

# 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)

Rebecca Krawczak: **Faith Formation Coordinator**, [rebeccaqofa@gmail.com](mailto:rebeccaqofa@gmail.com)

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

Darlene Ames: **Messenger Editor**, [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

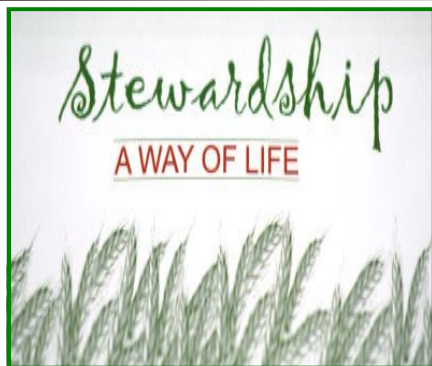
## Reporting Sexual Abuse

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

### February 15-16, 2025

Envelopes Used	62
Envelope Collections	\$ 3,642.00
Plate Collections	\$ 676.00
<b>TOTAL</b>	<b>\$ 4,318.00</b>
January Online	\$ 8,492.71



### 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 22-MARCH 2, 2025

**Sunday:** 1 Sm 26:2, 7-9, 12-13, 22-23/1 Cor 15:45-49/  
Lk 6:27-38

**Monday:** Sir 1:1-10/Ps 93:1ab, 1cd-2, 5/Mk 9:14-29

**Tuesday:** Sir 2:1-11/Ps 37:3-4, 18-19, 27-28, 39-40/  
Mk 9:30-37

**Wednesday:** Sir 4:11-19/Ps 119:165, 168, 171, 172, 174,  
175/Mk 9:38-40

**Thursday:** Sir 5:1-8/Ps 1:1-2, 3, 4 and 6/Mk 9:41-50

**Friday:** Sir 6:5-17/Ps 119:12, 16, 18, 27, 34, 35/  
Mk 10:1-12

**Saturday:** Sir 17:1-15/Ps 103:13-14, 15-16, 17-18/  
Mk 10:13-16

**Next Sunday:** Sir 27:4-7/Ps 92:2-3, 13-14, 15-16  
(see 2a)/1 Cor 15:54-58/Lk 6:39-45

DATE	TIME	INTENTION
Saturday, Feb 22	5:30 PM	†Bill Glick
Sunday, Feb 23	8:00 AM	†Beverly Bohacek
Sunday, Feb 23	10:30 AM	Ron Cuevas
Monday, Feb 24	7:30 AM	<i>Rosary</i>
Tuesday, Feb 25	8:00 AM	The Souls in Purgatory
Wednesday, Feb 26	8:00 AM	The Souls in Purgatory
Thursday, Feb 27	8:00 AM	Pope Francis
Friday, Feb 28	8:00 AM	The Souls in Purgatory
Saturday, Mar 1	9:00 AM	All Expectant Mothers
Saturday, Mar 1	5:30 PM	The Souls in Purgatory
Sunday, Mar 2	8:00 AM	Pope Francis
Sunday, Mar 2	10:30 AM	†Vincent Paradise

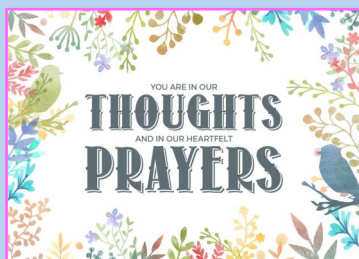
### PRAYER REQUEST

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



Kelly Barker  
Nancy Clark  
Mike Gust  
June Hill  
Eugene Isaacs  
Jason Laccone  
Katie Clark Larson  
Dale Lee  
Susan Lopez  
Steve McMeeken  
James Meek  
Therese More  
Sarah Rusinak  
Renee Schmiedeberg  
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  
Nicholas Palstorm, E8  
Jacob Tweed, HM3



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



**Volunteers Needed** Queen of Angels will be continuing our tradition of offering Soup Suppers during the Lenten Season on Fridays after Stations of the Cross. In order for this to be successful we need volunteers. If you or your ministry community would like to host a Friday, please contact Darlene Ames at 619-445-2145 or [bulletin@queenofangels.org](mailto:bulletin@queenofangels.org) to sign up. Available dates are:

**March 14**  
**March 28**  
**April 11**



**Queen of Angels Women's Auxiliary ATTENTION** all ladies of the Parish. Our monthly meeting will be on **February 26** at 5:30 PM in the parish hall. All woman of the parish are welcome to join.



**Please Take Note** There will be no OCIA class on Tuesday, **March 4**. Class will resume March 11 at 6 PM.



**Bible Study** It's not too late to join in the latest bible study that began on Tuesday, February 20 at 6 PM in the parish hall. Registration is free. The study guide is \$27.95 and can be purchased at [ascensionpress.com/collections/revelation-the-kingdom-yet-to-come](http://ascensionpress.com/collections/revelation-the-kingdom-yet-to-come).



**PLEASE Consider Assisting!** We here at Queen of Angels are always in need of Altar Servers, Communion Ministers, Lectors, Ushers and 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 would like to assist with any of these positions please contact Father David in the parish office at 619-445-2145. We will work with your availability to serve at the Mass which you now attend. Note: We can use volunteers for all Masses so if you can assist just only once a month it would be greatly appreciated.

**Parish Hall First Aid Kit** Every few years there is a need to restock, supply and update our Parish First Aid kit located in the hall. This kit is available for use by all ministries and individuals whenever a minor cuts or scraps occurs, that unexpected headache shows up and other minor emergencies. If you or your ministry has a few hours to update and restock the kit please contact Darlene Ames at [bulletinqofa@gmail.com](mailto:bulletinqofa@gmail.com). Thank you.



**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 Magnificat Lenten Companion* be your guide. This booklet is available in the vestibule of the church. Suggested donation \$1.00.



**Masses on March 5, 2025**  
**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.*



**The 2025 Annual Catholic Appeal**  
**"Advancing Our Mission",**  
*has begun*

*Queen of Angels assessment for 2025 is \$23,411.00. 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 2025 Annual Catholic Appeal for our parish.*



### **MARCH**

**7: Deanery Youth Night at OLPH~6:30-8 PM**  
**14: Bowling at Viejas Bowl~6:30-9 PM**

### **APRIL**

**4: Deanery Youth Night at OLPH~6:30-8 PM**  
**11: Deanery Service Project at OLG~6:30-8 PM**

### **MAY**

**2: Sky Zone in Chula Vista~TBA**  
**9: Dance & Social Night at St. Martin's~7-9 PM**

**Please RSVP for every event by sending an email to [rebeccaqofa@gmail.com](mailto:rebeccaqofa@gmail.com).**

**Permission forms are required for each event and are available in the parish office and via email.**

## ANNOUNCEMENTS

### **February 23, 2025** **7th Sunday of Ordinary Time** *Luke 6:27-38*

One of my favorite new singers/songwriters is Noah Kahan. I'm a little biased because, like me, he is originally from Vermont. In a fine song entitled "Stick Season," he sings of his hope to "cancel out the darkness I inherited from dad." This lyric articulates his painful recognition of a dark spiritual "inheritance" from his father, and his hope to be free of it. We all inherit some degree of evil from our earthly forebears. It's easy to feel doomed to repeat their darknesses.

But we're not so doomed, thank God. This week's Gospel proclaims this. Whatever good or bad we received from our parents, we have a more definitive and perfect inheritance in God. Jesus commands us, "Be merciful just as your Father is merciful" (Luke 6:36). We have a perfect Father in heaven and are destined to inherit and reflect that perfect and merciful love. We have an inheritance of light, not darkness, and thus a whole new possibility of magnanimous love. Like any inheritance, this is a free gift to us.

What are we destined to repeat? Not the darkness of our earthly parents. We are destined to be a reflection of God's life. Jesus liberates us from the inevitability of repeating whatever evils and imperfections are in our familial or cultural upbringings. It's time to claim that perfect inheritance.

— *Father John Muir*

©LPi

### **How to Prepare for Lent**

How do you **prepare for Lent**? How have you prepared in the past? What are your ideas about what *should* happen during Lent?

We have the traditional Catholic practices of praying, fasting, and almsgiving. So, we pray more than usual, or we pray with different emphases. We eat smaller or fewer meals or give up a favorite food or drink group. We give more of our resources or give them specifically to special works of mercy during Lent.

Prayer, fasting, and charitable giving continue to be quite good practices during Lent or at any time.

*But, you might think, how do I prepare myself for this season? What needs to happen within so that I can practice with more integrity and intention whatever I'm doing on the outside?*

There are plenty of ideas for actions and practices during Lent; coming up with ideas usually is not the problem. But we don't want to do anything simply to be doing it, even if it's a good thing. We don't want to make a list of merciful works so that we can place a checkmark beside each one as we accomplish it.

It's good to have a plan for *doing*. It's also good to have a plan for *being*.

How do I want to *be* during Lent this year? More quiet and thoughtful? More open to God's desires? Better able to sit with people who need me? More attentive to sacred readings, whether in church or in private? Do I need to be more compassionate toward my own fears and failings? Do I need to become more courageous about using the gifts God has given me?

In the days prior to Lent, try one or more of these suggestions.

Ask God, every day, "**What does my soul need?**" Just ask, and wait quietly. Because we're very good at fooling ourselves about how we're doing, it might take several days of praying this question before we're truly open and humble enough to know the answer.

Ask God, every day, "**What about my life makes you happy?**" Yes, when God looks at your life, some parts of it—perhaps many aspects of it—bring joy to God's heart. Think of how your children or grandchildren or other people close to you make you happy. God is in relationship with you, which means that your sins grieve God's heart, but also that your growth and love and freedom and kindness bring joy to God of the universe. Again, you will probably need to pray this a few times before you are willing to consider that you give God pleasure, that you make God happy in any way. Stick with this little prayer and keep listening.

Tell God, and yourself, every day, "**I want to be open to the graces of this Lenten season.**" Maybe you're not open right now, or you're not as open and willing as you'd like to be or think you should be. What else is new? We can always open our lives a bit more, let go of more stuff, listen better, and do more quickly and passionately what we know helps nurture God's kingdom on earth.

This is a beginning: three short and simple prayer starters to ready yourself for the holy season.

## ANNOUNCEMENTS



# MAR \* DI \* GRILL



**MAR \* D \* GRILL: Noun**

**1. A pre-Lenten BBQ celebration filled with grilled food that precedes FAT TUESDAY but not meant to replace it**

## SAVE THE DATE!

**Please Join Us On**

**Sunday, March 2 after the 10:30 AM Mass**

for an afternoon celebration to kickoff the Lenten Season with a

## Pre-Fat Tuesday Mardi Grill

Hosted by the

*Knights of Columbus*



**More information & Menu to follow.  
Please see the bulletin for further details.**



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

### WORD SEARCH SEVENTH SUNDAY IN ORDINARY TIME

ABUSE	AGAIN	ALSO
AWAY	BEGS	BLESS
CHEEK	COAT	CONDEMN
CREDIT	CURSE	ENEMIES
EVEN	EVERY	FORGIVE
GIVE	GOOD	HATE
HEAR	JUDGE	LEND
LOVE	MEASURE	MERCIFUL
OFFER	OTHER	PRAY
RECEIVE	SHIRT	SINNERS
STRIKES	TAKES	WISH

**ANNOUNCEMENTS**

This lent, be with Christ at the foot of the cross. Join Dr. Scott Hahn in a weekly Lenten video series from the St. Paul Center and explore the final words that Jesus uttered while He hung dying on the Cross.

**The Seven Last Words Discover the Heart of Our Savior**

Jesus' final utterances from the Cross have been a subject of meditation for the greatest Catholic mystics from St. Bonaventure to St. Alphonsus Liguori to Ven. Fulton Sheen.

In The Seven Last Words—a weekly Lenten video series from the St. Paul Center—Dr. Scott Hahn explores the final words that Jesus uttered while He hung dying on the Cross, and shows how those words reveal the heart of our salvation.

**30**—One 30-minute video per week for you to reflect on and implement throughout your Lenten observance.

**7**—Scott Hahn will guide you to discover the powerful meaning behind Christ's seven last words.

**1**—A single, life-changing journey into the heart of our Savior's love for you.

To sign up visit: [stpaulcenter.com/lent/#signup](http://stpaulcenter.com/lent/#signup)



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 March 5th – April 13**

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, sign up at  
[40daysforlife.com/en/elcajon](http://40daysforlife.com/en/elcajon) or contact Yvonne Harris at [yvonneqofa2569@gmail.com](mailto:yvonneqofa2569@gmail.com).

[www.40daysforlife.com/elcajon](http://www.40daysforlife.com/elcajon)

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

**Tuesday, March 4th at 6:00 PM,**

Meet on the sidewalk at **Family Planning Associates (FPA) (Near East County Urgent Care)**

**1625 E. Main Street, El Cajon**

(Dress according to the weather, this is an outside event rain or shine!)

**ATTENTION**

Please be advised that Fr. David, or anyone else from our parish staff will never send out e-mails, text messages or Flocknotes requesting any form of monetary assistance such as cash, Amazon, Grubhub, or any gift cards etc.

If you receive such suspicious e-mails, please block and delete or disregard.

## ANNOUNCEMENTS



### Do you need Retrouvaille?

Has your romance faded? Do you argue without reaching resolution? Are you more like roommates than soul mates? Have you grown apart? Is your marriage in crisis?

### Why wait for a better marriage?

### Retrouvaille can help you:

Rebuild your emotional connection. Learn healthy communication methods. Manage conflicts effectively. Forgive and rebuild trust.

Experience the joy of rediscovering your love.

**Join us May 4-5, 2025**

To register for more information about an upcoming Retrouvaille Weekend program for couples, call 951-259-9474 or visit our website: [www.helpourmarriage-sandiego.org](http://www.helpourmarriage-sandiego.org)

EXPERIENCE THE HEALING POWER OF CHRIST



Contact Janelle at [ljperegoy@sdccatholic.org](mailto:ljperegoy@sdccatholic.org).

**JOIN US FOR THIS UNIQUE RETREAT FOR ADULTS WITH DIVORCED OR SEPARATED PARENTS**

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

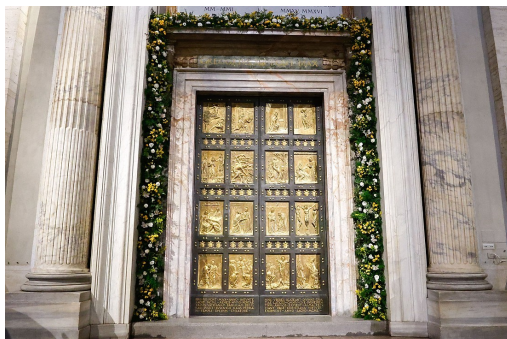


**OFFICE FOR FAMILY LIFE**  
DIOCESE OF ORANGE

<b>MARCH 28-30, 2025</b>	<b>LESTONNAC RETREAT CENTER TUSTIN</b>	<p><b>\$375 Single Occupancy,</b> <b>\$325 Single Occupancy,</b> <b>\$125 for commuters</b> Price increases after Feb.15.</p>
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LIFE-GIVING Wounds



### Jubilee 2025 Links

*The Vatican Jubilee Website:* [www.iubilaeum2025.va/en.html](http://www.iubilaeum2025.va/en.html)

*U.S. Conference of Catholic Bishops Website:* [www.usccb.org/jubilee2025](http://www.usccb.org/jubilee2025)

*Catholic Diocese of San Diego Website:* [sdccatholic.org/jubilee-year-2025/](http://sdccatholic.org/jubilee-year-2025/)

“May the grace of the Jubilee reawaken in us, *Pilgrims of Hope*, a yearning for the treasures of heaven...” Pope Francis