

QUEEN OF ANGELS CATHOLIC CHURCH

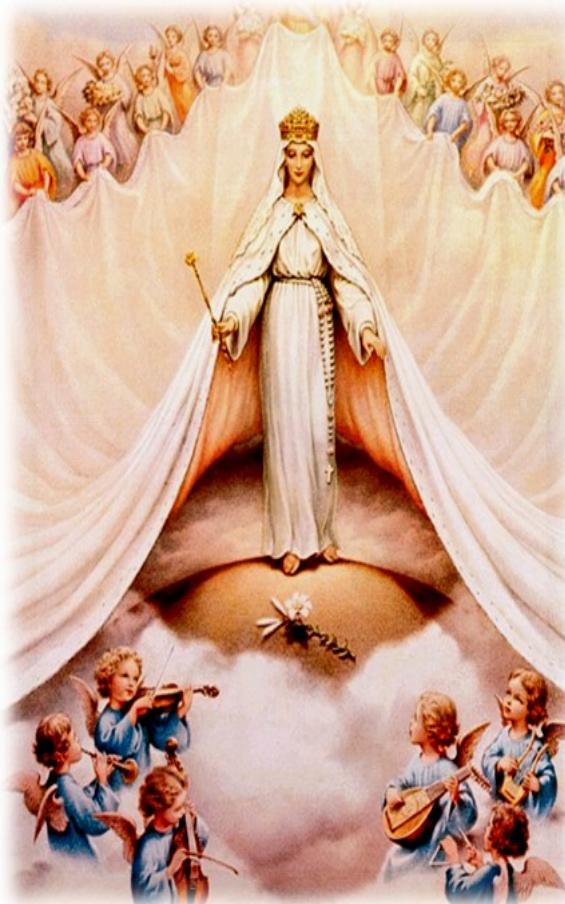
2569 W Victoria Drive
Alpine, CA 91901
Office: 619-445-2145
www.queenofangels.org

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: qofaknights@gmail.com

Youth Ministry: youthministryqofa@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.

STEWARSHIP OF TIME, TALENT & TREASURE**February 14-15, 2026**

Envelopes Used	64
Plate Collections	\$ 863.20
Envelope Collections	\$ 3,815.20
TOTALS	\$ 4,678.22

**READINGS & MASS INTENTIONS FEBRUARY 21-MARCH 1, 2026**

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

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 12:1-4a/Ps 33:4-5, 18-19, 20, 22/2 Tm 1:8b-10/Mt 17:1-9

DATE	TIME	SPECIAL INTENTION
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
Monday, Feb 23	7:30 AM	Rosary
Tuesday, Feb 24	8:00 AM	†Bill Glick
Wednesday, Feb 25	8:00 AM	†Jane Yaldo
Thursday, Feb 26	8:00 AM	†Pam & Wendy Roberts
Friday, Feb 27	8:00 AM	Jacob Pickett
Saturday, Feb 28	9:00 AM	The Souls in Purgatory
Saturday, Feb 28	5:30 PM	†William Boring
Sunday, Mar 1	8:00 AM	Shirley Empizo
Sunday, Mar 1	10:30 AM	†Eric Lopez

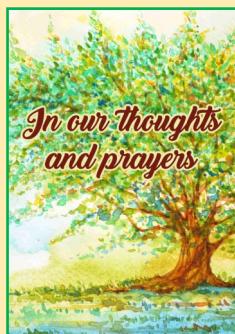
Healing Prayers

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.*

Deployed Military

Meagan Abad McAuley, LCDR
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.

ANNOUNCEMENTS



Volunteers Make a Difference There is only one date left, **March 20** for you or your ministry community to host a Soup Supper during the Lenten Season. If you would like to host this remaining Friday, please contact Darlene Ames at 619-445-2145 or bulletinqofa@gmail.com. Thank you!



Queen of Angels Women's Auxiliary ATTENTION all ladies of the Parish. Our monthly meeting will be on **February 25** at 5:30 PM in the parish hall. All women of the parish are welcome to join.



Soup Supper Please join fellow Queen of Angels parishioners on Friday, **February 27** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by the *Youth Group*.



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.



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 once a month it would be greatly appreciated.



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 February 20.



Spiritual Rosary Books Are back in stock and are available for purchase for \$15 each. This book, adapted for everyone is the modern version of the way the rosary was once prayed throughout Western Europe in the late Middle Ages. It helps one to keep thinking about the Mysteries of each decade of the Rosary, while reciting the rosary. The books are available in the office during normal business hours.

Lenten Blessing

Bless us in Your mercy, Lord, as we enter these 40 Days of Lent. Use this time to call, anoint, bind, strengthen, and inspire us anew.

Like a good shepherd, teach us Your voice, and give us the strength to follow.

Amen.



WELCOME TO QUEEN OF ANGELS CATHOLIC FAITH COMMUNITY

We invite you to be a "Sharing Member". Register, Participate, and Share your Gifts and Talents.



Queen of Angels High School Youth Group

Our weekly meeting will be on **Thursday, February 26th** From 6:00 PM — 8:30 PM in the Parish Hall

Open to all high school aged youth.

SEE YOU THERE!

All Men of the Parish you are Invited to Attend

"The Lion's Den"

A Men's Night Out

Tuesday, March 3rd

From 6:30 PM—9:30 PM in the Parish Hall

Pizza will be on the tables & Sports will be on the TV.



Looking forward to having you join us!!



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.

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 should be no misunderstanding of where items need to be returned.

Thank You—

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
Queen of Angels, Alpine	March 11	7:00 PM
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

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 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

The 2026 Annual Catholic Appeal
has begun

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.



DID YOU KNOW?

The Kingdom of Heaven requires righteousness and justice based on the love of God and neighbor. Jesus teaches us not to hold grudges, judgment or resentment against anyone, otherwise our offering will not be taken into consideration.

Did you know that our priests celebrate nearly 1,000 Masses every week in our diocese? Your gift to the Annual Catholic Appeal helps to share God's love.

ANNOUNCEMENTS

SAINT OF THE WEEK

St. Polycarp, Bishop and Martyr

Polycarp is a little known saint of our faith. He is the patron saint of earaches and dysentery. He was bishop of Smyrna and a faithful disciple of Saint John the Apostle. He was also a friend of Saint Ignatius of Antioch, who, on his way to Rome, visited Saint Polycarp at Smyrna, and later at Troas wrote him a personal letter. The early Churches recognized Polycarp's leadership by choosing him as a representative to discuss with Pope Anicetus the date of the Easter celebration in Rome—a major controversy in the early Church.

At the age of 86, Polycarp was led into the crowded Smyrna stadium to be burned alive. The flames, however, did not harm him. A centurion ordered him to be killed by a dagger and the saint's body was ordered to be burned. The "Acts" of Saint Polycarp's martyrdom are the earliest preserved, fully reliable account of a Christian martyr's death. He died in 155.

As a strong fortress of faith and loyalty to Jesus Christ his strength came from his trust in God, even when there seemed to be no hope. Living among pagans and under a government opposed to Christianity he led and fed his flock. Like the Good Shepherd, he laid down his life for his sheep and kept them from more persecution in Smyrna. He summarized his trust in God just before he died: "Father... I bless Thee, for having made me worthy of this day and this hour..."



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.

"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



PASTOR'S PAGE

Friends,

Lent is officially upon us! And it's a good opportunity for us to revisit the precepts of the Church. As a quick refresher, they are:

- 1-To attend Mass on Sundays and other holy days of obligation, and to refrain from work and activities which could impede the sanctification of those days;
- 2-To confess one's sins, receiving the sacrament of Reconciliation at least once each year;
- 3-To receive the sacrament of the Eucharist at least during the Easter season;
- 4-To abstain from eating meat and to observe the days of fasting established by the Church;
- 5-To help provide for the material needs of the Church, each according to his own ability.

I would like to draw your attention, if I may, to (2) and (3) in particular. The third precept, that we are to receive Holy Communion during the Easter season, is directly supported by the second, our need to confess our sins at least once a year. And I want to point out that it is OUR need, not God's. The need for forgiveness and reconciliation is ours. And once a year, honestly, is quite generous. Imagine if you were to only clean your house, or take a shower, once a year. And yet, that is all that the Church insists upon when it comes to our souls. Second, if we want to receive the Eucharist well and in a state of grace during Easter, then it stands to reason that the more recent our last confession, the better. Which makes Lent maybe the best liturgical season to go to confession. So I want to encourage everyone to **GO TO CONFESSION** this Lent.

And on that note, I also want to encourage you to take advantage of the many penance services taking place in our deanery (the collection of nearby parishes). The full schedule can be found on Page 4. Please note, Queen of Angels' service will be on **Wednesday, March 11 at 7:00 PM**. We will have a couple other visiting priests from other parishes to hear our confessions and absolve us of our sins – and I do mean "us" and "our," because I hope to go to confession this Wednesday too! But what a great way to be able to start off Lent! So I hope to see you again on Tuesday, for your mandatory once-a-year "spiritual shower." But if not, please at least take the time to go to confession before Holy Week. We are all sinners in need of a savior, and one of the easiest and most beautiful ways the Church offers us to receive the grace of Jesus is to meet him in the confessional when we ask for pardon from our sins. I'll see you there.

A Fellow Sinner,

Fr. David

ANNOUNCEMENTS**GOSPEL MEDITATION**

1st Sunday of Lent
Matthew 4:1-11

In my second-to-last year of seminary, I woke up one September morning to devastating news: two beloved classmates had died in a car crash. I was overwhelmed with grief and anger like I had never known. I entered therapy for the first time and had intense conversations with my spiritual director. For months I felt lost in a spiritual wilderness. But something unexpected happened: I encountered Christ there. The fear and sorrow didn't destroy me. In fact, that spiritual desert was a time of intense growth in faith.

Today's Gospel begins: "**Then Jesus was led by the Spirit into the desert to be tempted by the devil**" (Matthew 4:1). The word "led" denotes a gentle, humble submission to the Spirit. Jesus does not send himself into this desolate place where wild beasts roam and Satan tempts. Who wants to be around roaming, wild beasts? The Church Fathers saw them as symbols of our inner chaos: fears, temptations, wounds. The Spirit leads us there, sometimes against our wishes. But those same Fathers also saw that this deserted place is also where angels ministered to Jesus, amidst his great trial and temptation.

Lenten Challenge: This Lent and throughout life's struggles, the Spirit leads you and me into the wilderness. Name one "desert" into which the Spirit has led you: perhaps grief, fear, silence, change, disappointment. Ask for the grace to go there willingly. The beasts may be real, but they will not harm you. There, the angels are waiting to minister to the Christ living in you, who always goes where the Spirit leads.

— Father John Muir

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.

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 500th 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/dinner) departing from Tijuana, BC

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

Scan the QR code to register

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

Dioceses of San Diego and Monterey

Pilgrimage to Basilica of Our Lady of Guadalupe

July 27-Aug 3, 2026:

In anticipation of the 500th 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.