

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

March 1-2, 2025

Envelopes Used 73

Envelope Collections \$ 4,179.00
Plate Collections \$ 604.26
TOTAL \$ 4,783.26



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 MARCH 8-16, 2025

Sunday: Dt 26:4-10/Ps 91:1-2, 10-11, 12-13, 14-15 (see 5b)/Rom 10:8-13/Lk 4:1-13
Monday: Lv 19:1-2, 11-18/Ps 19:8, 9, 10, 15/
Mt 25:31-46
Tuesday: Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19/
Mt 6:7-15
Wednesday: Jon 3:1-10/Ps 51:3-4, 12-13, 18-19/
Lk 11:29-32
Thursday: Est C:12, 14-16, 23-25/Ps 138:1-2ab, 2cde-3,
7c-8/Mt 7:7-12
Friday: Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8/
Mt 5:20-26
Saturday: Dt 26:16-19/Ps 119:1-2, 4-5, 7-8/Mt 5:43-48
Next Sunday: Gn 15:5-12, 17-18/Ps 27:1, 7-8, 8-9,
13-14/Phil 3:17—4:1 or 3:20—4:1/Lk 9:28b-36

DATE	TIME	INTENTION
Saturday, Mar 8	9:00 AM	The Souls in Purgatory
Saturday, Mar 8	5:30 PM	Pope Francis
Sunday, Mar 9	8:00 AM	Robert Cardinal McElroy
Sunday, Mar 9	10:30 AM	†Thad Gembacz
Monday, Mar 10	7:30 AM	Rosary
Tuesday, Mar 11	7:30 AM	Rosary
Wednesday, Mar 12	7:30 AM	Rosary
Thursday, Mar 13	7:30 AM	Rosary
Friday, Mar 14	7:30 AM	Rosary
Saturday, Mar 15	9:00 AM	The Souls in Purgatory
Saturday, Mar 15	5:30 PM	Dennis & Cathy Woestman
Sunday, Mar 16	8:00 AM	†Beverly Bohacek
Sunday, Mar 16	10:30 AM	†Leonor Noblejas

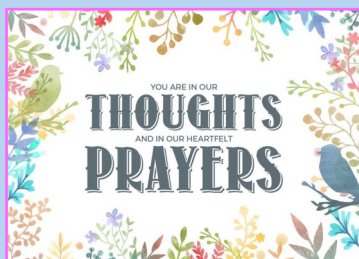
PRAYER REQUEST

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.



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.

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

ANNOUNCEMENTS



Knights of Columbus There will be a Council meeting on Tuesday, **March 11**, at 7:00 PM in the parish hall. All Knights are encouraged to attend.



Please Take Note There will be no OCIA class on Tuesday, **11**. Class will resume March 18 at 6 PM.



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. We will also have Eucharistic Adoration before Stations of the Cross, beginning at 5:30 PM. Please consider being a part of these special devotions.



Soup Supper Please join fellow Queen of Angels parishioners on Friday, **March 14** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by the **Music Ministry**.



Saturday Daily Mass During the Lenten Season Queen of Angels will now celebrate daily morning Mass on **Saturdays at 9:00 AM**. Please use this additional opportunity to receive the Eucharist and to deepen one's relationship with Jesus Christ especially during this Lenten Season,



Lenten Literature Try and stop by the donut/multi-purpose room any time after Mass to pick up material to enhance your **Lenten Journey**. We are offering resources for all ages.

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.



the WORD among us Is a daily approach to prayer, meditation and scripture to enhance your Catholic faith this Lenten season. This booklet is available in the vestibule of the church. Suggested donation \$1.00.



THANK YOU to those who have so selfishly and willingly signed up to volunteer and sponsor a Lenten Soup Supper here at Queen of Angels. Your kind deed does not go unappreciated. If you or your ministry community have any questions regarding Soup Supper don't hesitate to reach out to Darlene Ames at bulletin@queenofangels.org or at 619-445-2145.



Thank You A big **THANK YOU** to the Knights of Columbus for hosting and supplying the delicious soups and bread at our Soup Supper on March 7.



Additional Opportunities for Reconciliation 2025

St. John of the Cross, Lemon Grove	March 17	7:00 PM
St. Martin of Tours, La Mesa	March 18	7:00 PM
St. Therese, San Diego	March 19	7:00 PM
Holy Trinity, El Cajon	March 24	7:00 PM
Our Lady of Grace, El Cajon	March 25	7:00 PM
Santa Sophia, Spring Valley	March 26	7:00 PM
Queen of Angels, Alpine	March 27	7:00 PM
Guardian Angels, Santee	March 31	7:00 PM
Our Lady of Perpetual Help, OLPH, Lakeside	April 2	10:00 AM
St. Luke, El Cajon	April 2	7:00 PM
St. Kateri Tekakwitha, Lakeside/Barona	April 3	7:00 PM
	April 3	7:00 PM

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.

"Like good stewards of God, serve one another."
 If you cannot donate at this time, we ask you to pray for a successful 2025 Annual Catholic Appeal for our parish.

Lenten Disciplines of Fasting & Abstinence

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.



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Friends,

Today we continue our journey through the seven Old Testament readings of the Easter Vigil, so that we can contemplate the beautiful unfolding of salvation history, as well as the prophecies that were given to humanity to prepare us for the Paschal Mystery of Jesus, throughout the forty days of Lent.

OT Reading II: Genesis 22:1-18

This passage is known as, “the binding of Isaac.” As will be the case with every reading chosen for the Easter Vigil, there is too much to unpack in a short space, but we must at the very least take notice of the incredible parallels between what happens on Mount Moriah and what will later happen on a different hill, Calvary. So without further ado, let’s dive in to some specifics...

Throughout the entire narrative we see a great typology which foreshadows the sacrifice of Jesus Christ: a loving father, a beloved son, and a sacrifice made out of love and for love, with great trust in that mutual love. In verse 4 there is another clue, as we read that, “on the third day Abraham lifted up his eyes and saw the place afar off.” Of course, any time we hear a reference to a third day, our Christian “spider senses” should start tingling. Jesus will die on Good Friday and rise from the dead three days later, that is, “on the third day.” Isaac, however, is *offered up* “on the third day.” Is that a big enough incongruence to discount this as a connecting point? I do not believe so, since Isaac is also *given back* to Abraham, in a sense “rising” from the altar which would have been the site of his death, “on the third day.” Similarly, the entire Paschal Mystery of Jesus is recalled (“Do this in memory of me,” Lk 22:19b) in the sacrifice of the Mass. In the Mass, we as Christ’s Church (His mystical body, cf. I Cor 12:12-14) re-present to the Father: the Last Supper (Holy Thursday), the Crucifixion (Good Friday), and the Resurrection of His Son (Easter Sunday), all of which happened on different days, but the day we give primacy to for this celebration is *Sunday*, which is to say, “on the third day” of the Passion narrative. So no, I do not think there is any incongruence if we combine the timing of these two events in Genesis. But there’s another, even more heart-wrenching part of this passage that takes place in verses 7-8, when Isaac and Abraham speak to each other.

“My father!”

“Here I am, my son.”

“Behold, the fire and the wood; but where is the lamb for the burnt offering?”

“God will provide himself the lamb for a burnt offering, my son.”

Again, there is too much, but here it is good to remember that when God intervenes, he sends, not a lamb, but a *ram* to take Isaac’s place. This means, if we are paying close attention, that at the end of the story we are still waiting for God to fulfill the prophetic words of Abraham and provide a lamb – which He does, but in a more marvelous and amazing way than we would have ever dared to ask! God gives us His own Son, Jesus of Nazareth, the Lamb of God who takes away the sin of the world! And while God intervenes to prevent Abraham from harming his son, He does *not* intervene to stop the death of His own Son when Jesus offers up Himself. In the interest of keeping this to one page, I will simply encourage you to keep that in mind when, during Mass, we are told to, “Behold the Lamb of God! Behold Him who takes away the sin of the world!” Because in Jesus, and in particular as he reveals Himself to us as our Eucharistic Lord, we are finally given, among many other gifts and graces, the fulfillment of Abraham’s prophecy.

Grace and peace to you all,

Fr. David

ANNOUNCEMENTS



Thank you to the Knights of Columbus for the delicious and yummy
MAR * DI * GRILL
luncheon they provided on March 2. A wonderful time was had by all!



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.

CAN WE COUNT YOU IN?

From now until – April 13

Covering prayer shifts,
from 7:00 am – 7:00 pm 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/elcajon or contact Yvonne Harris at yvonneqofa2569@gmail.com.

www.40daysforlife.com/elcajon

MINISTRIES

Do You Hear the Call?

MINISTRIES

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 feel the call and 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



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

Dear Friends and Families,

As we begin the Season of Lent, we are reminded that Pope Francis has proclaimed 2025 the Jubilee Year with a special emphasis on Romans 5:5, 'hope does not disappoint.' This year of hope is so important for all of us, but especially for those who are suffering loneliness or mental illness, have recently lost a loved one, or are walking alongside a loved one who is struggling. Hope is that intense beam of light shining through the darkness that reminds us that we are not alone.

As disciples of Christ, we have been given the privilege of allowing our own wounds to become tangible signs of hope for those who may feel hopeless. How can you and I be signs of hope as we accompany others during this Lenten season?

Yours in Christ,
The Office for Family Life & Spirituality

The Pope's Prayer Network March 2025

Monthly Prayer for Mental Health

Pope Francis' Prayer Intention for March:

For Families in Crisis.

Pope Francis asks us to pray this month for families in crisis. Many families care for loved ones who have a serious mental illness. Families can be thrown into a crisis when irrational behavior caused by the mental illness causes chaos and misunderstandings.

Pope Francis has asked that we, "remember our brothers and sisters affected by mental disorders ... let us pray for them and for their families, so that they are not left alone or discriminated against but welcomed and supported." Consider forming a Catholic Mental Health Ministry in your parish community to support families who are caring for a loved one with a mental illness.

The Association of Catholic Mental Health Ministers
<https://www.catholicmhm.org/click-to-pray>



Pope's Worldwide Prayer Network



Association of
Catholic Mental
Health Ministers



ANNOUNCEMENTS

Is “This Too Shall Pass” in the Bible?

By Clement Harrold
February 2025

The phrase “this too shall pass” is often used to describe the impermanence of life and the need for longanimity in the face of suffering. Many people simply assume that the phrase comes from Sacred Scripture, but in fact it appears nowhere in the Bible. So where does it come from?

At first glance, the phrase sounds like it could be an aphorism from the ancient Greek philosopher Heraclitus, who believed the world to be in a state of constant flux. “You can’t step into the same river twice,” he said. Despite the similarities, however, the phrase “this too shall pass” is not found in the writings of Heraclitus.

Instead, many etymologists suspect the phrase was invented by medieval Persian poets belonging to a mystical branch of Islam called Sufism. It is interesting to note, however, that Jewish folklore also contains stories suggesting that the phrase originated with King Solomon.

In terms of its English usage, the phrase has been a part of our language since at least the mid-1800s. In 1852, for example, the English poet Edward FitzGerald wrote a story called *Solomon’s Seal*, based on some Persian fables he had been reading. In his story, FitzGerald describes how King Solomon was asked to devise a phrase which would always hold true, in good times and bad. In response, the King supplied the adage, “This too will pass away.”

While the Bible never records this event taking place, the phrase does fit nicely with a famous set of verses from Ecclesiastes 3, which are traditionally attributed to King Solomon: “For everything there is a season, and a time for every matter under heaven . . . a time to weep, and a time to laugh; a time to mourn, and a time to dance” ([Eccles 3:1,4](#)).

Biblical Parallels

Although the phrase “this too shall pass” never appears in the Bible, it *does* contain plenty of biblical wisdom. Indeed, one of the central claims of the Christian faith is that because this present life is only a passing thing, we must learn to fix our eyes on God, who is unchanging: “Heaven and earth will pass away, but my words will not pass away” ([Mt 24:35](#)).

St. Paul also highlights this theme in his letters. As he exclaims in a famous passage:

For this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison, because we look not to the things that are seen but to the things that are unseen; for the things that are seen are transient, but the things that are unseen are eternal. (2 Cor 4:17-18)

The apostle reminds us that even when we are experiencing trials and suffering, these are only “momentary” when compared with the glory that awaits us. This too shall pass, and everything we have undergone in this life will one day make sense in light of God’s perfect providence. Therefore, “let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart” ([Gal 6:9](#)).

An Old English Poem and J.R.R. Tolkien

Although the phrase “this too shall pass” appears to have been coined in a non-English language, scholars have noted a curious parallel in Old English literature. The parallel comes in a poem known as “The Lament of Deor” (or simply, “Deor”), which first appears in a book dated to around 960-990 A.D.

Over the course of his lament, Deor describes a series of tragedies which took place in his life, including how he lost his position in service of his lord after being replaced by a rival. What is striking about Deor’s description of his misfortunes is that he ends each section with the same refrain: *þæs oferēode, þisses swā mæg*. In modern English, this is translated in various ways, but the English novelist J.R.R. Tolkien proposed the following: “Time has passed since then, this too can pass.”

Tolkien was greatly influenced by Deor’s poem, and its ideas made their way into his literary world. Near the end of *The Lord of the Rings*, for example, the character Samwise Gamgee crawls out from the hiding place in which his master, Frodo, is sleeping, and gazes up at the night sky:

Far above the Ephel Dúath in the West the night-sky was still dim and pale. There, peeping among the cloud-wrack above a dark tor high up in the mountains, Sam saw a white star twinkle for a while. The beauty of it smote his heart, as he looked up out of the forsaken land, and hope returned to him. For like a shaft, clear and cold, the thought pierced him that in the end the Shadow was only a small and passing thing: there was light and high beauty for ever beyond its reach. (The Lord of the Rings: The Return of the King, “The Land of Shadow”)

Devout Catholic that he was, Tolkien knew that even when everything in our world seems broken and forsaken, hope is not lost—for these too shall pass.

