

# 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

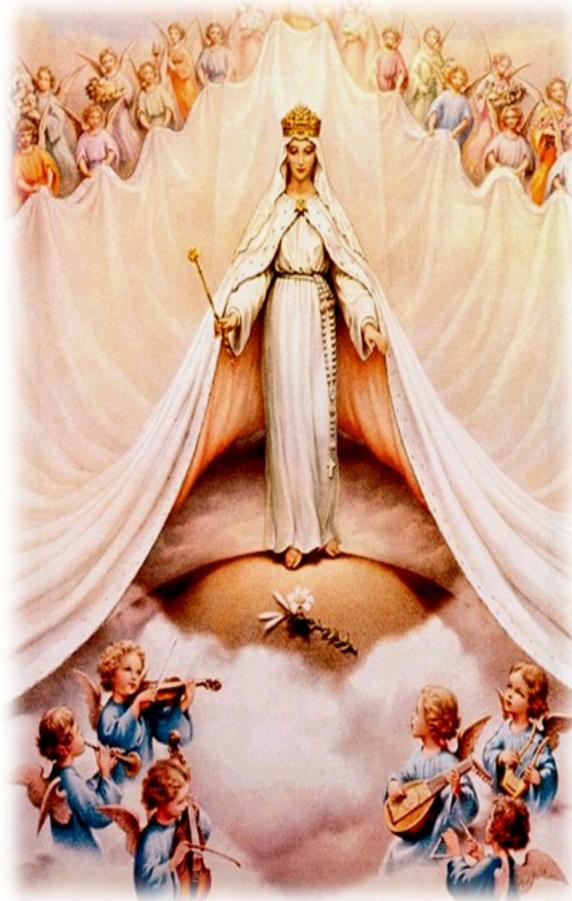
Saturday: 5:30 pm  
Sunday: 8:00 & 10:30 am

## 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](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)

**Youth Ministry:** [youthministryqofa@gmail.com](mailto: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](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.

## STEWARDSHIP OF TIME, TALENT & TREASURE



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 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 28-MARCH 8, 2026

**Sunday:** Gn 12:1-4a/Ps 33:4-5, 18-19, 20, 22/2 Tm 1:8b-10/Mt 17:1-9  
**Monday:** Dn 9:4b-10/Ps 79:8, 9, 11 and 13/ Lk 6:36-38  
**Tuesday:** Is 1:10, 16-20/Ps 50:8-9, 16bc-17, 21 and 23/Mt 23:1-12  
**Wednesday:** Jer 18:18-20/Ps 31:5-6, 14, 15-16/Mt 20:17-28  
**Thursday:** Jer 17:5-10/Ps 1:1-2, 3, 4 and 6/ Lk 16:19-31  
**Friday:** Gn 37:3-4, 12-13a, 17b-28a/ Ps 105:16-17, 18-19, 20-21/Mt 21:33-43, 45-46  
**Saturday:** Mi 7:14-15, 18-20/Ps 103:1-2, 3-4, 9-10, 11-12/Lk 15:1-3, 11-32  
**Next Sunday:** Ex 17:3-7/Ps 95:1-2, 6-7, 8-9/ Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

DATE	TIME	SPECIAL INTENTION
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
Monday, Mar 2	7:30 AM	Rosary
Tuesday, Mar 3	8:00 AM	Logan Zdunich
Wednesday, Mar 4	8:00 AM	The Souls in Purgatory
Thursday, Mar 5	8:00 AM	The Souls in Purgatory
Friday, Mar 6	11:30 AM	The Gibson Family
Saturday, Mar 7	9:00 AM	†Clare Helen McGrath
Saturday, Mar 7	5:30 PM	Amelia Burell
Sunday, Mar 8	8:00 AM	The Amonette Family
Sunday, Mar 8	10:30 AM	†Margaret Andrade

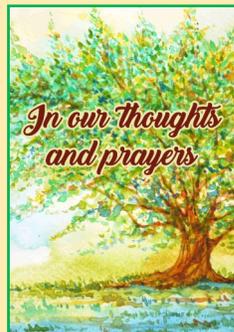
### Healing Prayers

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  
Susie Pflingsten  
Jerry Price  
Renee Schmiedeberg  
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](mailto:bulletinqofa@gmail.com).

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



**Monthly ECPCC Collection** Please leave your donations after all the Masses this weekend, **February 28-March 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!



**Soup Supper** Please join fellow Queen of Angels parishioners on Friday, **March 6** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by the *Woman's Auxiliary*.



**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.



### Church Ministries

**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 only once a month it would be greatly appreciated.



**Thank You** A big **THANK YOU** to the Youth Group for hosting and suppling the delicious soups and bread at our Soup Supper on February 28.

### New Life in our Parish

We congratulate the newest members of our parish

*Ailem Kirasme Godreau,*

daughter of Robert & Evelia Godreu, was baptized on February 22, 2026,

&

*Alina Maria Fernandez,*

daughter of Miguel & Lesley Frenandez, was baptized on February 28, 2026,

We lovingly welcome these new Members into our Queen of Angels Faith Community!



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

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



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

8:30 AM—Rosary  
9:00 AM—Mass

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!!



### 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



**PASTOR'S PAGE**

Friends,

One of the things to consider as we continue on through Lent are the many positive side effects of fasting—and no, I don't mean the physical benefits that you hear about in health magazines, although I don't doubt that those are pretty amazing too. I am referring instead to what we receive spiritually when we are willing to sacrifice for the Lord.

The most basic and obvious thing we gain is the blessing we receive every time we obey God. As every parent knows well, there are few things that bring them more joy than when their children are obedient, because obedience is the truest mark that their children are listening to them and understand that they are loved. So we gain tremendous blessing simply by obeying God when His Church instructs us to fast.

We also are allowed to share in the sufferings of Christ by being in solidarity with these, the least of His brothers. We forget sometimes just how blessed we are, and when we willingly say 'no' and forgo bodily pleasures that others don't have the option to say 'yes' to, we are not merely suffering alongside our brothers and sisters (albeit, from a distance), we are giving consolation to the heart of Jesus, which is always suffering with those who are themselves suffering.

And speaking of 'yes' and 'no,' another incredible benefit of fasting is that we get to exercise our spiritual 'no' muscles. The analogy of a gym can be helpful here. A running joke among many gym rats is to "never skip leg day." In other words, don't forget to work out all of your muscle groups, so they don't atrophy. And when we fast, we are practicing saying 'no' to ourselves, which means when we face temptation, our ability to say 'no' is stronger. And we could all do with less sin in our lives.

But there's another beautiful blessing we receive when we fast, that is linked to the first blessing, but is different. We learn that we can trust God more and deeper than we were before. This is the other side of the obedience coin from earlier: on one side, we bring joy to the heart of the Father because of our obedience and he blesses us as a result; on the other side, we learn how to trust in His love for us even more. Do I truly believe that God is enough for me? Fasting can remind me—or perhaps teach me—that He is.

The last one for today is that fasting strengthens our prayer. It has been said that praying without fasting is like fighting with one hand tied behind your back. But we can talk more about that next week, when we consider the Lenten observance of prayer in greater detail.

With you in the wilderness,

*Fr. David*

# 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](http://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

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 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, sign-up after all Masses or contact, Yvonne Harris: [yvonne-qofa2569@gmail.com](mailto:yvonne-qofa2569@gmail.com)

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

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 dinner) departing from Tijuana, BC

Scan the QR code to register

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

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

## 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).

## ANNOUNCEMENTS

### HOLY SMOKE:

Why do Catholics use Incense?

The smoke, which rises upwards, is a symbol of people becoming holy and pure. It also symbolizes our prayers rising to heaven. The rising smoke reminds us of the very real spiritual reality of our prayers rising to God. The Tabernacle in the Old Testament is frequently compared to us as temples or dwelling places of the Holy Spirit. Before we can dwell with God in eternity, there is need for our purification and sanctification—the removal of sin. One of the ways this happens is through prayer.

This spiritual meaning is evident in the wisdom books of the Old Testament, in which prayer is connected with purification, making our prayer a sweet aroma rising up to God: ***Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice!***—Psalm 141:2 ***Listen to me, O you holy sons, and bud like a rose growing by a stream of water; send forth fragrance like frankincense and put forth blossoms like a lily. Scatter the fragrance and sing a hymn of praise; bless the Lord for all his works.***—Sirach 39: 13-14

We have used incense in our Liturgies from ancient times. It was simply a continuation of a holy Jewish practice. In fact, it was commanded by God Himself and recorded in Sacred Scripture.

God commanded Moses to make an Altar of Incense for worship in the Tabernacle: ***You shall make an altar to burn incense upon; you shall make it of acacia wood. And Aaron shall burn fragrant incense on it; every morning when he dresses the lamps he shall burn it, and when Aaron sets up the lamps in the evening, he shall burn it, a perpetual incense before the Lord throughout your generations.***—Exodus 30:1-10

God also instructed Moses on how the incense should be made through a "holy recipe": And the Lord said to Moses, ***Take sweet spices, stacte, and onycha, and galbanum, sweet spices with pure frankincense (of each shall there be an equal part), and make an incense blended as by the perfumer, seasoned with salt, pure and holy; and you shall beat some of it very small, and put part of it before the testimony in the tent of meeting where I shall meet with you; it shall be for you most holy.***—Exodus 30:34-38



### Sister Katharine Marie Drexel

The Saint of the week is a contemporary American saint. She was born Katharine Marie Drexel in Philadelphia, Pennsylvania, on November 26, 1858. Katharine came from an immensely wealthy family and was the oldest of two children with a younger Elizabeth. Unfortunately Katharine's mother, Hannah died five weeks after her birth, leaving her uncle Anthony Joseph and his wife Ellen to care for Katharine and Elizabeth for the next two years.

In 1860, Her father married Emma Bouvier. Katharine and Elizabeth returned to live with their father and new mother and in 1863 a third daughter, Louise was born. The girls continued to grow up in a wealthy and religious household with charitable principles living on a 90-acre estate, in the Torresdale section of Philadelphia, named St. Michel, in honor of Saint Michael, the archangel. Her aunt Emma regularly distributed food and clothing at her home to people.

Katharine travelled a great deal and during a visit to Rome she had an audience with Pope Leo XIII. The Pope urged her to become a missionary. She had always had a deep desire to help the Native American and African American populations in the country. In 1889, Katharine fulfilled that wish by entering a convent of the Sisters of Mercy and chose to use her inheritance to serve, rather than just donate. In February 1891, she founded the Congregation of the Sisters of the Blessed Sacrament for Indians and Colored People.

She was canonized by Pope John Paul II on October 1, 2000, when her 1994 miracle reversing congenital deafness in 2-year old Amy Wall was recognized. Saint Katharine is known as the patron saint of racial justice and of philanthropists.



## ANNOUNCEMENTS

### Lenten Humor

An Irishman moved into a tiny hamlet in County Kerry, walked into the pub and promptly ordered three beers. The bartender raised his eyebrows, but served the man three beers, which he drank quietly at a table, alone. The next evening the man again ordered and drank three beers at a time. Soon the entire town was whispering about the Man Who Orders Three Beers. Finally, a week later, the bartender broached the subject on behalf of the town. "I don't mean to be prying but folks around here are wonderin why your always order three beers and drink them alone?". "Tis a wee bit odd I would be supposin" the man replied. "You see, I have two brothers, and one went to America and the other went to Australia. We promised each other that we would always order two extra beers, whenever we would partake, as a way of keeping up the family bond."

The bartender and the whole town were pleased with his answer and with the reverence for family and soon the Man Who Orders Three Beers became a local celebrity and source of pride to the hamlet. Then one day the man came in and ordered only two beers. The bartender served them with a heavy heart. Word flew around the hamlet quickly. Prayers were offered for the soul of one of the brothers. The next day, the bartender said to the man, "folks around here, me first of all, want to offer our condolences to you for the death of your brother"

The man pondered for a moment then replied, " You'll be happy to hear that my two brothers are alive and well. It's just that I, meself, have decided to give up drinking for Lent."

**"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.

Think what a great **Lenten opportunity** to gift 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)



### Fasting

Fasting was practiced by righteous men and women of the Old Testament and later by Christ himself. It remains an important part of the Christian devotional life today, being most strongly associated with the penitential season of Lent.

The practice of fasting predates Christianity. The Old Testament is full of examples of righteous men and women mortifying their flesh for the purpose of making atonement or simply to grow closer to God. Jesus himself fasted for forty days and forty nights in preparation for the beginning of his public ministry, and we see his disciples following his example in the Acts of the Apostles.

Fasting continues to be an important part of Christian devotional life today. Many people feel the practice of fasting enhances their prayer and helps them fulfill St. Paul's advice to "put to death the deeds of the body" (Romans 8:13) to grow in the Spirit. Most Catholics will associate fasting with the liturgical season of Lent, which begins and ends with obligatory fasting for all members of the Latin Catholic Church between ages 18 and 59.

### Prayer of Lent

Dear God,

As I fast, may Your presence be my sustenance.

As I pray, continue to reveal Yourself to me.

As I give to others, may I know You even more deeply.

Amen.

