

# 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

**May 9-10, 2026**

Envelopes Used	78
Plate Collections	\$ 993.00
Envelope Collections	\$ 5,363.20
<b>TOTALS</b>	<b>\$ 6,356.20</b>

*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.*

**GOAL: \$21,215.00 PLEDGE: \$ 0.00 BALANCE: \$ 0.00 APPEAL**

## READINGS & MASS INTENTIONS MAY 16-24, 2026

**Sunday:** Acts 1:1-11/Ps 47: 2-3, 6-7, 8-9/  
Eph 1:17-23/Mt 28:16-20  
**Monday:** Acts 19:1-8/Ps 68:2-3ab, 4-5acd,  
6-7ab/Jn 16:29-33  
**Tuesday:** Acts 20:17-27/Ps 68:10-11, 20-21/  
Jn 17:1-11a  
**Wednesday:** Acts 20:28-38/ Ps 68:29-30,  
33-35a, 35bc-36ab/Jn 17:11b-19  
**Thursday:** Acts 22:30; 23:6-11/Ps 16:1-2a and  
5, 7-8, 9-10, 11/Jn 17:20-26  
**Friday:** Acts 25:13b-21/Ps 103:1-2, 11-12,  
19-20ab/Jn 21:15-19  
**Saturday:** Acts 28:16-20, 30-31/Ps 11:4, 5 and  
7/Jn 21:20-25  
**Next Sunday:** Acts 2:1-11/Ps 104:1 and 24,  
29-30, 31 and 34/1 Cor 12:3b-7, 12-13/  
Jn 20:19-23

	<u>DATE</u>	<u>TIME</u>	<u>SPECIAL INTENTION</u>
	Saturday, May 16	5:30 PM	Mother's Day Novena
	Sunday, May 17	8:00 AM	Mother's Day Novena
	Sunday, May 17	10:30 AM	Mother's Day Novena
	Monday, May 18	7:30 AM	Rosary
	Tuesday, May 19	8:00 AM	Jean Richard
	Wednesday, May 20	8:00 AM	†Max Empizo
	Thursday, May 21	8:00 AM	Jacque Luquin
	Friday, May 22	8:00 AM	†Beverly Bohacek
	Saturday, May 23	5:30 PM	Ethan Maxwell
	Sunday, May 24	8:00 AM	Justin Morgan
	Sunday, May 24	10:30 AM	†Francis Imperial

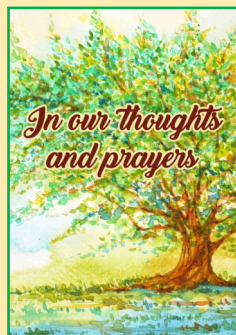
### Healing Prayers

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



Katie Clark  
Nancy Clark  
Grace Grogg  
Mike Gust  
June Hill  
Ida House  
Eugene Isaacs  
Jason Laccone  
Dale Lee  
Ken & Mary Ponce  
Jerry Price  
Sarah Rusinak  
Renee Schmiiedeberg  
Brian Yelvington  
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  
Christopher Hartnett, E4  
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



**Handmade Olive Wood Gifts** Get a jump on your Holiday shopping by purchasing direct from the Holy Land handmade Olive Wood Gifts crafted in Bethlehem. Each piece uses traditional olive wood techniques and carries history, faith, and purpose. Stop by the table after all Masses this weekend **May 16-17** to make your purchase and support the local Christian Craftsmen from Jerusalem and Bethlehem.



**High School Youth Group** Our weekly meeting will be on Thursday, **May 21** from 6:00 PM to 8:30 PM in the parish hall. Open to all high school aged youth. SEE YOU THERE!



**Friendly Reminder** In observance of the Memorial Day holiday, the parish office will be closed on Monday, **May 25**. We will reopen at 9:00 AM on Tuesday, **May 26**.



**Women's Auxiliary** If you haven't noticed the Woman's Auxiliary has been very busy around our Parish lately. If you would like to be part of this energetic and lively group of woman please join us at our next meeting on **May 27** at 5:30 PM in the parish hall. Hope to see you there!



**Do You Hear the Call to Serve?** We at Queen of Angels are always in need of Altar Servers, Eucharistic Ministers, Lectors, Ushers and Music Ministry. These volunteer positions are a vital and integral part of celebrating Mass and are not only necessary but rewarding as well. If you Feel and Hear the Call to Serve, and want to assist helping 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.

**"Spiritual Rosary" Books** Queen of Angels has the "Spiritual Rosary" book available for purchase. This book is the modern version of the way the rosary was once prayed throughout Western Europe in the late Middle Ages. This book is for everyone as 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 for \$15.00. Limited supply, purchase yours now.



Queen of Angels  
Knights of Columbus Council #10118

### Andrew Tompkins Memorial College Scholarship Award



Andrew Joseph Tompkins was born to Diana and Paul Tompkins on Easter Sunday, April 12, 1998. He is survived by two sisters, Marion and Julia. He received the sacraments of Baptism, Reconciliation, Holy Communion, and Confirmation at our family parish, Queen of Angels Church in Alpine, California. He was very active in our parish as a member of the children's choir, a long-time altar server, a member of the 412 Church Youth Ministry Group, and he attended the Steubenville Youth Conferences throughout his high school years.

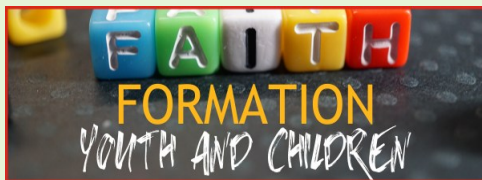
Andrew graduated from Granite Hills High School in 2016 and attended the University of La Verne (ULV) on an academic scholarship to study business marketing. He received the Knights of Columbus scholarship award for the two years he attended ULV and was grateful to the Knights Council for financial support. Andrew had a passion for learning. He was an Honor Student and an accomplished swimmer and diver in high school and college.

Unfortunately, Andrew was diagnosed with cancer in his second year of college and was forced to suspend his studies while he had surgery and went through chemotherapy for several months. After a very tough battle, the Lord called him home on September 22, 2019 at the age of 21. While Andrew's time at ULV was short, he completed enough units to receive his Associate of Arts degree (posthumous). He was a natural born student and loved school and university life. He would be honored to know that this scholarship fund is now named after him. Indeed, his family is honored that Andrew's memory will live on through all students who go off to college with big hopes and dreams and remain strong in the Catholic faith.

**The Knight of Columbus will once again be awarding scholarships to practicing Catholics and members of Queen of Angels Parish. Applicants must be a senior in a Catholic, Public, Charter or accredited Home High School or a full-time student at an accredited College or Trade School.**

Applications are available online at [queenofangels.org](http://queenofangels.org).  
Applications must be completed and

**POSTMARKED NO LATER THAN JULY 31ST, 2026**



**Registration for the 2026-2027 Year  
will officially begin on  
Saturday, May 30, 2026!**

Registration is done online. The link to  
registration can be found on the  
parish website

[queenofangels.org](http://queenofangels.org)

**PLEASE TAKE NOTE:**

Registration is **FREE** from now until the  
July 31, so sign up early and sign up  
**NOW** to avoid any charges!

After July 31 charges per child will occur.

## ANNOUNCEMENTS

### GOSPEL MEDITATION

*7th Sunday of Easter  
The Ascension of the Lord  
Matthew 28:16-20*

I recently read a book called "The Defining Decade" by psychologist Dr. Meg Jay. She convincingly argues that a person's 20s are the most impactful decade of one's life. For example, a twenty-something who waits until she has absolute clarity before making commitments typically drifts and regrets it later. But those who dive into something meaningful — even with doubts and questions — tend to grow and find joy and better outcomes in life. In other words, it takes courage, not perfect certainty, to move forward.

As we celebrate the Ascension of the Lord, that insight comes alive in a new way. Matthew tells us: **"When they saw him, they worshiped, but they doubted."** (Matthew 28:17) Even standing before the risen Christ, the disciples were a mixture of adoration and hesitation. It is as though they were in their spiritual 20s... unsure, doubting, but nonetheless called to act in worship and mission.

Here is the key: Jesus does not tell them to wait until they are sure of things. He sends them anyway: **"Go, therefore, and make disciples of all nations."** (Matthew 28:19) The mission of the Church begins not with perfect certainty but with imperfect disciples who wonder and worship. Then they get going.

That is us, too. We may feel unsure of ourselves, perhaps full of hesitation about following Christ more fully. But now is not the time to wait for perfect clarity. Now is the time to worship and to go, trusting that he is with us always, even to the end of the age.

— *Father John Muir*

©LPi



### Why Are We Looking at the Sky?

Men of Galilee — why are you looking at the sky? It seems like a pretty foolish question for the angels to be asking the disciples. Their best friend just flew away in a cloud. I think in that situation, my first reaction would probably be to stop and stare, too.

But let's not forget, the disciples had a lot of work to do. A world full of souls to evangelize. I've always been a little amused at the thought of the angels shooing them down from Mount Olivet. Get to work! The kingdom isn't going to build itself!

In our own faith lives, we often find ourselves looking at the sky, don't we? We're the faithful, after all. We have seen Christ. We have accepted him. We have given ourselves to him. What more do we need to do? Perhaps we excessively dwell on the past, or anxiously anticipate the future. Perhaps we can't move on from a mistake we have made, or we are shying away from a challenge in front of us. We all have our own cloud that has bewitched us.

But let's remember, our faith compels action. Once again, the kingdom isn't going to build itself.

Why are you looking at the sky? The work is here. The hour is at hand. A good steward is to be mindful of the gift of time. What's the mountain you need to climb down? What is the task God is handing you? For what purpose has God placed you here, at this very moment in history?

— *Tracy Earl Welliver, MTS*

©LPi



## ANNOUNCEMENTS

**JOIN US FOR CRAFTS, GAMES, SNACKS & MORE!**

**VBS 2026 REGISTER NOW!**

Register Online:



**RAINFOREST FALLS**  
Exploring the Nature of God  
Totally Catholic Edition

**JULY 27 - 31  
9AM - 12PM**

at **QUEEN OF ANGELS**  
2569 W. Victoria Drive, Alpine

**Ages 5-12**  
Older students are welcome to volunteer

**\$50/Child** \*Discount available with Parent volunteer \*



*Holy Hearts Ministry Presents:*

**Shake, Rattle, & Roll!**

**Family Sock Hop**

**May 30th**  
4:00-8:00 PM  
at Our Lady of Perpetual Help




**Ticket Pricing:**  
\$15 Adult/Teen  
\$10 Kids under 10 / Senior Citizen  
Large Family Discounts Available

**Event Highlights:**

- Family-friendly dancing
- 50's-themed fun
- Silent Auction benefiting ministry needs

**Tickets Include:**

- Burger, Hot Dog, or Salmon Burger
- Nachos
- Drink
- Dessert


**Silent Auction Donations Welcome**  
Please consider donating an item in advance to support our ministry.

**Scan for Tickets!**



**Dress in your best 50's attire!**  
*Optional but encouraged!*


Questions or Donations? Elena (619) 243-4516



**THE ASCENSION OF THE LORD**

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit." - Mt 28:19-20

Excerpts from the Lectionary for Mass ©2001, 1996, 1970 CCD, ©LPI



DIocese OF SAN DIEGO


**PENTECOST MASS**  
*for all Peoples*

Saturday, May 23, 2026

Call to Worship: 10 am    Mass: 11 am    Festival of Cultures: 12 pm

*Traditional attire is encouraged  
Free family event*

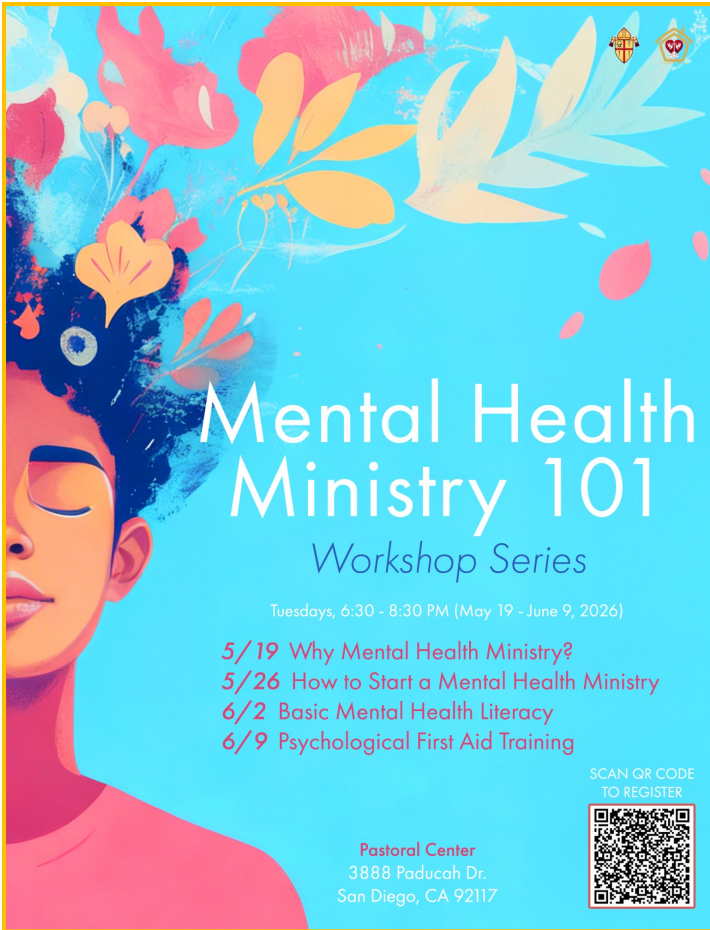
Cathedral Catholic High School  
5555 Del Mar Heights,  
San Diego, CA 92130



Mass president  
**Bishop Michael Pham**

For more information contact: [adiaz@sdccatholic.org](mailto:adiaz@sdccatholic.org) or call (858) 490-8306

## ANNOUNCEMENTS



# Mental Health Ministry 101


## Workshop Series

Tuesdays, 6:30 - 8:30 PM (May 19 - June 9, 2026)

- 5/19 Why Mental Health Ministry?
- 5/26 How to Start a Mental Health Ministry
- 6/2 Basic Mental Health Literacy
- 6/9 Psychological First Aid Training

Pastoral Center  
3888 Paducah Dr.  
San Diego, CA 92117

SCAN QR CODE TO REGISTER



May is Mental Health Awareness Month. Over 1 in 4 Americans qualify for a diagnosable mental illness. Clearly, we are well aware of the topic. And yet, there is still so much stigma and lack of understanding about mental health in general that it's worth taking some time to reflect on it.

Mental illness is like physical illness in that all of us are susceptible. Whether its origins are environmental and/or endemic, nature or nurture, genetic or epigenetic, when someone is suffering in our midst we have a responsibility to respond. And understanding that no one is immune (we are all "dis-ordered" to a certain extent!) allows us to genuinely accompany and walk with those in need as we confront our own woundedness. May our faith communities be places where all of God's people can be open and vulnerable about the challenges they face, without fear of shame or stigma.


*LORD, HELP US TO GROW IN A SPIRIT OF CARE AND COMPASSION. WE THANK YOU FOR YOUR BODY IN OUR MIDST. EMPOWER ALL OF US TO HELP THOSE WHO ARE SUFFERING KNOWING THAT IT IS ONLY BY WALKING WITH YOU IN PRAYER AND LETTING YOU HEAL OUR OWN WOUNDS THAT WE ARE ABLE TO HELP OTHERS. WE ASK THAT IN A SPIRIT OF PRAYER WE MIGHT GROW IN OUR RELATIONSHIP WITH ONE ANOTHER TO LIVE MORE FULLY THE COMMUNION TO WHICH YOU CALL US. ST. DYPHNA, PATRON SAINT OF MENTAL ILLNESS, PRAY FOR US. MARY, MOTHER OF GOD, PRAY FOR US. AMEN.*

In the Light of Christ,  
Office for Family Life & Spirituality

Resources for Moms by *Moms*

"My new go-to gift for all the women in my life!"  
Lisa M. Hendey  
Author of *The Grace of Yes*

# A Beautiful



Saints and Soul Sisters  
Who Taught Me to ~~Be a~~ Badass

## Age with Grace

MARIA MORERA JOHNSON  
Author of *My Badass Book of Saints*


CATHOLIC MOM PRESENTS

# CATHOLIC MOMCAST



[catholicmom.com/catholic-momcast](http://catholicmom.com/catholic-momcast)

The podcast from CatholicMom, bringing you all things faith, family & fun!



**Walking with Moms in Need** is an opportunity for Catholic parishes and communities to "walk in the shoes" of local pregnant and parenting women in need, accompanying them in friendship and helping to connect moms with local resources.

For more information visit: [walkingwithmoms.com](http://walkingwithmoms.com)

AS ALWAYS  
DURING THE  
MONTH OF MAY,  
WE TURN OUR  
GAZE TO MARY,  
THE MOTHER OF  
JESUS, WHO IS  
OUR MOTHER  
TOO.



## ANNOUNCEMENTS

### ***Ecce Homo...in all His glory***

The heart-piercing flash of time when the wife's eyes lock with her husband's as she steps into the lifeboat, but he stays on board the listing ship. The wailing and crying as mothers and children are ripped apart on the platform at Auschwitz-Birkenau. The well-loved cousin who leaves his far-flung relatives' home after a visit, everyone knowing he will never pass that way again. The emotional farewell. The final, bittersweet call. The last hug and tender kiss on the teary cheek. History, literature, and everyday reality are thick with dramatic goodbyes.

Departures can be painful, none more than the mysterious finality of a soul's departure from this life. For those without faith, confusion deepens the pain. Without God there is, after life, just the void. The real absence. Emptiness, chaos, and guesswork about what frightening reality awaits behind the curtain. Today's Feast of the Ascension is a peek behind that curtain and what the believer sees is life, fulfillment, and hope. In the Ascension, we have a preview of coming attractions and much, much more. Forty days after His Resurrection from the dead, the disciples witness the Lord go away. But they are not sad. Saint Luke relates that the disciples were full of joy upon returning to Jerusalem after witnessing Jesus' Ascension on the Mount of Olives. Jesus had gone away but had not died. He had departed but was fully alive. Christ showed that there was an alternative path, a different way to "do" leaving time and space.



Most memory is happy memory. We naturally forget what causes us pain and embarrassment and more easily retain what brings smiles and light. Our Catholic religion serves us well when it remembers truths on our behalf. The Church tells us year in and year out where we came from—God. It reads to us at Mass the stories of our salvation. It reminds us that death and suffering are painful but not the end. And in the Ascension the Church preserves the very positive memory of man's greatness. The Ascension reinforces our dignity. It is a shot of vitamin B right into the spine. We stand taller and straighter when we know that we are meant to live forever in the Father's house in heaven.

Many modern biologists point to a pile of wet clay and say, "Look, here is man." Modern visual artists often show bloody, suffering, degraded man and say, "Look, here is man." Sensualists sell the unclothed body to the lustful and say, "Look, here is man." Pontius Pilate stood the broken and bloody body of Jesus before the rabble and said the same, "Ecce Homo." Today the Church asks its believers to gaze up at the Ascension and to say, "Here is man too. Here is the body restored, in all of man's resplendent power." It is not enough for us to guess about our origins. We must reflect upon our destination. Where we are going says more about us than where we came from. Man is not a small pile of dirt. He is not his broken jaw, his foreclosed home, his failed marriage, or his carnal desires. He is these things, but he is more. Man is great because God is great. At Mass the priest says, "Lift up your hearts," and the people respond, "We lift them up to the Lord." Indeed. Today we marvel at the spectacle of the God-Man Jesus Christ ascending to heaven and to home. From that high place, and only from there, can we properly gauge our dignity. The Ascension should not invite speculation about the number of rooms in the Father's mansion, or how exactly the Lord zoomed up into the clouds. The Ascension is about what comes next. It's about our dignity. It teaches us that self importance is nothing. It is union with God that makes us great and makes us happy.

*Lord Jesus, You were from Mary biologically but from the Father theologically. On this Feast of the Ascension, You return to the Father's house. Help all who believe in You and who belong to You in the Church to one day join You in that heavenly home forever and ever.*