

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

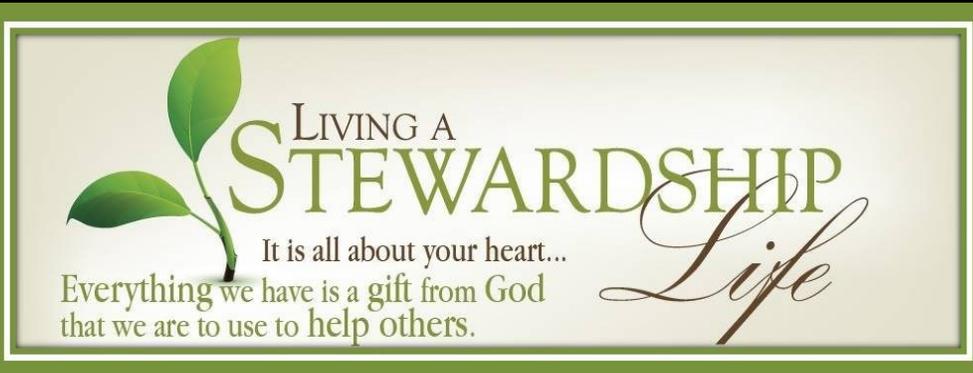
Knights of Columbus: qofaknights@gmail.com

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



READINGS & MASS INTENTIONS JANUARY 24-FEBRUARY 1, 2026

Sunday: Is 8:23-9:3/Ps 27:1, 4, 13-14/
1 Cor 1:10-13, 17/Mt 4:12-23 or 4:12-17
Monday: 2 Tm 1:1-8 or Ti 1:1-5/Ps 96:1-2a,
2b-3, 7-8a, 10, 21-22, 25-26/Mk 3:22-30
Tuesday: 2 Sm 6:12b-15, 17-19/Ps 24:7, 8, 9,
10/Mk 3:31-35
Wednesday: 2 Sm 7:4-17/Ps 89:4-5, 27-28,
29-30/Mk 4:1-20
Thursday: 2 Sm 7:18-19, 24-29/Ps 132:1-2,
3-5, 11, 12, 13-14/Mk 4:21-25
Friday: 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-4,
5-6a, 6bcd-7, 10-11/Mk 4:26-34
Saturday: 2 Sm 12:1-7a, 10-17/Ps 51:12-13,
14-15, 16-17/Mk 4:35-41
Next Sunday: Zep 2:3; 3:12-13/Ps 146:6c-7,
8-9a, 9b-10/1 Cor 1:26-31/Mt 5:1-12a

DATE	TIME	SPECIAL INTENTION
Saturday, Jan 24	5:30 PM	For the People
Sunday, Jan 25	8:00 AM	†Beverly Bohacek
Sunday, Jan 25	10:30 AM	Peggy Slye
Monday, Jan 26	7:30 AM	Rosary
Tuesday, Jan 27	8:00 AM	Milan Casteneda
Wednesday, Jan 28	8:00 AM	LeeAnn Yette
Thursday, Jan 29	8:00 AM	Laurenz Katahol
Friday, Jan 30	8:00 AM	Angelica Brigham
Saturday, Jan 31	5:30 PM	Karlie Martin
Sunday, Feb 1	8:00 AM	†Felipe Villa
Sunday, Feb 1	10:30 AM	†Brian Ford

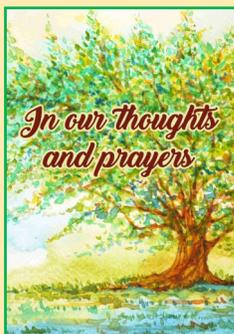
Healing Prayers

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
Mike Gust
June Hill
Jason Laccone
Karlie Martin
James Meek
Jerry Price
Shelia Yagura
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
Nicholas Johnson, LT
Edward R.M. Lopez, SSgt
David J. McIntyre, PFC
Nicholas Palstorm, 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.

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

ANNOUNCEMENTS



Queen of Angels Women's Auxiliary ATTENTION all ladies of the Parish. Our first meeting of the 2026 year will be on **January 28** at 5:30 PM in the parish hall. All woman of the parish are welcome to join and there's no better time than the new year. So mark your calendar as we look forward to seeing you there!



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.

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
- February 27
- 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.



Announcement Please be advised that Fr. David, or anyone else from our parish staff will never send out e-mails, text messages or Flocknotes requesting any form of monetary assistance such as cash, Amazon, iTunes, gift cards etc. If you receive such suspicious e-mails, please delete or disregard.



Green Thumb Gardeners There still are several beautiful poinsettia plants left from the Christmas season. With proper care these plants can thrive year round and re-bloom. If you would like one or two pick them up in the donut/multipurpose room after Mass.



KNIGHTS OF COLUMBUS®

Queen of Angels Council #10118



**Come Join Us For:
Suggested Donations:**



Coffee: \$ 1.00 Donut: \$ 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!*

Knights of Columbus

- Widows Assistance Program -

One of the founding missions of the Knights of Columbus was to provide care and support to widows within the Catholic parish community. Our Council is committed to continuing this long-standing tradition of service.

We can offer assistance with basic household or yard chores, provide guidance on trusted professionals for larger projects, or simply reach out with a friendly call or visit to say hello and check in.

If you are a widow, or if you know someone who may benefit from this support, please contact us. One of our Brother Knights will be happy to provide more information.

You may reach us by emailing:

Joe Woestman - woeste.5@cox.net OR **Paul Tompkins - paultompkins2190@gmail.com** OR contact the church office.

We look forward to serving you,

Your Knights of Columbus

ANNOUNCEMENTS

GOSPEL MEDITATION

3rd Sunday in Ordinary Time

Isaiah 8:23–9:3

Psalms 27:1, 4, 13–14

1 Corinthians 1:10–13, 17

Matthew 4:12–23

History Redeemed

Today's Liturgy gives us a lesson in ancient Israelite geography and history. Isaiah's prophecy in today's First Reading is quoted by Matthew in today's Gospel. Both intend to recall the apparent fall of the everlasting kingdom promised to David (see 2 Samuel 7:12–13; Psalm 89; Psalm 132:11–12).

Eight centuries before Christ, that part of the kingdom where the tribes of Zebulun and Naphtali lived was attacked by the Assyrians, and the tribes were hauled off into captivity (see 2 Kings 15:29; 1 Chronicles 5:26).

It marked the beginning of the kingdom's end. The Davidic empire finally crumbled in the sixth century BC, when Jerusalem was seized by Babylon and the remaining tribes were driven into exile (see 2 Kings 24:14).

Isaiah prophesied that Zebulun and Naphtali, the lands first to be degraded, would be the first to see the light of God's salvation. Jesus today fulfills that prophecy—announcing the restoration of David's kingdom at precisely the spot where the kingdom began to fall.

His gospel of the Kingdom includes not only the twelve tribes of Israel but all the nations—symbolized by the "Galilee of the Nations." Calling His first disciples, two fishermen on the Sea of Galilee, He appoints them to be "fishers of men," gathering people from the ends of the earth.

They are to preach the gospel, Paul says in today's Epistle, to unite all peoples in the same mind and in the same purpose—in a worldwide kingdom of God.

By their preaching, Isaiah's promise has been delivered. A world in darkness has seen the light. The yoke of slavery and sin, borne by humanity since time began, has been smashed.

And we are able now, as we sing in today's Psalm, to dwell in the house of the Lord, to worship Him in the land of the living.

St. Michael Prayer, Explained!

The prayer to St. Michael invokes the protection of the archangel Michael in the ongoing spiritual battle for the souls of all mankind. This prayer was composed by Pope Leo XIII and its use was instituted in 1886 at the end of Low Mass, a tradition which continued until the liturgical reforms of the Second Vatican Council. A popular story regarding its origin claims that the Pope wrote this prayer after having a vision of demonic spirits descending on Rome.

Michael is mentioned as one of God's seven archangels in the Book of Enoch and is presented by Revelations 12:7–12 as the warrior angel who cast Satan from heaven. He is therefore traditionally venerated as a protector against the forces of evil and a guardian of the Church.

The Prayer to St. Michael is still commonly said at the end of the rosary and by some parishes after the conclusion of Mass.



ANNOUNCEMENTS

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 an email to obtain more information)

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.



*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

Saints of the Week TIMOTHY, TITUS, & THOMAS AQUINAS

This week we celebrate the feasts of three great saints. Saints Timothy and Titus and Saint Thomas Aquinas.

Saints Timothy and Titus were companions and disciples who worked closely with St. Paul. They were both very important leaders in the early church, and the letters written to them by the great apostle are a part of the New Testament and are frequently read during Mass today.

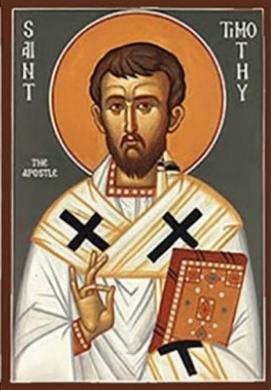
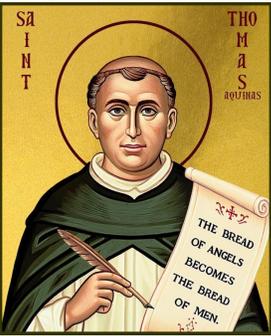
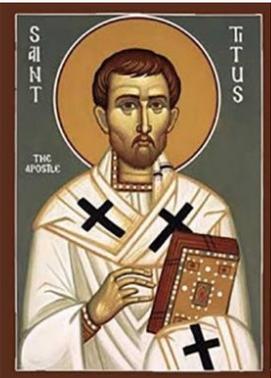
St. Timothy was born in what is now Turkey. A place called Lystra. His mother, Eunice, was Jewish and his father was Greek. He was St. Paul's closest friend and collaborator. He accompanied the Apostle on two of his missionary journeys. He was frequently sent to resolve problems in the early church and was made Bishop of Ephesus. He is considered the patron saint of those suffering from stomach and digestive illnesses, probably because St. Paul advised him to "take a little wine" for his ailments. He was martyred in 97 AD for protesting a pagan feast.

St. Titus, was Greek and a convert to Christianity. He accompanied St. Paul to the Council of Jerusalem and soon became the symbol of the gift of the Gospel to non-Jews. He was a great peacemaker who went to Corinth with St. Paul to solve the problems the early church was having at the time. St. Paul made him Bishop of Crete, where he organized the church. He is said to have died of old age at 94, in Crete.

St. Thomas Aquinas was a member of the Order of Preachers (the Dominicans). A Doctor of the church, he is considered to be one of the greatest thinkers of the church and Western Philosophy.

He has among his great many works, currently used for theological studies, famous hymns adoring the Blessed Sacrament, which are still used in Catholic Liturgy today. The most famous are: *Panis Angelicus, Tantum Ergo, and O Salutaris.*

It is said that when he wrote these hymns, he visited Jesus in the tabernacle, to offer Our Lord his work. Jesus was so pleased with Thomas' work that he offered him whatever the saint wanted. Thomas is said to replied, "Non Nisi Te, Domine". Which translated means: "Nothing, except you, Lord."



Our senior sisters, brothers, and religious order priests need your help. Decades of caring for others with little or no pay have left many communities without sufficient retirement savings. Over 20,500 elderly religious depend on the Retirement Fund for Religious for health care, medication, and daily living expenses. Your gift helps ensure they receive the care they deserve. Please give back to those who have given a lifetime.

Envelopes for giving can be found at the entrances to the church. Please give in gratitude for their lifelong commitment. If you can not give at this time pray for a successful collection.

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'Abreo

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/ 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.

