

# 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

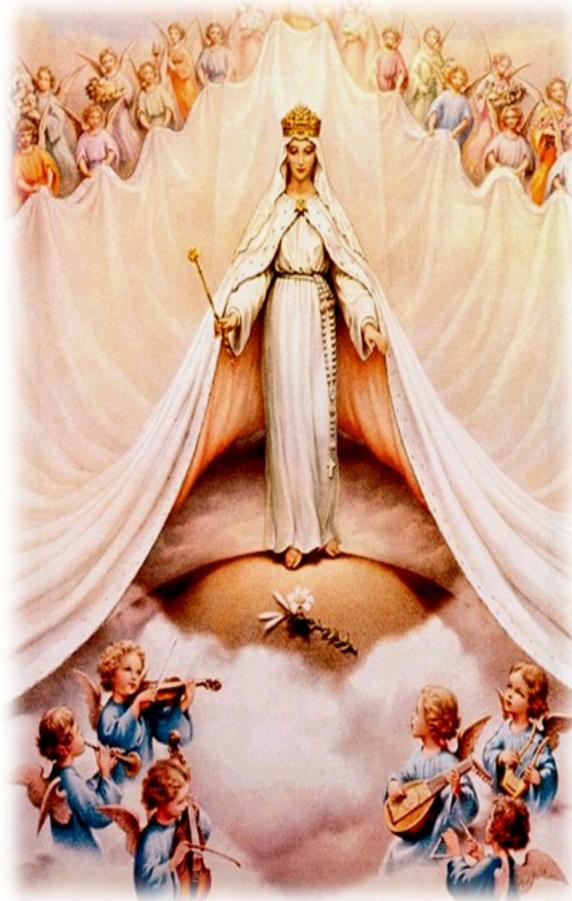
Saturday: 5:30 pm  
Sunday: 8:00 & 10:30 am

## 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

### February 21-22, 2026

Envelopes Used	73
Plate Collections	\$ 1,212.28
Envelope Collections	\$ 5,448.00
<b>TOTALS</b>	<b>\$ 6,660.28</b>
Ash Wednesday	\$ 1,665.00

### February 28-March 1, 2026

Envelopes Used	67
Plate Collections	\$ 1,106.00
Envelope Collections	\$ 3,614.00
<b>TOTALS</b>	<b>\$ 4,720.00</b>



## READINGS & MASS INTENTIONS MARCH 7-15, 2026

**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  
**Monday:** 2 Kgs 5:1-15ab/Ps 42:2, 3; 42:3, 4/Lk 4:24-30  
**Tuesday:** Dn 3:25, 34-43/Ps 25:4-5ab, 6 and 7bc, 8-9/Mt 18:21-35  
**Wednesday:** Dt 4:1, 5-9/Ps 147:12-13, 15-16, 19-20/Mt 5:17-19  
**Thursday:** Jer 7:23-28/Ps 95:1-2, 6-7, 8-9/Lk 11:14-23  
**Friday:** Hos 14:2-10/Ps 81:6c-8a, 8bc-9, 10-11ab, 14 and 17/Mk 12:28-34  
**Saturday:** Hos 6:1-6/Ps 51:3-4, 18-19, 20-21ab/Lk 18:9-14  
**Next 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

DATE	TIME	SPECIAL INTENTION
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
Monday, Mar 9	7:30 AM	Rosary
Tuesday, Mar 10	8:00 AM	Joseph Riedel
Wednesday, Mar 11	8:00 AM	†Jennifer Wilson
Thursday, Mar 12	8:00 AM	†Tod Shane
Friday, Mar 13	8:00 AM	†Alice Duke
Saturday, Mar 14	5:30 PM	†Lucy Smith
Sunday, Mar 15	8:00 AM	Lisa Inunza
Sunday, Mar 15	10:30 AM	†Sandro Ranucci

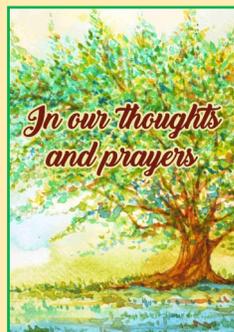
## Healing Prayers

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  
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.



**Knights of Columbus** There will be a Council meeting on Tuesday, **March 10**, at 7:00 PM in the parish hall. All Knights are encouraged to attend.



**Please Take Note** There will be no Eucharistic Adoration before Stations of the Cross on Friday, **March 13** so please mark your calendar to reflect this.



**Soup Supper** Please join fellow Queen of Angels parishioners on Friday, **March 13** after the 6:30 PM Stations of the Cross for our Lenten Soup Supper sponsored by the *Music Ministry*.



**Mark Your Calendar** There will be no daily Mass in the morning, or Adoration accompanying confessions in the evening, on Saturday, **March 14**.



**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**



**Please Pray** Please keep our teens in your prayers as they come closer to our Lord while attending their Confirmation Retreat this weekend.



**Thank You** A big **THANK YOU** to the Woman's Auxiliary for hosting and suppling the delicious soups and bread at our Soup Supper on March 6.



**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.

### Queen of Angels High School Youth Group



Our weekly meeting will be on Thursday, **March 12**  
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.

### Lenten Parish Penance Service

Wednesday, March 11th at 7:00 PM



### Additional Opportunities for Reconciliation 2026

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

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

Pope Francis



## 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!



# LENT

## PASTOR'S PAGE

Friends,

As we continue our Lenten journey, I wanted to take a moment to reflect on our second Lenten observance this week: PRAYER. We finished last week by observing that fasting (our first Lenten observance) strengthens our prayer. And so it does. As I wrote before, it has been said that praying without fasting is like fighting with one hand tied behind your back, and if you doubt that I would challenge you to take fasting more seriously and give it a try.

But prayer, of course, goes well beyond what we could ever imagine. Volumes have been written on this very subject, and any attempt to “sum it up” in a single page will fall woefully short. So today we’ll try stick with a few general principles, specifically as regards prayer during Lent—which Pope Emeritus Benedict XVI reminds us is meant to be a time of hope, because “Lent renews in us the hope in the One who made us pass from death to life... [and] Prayer nourishes hope because nothing expresses the reality of God in our life better than praying with faith. Even in the loneliness of the most severe trial, nothing and no one can prevent me from addressing the Father ‘in the secret’ of my heart, where he alone ‘sees’, as Jesus says in the Gospel (cf. Mt 6:4, 6, 18).” Authentic prayer is perhaps the greatest expression of faith in action, and is the surest way to connect us to the ultimate Source of our peace, hope, and joy. Benedict goes on to point out that authentic prayer opens us up, not only the voice of God, who is constantly speaking to us, but it also reminds us to look to others as we learn to see Christ in them. “Without the dimension of prayer, the human ‘I’ ends by withdrawing into himself, and the conscience, which should be an echo God’s voice, risks being reduced to a mirror of the self, so that the inner conversation becomes a monologue, giving rise to self-justifications by the thousands.” Let’s unpack that briefly. If we find ourselves frequently trying to justify behavior in our lives that we know to be wrong, or if we cannot find it in our hearts to be loving and forgiving towards our brothers and sisters, then there’s a good chance that our “prayer,” if we’re even praying at all, has started to become a self-absorbed echo chamber where the only thing we are hearing is our own internal broken record. Significantly, this means that if we fall into this trap, then we are no longer hearing the voice of God, who wants to set us free, teach us how to follow Him completely and wholeheartedly, and show us how to worship Him in Spirit and in Truth. We cut ourselves off from all of that and from every good gift if we are not people of prayer, becomes it is prayer that draws us out of ourselves and raises our hearts and minds to the One who knows us best and loves us most.

“I am the vine, you are the branches,” said the Lord Jesus (cf. Jn 15:5a). And unless we want to wither and die a slow and agonizing spiritual death, we must remain connected to Him in prayer. There is no substitute.

With you always in prayer,

*Fr. David*



[quotations taken from Lenten Homilies by Pope Benedict XVI]

## 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 contact:

Yvonne Harris,  
yvonneqofa2569@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**

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

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



Scan the QR code to register



Diocese of San Diego | Diocese of Monterey | Diocese of San Diego | Diocese of Monterey

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

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

Next 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, 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](http://www.usccb.org/catholic-relief).



**"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)



### 3rd SUNDAY OF LENT



## ANNOUNCEMENTS

# Mass for the Divorced & Separated



Wednesday, March 11 at 6:30PM

Celebrated by  
Auxiliary Bishop Felipe Pulido



**Bilingual Celebration**  
Location: Diocesan Pastoral Center  
3888 Paducah Dr.  
San Diego, CA 92117

For more information:  
Janelle Peregoy  
Email: [jperegoy@sdccatholic.org](mailto:jperegoy@sdccatholic.org)



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:  
[sdccatholic.org/event/young-adult-lenten-pilgrim-walk/](https://sdccatholic.org/event/young-adult-lenten-pilgrim-walk/)

Paul reminds the Corinthians, "We proclaim Christ crucified." Christ's weakness is stronger than any human strength. The power of the cross is greater than anything the world or evil has to combat it.

The Lenten season is one of repentance, self-denial, almsgiving and prayer. Many in our modern world do not see any wisdom in denying themselves anything. Those swept away in a consumer culture want more and they want it faster, bigger and better. They also are looking for easy and quick satisfaction, unwilling to wait long.

Paul speaks of the "foolishness of God" and how it is wiser than any human wisdom. Lent is a time to put aside that which we feel and think as humans and put on the attitude of Christ. The cross of Christ is neither easy nor fleeting, and it will ask us to deny our very selves for him. To the human mind it makes no sense. However, by putting on Christ and seeing with his eyes, we see reality with clarity. Our sacrifice can lead to riches that only a "foolish" man would covet. But it is exactly there that we are satisfied and fulfilled.

