

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
Email: info@stteresasf.org



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

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 St Teresa Building & Maintenance Fund. Donate [here](#).

NEXT WEEK second collection will benefit the Carmelite Seminary Fund. Donate [here](#).

A reminder that we would like all parishioners to shift to online donation through our QR code. Seamless, simple, and easy to register the online donations or weekly tithing. Please scan the QR code in this box.



As a second giving option, the parish has just added Venmo. If you know what this is - great! If you don't, it's time to enter the 21st century :-)



venmo

BRING IN YOUR PALMS ahead of Ash Wednesday! On Sunday February 16th we will be burning palms to create the ash used at St Teresa on Ash Wednesday. All are encouraged to contribute.



St. Teresa of Avila Catholic Church

"We ought to thank the Lord who makes us desirous of pleasing him even though our works our weak."

— Saint Teresa of Avila

FEBRUARY 01, 2026

THE FOURTH SUNDAY IN ORDINARY TIME

Catholic School Week!

Mr Gustavo Torres, the Principal of **Good Shepherd School** in Pacifica, will talk after communion today to request your prayers and support for Catholic education.



We Are Creating a Parish Directory!

All the parishioner photos that Father Greg took can be rolled into a Parish Directory. So find your photo, fill in the info for the directory (please print clearly!) and hand the info to Father Greg. Note: your contact info will be kept secure and only your photo and names will be in the directory. Note: if you want a retake, see Francisco; and if your photo is not on the wall, see Francisco.



Please join us in celebrating the Baptism of Neomai Marlette Brown Batiratu

Child of Jone Bitiratu and Megan Brown, Godchild of Angela Domenico & Elia Vakaloloma. Neomai will be baptized by Rev. Michael Kwiecien, O. Carm. this Sunday at 10:00 AM mass.

PASTOR

Rev. Gregory Houck, O.Carm.
pastor@stteresasf.org



IN RESIDENCE

Rev. Brian Henden, O.Carm.
bhenden@carmelites.net
Rev. Michael Kwiecien, O.Carm.
mkwiecien@carmelites.net

SOCIAL OUTREACH COORDINATOR

Bro. David Semmens, O.Carm.
brotherdave@stteresasf.org

DIRECTOR OF MUSIC

Laura Diaz-Flaviani, lflaviani@pacbell.net

DIRECTOR OF FAITH FORMATION

Anarose Schelstrate, anarose@stteresasf.org

4:15 Hospitality Gathering

This coming Saturday, February 7, the Hospitality group will meet for first gathering of 2026. Please come and join us after the 4:15 Saturday Mass.

The Gospel of Matthew

As many of you know, the liturgical year begins on the First Sunday of Advent. Many of you also know that there is a three-year cycle of Gospel readings and that this year we are in Cycle A . . . which means that the majority of our Sunday Gospels are taken from Matthew. Since we have recently finished the Advent-Christmas season and have now returned to "Ordinary Time," I'd like to provide some background information about the Gospel of Matthew and what we should look for in this current cycle of readings.

Although Matthew's Gospel appears as the first book in the New Testament it was actually Mark's Gospel that was written first, sometime between 65-70 CE. Matthew and Luke were written later (75-85 CE,) and both evangelists used Mark as a source for their material. As a group, the Gospels of Matthew, Mark, and Luke are called the Synoptic Gospels because they have the "same point of view." In fact, almost the entire Gospel of Mark appears virtually word for word in both Matthew and Luke.

However, both Matthew and Luke draw upon additional source material for their gospels with each evangelist presenting his material with a particular theological slant. In Matthew's case, the evangelist is writing to an audience that is familiar with Jewish beliefs, traditions, and culture. We believe that Matthew wrote to a Jewish audience in an attempt to persuade them that Jesus was, in fact, the promised Messiah. For this reason Matthew quotes the Old Testament more than any other evangelist (about twice as much as Luke or Mark), and the pattern you will see repeated again and again in Matthew is " . . . this was done to fulfill what was said by the Prophet _____ ."

In the Gospel of Matthew there is an implicit comparison between Jesus and Moses. Moses is the most important figure in the Old Testament, and Matthew makes a conscious effort to establish Jesus as the "New Moses." Following are several examples of Matthew's comparison of Jesus to Moses:

- Attempts were made to murder both Moses and Jesus when they were infants (Pharaoh /King Herod)
- Both Moses and Jesus were "law givers" (the 10 Commandments and the Beatitudes/Sermon on the Mount)
- Moses and Jesus each are responsible for the central religious celebration (Passover and the Last Supper); and
- Both Moses and Jesus led people from slavery to freedom (Egypt to the Promised Land; slavery to sin/freedom from suffering and death).

As we move through this liturgical year (Cycle A) I will explore in more detail some of these characteristics of the Gospel of Matthew.

Michael Kwiecien, O. Carm



MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

Saturday, January 31
† Mary Ellen Healy
Sunday, February 1
† Betty Jean Lackey
† Fr. Peter Sammon
Monday, February 2
Rick Pitts(Spc. Int)
Tuesday, February 3
Scarlett Andreotti
Wednesday, February 4
† Bob Jacklevich
Thursday, February 5
Scarlett Andreotti
Friday, February 6
† Mary A. Burns
Saturday, February 7
† Walter Maxwell Miller
Sunday, February 8
† Lupita Perea
† Giuseppe & Maria Molinari

This Week at Saint Teresa

Monday, 2nd of February
◆ 6:30 pm Choir Practice
Thursday, 5th of February
◆ 5:00 pm Feed the Hungry
◆ 7:00 pm YAC Bible Study
Sunday, 1st of February
◆ 8:30 am Name Tag Sunday
◆ 10:00 am Name Tag Sunday

NAME TAG SUNDAY!

WE WELCOME ALL NEWCOMERS TO ST TERESA, PUT ON A NAME TAG AND INTRODUCE YOURSELF

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'S GREEN TEAM

greenteam@stteresasf.org

Sustainable Kitchen: Plant-Forward

Meals & Less Waste

Changing how we eat is one of the most powerful ways to lower our environmental impact. This doesn't necessarily mean becoming a strict vegetarian; it means being mindful of the resources required to put food on our plates. A "plant-forward" approach puts vegetables, beans, nuts, and grains at the center of the plate, treating meat more as a garnish or side. This significantly reduces carbon and water footprints compared to meat-heavy diets.

Equally important is stopping food waste before it starts:

- **Plan Ahead:** Shop with a list to avoid impulse buys that spoil.
- **Shop Your Fridge:** Design one meal a week specifically to use up leftovers or produce that is about to turn.
- **Store Smart:** Learn which fruits and vegetables stay fresh longer in the drawer versus on the counter.

Reducing food waste saves money and ensures that the energy used to grow and transport our food isn't wasted. **Resource:** Tips for reducing food waste at home: savethefood.com

GUN SAFETY COMMITTEE

Developments for Gun Safety and Regulation

State-Level Action: Several states continue to advance gun safety measures, including "red flag" laws, enhanced background check regulations, and restrictions on certain types of firearms.

Increasing State Rankings: According to Everytown for Gun Safety, more states are enacting laws that strengthen, rather than weaken, regulations, such as in Maine.

Focus on Accountability: New rules for gun dealers are being implemented, emphasizing transparency and reporting on stolen or lost firearms to prevent illegal trafficking.

Public Safety Focus: In some jurisdictions, executive orders are being used to increase awareness.