlike thing we can do.

Lenten challenge: This week, I invite you to give up the delicious experience of condemning whomever in the world you most would like to see gone. Perhaps write down their names. Secondly, I invite you to consider fasting from any media that feeds the tasty but deadly tendency to condemn.

— Father John Muir

©LPi

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John 3:17

Singing in Church

Laetare Sunday is the fourth Sunday in the season of Lent. Traditionally this Sunday is a day of celebration within the austere period of Lent. It gets its name from the first few words of the entrance antiphon for the Mass of the day: *Laetare Jerusalem* ("Rejoice, O Jerusalem").

We have been fasting and praying these past three weeks, and we have also given up some singing in church as an additional penance. Like a loving Mother, the Church allows us to rest from our fasting, presumably because we have been good. This weekend, the fourth Sunday, we joyfully recall that there are only a few Sundays left until we celebrate the greatest feast of our Church year and the greatest event in human history: the Resurrection of Our Lord Jesus Christ. So on Laetare Sunday we go back to singing joyfully, if only for a day. The mournful plea for forgiveness that we have been chanting at the beginning of Mass (*Parce, Domine, parce populo tuo*, "Spare, O Lord, spare your people") will be put away for this Sunday.

In the Gospels, there is a moment where Jesus is asked why his disciples do not fast even though the disciples of John the Baptist and the pharisees fast, and Jesus responds by saying, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come, when the bridegroom is taken away from them, and then they will fast in that day" (Mark 2:19-20). Because every Sunday is a commemoration of Easter, we are never asked to fast or abstain from meat on a Sunday; every Sunday is dedicated to God, a reminder of the great day that Jesus rose from the dead, and for us it also is our day of rest. Although the Jewish people celebrate the sabbath on Saturday, they are really into this, doing no work of any kind. They pray, rest, and spend time with their families, all the while remembering that *Avinu Malkeinu* ("Our Father, Our King") created us through an act of love. How much more reason do we have as Catholics to rest in the Lord and celebrate God's gift of His Son?

So sing with gusto this Sunday! And rejoice in the Lord with all your heart! Then let's go home, rest, and enjoy our family and friends.

Glenn D'Abreo
Music Coordinator



ANNOUNCEMENTS

This Eucharistic Meditations is designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic Adoration. Even if you cannot be physically present in a church or adoration chapel with the Blessed Sacrament, you can unite yourself spiritually to the Eucharist as you spend this time in prayer.

FOURTH SUNDAY OF LENT: WALKING IN LIGHT

WORK OF MERCY: Counsel the Doubtful

THE GRACE I SEEK: to walk in humility and trust before God in all circumstances

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to see that your grace is what sustains my life as your adopted child and helps me to become my true self, walking always in your light.

SCRIPTURE MEDITATION

Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

"For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast. For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them." (Ephesians 2:8–10)

FOR REFLECTION

Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

Jesus wants to give us everything we need. He has destroyed sin and death so that we can enjoy the freedom of the children of God. What is one concrete choice I can make to root out traces of pride in my life so that I can live in relationship with Jesus and others more fully?

SCRIPTURE MEDITATION

Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.

"And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God." (John 3:19–21)

FOR REFLECTION

What are some areas of my life that need to be illumined by the light of Jesus? Ask Jesus to help you allow his light to reveal to you the areas you need to bring to the Sacrament of Reconciliation. Ask him to help you grow in true repentance for your sins and in gratitude for his forgiveness and merciful love.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Fourth Sunday of Lent)

LOVE IN ACTION

Do you know someone who doubts whether they are loveable? Share the light of Jesus you have received by listening to them in their struggle. Tell them a story from your own life that has helped you believe in God's love for you. Encourage them to turn to the Lord, who loves them deeply at all times, even when they can't feel it.



ANNOUNCEMENTS

The 2024 Annual Catholic Appeal “United in Christ”, has begun

Queen of Angels assessment for 2024 is \$25,607.00. 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.

If you cannot donate at this time, we ask you to pray for a successful 2024 Annual Catholic Appeal for our parish.



If you would like to donate “Springtime Flowers” for Easter in memory of a family member or a friend, please complete the following form and return it to the parish office or put it in the collection basket. All donations will be used for an assortment of Spring flowers and decorations for the church during Easter and the Easter Season. (Please use one form per donation.) The suggested donation for each intention is \$15.00.

In memory of:

Donated by:



If you would like to donate “Springtime Flowers” for Easter in memory of a family member or a friend, please complete the following form and return it to the parish office or put it in the collection basket. All donations will be used for an assortment of Spring flowers and decorations for the church during Easter and the Easter Season. (Please use one form per donation.) The suggested donation for each intention is \$15.00.

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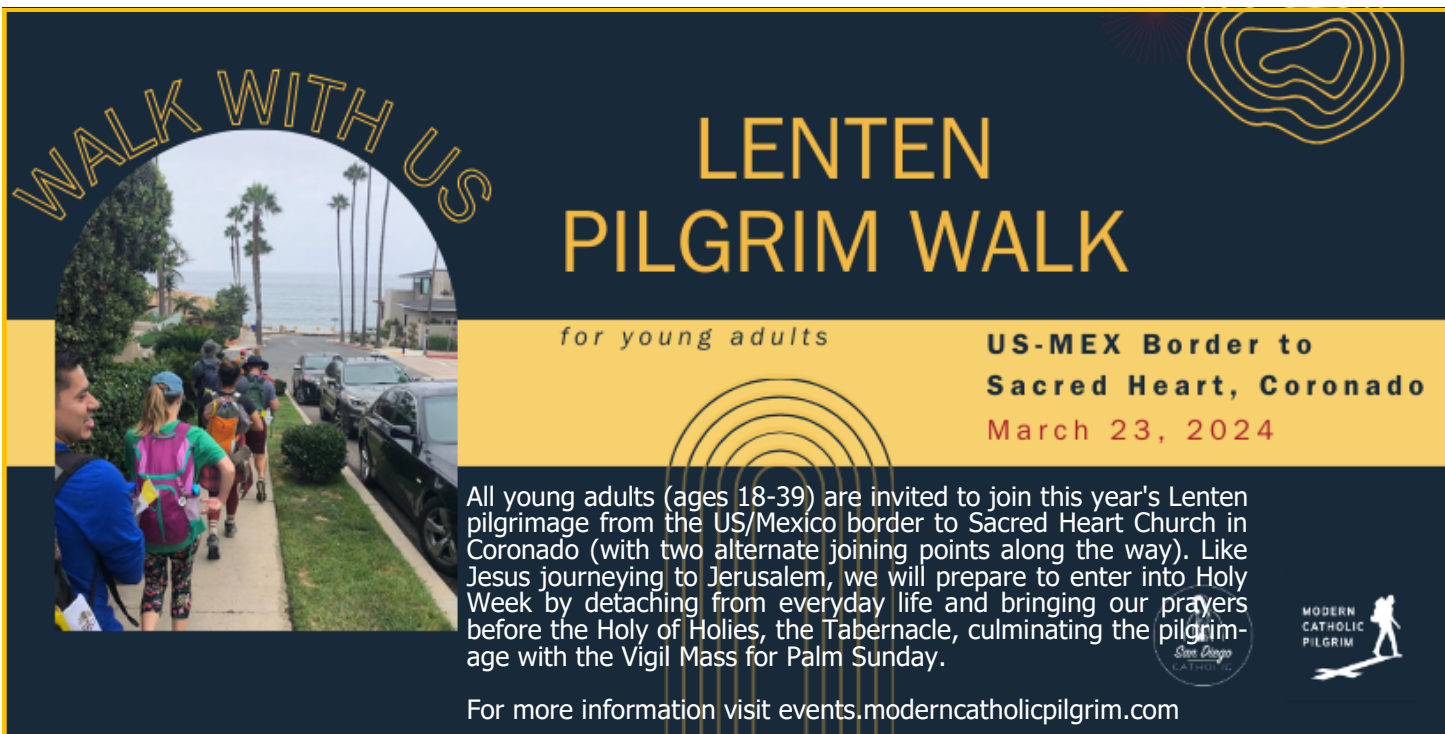
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ANNOUNCEMENTS



WALK WITH US

LENTEN PILGRIM WALK

for young adults

**US-MEX Border to
Sacred Heart, Coronado**
March 23, 2024

All young adults (ages 18-39) are invited to join this year's Lenten pilgrimage from the US/Mexico border to Sacred Heart Church in Coronado (with two alternate joining points along the way). Like Jesus journeying to Jerusalem, we will prepare to enter into Holy Week by detaching from everyday life and bringing our prayers before the Holy of Holies, the Tabernacle, culminating the pilgrimage with the Vigil Mass for Palm Sunday.

For more information visit events.moderncatholicpilgrim.com

MODERN CATHOLIC PILGRIM



Beginning Experience Weekend

If you are grieving the loss of your marriage through *death, divorce or separation*, join us at the

**Prince of Peace Abbey
in Oceanside, CA**
on
May 3 to 5, 2024

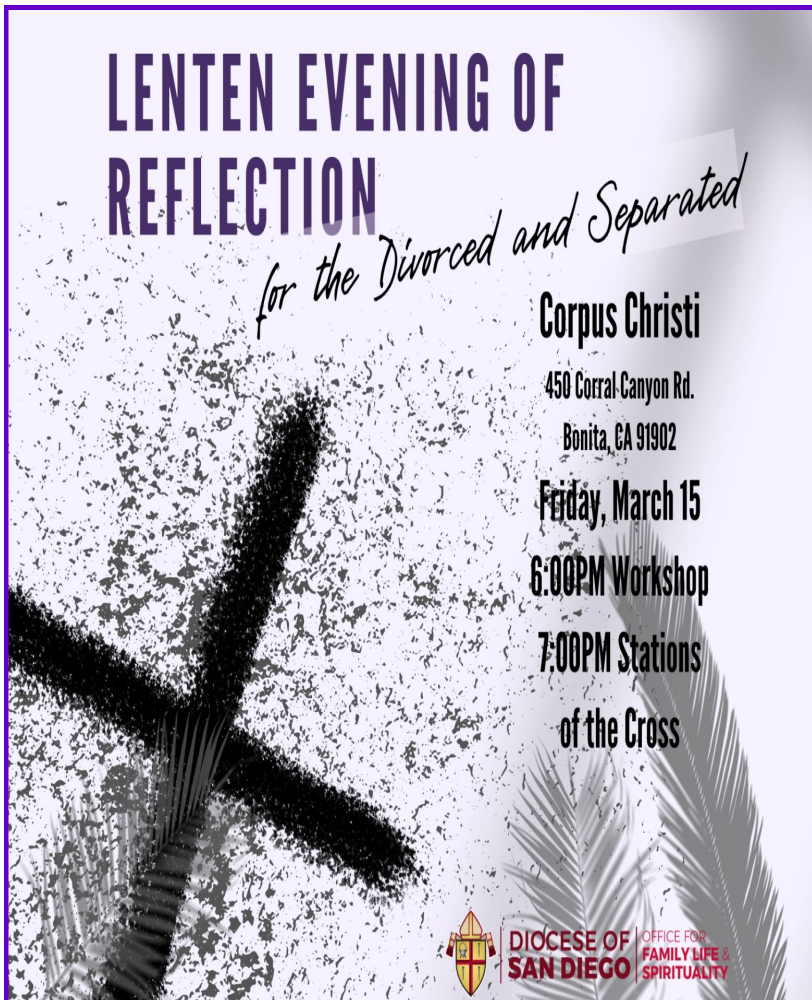
A trained team leads participants through a healing and growth program. If you are ready to move through your feelings of grief,

LENTEN EVENING OF REFLECTION

for the Divorced and Separated

Corpus Christi
450 Corral Canyon Rd.
Bonita, CA 91902

Friday, March 15
6:00PM Workshop
**7:00PM Stations
of the Cross**



DIOCESE OF SAN DIEGO OFFICE FOR FAMILY LIFE & SPIRITUALITY