

# 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.

## 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

**STEWARSHIP OF TIME, TALENT & TREASURE****January 24-25, 2026**

Envelopes Used	67
Envelope Collections	\$ 3,408.00
Plate Collections	\$ 853.00
<b>TOTAL</b>	<b>\$ 4,261.00</b>

**READINGS & MASS INTENTIONS JANUARY 31-FEBRUARY 8, 2026**

**Sunday:** Zep 2:3; 3:12-13/Ps 146:6c-7, 8-9a, 9b-10/1 Cor 1:26-31/Mt 5:1-12a

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

**Tuesday:** 2 Sm 18:9-10, 14b, 24-25a, 30-19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

**Wednesday:** 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

**Thursday:** 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

**Friday:** Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29

**Saturday:** 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34

**Next Sunday:** Is 58:7-10/Ps 112:4-5, 6-7, 8-9/1 Cor 2:1-5/Mt 5:13-16

<b>DATE</b>	<b>TIME</b>	<b>SPECIAL INTENTION</b>
Saturday, Jan 31	5:30 PM	Karlie Martin
Sunday, Feb 1	8:00 AM	†Felipe Villa
Sunday, Feb 1	10:30 AM	†Brian Ford
Monday, Feb 2	7:30 AM	Rosary
Tuesday, Feb 3	8:00 AM	Bill Clague
Wednesday, Feb 4	8:00 AM	The Geising Family
Thursday, Feb 5	8:00 AM	Ana Fonseca-Garcia
Friday, Feb 6	11:30 AM	Holy Hearts Community
Saturday, Feb 7	9:00 AM	Karlie Martin
Saturday, Feb 7	5:30 PM	Milan Casteneda
Sunday, Feb 8	8:00 AM	Michael Harris
Sunday, Feb 8	10:30 AM	June Hill

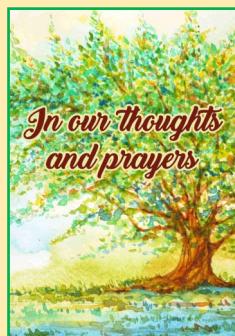
**Healing Prayers**

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



Milan Casteneda  
Katie Clark  
Nancy Clark  
Alice Duke  
Ana Fonseca-Garcia  
Grace Grogg  
Mike Gust  
June Hill  
Ida House  
Eugene Isaacs  
Jason Laccone  
Dale Lee  
Karlie Martin  
James Meek  
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).

**Deployed Military**

Meagan Abad, LT  
Matthew D. Fuller, PV2  
William W. Fuller II, PFC  
Nicholas Johnson LT  
Edward R.M. Lopez, SSgt  
David J. McIntyre, PFC  
Nicholas Palstrom, E8  
Joshua Rosson, PFC  
Jacob Tweed, HM3



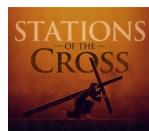
If you have a friend or relative who is serving in our military and is deployed or will be deployed, please contact Darlene at [bulletinqofa@gmail.com](mailto:bulletinqofa@gmail.com).

## ANNOUNCEMENTS

**Monthly ECPCC Collection** Please leave your donations after all the Masses this weekend, **January 31-February 1**, in the "ECPCC 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 ECPCC. As always, thank you for your support!

**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 to sign up. Available dates are:

February 20  
March 6  
March 13  
March 20  
March 27



**Liturgical 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 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.

**Adoration Fridays** Please consider joining in Adoration on Fridays after the 8:00 AM Mass. May this added time allow you to spend some special time in prayerful devotion before the exposed Blessed Sacrament.



**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~



**Coffee & Donuts** Come join us after Sunday Mass for Coffee & Donuts sponsored by the Knights of Columbus. Suggested Donations: Coffee: \$ 1.00 and Donuts: \$ 2.00. Proceeds go to covering the cost of coffee and donuts and any remainder goes to one of our many charity funds. Thank you from the Knights!



### First Friday to Adore the Sacred Heart of Jesus-February 6

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



### First Saturday Devotions to the Immaculate Heart of Mary-February 7

8:30 AM—Rosary  
9:00 AM—Mass

## Pancake BREAKFAST

*Sponsored by the*  
**HIGH SCHOOL YOUTH GROUP & KNIGHTS OF COLUMBUS**

Sunday, February 15  
after all Masses in the Parish Hall

Cost: **FREE!!**

**ALL YOU CAN EAT  
PANCAKES SERVED  
WITH COFFEE & JUICE**

**(Donation Accepted)**

Come enjoy great food, fellowship, and support our parish community!

All proceeds will support the Youth Ministry & the Knights of Columbus

### Presentation of the Lord

February 2 is exactly forty days after December 25, the nativity of Jesus. Jewish law (Ex 13:2, 12) dictated that Jesus, as the firstborn, be consecrated to God. This was done by the parents as they presented their Son in the Temple.

Jewish law further specified (Lv 12:2-8) that a mother was ritually impure after giving birth, and that she had to wait a set period of time (forty days for a boy) before she was to offer a sacrifice to the Lord for purification.

The convergence of these two Jewish regulations occasions Luke's account of both the Presentation of the Lord and the Purification of Mary. These days the liturgical emphasis is more on the Presentation of Jesus. Luke highlights the role of Simeon and Anna, two righteous Jews who recognized Jesus as the long-awaited Messiah and praised God for being able to see and experience such a marvel in their lifetimes.

Simeon's prayer concerning the special role of Jesus states that Jesus is "a light for revelation to the Gentiles." This phrase eventually originated the custom of blessing candles on this day which were to be used in the ceremonies, rituals, and processions throughout the church year. Thus February 2 is also known as Candlemas Day. This day is indeed a rich feast to be savored.



## ANNOUNCEMENTS

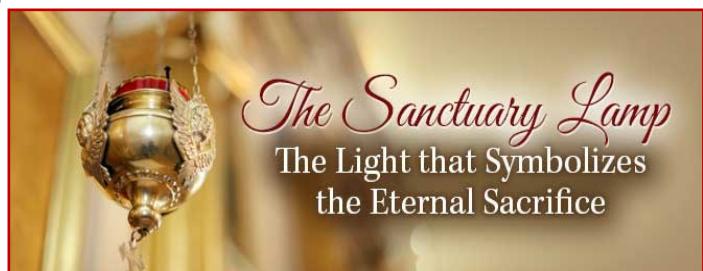
### The Sanctuary Light

When you enter a church, and you have no clue about what denomination the church belongs to, you would probably go hunting for a bulletin or a sign with a name on it. Or you could ask someone who happens to be there. But we Catholics have a secret. We just look for the sanctuary light. It is always burning. Never taken away. It never leaves the sanctuary and is always lit. We have this lamp to remind us that Jesus is always present in the Blessed Sacrament, in the tabernacle. He too, never leaves. Wherever the Blessed Sacrament is reposed, a light must burn. There is only one day in the year when the light is out. That is on Good Friday. The Tabernacle is left open and empty. Jesus isn't there and the light is out. There is a certain sadness about it. A great source of meditation on the death of Our Lord. The Blessed Sacrament is reserved, elsewhere, for those who are terminally ill or dying, to be used in the last Sacraments of the church.

Where did this custom start? It is prescribed in Exodus 27:20-21. *Command the Israelites to bring you clear oil of pressed olives ... for the light so that the lamps may be kept burning, before the Lord from evening till morning. This is to be a lasting ordinance among the Israelites for the generations to come.* So we got the idea from the Jews.

The General Instruction of the Roman Missal of the Catholic Church, for instance, states (in 316): *"In accordance with traditional custom, near the tabernacle a special lamp, fueled by oil or wax, should be kept alight to indicate and honor the presence of Christ."*

When did this practice start? Around the late 12th or early 13th century. While lights were used earlier for relics, the specific practice of a perpetual lamp near the tabernacle was promoted in France and England around 1200.



## 40 DAYS FOR LIFE SPRING CAMPAIGN

Beginning **February 18th to March 29th**,  
you are invited to unite with hundreds of thousands of Christians around the world for the  
**40 Days for Life Spring Campaign**.  
This global event consists of 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 7:00am – 7:00pm every Tuesday for 6 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

For more information or to schedule your prayer time sign-up after all Masses or reach out to one of the following leaders:

- Queen of Angels contact, Yvonne Harris: [yvonneqofa2569@gmail.com](mailto:yvonneqofa2569@gmail.com)
- Our Lady of Light contact, Patricia Hansen: [hansenpat@msn.com](mailto: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

**The priesthood is the love of  
the heart of Jesus**



### Monthly Holy Hour for Priestly Vocations

Every 2<sup>nd</sup> Wednesday  
5:00pm to 6:00pm  
Santa Sophia Parish

FEB. 7, 2026  
10:00 AM

### WORLD DAY of the Sick Mass

Good Shepherd Parish

8200 Gold Coast Dr.  
San Diego, CA 92126

- Multilingual Mass
- Livestream
- Celebrant: Most Rev. Ramón Bejarano, Aux. Bishop of San Diego
- Anointing of the Sick
- Blessing of caregivers and ministers of the sick
- Celebrating the 6th Caring for the Whole Person anniversary



You are  
not alone!



**DIocese of San Diego**  
LIFE, PEACE & JUSTICE  
mvalencia@sdccatholic.org  
858-490-8323



ORDER OF MALTA®  
WESTERN ASSOCIATION, U.S.A.



The 2026 Annual Catholic Appeal will begin the weekend of 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.

*San Diego Marriage Anniversary Mass*

Saturday, February 14, 2026 - 11AM

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@sdccatholic.org

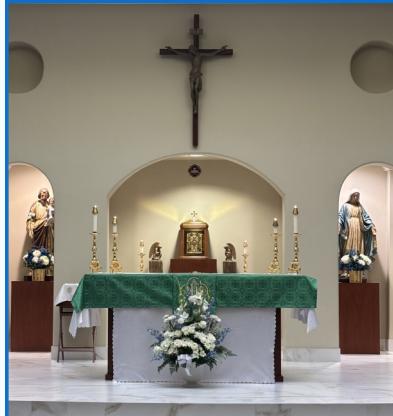
Celebrated by  
Auxiliary Bishop  
Ramón Bejarano

## ANNOUNCEMENTS

On January 24, women from our parish, women from nearby parishes, AND a woman from a Scottsdale, AZ parish joined together in Christ to learn about and pray to our Mother Mary. Our guest speaker, Father David was fun as he was informative. May all us sisters continue to be blessed knowing that we will always

### *"Find Peace Through Mary in a Chaotic World"*

We, the Women's Auxiliary, pray that you will consider joining us next year. God Bless You All!  
(And a heartfelt thanks to the special Angel for the flower donations).



## ANNOUNCEMENTS

### Giving Something Up for Lent

Given that we have only just put away our Christmas decorations, it seems strange to be talking about Lent already. However, a quick glance at your calendar will reveal that Lent is approximately three weeks away from this weekend. It is almost upon us. Ash Wednesday is February 18th.

The moment we think about Lent, we naturally think about what we will do to make the season especially spiritual and renewing for us. Our first thought is giving up some pleasure we enjoy. The sacrifice of not indulging in a favorite TV show, beverage, or chocolate usually comes to mind. All noble ideas. Just the mere fact of saying no to some pleasure will be a reminder of the season. The reason the Church gives us these 40 days.

Here's a simple suggestion. How about giving up "not singing in the choir" for Lent? Sounds strange. It is. This is giving up a non-activity that is comfortable and that will not take any extra effort. So, would you consider joining our choir for Lent? What does it entail? The choir rehearses for 50 minutes before each Mass. So, if you attend the Saturday evening vigil Mass, you would rehearse with us from 4:30 to around 5:20, just in time to come into church and prepare yourself for Mass. It would work the same way for the Sunday morning Mass at 10:30. We would rehearse, in church, from 9:30 to around 10:15.

This is a time commitment. This takes extra effort. Less couch potato time. Less pew potato time. How many of us need to do something more than our task lists are already crammed with? But, isn't that the whole purpose of making a sacrifice? A little less leisure time?

Another way to look at it is to consider giving back to Our Lord a talent you have been gifted with. If the Parish had a room which needed painting, and you were a painter, how willingly would you offer your services? If we needed a plumber and you had this talent, wouldn't you offer your services? Parishioners clean the church, decorate the altar, launder the altar linens, and do many other things in and around the church. So, here it is: Would you consider not, not singing in the choir for Lent this year?

Singing Praises,

*Glenn D'Abros*

Music Ministry Coordinator



### Pray40 This Lent — Journey Together in Prayer

This Lent, Queen of Angels invites you to join Hallow's **Lent Pray40** 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 also starting on Ash Wednesday, offering families with children and teens an engaging and meaningful way to experience Lent together.

This Lent, 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.

