

# QUEEN OF ANGELS CATHOLIC CHURCH

2569 W Victoria Drive  
Alpine, CA 91901  
Office: 619-445-2145  
[www.queenofangels.org](http://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!

## 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:** [qofaknights@gmail.com](mailto:qofaknights@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.

**STEWARSHIP OF TIME, TALENT & TREASURE****February 7-8, 2026**

Envelopes Used	69
Envelope Collections	\$ 951.06
Plate Collections	\$ 9,916.26
<b>TOTALS</b>	<b>\$ 10,867.31</b>
January Online	\$ 7,575.07

The 2026 Annual Catholic Appeal begins this weekend February 14-15, 2026

Queen of Angels assessment for 2026 is \$21,215. 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 2026 Annual Catholic Appeal for our parish.

**READINGS & MASS INTENTIONS FEBRUARY 14-22, 2026**

**Sunday:** Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34/1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 3

**Monday:** Jas 1:1-11/Ps 119:67, 68, 71, 72, 75, 76/Mk 8:11-13

**Tuesday:** Jas 1:12-18/Ps 94:12-13a, 14-15, 18-19/Mk 8:14-21

**Wednesday:** Jl 2:12-18/Ps 51:3-4, 5-6ab, 12-13, 14 and 17/2 Cor 5:20-6:2/Mt 6:1-6, 16-18

**Thursday:** Dt 30:15-20/Ps 1:1-2, 3, 4 and 6/ Lk 9:22-25

**Friday:** Is 58:1-9a/Ps 51:3-4, 5-6ab, 18-19/ Mt 9:14-15

**Saturday:** Is 58:9b-14/Ps 86:1-2, 3-4, 5-6/ Lk 5:27-32

**Next Sunday:** Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

<b>DATE</b>	<b>TIME</b>	<b>SPECIAL INTENTION</b>
Saturday, Feb 14	5:30 PM	†James Delaney
Sunday, Feb 15	8:00 AM	†Erika Mancuso
Sunday, Feb 15	10:30 AM	Daniel Lee
Monday, Feb 16	7:30 AM	Rosary
Tuesday, Feb 17	7:30 AM	Rosary
Wednesday, Feb 18	8:00 AM	Bart Meachum
Wednesday, Feb 18	7:00 PM	†Beverly Bohacek
Thursday, Feb 19	8:00 AM	†Bernadette Gross
Friday, Feb 20	7:30 AM	Rosary
Saturday, Feb 21	9:00 AM	The Souls in Purgatory
Saturday, Feb 21	5:30 PM	†Lucy Smith
Sunday, Feb 22	8:00 AM	†Max Empizo
Sunday, Feb 22	10:30 AM	Sheila Wing

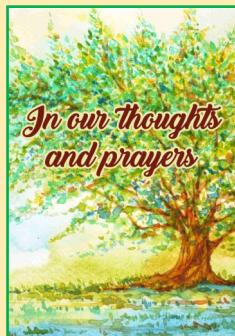
**Healing Prayers**

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



Katie Clark  
Nancy Clark  
Matt Delgado  
Alice Duke  
Ana Fonseca-Garcia  
Grace Grogg  
Mike Gust  
June Hill  
Ida House  
Eugene Isaacs  
Jason Laccone  
Dale Lee  
Karlie Martin  
James Meek  
Susie Pfingsten  
Jerry Price  
Renee Schmiedeberg  
Shelia Yagura  
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).



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. There are only a couple of dates left so if you or your ministry community would like to host a Friday, please contact Darlene Ames at 619-445-2145 or bulletin@queenofangels.org to sign up. Available dates are: **February 20 & March 20**.



**Please Note:** The parish office will be closed on Monday, **February 16**, in observance of Presidents' Day. We will re-open on Tuesday, February 17, at 9:00 AM.



**Weekday Morning Mass** Please be advised that there will be **NO** morning Masses on Tuesday, **February 17** and Friday, **February 20** so please mark your calendar. We will however be reciting the rosary and would certainly love to have you join in.



**Adoration** Please take note. There will be **NO** morning Adoration on Friday, **February 20**. Adoration will resume on Friday, February 27. Thank you-



**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.



**Saturday Daily Rosary and Mass** During the Lenten Season Queen of Angels will now celebrate daily morning Rosary and Mass on **Saturdays beginning at 8:30 AM**. Please use this additional opportunity to receive the Eucharist and to deepen one's relationship with Jesus Christ especially during this Lenten Season.



Over the next few weeks volunteers will be re-arranging the hall kitchen cupboards, pantry and drawers.

During this process if you or your ministry uses the kitchen facilities **please** return all unused items and/or cleaned items to their proper place. Especially items in the island drawers.

The island drawers are now labeled so there is no misunderstanding of where items need to be returned.

Thank You—

Ash Wednesday marks the first day of Lent, the 40 days of fasting and penance that will end on Easter Sunday.

Ashes are placed on the heads of Christians on Ash Wednesday, in the form of a cross (based on Genesis 3:19) used traditionally to accompany this gesture are, "Remember that you are dust, and to dust you shall return".

Where do we get the ashes used on Ash Wednesday? They are produced by burning the Palms from the previous Palm Sunday. A little moisture is added, and maybe some olive oil to help the ashes stick to our forehead better. Catholics leave the ashes on their forehead all day to remind us that we have to fast and abstain from eating meat. It should also remind us to pray all day.

Why ashes? The practice came from the Early Christians who used ashes to show repentance. After going to confession, it was common for the priest to give the person ashes on their forehead. Catholics have been receiving ashes on Ash Wednesday since the time of St. Gregory the Great. In 1091, Pope Urban II encouraged the entire Church to use ashes on Ash Wednesday.

The distribution of Ashes is not a Sacrament. It is what the church calls a Sacramental. A practice to remind us that we are expected to make a change in our lives and that Lent is the best time to start.

Ash will be distributed on February 18, Ash Wednesday at 8:00 AM and 7:00 PM.



**February 18, 2026**

Ash Wednesday Masses will be at:

**8:00 AM & 7:00 PM**

Ashes will be distributed at all Masses. This is a Day of Fasting and Abstinence.

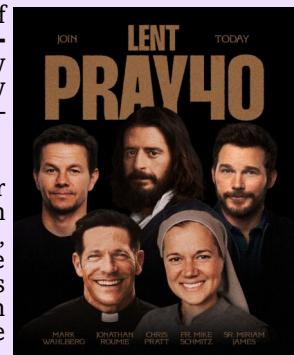
Lenten Prayer materials is available in the church donut/multi-purpose room.



There is still time to join **Hallow's Lent Pray40 Challenge**

This Lent, Queen of Angels invites you to join Hallow's prayer challenge, beginning on Ash Wednesday, February 18. Available with or without a subscription **Lent Pray40** is an opportunity for our entire parish community to journey together in daily prayer and reflection throughout Lent.

To join, sign up for Hallow app if you haven't already at [hallow.com/pray40/](https://hallow.com/pray40/) and follow the links. Registration is now open. A *Kids'* and *Teens'* Lent Challenge will be available as well.



Let's commit to walking together — supporting one another in prayer, growing closer to Christ, and entering more fully into the grace of the season. Join Chris Pratt, Mark Wahlberg, Jonathan Roumie, Sr. Miriam, Fr. Mike Schmitz, and more alongside millions of others for Hallow's **Lent Pray40**.

**ANNOUNCEMENTS****Additional Opportunities for Reconciliation 2026**

Our Lady of Perpetual Help, Lakeside	March 2	10:00 AM
Our Lady of Perpetual Help, Lakeside	March 2	7:00 PM
St. Martin of Tours, La Mesa	March 3	7:00 PM
St. Pius X, Jamul	March 4	7:00 PM
Holy Trinity, El Cajon	March 9	7:00 PM
Santa Sophia, Spring Valley	March 10	7:00 PM
St. Kateri Tekakwitha, Lakeside/Barona	March 10	7:00 PM
<b>Queen of Angels, Alpine</b>	<b>March 11</b>	<b>7:00 PM</b>
St. Luke, El Cajon	March 12	7:00 PM
Guardian Angels, Santee	March 16	7:00 PM
St. John of the Cross, Lemon Grove	March 17	7:00 PM
St. Therese, San Diego	March 18	7:00 PM
Our Lady of Grace, El Cajon	March 23	7:00 PM

**40 DAYS FOR LIFE SPRING CAMPAIGN**

**Mark your calendars and tell your friends:**

**40 DAYS FOR LIFE Campaign Opening Ceremony**

**Monday, February 16th at 6:00 PM**

Please join us for our evening prayer vigil event with Speakers and Prayer  
Meet on the sidewalk in front of:

**Planned Parenthood, 1685 E. Main Street, El Cajon, CA 92021**

Dress according to the weather, this is an outside event (**rain or shine**). Bring your lanterns, candles, and flashlights!

**40 DAYS FOR LIFE SPRING CAMPAIGN**

Begins **February 18th**.

you are invited to unite with hundreds of thousands of Christians around the world for 40 days of fasting and peaceful prayer, aiming to make a significant impact for mothers and babies.

**WE NEED YOUR HELP!**

**Covering prayer shifts, from 7:00 AM – 7:00 PM every Tuesday beginning February 24th for 5 weeks.**  
**Help is especially needed between 1:00 PM-5:00 PM.**

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

For more info or to schedule your prayer time, sign-up after all Masses or contact,  
 Yvonne Harris: yvonneqofa2569@gmail.com  
 Patricia Hansen: hansenpat@msn.com

**Website: [40daysforlife.com/elcajon](http://40daysforlife.com/elcajon) or call: 619-647-5793**

This Lent, join us on this journey of prayer, fasting, and almsgiving, remembering the words of Jesus:  
 "With man this is impossible, but with God all things are possible"  
 Matthew 19:26

## ANNOUNCEMENTS

### Music for Lent

Lent is a time of fasting, and one way this is highlighted in liturgical rituals is that the word Alleluia is not said or sung for the entire season. The Gospel Acclamation is different. We praise and honor Jesus without the usual celebratory Alleluia.

We will not be singing the Gloria during Lent. Some Feasts are exempt from this restriction because of their gravitas. Fasting from singing Alleluia and the Gloria makes us look forward to singing it again at the Vigil on Holy Saturday, when we celebrate the Resurrection of our Lord.

During Lent we will also be reducing the amount of music sung at Mass. We will not be singing an opening hymn. Instead, we will be singing the entrance Antiphon prescribed by the church. The cantor will sing a line and we will all repeat it after him. We will also dispense with the final hymn. We will sing, instead, another antiphon.

All this is to remind us that we are in the season of Lent. Sundays are special *days*. They are always a celebration of the Resurrection, except that since the church has only one day, when we are all present, to remind us that we are in Lent, we make a few changes on Sundays.

Singing Praises,

*Glenn D'Abros*

Music Ministry Coordinator



DIOCESE OF SAN DIEGO

As previously announced by the Diocese in 2022, at the conclusion of a three-year visitation, the Apostolic See (*specifically the then-Congregation for Institutes of Consecrated Life and Societies of Apostolic Life*) by means of a Decree dated 13 May 2022 and approved in forma specifica by Pope Francis, suppressed the religious institute formerly known as the Trinitarians of Mary. With this suppression, the former members of the Trinitarians were automatically dispensed from their vows and are no longer permitted to present themselves as religious. There is no right of appeal, and the Trinitarians have ceased to exist as a religious institute recognized by the Catholic Church.

### Coming or Going?

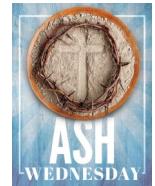
On the way home from the Ash Wednesday service, a young boy asked his mother, "Is it true that we are made of dust?"

"Yes we are."

"And do we go back to dust again when we die?"

"Yes, dear."

"Wow!" said the boy. "When I said my prayers last night and looked under the bed, I found someone who is either coming or going!"



"The Ignatius Catholic Study Bible has been a blessing to me and my brother seminarians."

—Seminarian James Rice  
St. John Vianney Seminary, St. Paul, MN

As the St. Paul Center celebrates our 25th anniversary, our primary goal remains the same...

To raise up the next generation of biblically fluent priests.

With the release of the highly anticipated Ignatius Catholic Study Bible, we are in a unique position to make this goal a reality by getting the study Bible into the hands of **every seminarian in the country**.

And thanks to generous folks like you, we've already gifted nearly 1,400 copies!

That means almost **1/3 of the seminarians in the United States** are now holding the single best resource for reading and understanding Scripture from the heart of the Church.

Will you help us get the Ignatius Catholic Study Bible into the hands of the remaining 2/3 of U.S. seminarians by gifting a copy of the study Bible to a seminarian who needs it?

To gift a Bible visit: [stpaulcenter.com/store/gift-the-ignatius-catholic-study-bible-to-a-seminarian](http://stpaulcenter.com/store/gift-the-ignatius-catholic-study-bible-to-a-seminarian)



**ANNOUNCEMENTS****Pilgrimage to Basilica of Our Lady of Guadalupe****July 27-Aug 3, 2026:**

In anticipation of the 500<sup>th</sup> year anniversary of the apparition of Our Lady of Guadalupe to San Juan Diego, join Bishop Michael Pham, Bishop Felipe Pulido and Bishop Ramon Bejarano as they reunite to lead a delegation from both the diocese of San Diego and the diocese of Monterey! The trip is 8 days & 7 nights with stops in Tlaxcala, Puebla, and Mexico City. The all-inclusive cost is \$2,290 departing from Tijuana, BC. The pilgrimage will have guides available in English and Spanish.

For further information, email [info@trinitours.com](mailto:info@trinitours.com).

For the first-time ever,  
the Diocese of San Diego and the  
Diocese of Monterey join together  
for a unique experience in  
preparation for the

*500<sup>th</sup> anniversary of  
Our Lady of Guadalupe*

Under the Mantle of Our  
*Lady of Guadalupe*

**July 27 - August 3  
2026**

Cost per person  
**\$2,290**

All inclusive package (including breakfast/lunch)  
departing from Tijuana, BC

Scan the QR code  
to register

Questions? send a text to: 310-339-0930

Join Bishop Michael Pham, Bishop Felipe Pulido, and Bishop Ramón Bejarano as they unite again.

**Most Reverend  
Michael Pham  
San Diego**

**Most Reverend  
Ramon Bejarano  
Monterey**

**Most Reverend  
Felipe Pulido  
San Diego**

**DIOCESSE OF SAN DIEGO** **DIOCESSE OF MONTEREY**

## ANNOUNCEMENTS

### Diocesan Decree for the Year of St. Francis of Assisi

Pope Leo has designated a Year of St. Francis from January 10, 2026 to January 10, 2027 to celebrate the Eighth Centenary of the passage of St. Francis of Assisi.

The Apostolic Penitentiary issued a decree granting “the Plenary Indulgence under the usual conditions (sacramental confession, Eucharistic communion and prayer for the intentions of the Holy Father) which can also be applied in the form of suffrage for the souls in Purgatory.

Besides offering the indulgence to all the Franciscan Families and anyone who observes the Rule of St. Francis, all the faithful without distinction can receive the *indulgence “by visiting in the form of a pilgrimage any Franciscan conventional church, or place of worship anywhere in the world dedicated to St. Francis or connected to him for any reason, and there they will devoutly follow the Jubilee rites or spend at least a suitable period of time in pious meditation and will raise prayers to God so that, following the example of St. Francis, may sentiments of Christian charity towards one’s neighbor and authentic wishes for harmony and peace among peoples spring up in hearts, concluding with the Our Father, the Creed and invocations to the Blessed Virgin Mary, St Francis of Assisi, St Clare and all the saints of the Franciscan Family”* (Eighth Centenary of the death of St. Francis of Assisi, Apostolic Penitentiary Decree).

Therefore, The Most Rev. Michael Pham, Bishop of the Diocese of San Diego, has decreed that the Churches of the

1. **Immaculate Conception**, Old Town,
2. **Mission Basilica San Diego de Alcalá**, San Diego,
3. **Old Mission San Luis Rey**, Oceanside,
4. **San Luis Rey Parish**, Oceanside,
5. **St. Anthony of Padua**, Imperial,
6. **St. Didacus**, San Diego,
7. **St. Francis Chapel at the Mission San Diego de Alcalá**,
8. **St. Francis of Assisi**, Vista,

have been designated as the pilgrimage destinations in this diocese.

The elderly, the sick and those who for serious reasons cannot leave home will also be able to obtain the plenary indulgence by spiritually joining the Jubilee celebrations and offering their prayers, pains or sufferings to God.

#### **Conditions for receiving the Indulgence (for oneself or for the deceased)**

- Sacramental confession to be in God's grace (in the eight days before or after);
- Participation in Mass and Eucharistic Communion;
- To visit in the form of a pilgrimage any Franciscan conventional church or place of worship dedicated to St. Francis anywhere in the world, where one renews one's profession of faith, through the recitation of the Creed, to reaffirm one's Christian identity;
- The recitation of the Lord's Prayer, to reaffirm the dignity of children of God, received in Baptism;
- To pray for the intentions of the Holy Father, to reaffirm belonging to the Church, whose foundation and visible center of unity is the Roman Pontiff.

Additional resources are forthcoming.

