



Consecration of the United States to the
Sacred Heart of Jesus

The USCCB will consecrate our nation to the Sacred Heart of Jesus in anticipation of the 250th anniversary of our nation.

To join in this historical effort, the Diocese of San Diego will participate in the 250 Holy Hours of adoration beginning the weekend of June 14 leading up to Independence Day on July 4. The 250 hours are collective hours, every person that attends; constitutes one hour. Parishes throughout the diocese will host Holy Hours based on the following themes specified by the USCCB:

Holy Hour for Life, Holy Hour for Peace, Holy Hour for Life, Marriage, and Religious Liberty, Holy Hour for Vocations, Holy Hour Against Racism, and Sacred Heart Holy Hour.

El Cajon Deanery

June 16, 2026	5PM	Santa Sophia, Spring Valley
June 16, 2026	5:30PM	St. Louise de Marillac, El Cajon
June 17, 2026	6PM	Our Lady of Grace, El Cajon
June 18, 2026	4PM	St. Pius X, Jamul
June 19, 2026	7PM	St. John of the Cross, Lemon Grove
June 19, 2026	9AM	St. Kateri Tekakwitha, Lakeside
June 19, 2026	6:30PM	St. Martin of Tours, La Mesa
June 20, 2026	9AM	Our Lady of Perpetual Help, Lakeside
June 25, 2026	8:30AM	Our Lady of Light, Descanso
June 26, 2026	7PM	Holy Trinity, El Cajon
July 3, 2026	8AM	Gardian Angels, Santee
July 3, 2026	5PM	St. Kieran, El Cajon
July 3, 2026	5PM	St. Therese, San Diego

