

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

**MARRIAGE**  
Please call 6 months prior


**BAPTISM**  
Please call for appointment


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

**WEEKDAY MASSES**  
Monday—Friday  
8:30am

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

**SECOND COLLECTIONS**

**THIS WEEK's** second collection benefits the St Teresa Saint Vincent de Paul Fund.  
Donate here ➡ 

**NEXT WEEK's** second collection benefits the St Teresa Building and Maintenance Fund.  
Donate here ➡ 

**Let's All Get Online!**



All parishioners are strongly encouraged to support the parish through online giving.

**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

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

4:15pm

**Saturday, November 29**  
For the sick and troubled who seek Divine help and cure through Ozanam's Intercession\*

8:30am

**Sunday, November 30**  
† Bernard McLaughlin

10:00am

† Mary Sullivan

8:30am

**Monday, December 1**  
† John Bemis

8:30am

**Tuesday, December 2**  
† George Gabriel Muhek

8:30am

**Wednesday, December 3**  
† George Gabriel Muhek

8:30am

**Thursday, December 4**  
† George Gabriel Muhek

9:00am

**Friday, December 5**  
† Bob Jacklevich

8:30am

**Saturday, December 6**  
† George Gabriel Muhek

4:15pm

**Sunday, December 7**  
† George Gabriel Muhek

10:00am


† Beatrice Cocciolone

\*Blessed Frederick Ozanam is the founder of SVDP

**CHECK OUT OUR FACEBOOK PAGE**

There's new content weekly, including Fr. Gregory's homilies, announcements, and great pictures of our church.


<https://www.facebook.com/stteresasf>



**St. Teresa of Avila Catholic Church**  
"In this house all are friends, All are loved, All are helped, All are held dear." – Saint Teresa of Avila  
**NOVEMBER 30, 2025**  
FIRST SUNDAY OF ADVENT


**The Year of Matthew**

The new year begins today (in Church lingo) and the Gospel readings will, to a large part, be taken from the Gospel according to Matthew throughout the year. Yes, we're leaving Luke's Gospel behind. The Gospel according to Matthew sees Jesus as a "New Lawgiver / a New Moses" and the Gospel as the New Law. This New Law is the completion of the Old Law in that it focuses not only on observance of the Law but that this observance must be done in love. And, lasty, the Gospel begins with an angel telling Joseph to take Mary as his wife, so the symbol of Matthew's Gospel is an angel.



**Help us decide where we are going!**


Please take a moment to fill out the survey in this QR code. The survey will help us narrow down the most popular tasks listed by Mary McLeod in her report from last week and will build a road map for the parish to take action.



**The Mass Intention book for 2026 is now open. If you would like to dedicate a Mass to a loved one, please contact the Parish Office.**


**St Teresa Holiday Craft Faire**


The St Teresa Holiday Craft Faire is returning to the lower hall this December. Expect a wonderland of home made gifts, sweet treats, and community ambiance. December 6th is the day of the faire, if you would like to support in any capacity or become a vendor please reach out the Parish Office via email.



**Advent Giving Tree**

Please bring your Advent Giving tree gifts to the church or parish office by December 16th.





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

**IN RESIDENCE**  
Rev. Brian Henden, O.Carm., [bhenden@carmelites.net](mailto:bhenden@carmelites.net)  
Rev. Michael Kwiecien, O.Carm., [mkwiecien@carmelites.net](mailto:mkwiecien@carmelites.net)

**SOCIAL OUTREACH COORDINATOR**  
Bro. David Semmens, O.Carm., [brotherdave@stteresasf.org](mailto:brotherdave@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)

## Differences between Advent and Lent

I suspect that, for many Catholics, Advent is like Lent, only two weeks shorter. After all, many of the things that happen in Lent occur in Advent as well: we don't sing the *Gloria* or *Alleluia*; we wear purple vestments; and, in many parishes, there are those semi-annual penance services, the first held in Advent, the second in Lent.

Despite such surface similarities, Advent and Lent are two completely different liturgical seasons. Beginning with Lent, the focus is *fasting* and *penance*. Originally, Lent was a 40-day fast in anticipation of Easter, which was then followed by 50 days of rejoicing from Easter to Pentecost. Lent took on a different flavor when it became the *Period of Purification and Enlightenment*, a time when catechumens and candidates went through their final spiritual preparation before receiving the Sacraments of Initiation at Easter. Eventually, Lent evolved into a period of penance, a time of metanoia when people took inventory of their lives, repented and confessed their sins, and prepared for the celebration of the Paschal Mystery at Easter.

The tone of Advent is completely different from the tone of Lent. Whereas Lent emphasizes *fasting* and *penance*, Advent focuses on *anticipation* and *longing*. Perhaps the best analogy for the season of Advent is to compare it to the experience of pregnancy. As a couple journeys through the nine months of pregnancy, they experience a plethora of emotions. On the one hand, there is incredible joy and longing as they anticipate the birth of their child. However, this joy and longing walk hand in hand with incredible anxiety and fear. The couple asks, will there be complications with the pregnancy and birth? Will the child be healthy? And what about the child's future? Will the child's life be meaningful and fruitful, or will it be marked by suffering, sadness, tragedy and pain? During the nine months of pregnancy, parents vacillate between *hope-joy* and *anxiety-fear*.

Advent is like that. During the darkest, coldest time of the year (the winter solstice) we anticipate the Light of Christ, the Son of God, coming into our darkened, sinful world. We anticipate and hope that the presence of Christ can and will make a difference.

Yet we also know the rest of the story: that the life of Jesus will end in suffering, crucifixion, and death. The fact that this tragedy of death is triumphed by Resurrection does not diminish the tragedy. Hence, in the Paschal Mystery, we experience both sadness and joy. This is true for the life of Jesus; this is true for each of our lives; this is true for those still to be born.

In this week's column I've tried to differentiate between the seasons of Advent and Lent. In other Christian denominations – notably the Anglican and Lutheran Churches – these differences are emphasized by the color of vestments. During Advent, midnight blue vestments are worn instead of purple, and this subtle, nuanced color shift from purple to blue hints at the differences between the two liturgical seasons.

Unfortunately, the Roman Catholic Church does not include “midnight blue” among its official liturgical colors . . . which is, perhaps, why the wearing of purple vestments in Advent sometimes causes Catholics to think that Advent is kind of a “little Lent”.

Michael Kwiecien, O. Carm

Throughout the month of November we remembered in prayer and at Mass all our loved ones who have died. Today is the last day of November so please take home any photos you brought in. Starting tomorrow (Monday) remaining photos will be in the church lobby.



**Eternal Rest**  
Remembrance of the Holy Souls  
during the month of November



### ST TERESA'S GREEN TEAM

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

St. Teresa's church building 2025 Energy Star 2025 certification is now [listed](#) on the EnergyStar.gov website. It is St. Teresa's eighth consecutive year of certification. We thank Gail Kendall who submitted the application and the parishioners of St. Teresa's for making this possible. As Pope Leo XIV [wrote](#) to the participants of the United Nations COP30 conference:

*“If you want to cultivate peace, care for creation. There is a clear link between peacebuilding and the stewardship for creation... It is vital to turn words and reflections into choices and actions based on responsibility, justice and equity...”*

### MISSION SUCCESS!

Last Monday our SVDP Conference handed out 42 bags of groceries along with a \$50 Safeway card to our PH Neighbors. They all expressed immense gratitude for the extra support! As one man said, “It's rough out there!” We also supported our 22 weekly recipients with a \$50 Safeway Card in their grocery bags. It's all due to the generosity of our St Teresa Parishioners! We're so grateful for you!



### GUN SAFETY COMMITTEE



### Advent of Lanterns

1. Whenever you see Saint Joseph he is carrying a lantern – on the road to Bethlehem, knocking on the door of the inns, or on the Flight into Egypt.
2. The emblem of the Presentation Sisters is the lantern (carried by their founder, Nano Nagle) with their motto: “bringing light into places of darkness, oppression, and need.”
3. Based on our well-lit bell tower, the motto of this parish is “a light on the hill.”

This all ties together in using a lantern as the symbol of this Advent. You'll see lanterns on the church pillars, and each week a new banner will be added to the rotunda with the themes of Advent.

**Week One:** Hope  
**Week Two:** Peace  
**Week Three:** Joy  
**Week Four:** Love

So our job as we enter this first week of Advent is “to bring **hope** into places of darkness, oppression, and need.

