

# St. Teresa of Avila Catholic Church



**"To give our Lord a perfect hospitality, Mary and Martha must Combine."**  
— St Teresa of Avila

## JULY 20, 2025

**SIXTEENTH SUNDAY  
IN ORDINARY TIME**

1490 19TH STREET (CHURCH)  
NE CORNER OF 19TH & CONNECTICUT STS.



### WE DID A THING!

Sister Lucia, Father Greg, and Brother David represented St Teresa's Parish at GUBBIO, handing out food and assisting with the homeless shelter operations. If you would like to get involved please reach out to the parish office.

The hummingbirds are enjoying the Prayer Garden and invite you to enjoy the beauty and quiet with them. Thanks to Paul English for maintaining the garden to beautifully. As the weather gets better this time of year, please join us for an occasional morning mass in the garden Monday through Friday



### PASTOR

Rev. Gregory Houck, O.Carm.  
[pastor@stteresasf.org](mailto:pastor@stteresasf.org)

### IN RESIDENCE

Bro. David Semmens, O.Carm.,  
[dsemmens@carmelites.net](mailto:dsemmens@carmelites.net)  
Rev. Brian Henden, O.Carm.,  
[bhenden@carmelites.net](mailto:bhenden@carmelites.net)  
Rev. Michael Kwiecien, O.Carm.,  
[mkwiecien@carmelites.net](mailto:mkwiecien@carmelites.net)



### OFFICE MANAGER/ BUSINESS MANAGER

Joel Gile, [joel@stteresasf.org](mailto:joel@stteresasf.org)

### DIRECTOR OF MUSIC

Laura Diaz-Flaviani, [lflaviani@pacbell.net](mailto:lflaviani@pacbell.net)

### DIRECTOR OF FAITH FORMATION

Anarose Schelstrate, [anarose@stteresasf.org](mailto:anarose@stteresasf.org)

ONLINE  
GIVING  
QR code

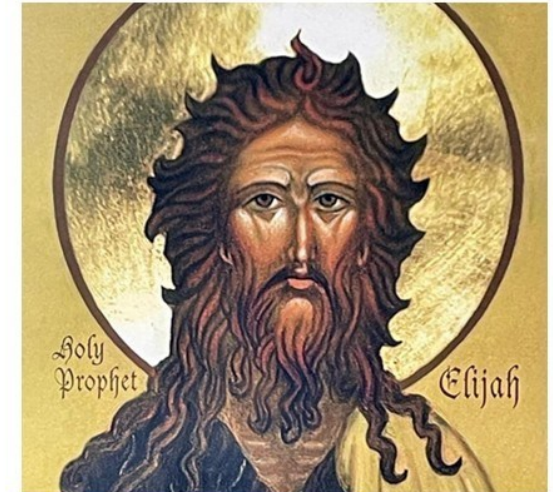


St Teresa of Avila  
Church is an EPA  
ENERGY STAR®  
certified building.

## July 20<sup>th</sup>: Elijah the Prophet

On July 20<sup>th</sup>, Catholic Churches throughout the world celebrate the 16<sup>th</sup> Sunday in Ordinary Time. But in the Carmelite world, July 20<sup>th</sup> is also the Feast of Elijah the Prophet, and today's column is about Elijah, the Spiritual Founder of the Carmelites.

Most religious communities have a founder. The Franciscans have Francis of Assisi; the Dominicans have Dominic de Guzman; the Jesuits, Ignatius Loyola. The Carmelites, however, do not have a founder *per se*. Carmelites trace their origins, not to a *person*, but to a *place*: Mount Carmel, a mountain in Northwestern Israel near the city of Haifa, overlooks the Mediterranean Sea. And hermits – in the Spirit of Elijah – have continuously lived on Mount Carmel since about 1000 years before Christ. We Carmelites trace our origins to these hermits, with Elijah the Prophet being our spiritual founder.



Elijah was the first of Israel's prophets. In the Christian Scriptures he appears with Moses and Jesus at the *Transfiguration*, but in the Hebrew Scriptures he is best known for his confrontation with the pagan prophets of Baal, one of several stories chronicled in the Book of Kings (1 Kgs 17:1 - 19:21). On July 20<sup>th</sup> – when Carmelites celebrate the Feast of Elijah – the first reading is taken from the Book of Kings. Elijah, in a moment of despair, laments: "*O Lord, take my life! For I am no better than my Fathers!*" Elijah is instructed to go up the mountain of God (Horeb) to encounter the Lord. On the mountain top, huddled in a cave, Elijah experiences three things: a strong, violent wind, an earthquake, and fire.

The Lord, however, was not in the wind, nor the earthquake, nor the fire. Instead, Elijah encountered the Lord in a gentle breeze. Elijah's response, "*I am filled with jealous zeal for the Lord God of Hosts!*" has become the motto of the Carmelite Order.

In the first decade of the 13<sup>th</sup> century the hermits of Mount Carmel received a "Rule" from Albert of Jerusalem. By the mid-13<sup>th</sup> century these hermits – now known as *Carmelites* – were asked by the Church to become Mendicants (friars). The 13<sup>th</sup> century is when these Carmelites came into official existence in the Church. Concurrently, this was about the same time that the Franciscans and Dominicans were founded.

We Carmelites trace our roots to the tradition of Elijah, and our spirituality is grounded in Elijah's experience on Mount Horeb. For Carmelites God is not found in extraordinary events (wind, earthquake, or fire). Instead, Carmelites experience God in the everyday, the simple, and the ordinary . . . the "gentle breeze."

**Michael Kwiecien, O. Carm.**





Thank you for your donations. If you haven't taken a tag yet, please check them out. They list a variety of things, different tags with different lists, that will support the Boys and Girls Club in their mission. Give what appeals to you as a gift for kids looking for fun or to learn a new skill or to make friends. The B&G Club makes all of that possible, directing activities and guiding kids through new experiences. Please bring your gift, or have it delivered to the rectory, by August 3<sup>rd</sup>. Thank you!

### YOU CAN HELP END HUMAN TRAFFICKING!

Last March 19<sup>th</sup>, I spoke at your Lenten Soup Supper and promised to let you know about opportunities to help victims. **An opportunity is here!** Between July 27<sup>th</sup> and August 10<sup>th</sup>, posters with the trafficking hot line will be delivered to hotels and motels in San Francisco. A volunteer training will be held at the University of San Francisco on Sunday afternoon July 27<sup>th</sup>. There are fliers on the back table that will give you more information.

I look forward to seeing you on the 27<sup>th</sup>.  
Sister Rita Jovick, PBVM

### GUN SAFETY COMMITTEE

#### Secure gun storage

Secure gun storage means storing guns in a way that prevents unauthorized or unintended access. Securing all the guns in your home can reduce the risk of family fire – a shooting that results from someone misusing an unsecured gun from the home. Unintentional injuries, gun suicides, and many intentional shootings are forms of family fire. Secure gun storage can also protect your gun from theft from your home or car. Any steps taken to store guns more securely can make your home safer. [Agree to Agree.org](https://www.agreetoagree.org)

### AAA 2025—WEEK 21

Assessed Amount: \$28,663  
Amount Rec'd/Pledged: \$24,038  
Balance Remaining: \$4,625

We are at **86%** of our goal! Thank you to all who have donated & pledged. Last year we met our goal within 11 weeks with 73 donors. So far 56 donors have given/pledged. Let's try to wrap this up with a bang!

Please check with your employer to see if they provide matching funds for charitable donations.

Any excess funds received are returned directly back to our parish.

You can donate now on the Archdiocesan web-site:

<https://sfarch.org/aaa>

or Scan this QR code



← You may also donate on our online portal [here](https://stteresasf.org) or Scan this QR code



### ST TERESA'S GREEN TEAM

[greenteam@stteresasf.org](mailto:greenteam@stteresasf.org)

Have you heard of the heat island effect? If you've spent much time on an uncovered blacktop then you're probably well acquainted. In short, when there is little tree cover around our cities and streets warm up more than the surrounding regions since many man-made surfaces are so good at absorbing the sun's rays. This effect can be mitigated using urban tree cover to line sidewalks and streets, serving a dual purpose of keeping our streets cool and livening up the city! In parking lots where tree cover may be more difficult to achieve, owners can build carports with solar panels on them to shade the cars/asphalt and generate some clean electricity at the same time.

Anyone looking to contribute, to our piano reconditioning, please donate using the QR code here.



### ST. TERESA'S MISSION STATEMENT

*As members of St. Teresa's Parish we fulfill our baptismal commitment by being the hands and heart of Christ in our world. We achieve this commitment by accepting the human dignity of all persons, and by advocating for and serving those oppressed in our society. The community of St. Teresa's finds its strength to fulfill this through participation in the Eucharist, prayer, learning the building of relationships, and action for Justice.*

#### SUNDAY MASSES

Saturday Vigil 4:15 pm  
Sunday 8:30 & 10:00 am

#### WEEKDAY MASSES

Monday—Friday  
8:30am

#### MARRIAGE

Please call 6 months prior

#### BAPTISM

Please call for appointment

#### RECONCILIATION

Monday—Friday  
Following 8:30am Mass  
or call for appointment

#### PARISH OFFICE / MAILING ADDRESS

HOURS—10:00AM TO 4:30PM  
390 Missouri St, San Francisco, CA 94107  
Phone: 415.285.5272 [stteresasf.org](https://stteresasf.org)  
Email: [info@stteresasf.org](mailto:info@stteresasf.org)

### SECOND COLLECTIONS

**THIS WEEK** there is no second collection.

**NEXT WEEK** second collection benefits the St. Teresa Conference of the St. Vincent de Paul Society. Donate [here](https://stteresasf.org).

Donate [here](https://stteresasf.org) to support our Charity Fund.

Donate [here](https://stteresasf.org) to support Piano Repair Fund.

**We have collected \$6129 towards the repair of our piano. This is huge in such a short period of time, Thank You to all who have contributed!**

### MASS INTENTIONS

*As we celebrate Mass together we include in our prayers:*

#### Saturday, July 19

4:15pm + Henry Morgan  
& + Mary A Burns

#### Sunday, July 20

8:30am + Bruna Salvi  
10:00am Rick Pitts(Spc. Int.)  
& Maybell Quimpo Legaspi(Spc. Int.)

#### Monday, July 21

8:30am + Alfonso Talmadge

#### Tuesday, July 22

8:30am + Steve Hurd

#### Wednesday, July 23

8:30am + Lupita Perea

#### Thursday, July 24

8:30am + Lena Sicoli

#### Friday, July 25

8:30am The People of the Parish

#### Saturday, July 26

4:15pm + Mary A Burns

#### Sunday, July 27

8:30am + George & Lois Biniek  
10:00am + Louise Galvin

### Welcome to St. Teresa of Avila's Parish Community

We extend our hands and hearts in Christian fellowship to you here celebrating with us. Whether long-time residents or newly arrived in our parish, we thank God that you are with us. If you are not registered or have changes to your registration, please fill in the form below, or complete the form on our website.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

☐ New Parishioner

☐ New Address and/or phone

☐ On-Line Giving