


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

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

SECOND COLLECTIONS

THIS WEEK'S second collection will benefit the St Teresa Conference of St. Vincent de Paul. Donate [here](#).



NEXT WEEK'S second collection will benefit the St Teresa Building & Maintenance Fund. Donate [here](#).



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

Bereavement Support Group
 If you're interested in being part of a bereavement support group, led by a professional psychologist, talk to Father Greg.

Please join us for the in-person "Sitting for Peace/Standing" for Justice on the steps of San Francisco City Hall this Thursday at 1PM.



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

FEBRUARY 22, 2026
 FIRST SUNDAY OF LENT

Kneeling and Standing
 Generally it is your choice whether to stand or kneel during the Eucharistic Prayer, but since Lent is a penitential season, let everybody kneel during these 40 days. And since Easter is a joyful time, let everybody stand during the Easter Season.

Station of the Cross will be held after Mass each Friday during Lent. This will commence at 9 AM.

Rite of Enrollment
 Next Sunday at the 10:00am Mass the parish will enroll our OCIA (Order of Christian Initiation of Adults) candidates.

The Confiteor
 I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen.

Our 4:15 Hospitality after Mass is back on! The next get together is after the 4:15 Mass on March 7th.

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.

Season of Lent 2026 at St Teresa's

 **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**
 Sacrament of the Anointing of the Sick, at all weekend masses

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

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



The Lenten Gospels in Cycle "A"

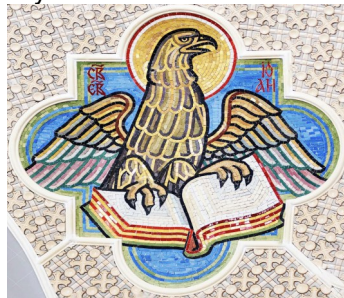
The liturgical reforms of the Second Vatican Council restored a number of ancient practices to the liturgy. Chief among them were the Gospels for the Sundays of Lent, as the Church went back to practices of the third and fourth centuries for its selection and sequence of readings. In this week's column I'd like to take a look at these five Gospels, and discuss why the Church chooses to use these readings during Lent.

In the A-Cycle of Lent we read the following five Gospels: the *Temptation in the Desert* (Mt 4:1-11); the *Transfiguration* (Mt 17:1-9); the *Woman at the Well* (Jn 4:5-42); the *Man Born Blind* (Jn 9:1-41) and the *Raising of Lazarus* (Jn 11:1-45). These five readings anticipate both the Resurrection of Jesus (celebrated at Easter) and the Initiation of New Members into the Church (celebrated at the Easter Vigil).

- > The ***Temptation in the Desert***. Jesus spends 40 days and nights in the desert, "encountering the devil" prior to beginning his public ministry. The 40 days in the desert corresponds to the 40 days of Lent, and while the baptized community fasts and prays in anticipation of the Easter Feast, those preparing for Baptism go through the Period of Purification and Enlightenment. For catechumens and candidates, Lent provides a retreat-like atmosphere which serves as a prayerful preparation for the Easter Sacraments of Baptism, Confirmation, and Eucharist.
- > The ***Transfiguration***. Jesus takes three of the apostles to the mountain top where he is "transfigured" and the disciples see Jesus, Elijah, and Moses. The Transfiguration is included in the Lenten Sunday gospels because of one small detail: Jesus' dazzling white garment. This corresponds to the white garments in which the newly baptized are clothed following their baptism at the Easter Vigil.
- > The ***Woman at the Well***. In John's story of the Woman at the Well, Jesus states that "If only you recognized God's gift, and who it is that is asking you for a drink, you would have asked him instead, and he would have given you living water." The allusion is quite obvious: The "living water" given to the Woman at the Well corresponds to the living water of baptism with which catechumens are baptized at Easter.
- > The ***Man Born Blind***. This gospel invokes a highly complex series of images. It involves a connection between blindness and sight, which has its most obvious parallel in the connection between darkness and light. Here, the reference is to the Easter Fire and Paschal Candle which are kindled and lighted at the Easter Vigil. In fire and candle we symbolically proclaim that light overpowers darkness, life conquers death, grace triumphs over sin, and good overcomes evil.
- > The ***Raising of Lazarus***. On the Fifth Sunday of Lent the connection regarding the Raising of Lazarus is quite obvious. Lazarus' being brought back from the dead prefigures Jesus' resurrection from the tomb. But there is an additional parallel to this "being raised to new life:" those who are initiated into the Church enter the baptismal waters and "die to the old self." When they emerge from the font, each does so as a "new creation" . . . in much the same way that Christ was a "new creation" when he emerged from the tomb.

The restoration of the A-Cycle of readings during Lent demonstrate that, first and foremost, the 40-days of Lent is primarily a preparation period for those who will be baptized at Easter.

Michael Kwiecien, O. Carm



MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

- 4:15pm **Saturday, February 21**
Kathy Ullhorn(Spc. Int.)
- 8:30am **Sunday, February 22**
† Ray Sierra&Mary Padilla
- 10:00am Audrey Rose Family(Spc. Int.)
- 8:30am **Monday, February 23**
Rick Pitts(Spc. Int.)
- 8:30am **Tuesday, February 24**
Kathy Ullhorn(Spc. Int.)
- 8:30am **Wednesday, February 25**
† Walter Maxwell Miller
- 8:30am **Thursday, February 26**
† Bob Jacklevich
- 8:30am **Friday, February 27**
† Mary Ellen Healy
- 4:15pm **Saturday, February 28**
Kathy Ullhorn(Spc. Int.)
- 8:30am **Sunday, March 1**
Stella Talmadge Family(Spc. Int.)
- 10:00am Audrey Rose Family(Spc. Int.)

This Week at Saint Teresa

- Monday – 23rd February**
- 6:30pm Choir Practice
- Wednesday – 25th February**
- 9:00am Tai Chi
- 6:30pm Senior Bible Study
- 7:00pm YAC Bible Study
- Thursday – 26th February**
- 12:30pm SVdP Food Distribution
- 1pm Sitting for Peace/Standing for Justice
- Friday – 27th February**
- 9:00am Stations of the Cross
- 9:00am Sandwich Makers
- Saturday – 28th February**
- 10:00am Yoga (meeting room)

ST TERESA SOCK DRIVE IS CONTINUING ON!

We're a little short of our goal of 2500 pairs of socks. So let's extend the drive for two more weeks. All the socks we've collected so far are in the lobby because the white color clashed with the Lenten purple.

ST TERESA'S GREEN TEAM
greenteam@stteresasf.org

If You Love it, Repair & Maintain it

February is a great time to slow down and take care—of relationships, routines, and the things we already have. Repairing instead of replacing saves money, reduces waste, and keeps valuable materials out of landfills. Before tossing something, consider:

- Clothing: Learn basic mending or find a local tailor for small fixes like buttons or hems.
- Electronics: Check for repair guides or local repair shops before upgrading.
- Everyday items: Tighten, glue, patch, or clean. Maintenance can extend life more than you think.

Repairing is an act of appreciation for the resources and labor behind our belongings. Resource: Free repair guides for thousands of items: ifixit.com

GUN SAFETY COMMITTEE

When (and why) doctors might ask patients about guns

A new paper outlines how clinicians can effectively counsel patients about the risk of firearm injury. To assess a patient's overall well-being and potential health risks, clinicians routinely ask questions on a wide range of topics, such as car seats, mental health, diet, sexual activity, alcohol, exercise and smoking. Physicians and researchers at the University of California, Davis, want providers to consider a new item for their list: firearms. In a new paper, published in the *New England Journal of Medicine*, the authors make a case for why discussions about firearms are appropriate in the exam room for patients who may be at risk of harm. Their suggestion is supported by statistics. "Clinicians routinely ask about safety concerns, but most feel unprepared to talk about firearms," said Amy Barnhorst, first author of the study and a psychiatrist at UC Davis Health. "And it can be a difficult topic because it's often politically charged. Framework gives clinicians practical tools to identify risk and engage patients in harm-reduction strategies without judgment or politics," Barnhorst said. [Violence Prevention January 7,2026](https://www.violenceprevention.org/violence-prevention-journal-2026)