



Go out into nature and admire her beauty
THE BAY AREA IS BLESSED WITH BREATHTAKING LANDSCAPES. WHEN YOU VISIT, KEEP IN MIND THE NO TRACE PRINCIPLES OF THE NATIONAL PARK SERVICE. AND REMOVE TRASH OTHERS MAY HAVE LEFT.
ENJOY A QUIET, NO TECH WALK.
LISTEN FOR GOD IN THE SILENCE.

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.

Bulletins by email or text:

text "B"
to 84576



stteresasf.flocknote.com/bulletins

Here are the two
ways you can



OSV Regular

donate to
St Teresa online



venmo

Please Visit and 'Like' Saint Teresa's Facebook Page

Please Visit and 'Like' Saint Teresa's Facebook Page Besides news and events, on Friday mornings Father Gregory posts a shortened version of his homily for that weekend.

www.fb.com/stteresasf

AAA 2026—WEEK 25

Assessed Amount: \$31,288
Amount Rec'd/Pledged: \$32,489
Balance Remaining: \$0

We are at **104%** of our goal! Thank you to all who have donated & pledged!

SECOND COLLECTIONS

THIS WEEK there is no second collection.

NEXT WEEK there is no second collection.

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

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



St. Teresa of Avila Catholic Church
"Lord, what you command is impossible; yet, you cannot command the impossible."
- Saint Therese of Lisieux
AUGUST 9TH, 2026
The 19 Sunday in Ordinary Time



Pope Leo's Magnifica Humanitas (Magnificent Humanity)
ON SAFEGUARDING THE HUMAN PERSON IN THE TIME OF AI
Study Group



When: 11:30 – 12:30
Where: Downstairs – St. Teresa of Avila Room
How Often: Every other Sunday starting August 9

Enjoy coffee and donuts. Then consider joining us in studying Magnifica Humanitas, Pope Leo's AI Encyclical. The study group will be offered after the 10AM mass every other Sunday starting **August 9**. We will read the encyclical chapter by chapter.

How does the social doctrine
of the Catholic Church
guide our life choices in the age of AI?

The Solemnity of the Assumption

This feast-day, August 15th, falls on a Saturday this year. When a holy day falls on a Saturday or a Monday, it is not a "holy day of obligation." This feast-day commemorates that at the moment of death, the Blessed Virgin Mary was assumed bodily into heaven due to her unique role as the mother of Jesus Christ. Note: the Orthodox Churches also celebrate this feast but call it "the Feast of the Dormition of Mary."



Fr Mike Update

After a hard fall, Fr Mike needed surgery to pin together a broken arm and broken shoulder. He's now in the Priory (rectory) recuperating nicely. And he's enjoying your Get Well cards and Get Well treats.



CHRISTMAS IN JULY

The team is hoping that your 'Christmas' gift will be dropped off today (**Sunday, August 9th**). If you need an extra day, that's okay. These gifts benefit the Boys and Girls Clubs of San Francisco.



EPA Energy Star

Gail and the Green Team are working to renew Saint Teresa's Parish EPA Energy Star rating. You may see them taking air samples during Mass and during coffee-and-donuts.



WEEKDAY MASSES

Monday—Friday 8:30am

SUNDAY MASSES

Saturday Vigil 4:15 pm

Sunday 8:30 & 10:00 am

PARISH OFFICE / MAILING ADDRESS

HOURS—8:30AM TO 5:00PM

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The Carmelites and the Prophet Elijah

In this Sunday’s first reading we find Elijah climbing Mount Horeb – the mountain of God – in order to encounter the Lord. On reaching the mountain top Elijah takes shelter in a cave. The Lord then commands Elijah to “Go outside and stand on the mountain before the Lord, who will be passing by.” Elijah follows the Lord’s instruction and, in almost rapid succession, he experiences a strong wind, an earthquake, and a fire. But the Lord was not in the wind, nor the earthquake, nor the fire. It is only after the fire that Elijah becomes aware of a tiny whispering sound. It was in this gentle breeze that Elijah encountered the Lord.



Most religious communities trace their origins to a founder. The Franciscans have Francis of Assisi; the Jesuits, Ignatius Loyola; the Dominicans, Dominic de Guzmán. The Carmelites, however, do not have a founder *per se*. Carmelites trace their origins, not so much to a *person*, but to a *place*: The place is Mount Carmel, a mountain in Northwestern Israel near the city of Haifa, overlooking the Mediterranean Sea. Hermits “in the Spirit of Elijah” have continuously lived on Mount Carmel for about 3000 years. The Carmelites trace their origins to these hermits.

Linked to the hermits on Mount Carmel is the tradition of Elijah, the first of Israel’s prophets. Elijah is perhaps best known for his confrontation with the 450 pagan prophets of Baal, but this is only one of several stories chronicled in the Book of Kings (1 Kgs 17:1 - 19:21). If we were to continue today’s reading, we would find Elijah, in a moment of despair, lamenting, “O Lord, take my life! For I am no better than my Fathers!” Moments later, Elijah proclaims, “I am filled with jealous zeal for the Lord God of Hosts!” Elijah’s proclamation would later become the motto of the Carmelite Order.

Hermits have continuously lived on Mount Carmel for at least 1000 years before Christ, but it was not until the first decade of the 13th century that these hermits received a “Rule” from Albert of Jerusalem. By the mid-13th century these “Carmelites” were asked by the Church to become Mendicant Friars. It was not until the 13th century that these “Carmelites” came into official existence in the Church. This was at about the same time that the Franciscans, Dominicans, and Augustinians were founded.

We Carmelites trace out 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 such as the wind, earthquake, or fire. Instead, Carmelites experience God in the everyday, the simple, and the ordinary events of our lives, Elijah’s “gentle breeze”.

Michael Kwiecien, O. Carm

MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

	Sunday, August 9
8:30am	† Meaghan Kathleen Mulcahey
10:00am	The Family of John Mulcahey(Spc. Int.)
	Monday, August 10
8:30am	† Frank Sullivan
	Tuesday, August 11
8:30am	† Mary Ellen Healey
	Wednesday, August 12
8:30am	Fr. Michael Kwiecien(Spc. Int.)
	Thursday, August 13
8:30am	Fr. Gregory Houck(Spc. Int.)
	Friday, August 14
8:30am	† Lupita Perea
	Saturday, August 15
4:15pm	† Sr. Kathleen Healy
	Sunday, August 16
8:30am	† Diana & Peter Lodolo
10:00am	Stella Talmadge(Spc. Int.)

Please join us for the in-person “Sitting for Peace/Standing for Justice” on the steps of San Francisco City Hall this Thursday at 12PM.
www.sfsangha.org/peace.html

This Week at St Teresa

Saturday – 8th August

- 9:00am Yoga In the Hall
- 9:30am Lay Carmelite Retreat

Monday – 10th August

- 7:00pm Parish Pastoral Council
- 8:00pm Parish Finance Council

Thursday – 13th August

- 9:00am Tai Chi in the Garden
- 12:00pm Sitting for Peace/Standing for Justice

Saturday – 15th August

- 9:00am Yoga In the Hall

If you are interested in any of these events, please email the office for more information

ST TERESA’S GREEN TEAM
greenteam@stteresasf.org

Be Ready for Wildfire Smoke

While San Francisco isn't always directly impacted by wildfires, smoke from fires across California can affect air quality throughout the Bay Area. Staying informed and prepared helps protect your health and supports community resilience.

A few simple ways to prepare:

- Check the Air Quality Index (AQI) before spending time outdoors
- Keep windows and doors closed when air quality is poor
- Use a portable air purifier or HVAC filter if available
- Limit strenuous outdoor activity during smoky conditions
- Sign up for local emergency and air quality alerts

Being prepared for changing air quality helps keep you, your family, and your community healthier throughout wildfire season.

Resource: AirNow – Air Quality Index:
<https://www.airnow.gov/>

GUN SAFETY COMMITTEE
What We Know About Gun Violence Trends So Far in 2026

From January to July, the United States experienced the fewest gunshot deaths and injuries since 2015. In the summertime, when shootings often spike, it can be difficult to see gun violence as anything but an intractable problem. Tragedies consistently make headlines, while tragedies avoided rarely do. But look a little closer, and the picture looks better than it might on the surface. According to an [analysis](#) by The Trace’s [Gun Violence Data Hub](#), shooting deaths and injuries remained at historic lows through the first six months of 2026, continuing a downward trend seen in recent years. From January to July, the United States experienced the fewest gunshot deaths and injuries since 2015. Some caveats: Those numbers are from the Gun Violence Archive. Though GVA represents the most complete, timely information available, it doesn’t capture every shooting. It also doesn’t track gun suicides, which represent over half of all shooting deaths. And importantly, the numbers are still in the thousands — the data shows that 6,458 people were shot and killed in the first six months of 2026. It shows 11,781 shooting injuries in the same period. All of those shootings represent tragedies that ripple outward, leaving survivors and their communities with complex and long-lasting trauma. Still, on the other side of the coin, the data indicates that thousands fewer people have been harmed by gun violence so far this year. You can read the Data Hub’s full breakdown of gun violence trends and You can also explore the trends yourself in our [Atlas of American Gun Violence](#).
Jul 24, 2026 [The Trace](#)