

# St. Teresa of Avila Catholic Church



**"If you wish to gain freedom of spirit  
begin by not being afraid of the  
Cross. "**

— St Teresa of Avila

**SEPTEMBER 14, 2025**  
**THE EXALTATION OF THE HOLY CROSS**



Our first fellowship gathering after the 4:15 Saturday Mass community was a success! Thanks to all who attended.  
Thank you too to the group who got this first monthly event together and provided

- Epic Perea - wine
- Debbie Abella - spiral sandwiches
- Rose Marie Sciolo - shrimp
- Judi Daddio - hummus & crackers
- Jeanne Burns cheese and crackers

St Teresa's will sponsor food and drink every first Saturday - so please share ideas, time shopping, prep - all welcome and invited.

## HOMEBOUND CHURCH SHUTTLE

Do you know someone who would like to attend church in person but is unable? Are you at home catching our updates and bulletins digitally and missing the connection of an in person Mass? Fr. Greg and I are discussing the possibility of adding a shuttle service for the Saturday afternoon mass. This will be a pick up and drop off service provided by the church with a range inside the parish Boundaries (Potrero Hill, Mission Bay, & Mission Dist). If you are interested please email at [info@stteresasf.org](mailto:info@stteresasf.org).

*Joel*

## Finance Commission

Last Sunday's Financial Report was well-attended and well-received. Made possible by the attending members; Jeanne Burns (chair), Ciaron Long, Rick Hannon, and Mary McCleod

**A BIG THANK YOU TO THE MEMBERS OF THE  
PARISH FINANCE COMMISSION**

**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>



Our canned food drive is off to a good start. We've collected 650cans! You can order from Target, Walmart, Cosco, Safeway, or Amazon and have shipped to the Parish Office. Let's reach our goal of 1500 cans before the end of the month!

### PASTOR

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

### IN RESIDENCE

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



## The Exultation of the Holy Cross

When you walked into Church today you may have noticed that the green of Ordinary Time has been replaced with red altar cloths, banners, and vestments. Why, in the middle of Ordinary Time, is there a change from green to red?

The reason for the change is because September 14<sup>th</sup> is the *Feast of the Exultation of the Holy Cross*. From a liturgical perspective, whenever, in Ordinary Time, a Feast of the Lord falls on a Sunday, the feast takes precedence over the Sunday readings. This occurs on the *Feast of the Presentation* (February 2<sup>nd</sup>), the *Transfiguration of the Lord* (August 6<sup>th</sup>), and the *Exultation of the Holy Cross* (September 14<sup>th</sup>). In today's column I'd like to provide background material as to the origins and history of the feast.

The *Feast of the Exultation of the Holy Cross* recalls three events:

- ◆ The finding of the True Cross by St. Helena;
- ◆ The dedication of churches built by the Emperor Constantine on the sites of the Holy Sepulchre and Mount Calvary; and
- ◆ The elevation of the True Cross at Hagia Sophia in Constantinople by the Byzantine emperor Heraclius.

St. Helen, the mother of Roman emperor Constantine, traveled to the Holy Land in the years 326–328. According to tradition, while she was there she discovered the hiding place of three crosses that were believed to have been used at the crucifixion of Jesus. To one cross was affixed title bearing Jesus' name, but Helen was unsure of its legitimacy until a miracle revealed that it was the True Cross.

Paralleling the tradition surrounding St. Helen, Bishop Macanius of Jerusalem caused excavation to be made in order to ascertain the locations of Calvary and the Holy Sepulchre. This took place around 327. It was in the course of these excavations that the wood of the cross was recovered. Following the discovery, churches were built on the sites.

Three centuries later the Sasanians conquered Jerusalem (614), and relics of the Holy Cross fell into the hands of the Persian Emperor Chosroes. 15 years later (629) the relics were returned to Constantinople where the elevation of the True Cross took place at the church of Hagia Sophia.

The Vatican has relics believed to be fragments of the True Cross, housed in the Treasury of St. Peter's Basilica. These fragments, believed to have been brought to Rome by Saint Helena, are considered important symbolic objects of Christian devotion, though their authenticity cannot be definitively proven

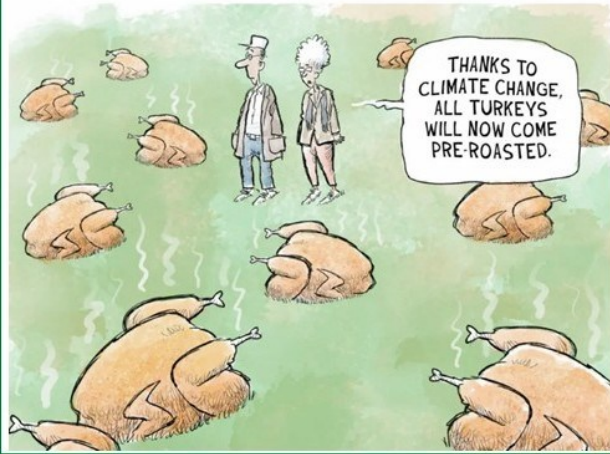
While the absolute authenticity of these relics is uncertain, they hold immense symbolic value and are important in devotion, representing the Passion of Christ. These artifacts are also valuable pieces of early Christian art and history, reflecting centuries of belief and tradition.

**Michael Kwiecien, O. Carm**



## ST TERESA'S GREEN TEAM

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



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.

## FAITH FORMATION & OCIA

Our religious education programs start today. Religious Education classes begin at 9:00am in the RE Room. **And it's not too late to register.** You can fill out the registration form for your youngster during the class. For more information with respect to **OCIA**, please contact Anarose or the Parish Office.

## GUN SAFETY COMMITTEE

Gun Violence Must Stop. Here's What We Can Do to Prevent More Deaths (Part 2)

**Gun safety:** Part of a public health approach to gun violence is about preventing the imminent risk of lethality through sensible gun laws and a culture of safety.

**1. Sensible gun laws: Reduce easy access to dangerous weapons** by banning [high capacity magazines](#) and bump stocks, requiring without loopholes, instituting and [reinstating the assault weapons ban immediately](#).

**2. Establish a culture of gun safety:** As the nation on earth with the most guns, we must make sure people are safe.

**3. Reduce firearm access to youth and individuals who are at risk of harming themselves or others.** This includes keeping guns out of the hands of those who have been violent toward their partners and families, and those with previous violent convictions, whether through expanding lethality assessment and [background checks](#) or supporting [domestic violence bills](#) and [gun violence restraining orders](#).

PREVENTION INSTITUTE, Oakland & Los Angeles

Coffee and donuts continues after both the 8:30 and 10:00 am Sunday Masses. Please join us in the Parish Hall after Mass for food, drink, and community.



## Construction is Complete! The Wall is Repaired!

The retaining wall on the north side of the Prayer Garden has been repaired, and now it's time to plant new plants and flowers to restore the garden to its pre-repair beauty. You can support this by donating via the "Garden Fund" button on your online donation account. We will keep you posted on progress, and the redesign of the garden as it is put back together.



## 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

### 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)

### MARRIAGE

Please call 6 months prior

### BAPTISM

Please call for appointment

### RECONCILIATION

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

## SECOND COLLECTIONS

**THIS WEEK** second collection benefits the Arch-diocese Fund for Military Service. Donate [here](#).

**NEXT WEEK** second collection benefits the Clergy Retirement Fund. Donate [here](#).

Donate [here](#) to support our Charity Fund.

ONLINE  
GIVING  
QR code



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

## MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

**Saturday, September 13**  
4:15pm † Robert 'Bobby' Jones

**Sunday, September 14**  
8:30am † Thomas Piggee  
† Barbara Collier  
10:00am Rick Pitts(Spc.Int.)

**Monday, September 15**  
8:30am Stephanie Sheehan(Spc.Int.)

**Tuesday, September 16**  
8:30am Bro. David Semmens, O.Carm  
(Spc.Int.)

**Wednesday, September 17**  
8:30am Rev. Brian Hendon O.Carm(Spc.Int.)

**Thursday, September 18**  
8:30am Rev. Gergory Houck O.Carm(Spc.Int.)

**Friday, September 19**  
8:30am Rev. Michael Kwiecien O.Carm  
(Spc.Int.)

**Saturday, September 20**  
4:15pm Canonization of Frederic Ozanam

**Sunday, September 21**  
8:30am † Robert & Lois Biniek  
10:00am † Alfonse Talmadge

## 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