

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

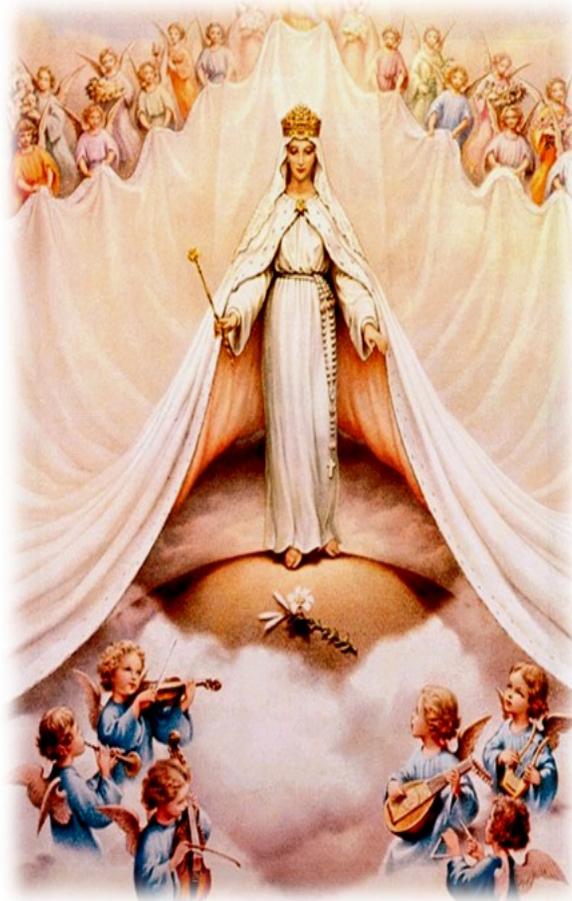
Saturday: 5:30 pm
Sunday: 8:00 & 10:30 am

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.

STEWARDSHIP OF TIME, TALENT & TREASURE

March 7-8, 2026

Envelopes Used	72
Plate Collections	\$ 902.00
Envelope Collections	\$ 4,409.27
TOTALS	\$ 5,311.27

The 2026 Annual Catholic Appeal, "In Mission, We Are One" has begun. Through the ACA, we support ministries that nurture faith at every stage of life, accompany families and young people, care for the vulnerable, sustain our clergy and those preparing for priesthood, and respond to the needs of our wider community. These efforts help make our Church a living sign of Christ's presence among us.

Queen of Angels assessment for 2026 is \$21,215. Any funds received beyond our goal will be returned to our parish to support local needs and ministries. If you cannot donate at this time, we ask you to pray for a successful 2026 Annual Catholic Appeal for our parish.

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.

READINGS & MASS INTENTIONS MARCH 14-22, 2026

Sunday: 1 Sm 16:1b, 6-7, 10-13a/
Ps 23:1-3a, 3b-4, 5, 6/Eph 5:8-14/Jn 9:1-41 or
9:1, 6-9, 13-17, 34-38

Monday: Is 65:17-21/Ps 30:2 and 4, 5-6,
11-12a and 13b/Jn 4:43-54

Tuesday: Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/
Jn 5:1-16

Wednesday: Is 49:8-15/Ps 145:8-9, 13cd-14,
17-18/Jn 5:17-30

Thursday: 2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3,
4-5, 27 and 29/Rom 4:13, 16-18, 22/Mt 1:16,
18-21, 24a or Lk 2:41-51a

Friday: Wis 2:1a, 12-22/Ps 34:17-18, 19-20,
21 and 23/Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20/Ps 7:2-3, 9bc-10,
11-12/Jn 7:40-53

Next Sunday: Ez 37:12-14/Ps 130:1-2, 3-4,
5-6, 7-8/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17,
20-27, 33b-45

DATE	TIME	SPECIAL INTENTION
Saturday, Mar 14	5:30 PM	†Lucy Smith
Sunday, Mar 15	8:00 AM	Lisa Inunza
Sunday, Mar 15	10:30 AM	†Sandro Ranucci
Monday, Mar 16	7:30 AM	Rosary
Tuesday, Mar 17	8:00 AM	Ryan Andreoli
Wednesday, Mar 18	7:30 AM	Rosary
Thursday, Mar 19	8:00 AM	The Roberts Family
Friday, Mar 20	8:00 AM	Jim Long
Saturday, Mar 21	9:00 AM	Noel Allen
Saturday, Mar 21	5:30 PM	Amy Boen
Sunday, Mar 22	8:00 AM	The Souls in Purgatory
Sunday, Mar 22	10:30 AM	†Todd Matthew Iseminger

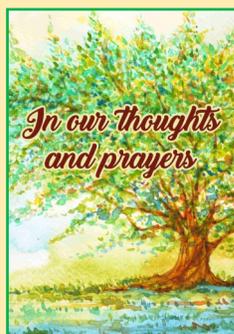
Healing Prayers

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



Katie Clark
Nancy Clark
Matt Delgado
Ana Fonseca-Garcia
Grace Grogg
Mike Gust
June Hill
Ida House
Eugene Isaacs
Jason Laccone
Dale Lee
James Meek
Russell Meek
Susie Pfingsten
Jerry Price
Renee Schmiedeberg
Karla Schafer
Kailyn & Charis Whaley

...may they find joy
in the healing love of Christ.



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 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

WELCOME TO QUEEN OF ANGELS CATHOLIC FAITH COMMUNITY

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

OFFICE Closed **Please Take Note** This office will be closed on Wednesday, **March 18** for a scheduled maintenance. We will reopen on Thursday, March 19 at 9:00 AM. Thank you for your understanding.

 **Mark Your Calendar** There will be no morning Mass on Wednesday, **March 18** so please take note. We will however be reciting the rosary at 7:30 AM so why not consider join us.

 **Adoration** Please consider attending Adoration on Friday, **March 20** after the 8:00 AM morning Mass.

 **Walk with Us This Lenten Season** 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 20** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by *Faith Formation*.

 **NEW Eucharistic Minister and Lector Training Sessions** Interested in becoming a Eucharistic Minister or Lector? If so please take note of the upcoming training sessions to be held in at 6:00 PM in the church.
Eucharistic Ministers on Tuesday, **April 21**
Lectors on Tuesday, **April 28**

 **Thank You** A big **THANK YOU** to the Music Ministry for hosting and suppling the delicious soups and bread at our Soup Supper on March 13.



Queen of Angels High School Youth Group



Our weekly meeting will be on
Thursday, **March 19**
From 6:00 PM — 8:30 PM
in the Parish Hall

Open to all high school
aged youth.

Collection of old Blessed Palm Leaves



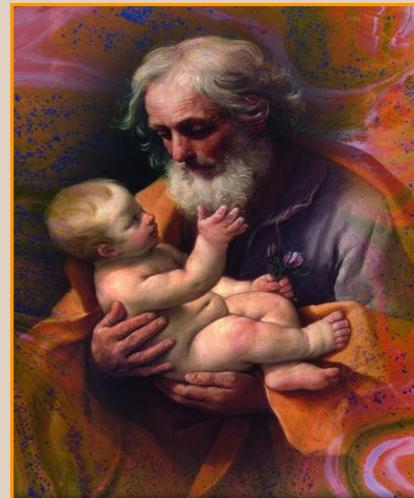
Queen of Angels will be collecting old blessed palm leaves from last year's Palm Sunday. Look for the basket in the vestibule of the church to place the leaves in. Father David will burn the leaves and the ash will be added to our reserve.

Additional Opportunities for Reconciliation 2026

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

"Confession is the sacrament of the tenderness of God, his way of embracing us."

Pope Francis



THE SOLEMNITY

of

ST. JOSEPH

MARCH 19

©LPI

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust
with you Christ became man.
Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.

PASTOR'S PAGE

Friends,

As we continue our Lenten journey and our reflection on our Lenten observances, we conclude with alms-giving. Unsurprisingly, it is intricately connected to both prayer and fasting. In fact, we can hear Jesus refer to all three, back-to-back-to-back, smack dab in the middle of the Sermon on the Mount (cf. Mt 6:1-18).

There are a few key things to keep in mind when we consider alms-giving as set forth for us on the pages of Sacred Scripture. First, as Jesus himself says (v.1), our good works are not meant to bring attention to ourselves, but to see and help the other, and ultimately to bring glory to God. This is maybe the most important thing to remember: every blessing we have received was given to us freely by God, and every gift he gives to us is meant to be shared with others. Consequently, nothing that we do is ever meant to be done just for ourselves, and we should never do good with the expectation or hope that everyone (or even anyone) in the world, other than perhaps the person we are helping or sharing our gift with, will notice. We would do well to remember this, because there are few things more odious than false piety or false humility. Second, as regards alms-giving specifically (rather than "sharing our gifts" in a more general sense), remember that we are always supposed to give **joyfully!** Saint Paul tells us that, "God loves a cheerful giver" (cf. 2 Cor 9:7). I once heard a very wise and holy man, while talking about that passage, tell a group of children, "don't give 'til it hurts; give 'til it tickles!" Jesus, in the generosity of His own life to us, demonstrates this joyful giving of self as he followed the will of His Father in heaven. So my encouragement to you is to follow the example of Jesus, who "for the joy set before him, endured the cross" (cf. Heb 12:2a), but to never give more than you can do joyfully. And if I can't give very much of any of my gifts with any joy yet, then that is what I can pray for. Third and finally, at least for today, Scripture is very clear that as we give alms to our brothers and sisters in need, the Lord turns His face towards us and shows us the same mercy that we have shown others (cf. Tob 4:7-11, 12:9; Dan 4:27; Ecc 3:30, 4:1-5, 29:12-17, 34:21; Ps 41:1-3; Prov 19:17; Isa 58:6-8, Mt 25:23; Lk 11:41; Acts 20:35; James 2:15-17, 1 Jn 3:17; etc.). So make no mistake: alms-giving is, and always has been, important!

Please don't overlook this third Lenten observance. Authentic alms-giving comes from a merciful heart that has itself received mercy and is connected to the Lord in prayer and fasting, proving that these three really must go hand-in-hand with each other. Let us share with those in need the mercy that we have received from the hand of God.

Indebted to Divine Mercy,

Fr. David

[quotations taken from Lenten Homilies by Pope Benedict XVI]

Maybe you started strong on Ash Wednesday, and somewhere in the past couple of weeks, life happened. Or maybe you've tried to settle into a daily Lenten practice but haven't quite found your rhythm yet.

There is good news! It's not too late.

You're not called to enter in to prove anything, but to be transformed by someone. It's not about perfection. It's about returning. And Jesus waits to draw close to you, to refine you, and to gently transform your heart in these days leading up to Easter.

Re-enter Lent with intention by joining [Hallow's Lent Pray40 Challenge](#). To join, sign up for the Hallow app if you haven't already at [hallow.com/pray40/](#) and follow the links.

Don't give up on Lent! Jesus has too much in store for you. Check out the series today!



ANNOUNCEMENTS

LEGUMES FOR LENT

2026



Do a Work of Mercy For Lent - Feed the Hungry

Help the Sisters to buy MANY Bags of Beans

Dear friends of the Casa de Los Pobres,

Once again, we are appealing to your generosity. The last time that we made this appeal in 2025 the response to our "Legumes For Lent" Campaign was truly heartwarming! As you can imagine, the need continues & is ever more urgent. For the meals and for the grocery bag program for the elderly, handicapped & families & for the Haitian refugees, they use over 8,000 pounds of dried pinto beans per month which cost between \$12,000 & \$15,000.

(To give an idea, a 25 lb. bucket of Wheatland dried pinto beans on Amazon Prime is \$69.95)

Since beans are such an absolute staple in the lives of the people who come to the Casa, it would once again be a great blessing if they would receive donations to pay for enough beans to carry them at least through Lent & perhaps even through the whole Easter season. The sisters are asking for money to buy beans in Tijuana because sadly, it is impossible to get beans and canned goods (& clothing) across the Mexican border into Mexico.

If you are able to donate the equivalent of 20 pounds of beans (approx. \$45) in the form of a donation made on the website or a check made out to Casa de los Pobres, USA or a gift card to Costco or Smart & Final (both have outlets in Tijuana), (Address of Casa de los Pobres, USA is below) Sr. Armida, the other sisters, the people & staff of the Casa de los Pobres & I & the members of the board would be most grateful.

Please go the website www.Casa de los Pobres USA.com and click the "Donate" button or mail checks or gift cards to: Casa de los Pobres USA, PO Box 9596 San Diego CA 92169-0596. Please write "Legumes for Lent" in the memo line of checks, or in the memo area of PayPal donations. Thank you!

¡Que Dios les bendiga abundantemente! May God bless you abundantly! -Fr. Gil Gentile, SJ



Please feel free & even ENCOURAGED to forward this to anyone you know who might be interested!

40 DAYS FOR LIFE SPRING CAMPAIGN

There are only a few more weeks left but your assistance is always needed and welcomed.

Covering prayer shifts, from 7:00 AM – 7:00 PM every Tuesday until March 24th. 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 contact:

Yvonne Harris,
yvonneqofa2569@gmail.com

Website: 40daysforlife.com/elcajon or call: 619-647-5793



Dear St. Patrick,
In your humility you called yourself a sinner,
but you became a most successful missionary
and prompted countless pagans
to follow the Savior.
Many of their descendants in turn
spread the Good News in numerous foreign lands.
Through your powerful intercession with God,
obtain the missionaries we need
to continue the work you began.
Amen.



CHRIST BE WITH ME.
CHRIST WITHIN ME.
CHRIST BEHIND ME.
CHRIST BEFORE ME.
CHRIST IN ... FRIEND
AND STRANGER.

ANNOUNCEMENTS**Reveal Christ's Love to the Vulnerable at Home and Abroad This Lent**

This weekend, **March 14-15**, Queen of Angels will be asked to help some of the most poor and vulnerable people. The U.S. bishops' annual Catholic Relief Services Collection helps those in need in the United States and worldwide by benefiting six agencies and offices affiliated with the Catholic Church, including the U.S. bishops' flagship international relief and development agency, Catholic Relief Services.

The Lenten season is a time of penance and preparation when the Church looks to the example of Jesus praying and fasting in the desert as he prepares to reveal his love to the world on the Cross. We follow his example through prayer, fasting, and giving alms to help those in need. On the weekend of **March 14-15, 2026**, Queen of Angels will have the opportunity to reveal Christ's love to victims of war, natural disasters, violent persecution, and extreme poverty by contributing to The Catholic Relief Services Collection. Funds from this collection benefit six Catholic agencies that offer aid to vulnerable people here in the United States and overseas.

This Lent, please prayerfully consider supporting The Catholic Relief Services Collection. Envelopes can be found at both entrances to the church.

For more information on The Catholic Relief Services Collection and to learn about projects supported by funds from the Catholic Relief Services Collection please visit www.usccb.org/catholic-relief.



San Diego
CATHOLIC

LENTEN PILGRIM WALK

Coastal Edition

Saturday, March 28, 2026

All Hallows Catholic Church

Registration: \$20
Families with young children: FREE



The day will consist of fellowship, moments of prayer, reconciliation, and Mass.

All young adults ages 18-39 are welcome!

12:00 PM-Meet at All Hallows Catholic Church
12:30 PM-Depart to starting point via group bus
2:00-PM Joining Point for families
5:30 PM-Vigil Mass

Join us as we enter the holiest of weeks by walking along the coast from Sacred Heart in Ocean Beach to All Hallows in La Jolla.

Register at:

sdcatholic.org/event/young-adult-lenten-pilgrim-walk/



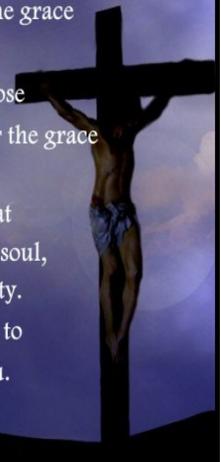
DIOCESE OF SAN DIEGO

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.

A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you.
Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.
Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.
Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity.
May this season be grace-filled time to rekindle my love for and faith in you.

Amen.



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 conventual 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 conventual 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

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

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

Scan the QR code to register

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

Diocese of San Diego | Diocese of Monterey

Michael Pham, San Diego | Ramon Bejarano, Monterey | Felipe Pulido, San Diego

City of Mexico, Tlaxcala, Teotihuacan, Puebla

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.