

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

Women's Auxiliary: womensauxiliaryqofa@gmail.com

Knights of Columbus: 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, 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

May 11-12, 2024

Envelopes Used	71
Envelope Collections	\$ 5,068.00
Plate Collections	\$ 623.29
TOTAL	\$ 5,691.29

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.

UNITED IN

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

READINGS & MASS INTENTIONS MAY 18-26, 2024

Sunday, Pentecost, Vigil: 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 (see 30)/Rom 8:22-27/Jn 7:37-39 Day: Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 (see 30)/1 Cor 12:3b-7, 12-13 or Gal 5:16-25/Jn 20:19-23 or Jn 15:26-27; 16:12-15
Monday: Gn 3:9-15, 20 or Acts 1:12-14/Ps 87:1-2, 3 and 5, 6-7/Jn 19:25-34
Tuesday: Jas 4:1-10/Ps 55:7-8, 9-10a, 10b-11a, 23/Mk 9:30-37
Wednesday: Jas 4:13-17/Ps 49:2-3, 6-7, 8-10, 11/Mk 9:38-40
Thursday: Jas 5:1-6/Ps 49:14-15ab, 15cd-16, 17-18, 19-20/Mk 9:41-50
Friday: Jas 5:9-12/Ps 103:1-2, 3-4, 8-9, 11-12/Mk 10:1-12
Saturday: Jas 5:13-20/Ps 141:1-2, 3 and 8/Mk 10:13-16
Next Sunday, Most Holy Trinity: Dt 4:32-34, 39-40/Ps 33:4-5, 6, 9, 18-19, 20, 22 (12b)/Rom 8:14-17/Mt 28:16-20

DATE	TIME	INTENTION
Saturday, May 18	5:30 pm	Mother's Day Novena
Sunday, May 19	8:00 am	Mother's Day Novena
Sunday, May 19	10:30 am	Mother's Day Novena
Monday, May 20	7:30 am	Rosary
Tuesday, May 21	8:00 am	Mother's Day Novena
Wednesday, May 22	8:00 am	Mother's Day Novena
Thursday, May 23	8:00 am	Natasha Clage
Friday, May 24	8:00 am	David Guerra
Saturday, May 25	5:30 pm	†Celeste Woestman
Sunday, May 26	8:00 am	†Maria Guerra
Sunday, May 26	10:30 am	†Al Florance

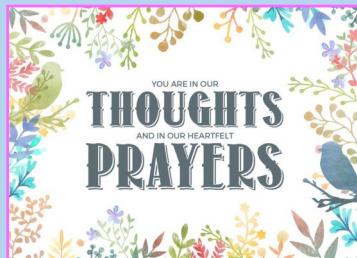
PRAYER REQUEST

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



Kelly Barker
Jim Hill
June Hill
Carmen Holt
Deacon Fred Thornton
Jason Laccone
Steven McMeeken
Bernadette Mills
Mark Padilla
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.

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

ANNOUNCEMENTS



Queen of Angels Women's Auxiliary ATTENTION all ladies of the Parish. In lieu of our normal monthly meeting we will be hosting a **Ladies Social Night** on **May 22** at 5:30 PM in the parish hall. All women of the parish are welcome to join in. Mark your calendar as this will be a delightful evening of enjoyable conversation, fun interaction, and camaraderie with each other. Please see flyer below for more information.



Friendly Reminder In observance of the Memorial Day holiday, the parish office will be closed on Monday, **May 27**. We will reopen at 9:00 AM on Tuesday, **May 28**.



Coffee & Donuts Did you know all parishioners are invited to enjoy coffee, juice and donuts sponsored by our very own Knights of Columbus after all Sunday Masses in the Church multipurpose room? Why not consider treating yourself and your family to some delectable and satisfying morning treats. This is also a perfect time to meet fellow parishioners and promote fellowship outside of the Mass setting. Suggested donation is \$1 per item. **So, will I see you on Sunday?**

Online Giving Is a very convenient and easy service to utilize for your weekly collection especially if you currently manage your bills or banking online. To sign up and register, visit queenofangels.org and click on the "Online Giving" tab located at the top right corner of the page. For more information or assistance please contact Enriqueta in the parish office during normal office hours at 619.445.2145.



"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.



Faith Formation

Registration for the 2024-2025 Year will officially begin on June 1, 2024!

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

queenofangels.org

PLEASE TAKE NOTE:

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



You're Invited!

Ladies Social Night

hosted by Queen of Angels Women's Auxiliary

All women of our parish are invited to come join us for a social evening of enjoyable conversation, fun interaction, and camaraderie with each other.

Appetizers, desserts, and coffee will be available to enjoy. Reservations are not needed so please be our guests!

Wednesday, May 22, 2024

5:30 pm in the Parish Hall

For more information please email: womensauxiliaryqofa@gmail.com

ANNOUNCEMENTS

GOSPEL MEDITATION

May 19, 2024
Pentecost Sunday

When I was twenty-two years of age in August of 2000, I experienced World Youth Day in Rome. As for many of my generation, the event was life-changing for me. Surrounded by joyful, hope-filled young people from seemingly every nation and tongue, we were gathered around the Pope, sharing a common Faith and love. The Pope spoke to us of our shared family bond in the Church and invited us to give our lives in service to others. Now twenty-four years later, my life as a priest, like that of so many others from those special days, continues on that same path of love and unity — despite my many weaknesses. What makes that continuation possible?

This week's feast gives the answer: the Holy Spirit. The gift of God — His very life — the third person of the Trinity, is the Spirit who animates the entire Church and each member of it. He makes us one-in-love in a way that utterly exceeds human capacity. For example, he makes the apostles speak with tongues of fire, and everyone hears them in his own native tongue. The Holy Spirit is the means by which Jesus establishes a new family, one that crosses all possible boundaries of time, space, and culture. The Holy Spirit never tires in enthusing us for mission.

Aren't we longing to experience the Holy Spirit in a fresh way? Today we celebrate this untiring flame, once ignited on earth and burning still. So, we humbly cry out: Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love!

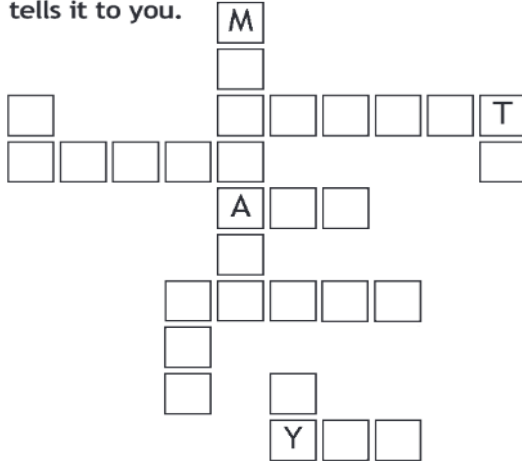
— Father John Muir
©LPi



PUZZLE

Fit this Gospel message into the empty squares:

The Spirit takes my message and tells it to you.



MISSION

Before you sit down to read a Bible story, ask God to send his Spirit to help you. When you listen carefully to God's word, the Spirit can send you a special message from Jesus!

GROWING WITH THE *Gospel* CYCLE B

COLOR

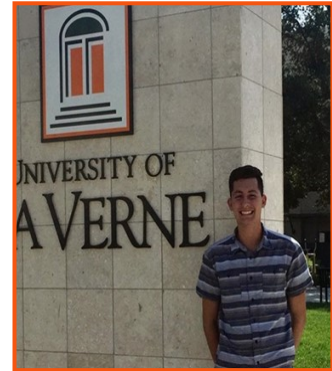
Read the Gospel of the week and color the image.



ANNOUNCEMENTS

Queen of Angels Council #10118

Andrew Tompkins Memorial College Scholarship Award



Andrew Joseph Tompkins was born to Diana and Paul Tompkins on Easter Sunday, April 12, 1998. He is survived by two sisters, Marion and Julia. He received the sacraments of Baptism, Reconciliation, Holy Communion, and Confirmation at our family parish, Queen of Angels Church in Alpine, California. He was very active in our parish as a member of the children’s choir, a long-time altar server, a member of the 412 Church Youth Ministry Group, and he attended the Steubenville Youth Conferences throughout his high school years.

Andrew graduated from Granite Hills High School in 2016 and attended the University of La Verne (ULV) on an academic scholarship to study business marketing. He received the Knights of Columbus scholarship award for the two years he attended ULV and was grateful to the Knights Council for the financial support. Andrew had a passion for learning. He was an Honor Student and an accomplished swimmer and diver in high school and college.

Unfortunately, Andrew was diagnosed with cancer in his second year of college and was forced to suspend his studies while he had surgery and went through chemotherapy for several months. After a very tough battle, the Lord called him home on September 22, 2019 at the age of 21. While Andrew’s time at ULV was short, he completed enough units to receive his Associate of Arts degree (posthumous). He was a natural born student and loved school and university life. He would be honored to know that this scholarship fund is now named after him. Indeed, his family is honored that Andrew’s memory will live on through all students who go off to college with big hopes and dreams and remain strong in the Catholic faith.

The Knight of Columbus will once again be awarding scholarships 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 JUNE 30TH, 2024 to be considered.**

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

PENTECOST SUNDAY

AMAZED	APPEARED	BEGAN
CAME	COME	DISTRIBUTED
EACH	FILLED	FIRE
GAVE	HEAR	HEAVEN
HOLY	HOUSE	JEWS
LANGUAGE	LIKE	MIGHTY
OTHER	PENTECOST	PLACE
RESTING	RUSH	SAYING
SITTING	SOUND	SPEAK
SPIRIT	SUDDENLY	THERE
TOGETHER	TONGUES	UTTERANCE

ANNOUNCEMENTS



NATIONAL
**Eucharistic
Revival**

Our Lady of Guadalupe and the Eucharist: Mary Gives the Evidence to Believe in Jesus

By Fr. Tim Oudenhoven, S.Th.D.

Our Lady of Guadalupe was happy to provide the bishop with his requested sign of proof. She told St. Juan Diego, "You will come back here tomorrow so that you may take the bishop the sign he has asked you for; with that he will believe you...." Juan Diego was convicted, and wanted nothing more than the fulfillment of Our Lady's request to have a temple built for her Son.

The proof that Mary provided for the bishop was very personal to him. Bishop Zumarraga loved Castilian roses but had failed to bring rose bulbs with him to the Americas for his garden. Mary gave him precisely this flower as a sign of her love and trust in him.

Juan Diego's faith also shines in this encounter. When he humbly presented the roses to the bishop, "all the different flowers, like those from Castile, fell to the floor." Upon his tilma was imprinted the image of Our Lady as she had appeared to him. Juan Diego gave the bishop this image to place in his chapel for contemplation.

Juan Diego was given incredible gifts: an increase of faith and a special relationship with Our Lady. Yet, he did not hold onto them for himself. He dedicated the last seventeen years of his life to teaching everyone who came to encounter Mary at Tep-eyac, pointing them always to her Son, especially in the Eucharist. Our Lady helps cultivate the gifts given to us, to use them in loving service of the Kingdom of God. Through our devotion to Mary, she uses us—our faith and lives—to be part of that evidence, even at times in spite of ourselves for the greater glory of God!

- In what ways can you intentionally bear the Eucharistic Lord as a seal on your heart, just as St. Juan Diego bore the image of Our Lady of Guadalupe on his tilma?
- How are you willing to become little in the eyes of the world so that Jesus may use you for Eucharistic Revival?

Spirit to Spirit

By Colleen Jurkiewicz Dorman

Talk to any couple who are devoted to one another. Ask them when they realized they were in love — call-me-in-a-crisis love, face-the-day-to-day-with-me love — and the answer will probably not be "When I realized he was only dating me to win a bet with his boss."

If you know what movie that references, you and 12-year-old me would have been great friends.

Like any other self-respecting American tween of the early 2000s, I used to watch a lot of romantic comedies. I forget how old I was when I realized that romantic comedies are actually ... really boring. Not because they're about love — true love is *fascinating*. I could watch real-life people talk about who they love for *hours*.

Because when we say we love someone — truly love them — what we mean is we love their spirit. We love what they are. We love the qualities that escape description, the attributes we have to talk around or reduce to cliché in order to define. We cannot love a body alone. We cannot love a name or a reputation. We cannot love a story that we've built around a relationship.

To be in love with someone you need to know their spirit. Intimately. And that knowledge cannot help but change everything about you. It changes your goals, your understanding of the world. It changes the amount of courage you have to face the life ahead of you. It changes your ability to be who God wants you to be.

The disciples lived and ate and walked with Jesus for three whole years before they really knew his spirit. They didn't know it on Good Friday when they scattered and hid and wept. They didn't know it on Easter Sunday, when they couldn't believe what they saw. They thought they loved him, but when push came to shove their love failed.

But by the end of their lives, the disciples knew the kind of love that sustained them even in the face of martyrdom.

What was it that changed? It was the Spirit. They finally knew the Spirit.

"No one can say, 'Jesus is Lord,' except by the Holy Spirit." — 1 Corinthians 12:3

ANNOUNCEMENTS



Mental health Awareness Mass

**PRESIDER:
BISHOP RAMON BEJARANO**



**SATURDAY
MAY 25, 2024
@ 5:00 PM**

St. Michael's, Paradise Hills
2643 HOMEDALE ST
SAN DIEGO, CA. 92139

Mental health resource fair following the Mass

All are welcome!

May is Mental Health Awareness Month

Presented by: The Office for Family Life and Spirituality

DIocese of SAN DIEGO OFFICE FOR FAMILY LIFE & SPIRITUALITY www.sdcatholic.org/mentalhealth

Saint Dymphna

Patroness of those who suffer with mental and nervous disorders. Saint Dymphna has become increasingly popular in recent years as someone to turn to when experiencing worry, fear, and anxiety. Saint Dymphna can be invoked for help with a range of mental issues, from daily stress to the more serious anxiety disorders.

Her Story: Saint Dymphna was born in the 7th century to a royal family in Ireland. Her mother was a devout Catholic, but her father Damon was not religious. The upbringing and care from her mother instilled a deep faith in Dymphna.

However, her mother died when Dymphna was around fourteen years old. In his grief, Damon suffered from severe mental illness to the point of near insanity. He decided to marry Dymphna to replace his wife, but the girl fled to Belgium with two family servants and a priest, Saint Gerebernus. Unfortunately, Damon tracked down his daughter. After killing the priest, the soldiers were ordered to cut off Dymphna's head if she refused to marry her father.

Remaining true to her faith, the teenager refused to comply. Damon's response was to kill his daughter by his own hand. Dymphna is the patron saint for mental illness as well as therapists, incest victims, and the loss of parents (more on Saint Dymphna).



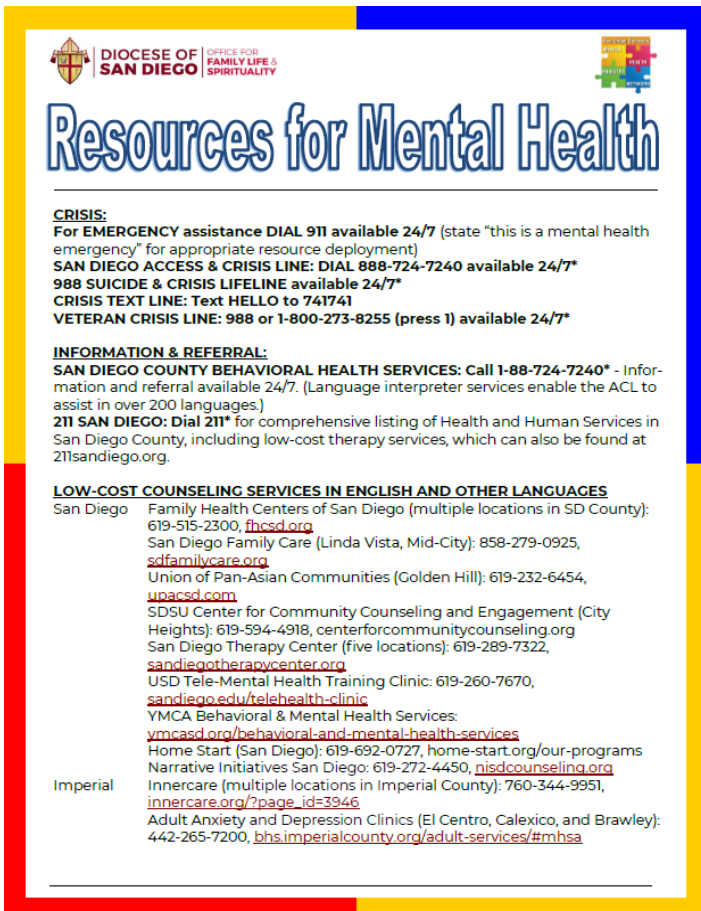
Prayer to St. Dymphna.

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need (Mention it.) Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request

(Pray one Our Father, one Hail Mary and one Glory Be.)

Saint Dymphna, Virgin and Martyr, pray for us.

Source: Get Fed! a service of The Catholic Company



Resources for Mental Health

CRISIS:
For EMERGENCY assistance DIAL 911 available 24/7 (state "this is a mental health emergency" for appropriate resource deployment)
SAN DIEGO ACCESS & CRISIS LINE: DIAL 888-724-7240 available 24/7*
988 SUICIDE & CRISIS LIFELINE available 24/7*
CRISIS TEXT LINE: Text HELLO to 741741
VETERAN CRISIS LINE: 988 or 1-800-273-8255 (press 1) available 24/7*

INFORMATION & REFERRAL:
SAN DIEGO COUNTY BEHAVIORAL HEALTH SERVICES: Call 1-88-724-7240* - Information and referral available 24/7. (Language interpreter services enable the ACL to assist in over 200 languages.)
211 SAN DIEGO: Dial 211* for comprehensive listing of Health and Human Services in San Diego County, including low-cost therapy services, which can also be found at 211sandiego.org.

LOW-COST COUNSELING SERVICES IN ENGLISH AND OTHER LANGUAGES

San Diego Family Health Centers of San Diego (multiple locations in SD County): 619-515-2300, fhcsd.org
San Diego Family Care (Linda Vista, Mid-City): 858-279-0925, sdfamilycare.org
Union of Pan-Asian Communities (Golden Hill): 619-232-6454, upacsd.com
SDSU Center for Community Counseling and Engagement (City Heights): 619-594-4918, centerforcommunitycounseling.org
San Diego Therapy Center (five locations): 619-289-7322, sandiegotherapycenter.org
USD Tele-Mental Health Training Clinic: 619-260-7670, sandiego.edu/telehealth-clinic
YMCA Behavioral & Mental Health Services: ymcasd.org/behavioral-and-mental-health-services
Home Start (San Diego): 619-692-0727, home-start.org/our-programs
Narrative Initiatives San Diego: 619-272-4450, nisdccounseling.org
Imperial Innercare (multiple locations in Imperial County): 760-344-9951, innercare.org/?page_id=3946
Adult Anxiety and Depression Clinics (El Centro, Calexico, and Brawley): 442-265-7200, bhs.imperialcounty.org/adult-services/#rnhsa

EDUCATION, ADVOCACY & SUPPORT

American Foundation for Suicide Prevention. www.afsp.org
Depression Bipolar Support Alliance. www.dbsalliance.org
Know The Signs: Learn how to recognize signs of suicidal thoughts. suicideispreventable.org
Mental Health America (MHA) is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Mentalhealthamerica.net
NAMI-San Diego provides emotional support, education, and resources for families and those affected by mental health conditions. Namisd.org
Schizophrenia & Psychosis Action Alliance promotes hope and recovery for persons with schizophrenia, bipolar disorder and related brain illnesses through support groups, education, and advocacy. 240-423-9432, www.sczaction.org
Substance Abuse and Mental Health Services Administration (SAMHSA) - Federal agency with education and resources—www.samhsa.gov
Suicide Prevention Resources Center—www.sprc.org
The National Institutes of Mental Health supports research on Anxiety disorders, Attention Deficit Disorder (ADD), Autism spectrum disorders, bipolar disorder, borderline personality disorders, depression, eating disorders, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post traumatic stress disorder, schizophrenia, social phobias, and suicide prevention. Information on mental health can be found at nimh.nih.gov
Take Action for Mental Health—Resource from the State of California to learn more and support your own mental health or of someone you care about.
Guild of St. Benedict Joseph Labre: Spiritual support and care ministry for suffering from mental illness. GuildofStBenedict.org
Survivors of Suicide Loss San Diego reaches out and support people who have lost a loved one to suicide. https://sosisd.org/

YOUTH MENTAL HEALTH RESOURCES

American Academy of Child and Adolescent Psychiatry—www.aacap.org
The Child Mind Institute is an independent nonprofit that provides care, education, and research in children's mental health and learning disorders. Childmind.org
StopBullying.gov—federal government website managed by the US Dept. of Health & Human Services, includes cyberbullying education and resources.
Walk in Our Shoes—lived experience and resources for youth—www.walkinourshoes.org
OSCer, Jr. is a mental health app for youth and their families that provides a guide to navigating the behavioral health scene for youth in San Diego County.

VETERANS/MILITARY MENTAL HEALTH SERVICES

Soldier's Project—818-761-7438, www.thesoldiersproject.org/about/
Strength in Support—949-505-5015 x106/102

SAN DIEGO MENTAL HEALTH MINISTRY NETWORK

For information about upcoming local events or how to get involved in mental health ministry, visit sdcatholic.org/mentalhealth