

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

MARRIAGE
 Please call 6 months prior

BAPTISM
 Please call for appointment

WEEKDAY MASSES
 Monday—Friday 8:30am

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
 Email: info@stteresasf.org

SECOND COLLECTIONS
THIS WEEK there is no second collection.
NEXT WEEK'S second collection will benefit the St Teresa Conference of St. Vincent de Paul. 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.

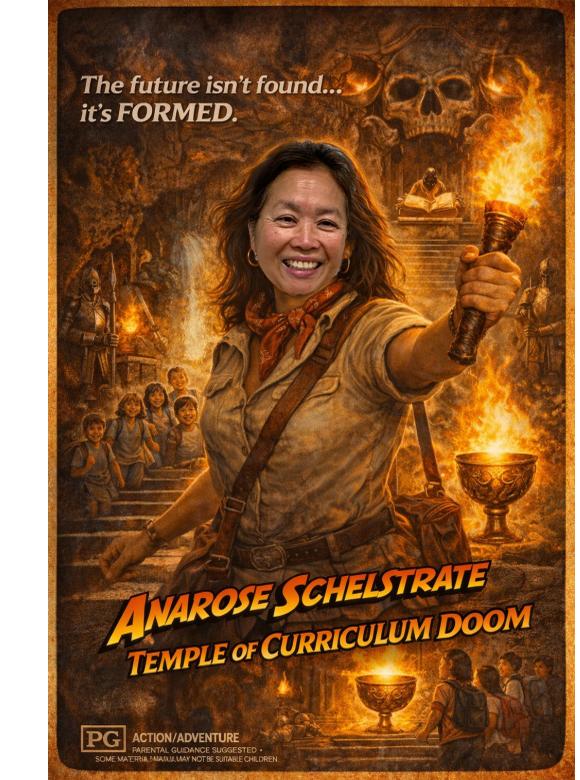


As a second giving option, the parish has just added Venmo. If you know what this is - great! If you don't, it's time to enter the 21st century :-)



venmo

ST TERESA SOCK DRIVE IS OFFICIALLY ON!
 From January 19th to March 14th we will collect new socks for those in need of warm feet in the cold early months of the year. Please bring them in and place them in the bushel baskets at the foot of the altar.



Welcome to St. Teresa of Avila's Parish Community

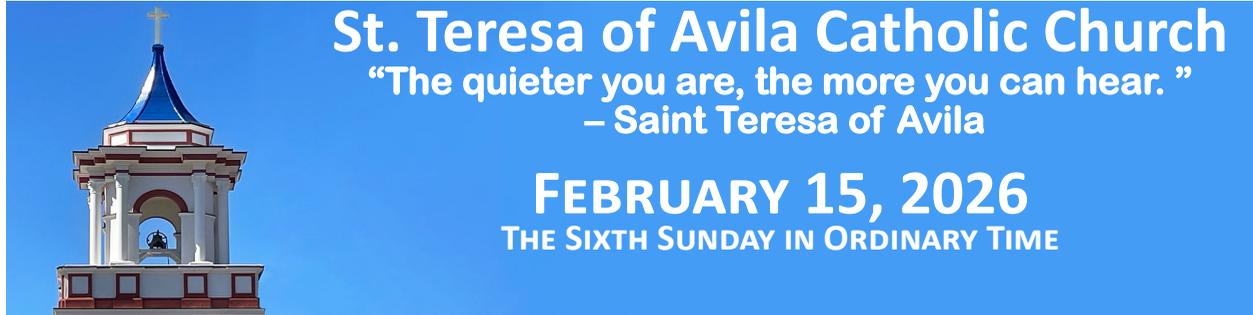
We extend our hands and hearts in Christian fellowship to you here celebrating with us. Whether long-time residents or newly arrived in our parish, we thank God that you are with us. If you are not registered or have changes to your registration, please fill in the form below, or complete the form on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

Name: _____ Phone: _____

Address: _____

City: _____ Zip: _____ Email: _____

New Parishioner New Address and/or phone On-Line Giving



Season of Lent 2026 at St Teresa's

 **Ash Wednesday- February 18**
 Mass Schedule
 8:30am | 12:15pm | 7:00pm

 **2nd Sunday of Lent - Mar 1**
 Rite of Enrollment of our O.C.I.A. candidates at the 10am Mass

 **Soup Supper - Wed, Mar 4**
 Bishop William Justice will offer a Lent reflection during a Soup supper, 6:00-7:30pm

 **Soup Supper - Wed, Mar 11**
 Salvador Aceves, the President of USF will offer a Lent reflection during a Soup supper, 6:00-7:30pm

 **Healing Mass - Sun, Mar 22**
 10:00am Mass with the Sacrament of the Anointing of the Sick

 **Parish Reconciliation Monday, March 30**
 Individual Confessions
 6:00pm through 8:00pm

During Advent and Lent where do the houseplants go that are currently all over the church? They go upstairs into the greenhouse. A parishioner recently donated a full-blown greenhouse (with timed lighting, watering system, and tight enclosure to hold humidity) and this has been set up just over your head behind the Saint Matthew window. And happy plants make for a happy church.

Please join us in celebrating the Baptism of Nicolás Ling Gong Bertucci

 Child of Robert Bertucci and Tiffany Wong-Bertucci, Godchild of Hillary Wong & Enrico Bertucci. Nicolás will be baptized by Fr. Jack McEwilly this Saturday at 2:00 PM.

Burning of Palms
 Monday morning at 9:15 we will burn last year's palms. The resulting ashes from this will be used on Ash Wednesday.



Prayer | Fasting | Almsgiving
 Giving something up for Lent (i.e., fasting) is only a third of a time-honored Lenten practice. Don't forget Prayer and Almsgiving.

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



Ash Wednesday

As any parish priest will tell you, this Wednesday – Ash Wednesday – is probably the busiest day of the year. Rectory doorbells ring throughout the day, announcing the presence of those who couldn't make the service but were "stopping by" to receive ashes. Ash Wednesday liturgies attract big crowds – often larger than Sundays – and any priest foolish enough to walk the streets wearing clerical garb will be stopped by those seeking ashes "on the fly." Where and how did this devotion and practice develop, and why is it so popular among Roman Catholics?

The most prominent example of "wearing ashes" can be found in the Hebrew Scriptures. In the book of Jonah we read: ". . . the king of Nineveh, he rose from his throne, laid aside his robe, covered himself with sackcloth, and sat in ashes." (Jonah 3:6) In this passage the king's action was a direct response to the call to repentance proclaimed by the prophet Jonah, and in biblical times, sackcloth and ashes were linked to public repentance for sin. Early in the Christian tradition this practice was incorporated into the Church's liturgy.

As early as the second century Christians who had committed serious sin performed public penance in order to be reconciled to the Church. On Ash Wednesday, the bishop blessed hair shirts that they were to wear throughout Lent, and the penitents were sprinkled with ashes made from the palms from the previous year. These penitents were turned out of the church because of their sins – just as Adam and Eve were turned out of Eden because of their disobedience – and were not readmitted to the assembly until Holy Thursday where they received sacramental absolution and were welcomed back to the Eucharistic Table.

This practice of sprinkling penitents with ashes gradually evolved whereby all the faithful were so marked. As people were being signed, the minister would say, "Remember that you are dust, and to dust you shall return," language which seems to focus on the finite nature of human life and the inevitability of death. Here the presumption is that human beings are powerless over death; only God can rescue us from our fate, offer us eternal life, and resurrect our bodies. This is a different focus and emphasis from the original call to repentance, and perhaps it is why, in the restored liturgy, the minister has to option to recite, "Repent, and believe the Gospel." We note that this option is more in tune with the ancient tradition of using ashes to emphasize repentance and conversion.

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. At the Ash Wednesday Liturgy, the ashes are blessed with holy water and incense before distribution to the faithful. Although most Christian denominations celebrate Lent and mark its beginning with Ash Wednesday, only Roman Catholics distinctly mark themselves as such by being signed on the forehead with ashes.



Michael Kwiecien, O. Carm

MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

- 4:15pm **Saturday, February 14**
Kathy Ulhorn(Spc. Int.)
- 8:30am **Sunday, February 15**
Shamim Hamzavi(Spc. Int.)
- 10:00am **Sunday, February 15**
Audrey Rose Family(Spc. Int.)
- 8:30am **Monday, February 16**
Dan Murphy(Spc. Int.)
- 8:30am **Tuesday, February 17**
Stella Talmadge(Spc. Int.)
- 8:30am **Wednesday, February 18**
† Lupita Perea
- 8:30am **Thursday, February 19**
† Bob Jacklevich
- 8:30am **Friday, February 20**
† Mary Ellen Healy
- 4:15pm **Saturday, February 21**
Kathy Ulhorn(Spc. Int.)
- 8:30am **Sunday, February 22**
Rick Pitts(Spc. Int.)
- 10:00am **Sunday, February 22**
Audrey Rose Family(Spc. Int.)

This Week at Saint Teresa

- Monday – 16th February**
- 9:15am Burning of Palms (patio)
 - 10:00am Church decorating for Lent
 - 12:00pm Parish Finance Council (office)
 - 6:30pm Choir Practice
- Wednesday – 18th February**
- 8:30am Mass with imposition of ashes
 - 12:00pm Mass with imposition of ashes
 - 7:00pm Mass with imposition of ashes
- Thursday – 19th February**
- 9:15am Tai Chi (patio)
 - 12:00pm Sitting for Peace Meditation
 - 7:00pm YAC Bible Study
- Friday – 20th February**
- 9:15am Stations of the Cross
- Saturday – 21st February**
- 10:00am Yoga (meeting room)
 - 5:15 pm Cheese and Crackers Social

Our 4:15 Hospitality after Mass is on! See you in the hall after Mass!

ST TERESA'S GREEN TEAM
greenteam@stteresasf.org

Love Responsibly: Ethical Choices for Gifts & Treats

Valentine's staples like flowers, chocolate, and jewelry often come with hidden environmental and social costs, from pesticide use to unfair labor practices. Ethical sourcing helps ensure that your gifts reflect your values, not just the occasion. A few ways to shop with intention:

- Flowers: Look for locally grown, seasonal, or organic bouquets, or choose potted plants that last longer.
- Chocolate: Seek out Fair Trade or Rainforest Alliance–certified brands that support farmers and ecosystems.
- Gifts: Support small businesses, artisans, or brands with transparent supply chains. Thoughtful sourcing turns a traditional gift into a statement of care for people and planet alike. Resource: [Fair Trade product guide](#)

GUN SAFETY COMMITTEE Supreme Court

As of early 2026, major gun control developments focus on Supreme Court challenges to state restrictions, California's strict new regulatory laws, and intensified efforts to curb "ghost guns." The Supreme Court is reviewing Hawaii's ban on carrying firearms in public spaces, while California has enacted 11% excise taxes on sales, tightened public carry restrictions, and initiated lawsuits against 3D-printed gun component manufacturers.

We Are Creating a Parish Directory!

When(if) the Archdiocese reaches a bankruptcy settlement, Saint Teresa of Avila may be asked to sell some property to help fund the settlement. Since these assets are owned by the parishioners, the Archdiocese will need to ask your permission, so not only is an up-to-date directory a good thing, right now it is an imperative thing. So please find your photo on the wall, fill out the info on the back, and hand it in to Francisco or Fr Gregory. Note: your contact information will not be shared with anyone, including the Archdiocese.