



'I Will Never Forget You'

(Isaiah 49:15)

KIMBERLY ORTIZ

WELCOMED: Ruby Griffin stands outside the Rachel's Women's Center in downtown San Diego, operated by Catholic Charities, Diocese of San Diego. The agency is providing her a shelter bed and basic services and is helping her to find a place to live as part of its mission to help the most vulnerable. Senior citizens are the fastest-growing segment of the homeless population in San Diego County.

Lord's Promise: 'I Will Never Forget You'

The Southern Cross



The following are excerpts from Pope Leo XIV's message

for the Sixth World Day of Grandparents and the Elderly, observed on July 26, on the theme "I will never forget you."

Dear brothers and sisters,
Through the prophet Isaiah, the Lord

promises that he will never forget any of us. He assures us that he has engraved our faces on the palms of His hands and that his love is greater than a mother's love for her child (Isaiah 49:15).

The painful feeling of being forgotten is, unfortunately, shared by many people, and among them are quite a few elderly people. God's love, which forgets no one, offers itself as an act of justice and a response to the anonymity in which human life all too often ends up lost.

The lives of many elderly people

seem to be covered by a veil that shrouds them in oblivion. This is what happens in homes where loneliness reigns and also in those care facilities where each person's uniqueness risks being reduced to a bed number or an illness.

The celebration of the World Day of Grandparents and the Elderly is an opportunity to rediscover that the Church is called to be a mother to all.

May this day, therefore, be an inspiration for everyone, especially the young, to revive the beautiful custom

of visiting their grandparents, the elderly members of the family and even those who have no one to visit them.

The Church understands the suffering of her elderly members; she knows that they are all too often considered a burden; she is aware that a profit-driven economy weakens family ties; she knows that many elderly people are left behind by children who are forced to migrate or, in some cases, to fight in wars. For each of these reasons, she joyfully proclaims the Lord's promise: "But I will never forget you!"

This supplement is sponsored by:

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Ready for Beach Walks? ‘Speed Friending’?

By Denis Grasska

“Are you looking to find Catholic friends? Are you looking for activities to not only meet (others), but to get out and enjoy San Diego?”

“We provide those,” said Nancy Wesseln, director of San Diego Catholic Adult Community (CAC).

Thanks to the ministry’s “ACTIVE 60s+” group, that includes ongoing events for those past retirement age.

The ministry was founded almost 15 years ago. It has three age-specific groups — in addition to ACTIVE 60s+, there is also Young Adults (for ages 18 to 39) and the Adult Community (for late 30s through early 60s). The ministry hosts additional events, like its annual Epiphany Party and summer bonfires, where members from all three age groups are invited.

It’s supported by three parishes — Our Mother of Confidence in University City; St. Brigid, Pacific Beach; and the St. James-St. Leo Catholic Community, Solana Beach — but its events are open to Catholics throughout the diocese.

Of CAC’s 1,897 active members, there are currently 629 in the ACTIVE 60s+ group, Wesseln said. Ranging from their mid-60s to mid-70s, they



SOCIALIZING: The ACTIVE 60s+ group, organized by San Diego Catholic Adult Community, held a Mardi Gras “speed friending” event in February at the DoubleTree hotel in Del Mar.

include single, married, divorced and widowed members.

“Just like (with) young adults, there’s different stages of being a retired person,” said Wesseln, 65, who explained that the members of this group include recent retirees who aren’t ready for the slower-paced activities offered at the typical parish-based senior ministry.

“They like hiking, they like walking, they like being out in the community serving,” she said, “and they don’t feel like they fit what parishes are offering.”

Every week, ACTIVE 60s+ offers pickleball on Tuesday, a walk at Mission Bay on Wednesday, and a beach

walk starting at St. Brigid Parish on Friday.

Monthly events include a Zoom session on a faith-related topic every second Monday, trivia at the DoubleTree in Del Mar on fourth Thursdays, and a walk around Lake Murray on third Saturdays.

Wesseln said that there are also monthly socials. The format for these varies; depending on the month, it could be a happy hour, a potluck, or a “speed friending” event. The latter was held May 31 at the DoubleTree, attracting more than 25 people.

“Speed friending” follows a format

similar to speed dating, with attendees seated at tables of four and then being made to rotate a few times. Wesseln contrasted it with parties where “you only meet one or two people.”

“This (‘speed friending’) makes sure you meet everybody briefly,” she said, “and, at the end, then you get to socialize.”

At other socials, she will have attendees change tables after each course. For example, attendees will enjoy their appetizer at one table, before moving on to other tables for their salad, main entrée and dessert.

What feedback has Wesseln received about ACTIVE 60s+?

“Usually, it’s that they’re so happy that they found me,” she said. “And they come back. It’s not a ‘one-and-done.’ I am so impressed with how many keep returning.”

She believes that what keeps them attending is that, “when they come, they feel welcomed and connected.”

“My goal,” said Wesseln, “is that people know that they are welcomed wherever they are in San Diego and wherever they are in their walk with Christ.”

Learn more and sign up for the weekly newsletter at sandiegocac.org.



FINDING GOD IN ALL THINGS FINDING PURPOSE IN SERVICE

IVC helps adults 50+ live the call to a faith that does justice.

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Stand Up For Kids
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Mentoring Lead

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CONTACT:
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cgaughan@ivcusa.org
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IVC Members make a 10-month commitment to serve 1 or 2 days per week with a nonprofit Partner Agency, integrating their life experience, faith, and skills to bring hope, dignity, and compassion to those who need it most.

SCAN TO LEARN ABOUT JOINING THE CORPS



How Do You Become Unforgettable?

By Father Charles L. Fuld



Who is that person?

Who earned that degree of love and closeness that you will never forget them? Your mom? Your dad? Your spouse? Your sidekick in those military years? That student who helped carry you through all those years of school?

We encounter all kinds of people during our lives. Most are passersby, but some make such an impression that they will never be forgotten — even though they have since been taken away by years, miles or even death.

Yes, this is a value we alone can give — sometimes, later in life, when we finally realize the impact a person had on us.

Years ago, when I was pastor of a church in San Diego, I celebrated a funeral Mass for a man I barely knew. The eulogy given by one of his friends was so bland that I decided to go into the crowd with a cordless microphone and asked, “What do you remember about this man?”

Sure enough, the answers I heard were the same bland comments: “He was a good neighbor,” “He loved to play cards,” etc., etc.

I finally gave up and headed back to the sanctuary when I noticed a man, a stranger, sitting all by himself. I decided to ask him the same question. His answer was, “He saved my life during the war!”



PRESENCE: Making a difference in someone's life takes intentional effort, consistency and, most of all, unconditional love.

Wow!

No one knew that he had served in the military or that he was a hero!

After the service concluded, that stranger became the center of attention for all those who wanted to find out more about the man they thought they knew so well. Yes, he had earned his place in the stranger's heart forever.

So, how do you become such a person, someone another person or lots of people will never forget?

Jesus spelled it out for us: Love one another. Instead of being judgmental, be forgiving and helpful. Help one another — not as you have been helped, but way beyond that. Forgive others not seven times, but 77 times. If necessary, carry them in your arms like a lost sheep.

Yes, that's quite the challenge, but the difference is worth every bit of your effort.

Christ calls us to make a difference

in other people's lives. We just finished Mothers' Day (May 10) and Fathers' Day (June 21); ahead is the World Day of Grandparents and the Elderly (July 26) and Veterans' Day (Nov. 11). You can make these — and all the days in between — special occasions for yourself and others. And, yes, you can become a person never forgotten.

Father Charles “Chuck” Fuld is editor emeritus of The Southern Cross.

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The 'Very Presence' of Older People Is a Grace

By Denis Grasska

 **Augustinian Father Gary Sanders is a familiar face at Nazareth House of San Diego.**

Father Sanders, 76, celebrates Mass at least three times a week — on Monday, Wednesday and Saturday — for senior residents of the facility, which is operated by the Sisters of Nazareth.

"They bring me joy," he said of the residents, "and ... by my ministry, I know I bring them joy."

Father Sanders said that about 40 people or more attend his typical daily Masses, but the room has been "filled" for special liturgies, like Christmas and for the Easter Vigil on Holy Saturday.

During his visits, he is also available to hear confessions, to confer the anointing of the sick or to speak individually with residents. He said the latter is "always a delight."

In this ministry, which began almost two years ago, Father Sanders has found that many Catholics of advanced years possess a great sense of humor and a reverence for the sacred.

Some residents will approach him during his visits to tell him a joke, he said, and they are "really into Mass" and "treasure the Blessed Sacrament, receiving Communion."

"I really feel very much a priest when



WORSHIP: Augustinian Father Gary Sanders celebrated Mass for the residents and staff of Nazareth House on June 20.

"I'm at Nazareth House," said Father Sanders, who was ordained 51 years ago. "Part of the reason I became a priest is I wanted to serve the Lord and serve others, and that certainly takes place there. And I receive so much back; it's just a wonderful place to be."

Father Sanders feels that it's "obvious" that one of the reasons he has been "accepted" by the residents is that he, too, is "in that senior citizen bracket."

"I know that I'm not a teenager; I'm not a young priest," he said.

Before he began celebrating Masses regularly at Nazareth House, he was already a frequent visitor there. He serves aging Augustinians as their

representative with the Province of St. Augustine in California and, over the years, many Augustinians have spent their final years at Nazareth House. Two Augustinians — Fathers James Mott and Gary Rye — are current residents.

Father Sanders suspects that it was because of this ongoing role, which made him a known quantity at Nazareth House, that he was invited to celebrate regular Masses there.

Asked to reflect on the theme selected by Pope Leo XIV for the 2026 World Day of Grandparents and the Elderly, "I will never forget you" (Isaiah 49:15), he shared some thoughts.

Father Sanders said that, when discussing the issue of older people feeling forgotten, some cast blame on adult children for being too busy or neglectful to visit. But in his experience as a priest, he said, this represents "by far the minority."

He said that older people can distance themselves from loved ones out of an exaggerated concern about being a "burden" on them.

"The fact is, they're not a burden; they're a grace," said Father Sanders, who noted that older people have "lived long enough to know that not every single (challenging) thing ... is going to be a disaster" and are "great models of praying people."

"I will never forget you" is the understanding of God's love for us," he said, "but it's also our call ... to reach out to people who are getting older or have some limitations, or problem, but their mind, heart and soul are what we're graced by."

"It is such a grace," he continued, "and ... we are graced when we're able to serve those people, because their very presence serves us."

For more information about Nazareth House, visit sistersofnazareth.com/service/america/nazareth-house-san-diego.



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Free services for families affected by MEMORY LOSS



By Aida Bustos

 **Imagine what it would be like to sleep on the cold cement, maybe with just a piece of cardboard underneath you.**

Now imagine that you're a senior citizen, struggling to survive on the streets while suffering with chronic ailments.

That's the reality for a growing number of older adults, the fastest-growing segment of the unsheltered population in San Diego County. Data released by the Regional Task Force on Homelessness showed that people aged 55 and older accounted for 33% of the unsheltered population this year, compared to 29% last year. More than 40% of the seniors were experiencing homelessness for the first time in their lives, driven by soaring rents and other living costs.

For decades, Catholic Charities, Diocese of San Diego, has worked tirelessly and compassionately to give homeless women and men a safe respite from the streets, and offered a variety of resources to help them to get back on their feet.

This service is a part of a broader commitment by the organization to ensure that vulnerable senior citizens across San Diego and Imperial counties are not forgotten. This effort includes a senior nutrition program, senior residential services and a Foster Grandparents initiative that pairs seniors with at-risk students.

The organization operates the Rachel's Women's Center, a drop-in day facility located in downtown San Diego to help homeless women. The center extends a warm welcome, offers food and basic services and connects the women with public, non-profit and community resources.

The staff does more than that, however.

"It's a place of hope and encouragement during difficult times," said the CEO of Catholic Charities, Appaswamy "Vino" Pajanor, during a public event June 10 at the center.

The event, called AEC Cares, gathered volunteers from around the country to remodel and refresh the 42-year-old facility in an intensive day of donated work and materials.

Catholic Charities also operates Rachel's Night Shelter, a 35-bed, short-term emergency shelter for unhoused women, and Rachel's Promise, a 50-bed shelter for women, both located downtown. The latter is to expand this summer to 210 beds and will serve women and children.

Taken together, the three facilities have served around 4,000 women from 2019 to early June of this year. Of those, around 21% were 55 to 64 years old, and nearly 10% were age 65 and older.

The County of San Diego's Behavioral Health Services funds Rachel's Women's Center, and the San Diego Housing Commission funds Rachel's Promise.

'Trauma on Top of Trauma'

Antoinette Fallon is the director of Homeless Services for Catholic Charities, where she has worked for 17 years.

"Think about how unsafe it feels to be sleeping on the sidewalk," she said. "People get their stuff stolen, they get kicked while they're sleeping, women wake up and there's a man on top of them. Trauma on top of trauma."

In fact, around 60% of the organization's unhoused clients self-reported that they had been the victims of trauma, such as domestic violence and sexual assault. The director believes the number is much higher.

"In my experience, every single person who walks through our doors... has a history of trauma," Fallon said.

She stressed that everything the center does is designed to avoid re-traumatizing the women.



SUPPORT: Angelica Preciado, left, received services and encouragement from Catholic Charities to overcome addiction and homelessness. She shared her story at the June 10 event outside of Rachel's Women's Center. Well-wishers included Maureen Panuco, from the Ignatian Spirituality Project.



SERVICE: Volunteers from across the nation renovated Rachel's Women's Center during a "building blitz" on

Around two-thirds of the women reported that they suffered from a mental health problem, including substance abuse, she said. And 41% reported they had chronic health conditions.

Working with the County of San Diego, the center connects the women to a mental health clinic, healthcare personnel and other experts to address their problems.

The staff links older adults with organizations that specialize in helping seniors, including to find housing.

'Your Next-Door Neighbor'

The center is open from 7 a.m. to 5 p.m. every day of the year, including holidays. The women come and go throughout the day, totaling between 80 to 85 in recent days.

The staff serves coffee and a continental breakfast in the morning, and a hot lunch at midday. "For some people who are unhoused, that may be the only hot meal they get all day," the director said.

After the remodeling project, the women can now enter through a bright, expanded reception area, enjoy new furnishings, and use updated bathrooms and showers.

The staff members offer the women services to address the barriers that prevent them from being housed permanently. They connect them with recovery programs, health screenings, housing navigation and an employ-



CREW: Volunteers painted the interior and exterior of

ment specialist, all coordinated by a case manager.

The women can take showers, get emergency clothing, or simply hang out and talk to one another, all away from the harsh realities of the street.

Over the years, Fallon has encountered countless women in crisis. What stands out to her?

"I look at them and I realize I could be one of them," she said. "There is

Rachel's Continued on Page 7



June 10, which included upgrading and painting its entrance. Catholic Charities has operated the drop-in center for homeless women for 42 years in San Diego.



Rachel's Women's Center.

Rachel's Continued from Page 6

absolutely no difference between the people we serve and us. They are somebody's mother, somebody's sister, somebody's daughter."

She recalled a woman who suffered with a major depressive disorder, and was chronically suicidal.

"She was a soccer mom from Scripps Ranch."

Clients have included laid-off teach-



BRIGHT: Ruby Griffin stands inside the entrance of the Rachel's Women's Center just days after it was remodeled. The center is assisting her until she finds permanent housing.

How You Can Help

Catholic Charities seeks:

- Financial donations, which may be made online at ccdsd.org.
- Donated items such as new underwear, socks, hygiene products, liquid laundry soap, coffee, creamer, individually wrapped snacks (granola bars, muffins, cheese cracker packets, etc.), paper products (paper towels and toilet paper), and hand and dish soap. Fill out an in-kind donation form at ccdsd.org to coordinate drop-off.
- Volunteers to do simple tasks, such as sorting donations, filing, etc. They can email volunteer@ccdsd.org to get started.

Information: For any service, email info@ccdsd.org.

ers, nurses, and women who had been living for years a stable life until their husbands or partners died, leaving them without the means to support themselves.

"These women really are your next-door neighbor."

'Taking Care of Me'

Ruby Griffin lived alone in Chicago after her husband of 60 years died in 2021. She wanted to live close to her daughter and her two grandchildren, who live in San Diego. So, last April, she boarded a train in her hometown and headed west.

As soon as she landed, Griffin, 79, made her way to the San Diego Rescue Mission to ask for help to find housing she could afford. The staff immediately took her to the Rachel's Promise shelter.

There, the staff arranged a bed for her and for meals and other basic services nearby at Rachel's Women's Center, all coordinated by a case manager. They helped her to apply for apartments.

On a recent Tuesday morning, Griffin reflected on the help she was receiving at the shelter — and couldn't stop smiling.

"They are taking care of me so I can save my money so that I can get a place to live," she said. "I feel like I can live into my 80s knowing that there's a place here that can take care of me."

She paused for a moment, then continued.

"I lost my joy when my husband passed away. Catholic Charities has given me my joy back."

2026

Welcome to Our Annual Senior Resource Guide

In addition to community resources, find a listing of services offered at many of our parishes.

SAN DIEGO COUNTY SENIOR SERVICES



2-1-1 San Diego Older Adults

Calling 2-1-1 connects you directly to a directory of senior services, including assistance with health care management and primary care, Medicare information/counseling, health and independent living assessment, PACE programs, physical activity/fitness and more. Social connection and support: senior centers, older adult social clubs, caregiver services, companionship, support groups and more. Search available resources on the 2-1-1 San Diego Older Adults website: 211sandiego.org/olderadults

Aging and Independence Services San Diego County

5560 Overland Ave. #310, San Diego, CA 92123
Call Center: (800) 339-4661
Open 8 a.m. to 5 p.m., Monday-Friday;
Abuse reports can be made 24/7
• Adult Protective Services
• Care Coordination
• In-Home Supportive Services
• Meals and Dining
• Health and Community Engagement
sandiegocounty.gov/content/sdc/hhsa/programs/ais/About

Alzheimer's San Diego

(858) 492-4400
Free services for families affected by memory loss.
alzsd.org

Borrego Springs Senior Center

580 Circle J Drive, Borrego Springs, CA 92004
(760) 767-3116
borregospringsseiorcenter.org/seniors-center

Casa Familiar — "Taking Care of Our Elders"

(619) 428-1115
Onsite social services, personal development classes and workshops, assistance with social benefit program applications and advocacy, and physical and recreational activities.
Email: info@casafamiliar.org
casafamiliar.org/programs-and-services

City of Encinitas — Adults 50 Plus

505 S Vulcan Ave., Encinitas, CA 92024
(760) 633-2600
encinitasca.gov/government/departments/parks-recreation-cultural-arts/recreation-programs/community-senior-center/adults-50-plus

City of La Mesa — Adult Classes & Activities

La Mesa Adult Enrichment Center
8450 La Mesa Blvd., La Mesa, CA 91942
(619) 667-1322
• Bridge, Dance, Movie Matinee, and more.
• Adult Classes & Activities:
cityoflamesa.gov/546/Adult-Classes-Activities

City of National City Senior Services Kimball Senior Center

1221 D Ave., National City, CA 91950
(619) 336-6760
Email: FAB@nationalcityca.gov
nationalcityca.gov/government/community-services/senior-services

City of San Marcos Senior Center

111 Richmar Ave., San Marcos, CA 92069
(760) 744-5535
sanmarcosca.gov/Parks-Recreation/Senior-Center

Jewish Family Service — Older Adults

(858) 637-3210
• Transportation
• Minor Home Safety Modifications
• Aging Care Services
• Social Wellness Centers
• Nutrition Assistance
• Dementia Support Programs
jfsd.org/our-services/older-adults

Retired Senior Volunteer Program (RSVP)

(858) 505-6399
Aging & Independence Services, a division of the County's Health and Human Services Agency, offers a senior volunteer program at a wide variety of community organizations.
seniorvolunteersd.org

San Diego County Sheriff's Office Volunteer Sheriff's Patrol

A volunteer-based program for individuals 50 years and older who want to serve their community by promoting public safety and crime-prevention programs as well as providing assistance at Sheriff's stations.
Contact your local Sheriff's station or substation for details.
sdsheriff.gov/recruitment/senior-volunteer-patrol

San Diego PACE

Center Location Info: (619) 205-4585
Program of All-Inclusive Care for the Elderly. Locations: San Ysidro, Chula Vista, El Cajon, Vista
syhealth.org/san-diego-pace/locations
syhealth.org/san-diego-pace/san-diego-pace-about

Serving Seniors

(619) 235-6572
Serving Seniors is a nonprofit organization in San Diego, serving low-income older adults aged 60 and above.
Programs and services include:
• Nutritious Meals
• Permanent & Transitional Housing
• Health & Social Services
• Enrichment & Activities
• Advocacy
serving seniors.org/what-we-do/programs-services

Sisters of Nazareth

6333 Rancho Mission Road, San Diego, CA 92108
(619) 563-0480
Nazareth House is a Catholic assisted-living community that welcomes people of all faiths.
Email: info@nazarethhousesd.org
sistersofnazareth.com

FOOD PROGRAMS



Borrego Springs Senior Community Center and Meals on Wheels of San Diego County

(760) 767-3116
Email: borregoseniorcenter@gmail.com
borregospringsseiorcenter.org/seniors-center

Catholic Charities Diocese of San Diego Senior Nutrition Program

Location Info: (760) 353-2748
ccdsd.org/senior-nutrition

City of La Mesa — Senior Lunch Program La Mesa Adult Enrichment Center

8450 La Mesa Blvd., La Mesa, CA 91942
(619) 667-1322
cityoflamesa.gov/1794/Senior-Lunch-Program

City of National City Senior Services Nutrition Center

1415 D Ave., National City, CA 91950
(619) 336-6750
nationalcityca.gov/government/community-services/senior-services

Feeding San Diego

9477 Waples St., #100, San Diego, CA 92121
(858) 452-3663
Email: info@feedingsandiego.org
• Feeding Seniors: feedingsandiego.org/our-programs/feeding-seniors

Meals on Wheels San Diego County

(619) 260-6110
meals-on-wheels.org/get-meals

San Diego Food Bank Senior Food Program

(858) 527-1419
The Senior Food Program is a federal program that provides monthly supplemental food packages to income-eligible senior citizens aged 60+.
sandiegofoodbank.org/programs/senior-food-program

Salvation Army — Senior Nutrition Program

(Club 60)
(619) 446-0294
Nutrition Program for Seniors 60+
Centers: Chula Vista, El Cajon, San Diego, and Oceanside
sandiego.salvationarmy.org/san_diego2/club-60

PARISHES



All Hallows, La Jolla

6602 La Jolla Scenic Drive South, La Jolla, CA 92037
(858) 459-2975
Email: cbosh@allhallowss.com
allhallowss.com
• Outreach:
allhallowss.com/ministries/outreach

Ascension, Tierrasanta

11292 Clairemont Mesa Blvd., San Diego, CA 92124
(858) 279-2735
Email: office@ascension-sd.org
sdascension.org

Blessed Sacrament, College Area

4540 El Cerrito Drive, San Diego, CA 92115
(619) 582-5722
Email: info@blessedsacrament-sandiego.org
blessedsacrament-sandiego.org

Christ the King, Southeast San Diego

29 North 32nd St., San Diego, CA 92102
(619) 231-8906
Email: ctksandiego@gmail.com
ctksandiego.org

Corpus Christi, Bonita

450 Corral Canyon Road, Bonita, CA 91902
(619) 482-3954
corpuschristicatholic.org

Good Shepherd, Mira Mesa

8200 Gold Coast Drive, San Diego, CA 92126
(858) 271-0207
goodshepherdparish.net
goodshepherdparish.net/ministries

Guardian Angels, Santee

9310 Dalehurst Road, Santee, CA 92071
(619) 448-1213
Email: office@guardianangelssantee.org
guardianangelssantee.org
• Outreach:
guardianangelssantee.org/ministry-category/outreach

Holy Family, Linda Vista

1957 Coolidge St., San Diego, CA 92111
(858) 277-0404
Email: church@oneholylfamily.org
oneholylfamily.org

Holy Spirit, Oak Park

2725 55th St., San Diego, CA 92105
(619) 262-2435
Email: Linda@holyspiritsd.com
holyspiritsd.com

Holy Trinity, El Cajon

405 Ballard St., El Cajon, CA 92019
(619) 444-9425
Email: admin@holyltrinityelcajon.org
holyltrinityelcajon.org
• Seniors Lunch: holyltrinityelcajon.org/seniors-lunch
• Food bank open Wednesdays, 10 a.m. to 12 p.m.: holyltrinityelcajon.org/service-ministries

PARISHES

The Immaculata, USD Campus
5998 Alcalá Park, San Diego, CA 92110
(619) 574-5700
Email: theimmaculata@sandiego.edu
theimmaculata.org
• Seniors: theimmaculata.org/ministries/senior-ministry
• Ministries: theimmaculata.org/ministries

Immaculate Conception, Old Town
2540 San Diego Ave.,
San Diego, CA 92110
(619) 295-4141
immaculate-conception-sandiego.org

Immaculate Heart of Mary, Ramona
537 E St., Ramona, CA 92065
(760) 789-0583
ihmramona.org

Mary, Star of the Sea, La Jolla
7669 Girard Ave., La Jolla, CA 92037
(858) 454-2631
Email: marystarofthesea@marystarajolla.org
marystarajolla.org
• Ministries:
marystarajolla.org/ministries

Mater Dei, Chula Vista
1571 Magdalena Ave.,
Chula Vista, CA 91913
(619) 656-3735
Email: parish@materdeicv.org
materdeicv.org

Mission San Antonio de Pala, Pala
11798 Pala Mission Road,
Pala, CA 92059
(760) 742-3317
missionsanantoniodepala.org
missionsanantoniodepala.org/museum-gift-shop

Mission San Diego de Alcalá, Mission Valley
10818 San Diego Mission Road,
San Diego, CA 92108
(619) 283-7319 Office
(619) 281-8449 Visitor Center &
Museum (open daily 9 a.m.to 4 p.m.)
missionsandiego.org
• Groups & Ministries:
missionsandiego.org/groups-and-ministries

Mission San Luis Rey, Oceanside
4070 Mission Ave.,
Oceanside, CA 92057
(760) 757-3250
Email: office@sanluisreyparish.org
sanluisreyparish.org
• Ministries & Groups:
sanluisreyparish.org/our-ministries

Most Precious Blood, Chula Vista
1245 Fourth Ave.,
Chula Vista, CA 91911
(619) 422-2100
Email: mpbchurch@gmail.com
preciousbloodchurch.com
• Services:
preciousbloodchurch.com/parish-ministries

Nativity, Rancho Santa Fe
6309 El Apajo Road,
Rancho Santa Fe, CA 92067
(858) 756-1911
Email: lbarton@nativitycatholic.org
nativitycatholic.org

Our Lady of Angels, Sherman Heights
656 24th St, San Diego, Ca 92102
(619) 239-1231
Email: parish@ourladyofangelschurch.org
ourladyofangelschurch.org

Our Lady of Grace, El Cajon
2766 Navajo Road,
El Cajon, CA 92020
(619) 469-0133
olg-church.org
• Resources for East San Diego
County residents: ecassist.org
olg-church.org/parish-groups

Our Lady of Guadalupe, Calexico
135 East 4th St., Calexico, CA 92231
(760) 357-1822
Email: olgpcalexico@gmail.com
ourladyofguadalupeparish-calexico.org

Our Lady of Guadalupe, Chula Vista
345 Anita St., Chula Vista, CA 91911
(619) 422-3977
Email: office@olgcvparish.org
olgcvparish.org

Our Lady of Guadalupe, El Centro
153 E. Brighton Ave.,
El Centro, CA 92243
(760) 352-5535
olvelcentro.org
olvelcentro.org/community-life

Our Lady of Guadalupe, Barrio Logan
1770 Kearney Ave.,
San Diego, CA 92113
(619) 233-3838
Email: info@olgdsd.org
olgdsd.org

Our Lady of Light, Descanso
9136 Riverside Drive,
Descanso, CA 91916
(619) 445-3620
Email: office@ourladyoflight.church
ourladyoflight.church

Our Lady of Mt. Carmel, Rancho Penasquitos
13541 Stoney Creek Road,
San Diego, CA 92129
(858) 484-1070
Email: ourlady@ohmc-sandiego.org
ohmcsandiego.org

Our Lady of Mt. Carmel, San Ysidro
2020 Alaquinas Drive,
San Ysidro, CA 92173
(619) 428-1415
Email: olmcsy@gmail.com
ourladyofmountcarmel-sy.org

Our Lady of Perpetual Help, Lakeside
13208 Lakeshore Drive,
Lakeside, CA 92040
(619) 443-1412
Email: office@olphchurch.org
olphchurch.org
• Groups & Organizations:
olphchurch.org/groups

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PARISHES

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ourladyofrefugechurch.net

Our Lady of the Rosary, Little Italy
1629 Columbia St.,
San Diego, CA 92101
(619) 234-4820
Email: parish@olrsd.org
olrsd.org

Our Lady of the Sacred Heart, City Heights
4177 Marlborough Ave.,
San Diego, CA 92105
(619) 280-0515
ourladyofsacredheartsd.weebly.com

Our Mother of Confidence, University City
3131 Governor Drive,
San Diego, CA 92122
(858) 453-0222
Email: frontdesk@omcsandiego.org
omcsandiego.org
• Senior Ministry & Active 60s:
omcsandiego.org/senior-ministry

Queen of Angels, Alpine
2569 W. Victoria Drive,
Alpine, CA 91901
(619) 445-2145
Email: parishqofa@gmail.com
queenofangels.org

Resurrection, Escondido
1445 Conway Drive,
Escondido, CA 92027
(760) 747-2322
Email: info@resurrectionchurch.org
resurrectionchurch.org
• Outreach:
resurrectionchurch.org/ministries/outreach

Sacred Heart, Brawley
402 S Imperial Ave.,
Brawley, CA 92227
(760) 679-3505
Email: brawleycatholic@gmail.com
brawleycatholic.org

Sacred Heart, Coronado
655 C Ave., Coronado, CA 92118
(619) 435-3167
Email: sacredheart@sacredheartcor.org
sacredheartcor.org
• Parish Outreach:
sacredheartcor.org/parish-life/parish-outreach

Sacred Heart, Ocean Beach
4776 Saratoga Ave.,
San Diego, CA 92107
(619) 224-2746
Email: parishoffice@sacredheartob.org
hsacredheartob.org
• Senior Activities Ministry:
sacredheartob.org/senior-activities-ministry

St. Adelaide of Burgundy, Campo
1347 Dewey Place, Campo, CA 91906
(619) 478-1017
Email: adelaidemagdalene@gmail.com
stadelaidestmariamagdalene.com

St. Agnes, Point Loma
1140 Evergreen St.,
San Diego, CA 92106
(619) 223-2200
saint-agnes.org

St. Anne, Logan Heights
2337 Irving Ave.,
San Diego, CA 92113
(619) 239-8253
Email: office@stannesd.com
stannesd.com

St. Anthony of Padua, Imperial
211 W 6th St., Imperial, CA 92251
(760) 355-1347
Email: stanparish@sbcglobal.net

St. Anthony of Padua, National City
410 W 18th St.,
National City, CA 91950
(619) 707-9995
Email: office@saintanthonyofpaduanc.org
saintanthonyofpaduanc.org

St. Brigid, Pacific Beach
4735 Cass St., San Diego, CA 92109
(858) 483-3030
Email: info@saintbrigidparish.org
saintbrigidparish.org
• Seniors: saintbrigidparish.org/seniors

St. Catherine Labouré, Clairemont Mesa East
4124 Mt. Abraham Ave.,
San Diego, CA 92111
(858) 277-3133
Email: office@stcatherinelaboure.net
stcatherinelaboure.net

St. Charles, Nestor
990 Saturn Blvd.,
San Diego CA 92154
(619) 423-0242
Email: veronica@saintcharles.org
saintcharles.org
• Nutrition Center – Serving Seniors:
saintcharles.org/nutrition-center

St. Charles Borromeo, Point Loma
2802 Cadiz St. San Diego, CA 92110
(619) 225-8157
Email: office@saintcharlespl.com
saintcharlespl.com
• Seniors Just for Fun:
saintcharlespl.com/ministries

St. Columba, Serra Mesa
3327 Glencolum Drive,
San Diego, CA 92123
(858) 277-3863
Email: stcolumbarectory@gmail.com
stcolumbasandiego.com
• Seniors:
stcolumbasandiego.com/senior-luncheon

St. Didacus, Normal Heights
4772 Felton St., San Diego, CA 92116
(619) 284-3472
Email: mainoffice@stdidacuschurch.org
stdidacuschurch.org

St. Elizabeth of Hungary, Julian
2816 B St., Julian, CA 92036
(760) 765-0613
stelizabethjulian.org
• 50+ Club:
stelizabethjulian.org/50-club

St. Elizabeth Seton, Carlsbad
6628 Santa Isabel St.,
Carlsbad, CA 92009
(760) 438-3393
Email: secretary@seschurch.org
seschurch.org
• Ministries-Social:
seschurch.org/ministries

St. Francis of Assisi, Vista
525 W Vista Way, Vista, CA 92083
(760) 945-8000
stfrancis-vista.org

St. Gabriel, Poway
13734 Twin Peaks Road,
Poway, CA 92064
(858) 748-5348
Email: office@saintgabrielschurch.com
stgabrielspoway.org
• Community:
stgabrielspoway.org/community

St. Gregory the Great, Scripps Ranch
11451 Blue Cypress Drive,
San Diego, CA 92131
(858) 653-3540
Email: info@stgg.org
stgg.org
• Parish Life:
stgg.org/ministries/parish-life

St. James/St. Leo, Solana Beach
625 S. Nardo Ave.,
Solana Beach, CA 92075
(858) 755-2545
stjamesandleo.org
• Senior Ministry:
stjamesandleo.org/senior-ministry

St. John of the Cross, Lemon Grove
8086 Broadway Ave.,
Lemon Grove, CA 91945
(619) 466-3209
sjcparishlg.org

St. John the Evangelist, Encinitas
1001 Encinitas Blvd.,
Encinitas, CA 92024
(760) 753-6254
saintjohnencinitas.org

St. John the Evangelist, Hillcrest
1638 Polk Ave., San Diego, CA 92103
(619) 291-1660
Email: office@sjesandiego.org
sjesandiego.org

St. Joseph Cathedral, Downtown
1535 Third Ave., San Diego, CA 92101
(619) 696-3277
sdcathedral.org

St. Joseph, Holtville
560 Maple Ave., Holtville, CA 92250
(760) 356-2147

St. Joseph, Brawley
300 N Center St.,
Westmorland, CA 92281
(760) 679-3505
brawleycatholic.org

St. Jude Shrine of the West, Southcrest/Shelltown
1129 S. 38th St., San Diego, CA 92113
(619) 264-2195
Email: info@stjudesd.com
stjudesd.com

St. Kateri Tekakwitha, Lakeside
National Indian Parish
1054 Barona Road, Lakeside, CA 92040
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