

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

Rebecca Krawczak: **Faith Formation Coordinator**, rebeccaqofa@gmail.com

Glenn D'Abreo : **Music Coordinator**, glennqofa@gmail.com

Darlene Ames: **Messenger Editor**, 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



“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”
Matthew 6:19-21

READINGS & MASS INTENTIONS JANUARY 25-FEBRUARY 2, 2025

Sunday: Neh 8:2-4a, 5-6, 8-10/Ps 19:8, 9, 10, 15
(see Jn 6:63c)/1 Cor 12:12-30 or 12:12-14, 27/Lk 1:1-4;
4:14-21

Monday: Heb 9:15, 24-28/Ps 98:1, 2-3ab, 3cd-4, 5-6/
Mk 3:22-30

Tuesday: Heb 10:1-10/Ps 40:2 and 4ab, 7-8a, 10, 11/
Mk 3:31-35

Wednesday: Heb 10:11-18/Ps 110:1, 2, 3, 4/Mk 4:1-20

Thursday: Heb 10:19-25/Ps 24:1-2, 3-4ab, 5-6/
Mk 4:21-25

Friday: Heb 10:32-39/Ps 37:3-4, 5-6, 23-24, 39-40/
Mk 4:26-34

Saturday: Heb 11:1-2, 8-19/Lk 1:69-70, 71-72, 73-75/
Mk 4:35-41

Next Sunday: Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/
Lk 2:22-40 or 2:22-32

| DATE | TIME | INTENTION |
|-------------------|----------|---------------------------------|
| Saturday, Jan 25 | 5:30 PM | †Beverly Bohacek |
| Sunday, Jan 26 | 8:00 AM | †Joseph Espinoza & Raymond (RJ) |
| Sunday, Jan 26 | 10:30 AM | †Lois Agosta |
| Monday, Jan 27 | 7:30 AM | Rosary |
| Tuesday, Jan 28 | 8:00 AM | Steven McMeeken |
| Wednesday, Jan 29 | 8:00 AM | †Nancy Silva |
| Thursday, Jan 30 | 8:00 AM | Katie Clark Larsen |
| Friday, Jan 31 | 8:00 AM | †Peggy Welch |
| Saturday, Feb 1 | 9:00 AM | The Souls in Purgatory |
| Saturday, Feb 1 | 5:30 PM | †Felipe Villa |
| Sunday, Feb 2 | 8:00 AM | Matthew Patrick Clark |
| Sunday, Feb 2 | 10:30 AM | †Eric Lopez |

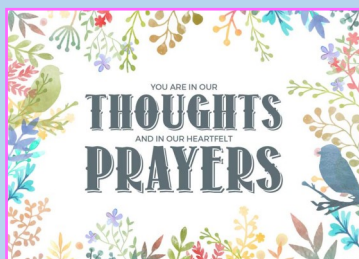
PRAYER REQUEST

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
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.

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.

ANNOUNCEMENTS



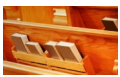
Monthly ECPC Collection Please leave your donations after all the Masses next weekend, **February 1-2**, in the "ECPC COLLECTION CHEST" directly behind the church, near the back door of the multi-purpose room. Drive your car around to the back and it will be just a few steps away. You will be able to 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 for the ECPC. As always, thank you for your support!



Annual Catholic Appeal 2024 If you have yet to participate in the 2024 year's appeal, it's not too late! Simply visit: <https://sdcatholic.org/annual-catholic-appeal> and make your pledge. No amount is too small. Remember, 100% of all monies pledged beyond our set goal is returned to Queen of Angels. Thank you for your continued generosity in support of our local Church.



Green Thumb Gardeners There still are several beautiful Poinsettia plants that weren't picked up from the Christmas season. With proper care these plants can thrive year round and rebloom. If you would like one or two please help yourself.



Please Remember Upon leaving Mass, please make sure all Missalettes, Hymnals, Prayer Cards, and donation envelopes are put back neatly in the pew backs. It only takes a few seconds and greatly enhances the appearance of the church when arriving to celebrate Mass. Thank You~



Cold, Covid & Flu Season In consideration and respect of all attending Mass, we ask that if you have even a slight cough or cold please refrain from attending service until your symptoms are gone. Thank you.

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.



First Saturday Devotions to the Immaculate Heart of Mary-February 1

8:30 AM—Rosary
9:00 AM—Mass



First Friday to Adore the Sacred Heart of Jesus-February 7

9:30 AM—Rosary
10:00 AM—Adoration/Reconciliation
11:30 AM—Mass

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)

PASTOR'S PAGE

Friends,

This past Wednesday was the 52nd anniversary of the Supreme Court Case, Roe v. Wade, and while it was overturned by Dobbs v. Jackson on June 24, 2022, abortion continues to be a grave injustice throughout the world, and a moral battleground in our nation, and especially in the state of California.

I bring this up, not to point the finger at anyone, for the wounds caused by abortion cut deep and heal slowly, but instead to call us all back to prayer, fasting, and penance, for that day is a day of mourning. It has been said that praying without fasting is like fighting with one hand tied behind your back, and I am inclined to agree. In a society that is enslaved to immediate gratification due to our ability to get whatever we want whenever we want as quickly as we want, our spiritual 'NO' muscles, as I like to call them, have atrophied, leaving us vulnerable to all kinds of spiritual attacks, moral failures, and every imaginable addiction. After all, if I lack the strength and fortitude to say 'no' to something I know is wrong, I have become a slave to my passions and appetites – that is, to whatever I happen to want right this instant. I have become, essentially, a spiritual toddler, and a very selfish and unempathetic one at that. While there is not one "catch-all" or easy fix, I would submit that fasting is a vitally important part of correcting this bad attitude and behavior in ourselves. The more I work out my 'NO' muscles through fasting by saying no to food and drink (and also entertainment and leisure), the easier it becomes, over time, to resist temptation, because I am gaining self-mastery over my most basic and impulsive desires. Fasting is essential if we want to truly become people of prayer. As I say that, however, I would also caution anyone from pushing too hard too quickly, or greatly exceeding what the Church in her wisdom holds out to us as a model for how and when to fast. To stick with our muscle analogy, if I were to go back to the gym after a decades-long hiatus and immediately try to bench press 400 lbs, I would get crushed, and not in a good way. I need to grow in honest self-knowledge and humility so I can accurately assess where I really am in the spiritual life, and what God is asking of me, when I fast. Fasting should sting – I am giving something up, after all – but it should also be something I can offer the Lord *joyfully, and with great love. In a different context St. Paul reminds us that "God loves a cheerful giver" (2 Cor 9:7b), but I don't think he would be upset with us for applying that same principle to the fasting and sacrifices we offer up to Jesus.*

My encouragement, brothers and sisters, is to find something you can joyfully fast from at least once a week (Fridays are a great day for this), whether it's a full meal, seconds at a meal when you're hungry, just dessert, something as seemingly small or insignificant as condiments on your food, an episode of your favorite show, *something, and quietly and without fanfare offer that with great love to the Lord in the secret of your heart. Offer it to him for your family and their holiness. Offer it in reparation for all the sins committed against the dignity of the human person, created in the image and likeness of God. Offer it in thanksgiving to God for His infinite goodness and mercy. Offer it as a way of asking God for the grace to grow in virtue. Offer it in combination with your prayer. But make a joyful offering to the Lord.*

I will close today by once again citing St. Paul: "I appeal to you therefore brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship." (Rom 12:1).

Grace and peace,

Fr. David



ANNOUNCEMENTS



**Queen of Angels
Middle School Youth**

Upcoming Events

| | | |
|---|---|---|
| FEB 8 NOON -6 P.M. <i>Youth Day @St Luke's</i> | FEB 9 6 P.M. <i>Super Bowl Party</i> | MAR 07 6:30 - 8 P.M. <i>Deanery Youth Night @ OLPH</i> |
| MAR 14 6:30- 9 P.M. <i>Bowling @ Viejas Bowl</i> | APR 04 6:30 - 8 P.M. <i>Deanery Youth Night @ OLPH</i> | APR 11 6:30 - 8 P.M. <i>Deanery Service Project @ Our Lady of Grace</i> |
| MAY 02 TIME: TBA <i>Sky Zone Chula Vista</i> | MAY 09 7 - 9 P.M. <i>Dance and Social Night @ St. Martin's</i> | Please RSVP for each event by sending an email to rebeccaqofa@gmail.com Permission forms are required for each event and are available in the parish office and via email |



Retirement Fund for Religious

Please give to those who have given a lifetime.

Our aging religious need your help. Like those pictured, more than 224,000 senior sisters, brothers, and religious order priest have dedicated their lives to serving others through prayer and ministry today, their religious communities do not have enough retirement savings to care for them. Your support of the retirement Fund for Religious helps provide care, medicine and other necessities. Please give back to those who have given a lifetime.

Please be as generous as you can donating to this fund. Envelopes can be found at the entrances to the church and can be returned to the office or in the collection baskets. Thank You.

retiredreligious.org

Devotions, Explained! Examination of Conscience

Mini Explanation — The practice of examining one's conscience dates to the very beginning of the Christian faith. It simply calls for reflection on one's actions, making note of lapses in judgment that should be confessed in the Sacrament of Reconciliation.

Examination of Conscience, Explained!

In Paul's First Letter to the Corinthians, the apostle writes that it is imperative for a Christian to reflect on his conscience before he partakes of Holy Eucharist: "Let a man examine himself, and so eat of the bread and drink of the cup" (1 Corinthians 11:28). The practice of examining one's conscience before seeking the Sacrament of Reconciliation thus dates to the very beginning of the Christian faith and was encouraged as a regular practice by many saints and founders of religious orders as a means of growing in virtue.

An examination of conscience, when it relates to the sacrament, simply means reflecting on one's actions (and particularly the intentions behind those actions) since the penitent's last absolution, making note of lapses in judgment that should be confessed. A good basis for this reflection can be the Ten Commandments, the Beatitudes and the seven deadly sins.

ANNOUNCEMENTS

**COME JOIN US
IN WONDERLAND**

FOR THE
**FATHER JOE'S VILLAGES LADIES GUILD
ANNUAL FUNDRAISER!**

**MONDAY
FEBRUARY 17, 2025**


AT
THE DANA ON MISSION BAY
1710 WEST MISSION BAY DRIVE, SAN DIEGO 92109

**\$65 per person
Free parking**




PLEASE RETURN RESERVATION FORM NO LATER THAN FEBRUARY 7, 2025

**WORLD DAY
OF THE SICK
MASS**




**SATURDAY, FEB. 8, 2025
10 A.M.**

GOOD SHEPHERD PARISH
8200 GOLD COAST DR.
SAN DIEGO, CA 92126




Main celebrant:
Most Rev. Michael M. Pham
Aux. Bishop of San Diego

You are not alone! **MULTILINGUAL MASS**

**Join the Mass &
experience spiritual
healing and support!**

- ANOINTING OF THE SICK
- BLESSING OF CAREGIVERS AND MINISTERS OF THE SICK
- CELEBRATING THE 5TH CARING FOR THE WHOLE PERSON ANNIVERSARY

Livestream
<https://sdcatholic.org/event/world-day-of-the-sick-mass/>



DIocese OF SAN DIEGO
LIFE, PEACE & JUSTICE
mvalencia@sdcatholic.org
858-490-8323

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San Diego Marriage
ANNIVERSARY MASS

**Saturday, February 15, 2025
at 11 AM**

Join us to renew your commitment in English, Spanish and Vietnamese

Mass and Reception
Good Shepherd Parish
8200 Gold Coast Dr. San Diego, CA 92126
For more information contact us:
Ph: 858-490-8256
Email: jprust@sdcatholic.org

Celebrated by
Auxiliary Bishop
Felipe Polanco





UNITED STATES BANKRUPTCY COURT FOR THE SOUTHERN DISTRICT OF CALIFORNIA

**In re The Roman Catholic Bishop of San Diego
Case No. 24-02202**

**Notice of Deadline for Filing Claims:
FEBRUARY 3, 2025**

**YOU MAY HAVE A SEXUAL ABUSE CLAIM OR OTHER CLAIM
AGAINST THE DIOCESE OF SAN DIEGO**

On June 17, 2024, The Roman Catholic Bishop of San Diego, sometimes referred to as The Diocese of San Diego ("Debtor") filed for protection under chapter 11 of Title 11 of the United States Code (the "Bankruptcy Code").

If you were sexually abused by any person connected with Debtor, you must file a claim so as to be received by February 3, 2025, or otherwise you will be forever barred, estopped, and enjoined from asserting such claim against the Debtor. Even if you have already filed a lawsuit against Debtor alleging abuse you must still file a claim to maintain and/or preserve your rights.

Claims based on acts or omissions of the Debtor that occurred before June 17, 2024, must be filed on or before February 3, 2025, even if such claims are not now fixed, liquidated, or certain or did not mature or become fixed, liquidated, or certain before June 17, 2024.

For more information on how to obtain and file a proof of claim form and associated documents, please visit <https://www.donlinrecano.com/rcbsd>, or contact Donlin Recano, the Debtor's claims agent, via email at rcbsdinfo@drc.equiniti.com or by phone at 1-866-521-4424, between the hours of 9:00 a.m. and 5:00 p.m. (prevailing Eastern Time), Monday through Friday.

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What Are Some Good Bible Study Tools for Catholics?

It's often said that Catholics don't know the Bible very well, but this isn't entirely accurate. The truth is that Catholics who regularly attend Mass are often a lot more well versed in the Scriptures than they realize.

Although we still have a lot to learn from our Protestants brothers and sisters about the value of *memorizing* Sacred Scripture, we shouldn't underestimate the extent to which our experience of the Church's tradition and sacraments provides us with an intuitive sense for understanding the Bible. Indeed, as Catholics, we have the ability to read the Bible from the heart of the Church—the way it is meant to be read—which gives us a distinct advantage.

That being said, there's always much more to learn! Growing in our knowledge of the breadth and depth of Scripture is a lifelong task, and always a worthwhile one. Writing to the young Church leader Timothy, St. Paul reminds him: "All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness" (2 Tim 3:16).

Before we get to our list of recommended study tools, let's first say a quick word on translations. The above quotation from 2 Timothy is from the Revised Standard Version Catholic Edition (RSVCE), which is the translation of choice for many orthodox Catholic theologians and scholars. Although no translation is perfect, the RSVCE strikes a good balance between faithfully capturing the meaning of the original Greek, while still maintaining a certain elegance in style.

Recommended Study Bibles

The past few months have seen the release of the *Ignatius Catholic Study Bible*, complete with Old and New Testaments. Edited by Scott Hahn and Curtis Mitch, this resource contains nearly 18,000 footnotes. But be warned: at 2,320 pages, it's not exactly pocket sized!

Other excellent study Bibles include the *Didache Bible*, which incorporates commentaries based on the *Catechism of the Catholic Church*, as well as the *Navarre Bible series*, which is inspired by the vision of St. Josemaría Escrivá, founder of Opus Dei.

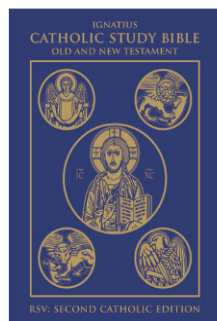
Another multi-volume Bible worth checking out is *The Word on Fire Bible*, which includes beautiful Christian art and reflections from Bishop Robert Barron.

Understanding the "Big Picture" of the Bible

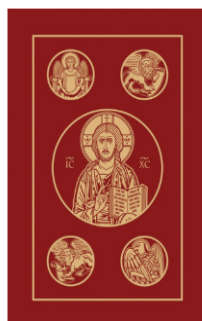
Sometimes when we're reading the Bible it can be difficult to spot the forest for the trees. One classic book which helps provide a sense of the overarching narrative of salvation history is Scott Hahn's *A Father Who Keeps His Promises: God's Covenant Love in Scripture*.

Another helpful set of books, especially for beginners, are John Bergsma's *Bible Basics for Catholics*. Three volumes have been published so far: (1) *Bible Basics for Catholics: A New Picture of Salvation History*, (2) *New Testament Basics for Catholics*, (3) *Psalms Basics for Catholics: Seeing Salvation History in a New Way*.

To order any of these Bible Resources go to: ignatius.com/books/bibles-bible-resources/



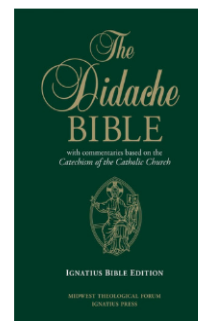
**Ignatius Catholic
Study Bible**



**Ignatius Bible
(RSV), 2nd Edition**



**New Testament
and Psalms (RSV)**



**The Didache Bible
with
Commentaries
Based on the
Catechism of the
Catholic Church**