

**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

**AAA 2026 - WE HAVE OUR TARGET**

We have received our goal for the 2026 Archdiocesan Annual Appeal; namely, \$31,288. Yes, this is higher than the past few years, but this is based on our collections, and those have been strong last year. I'd rather not 'preach' this appeal, so I'm hoping that you can support this as you have in past years. **-Fr Greg**



Here are the two ways you can donate to St Teresa online





OSV Regular

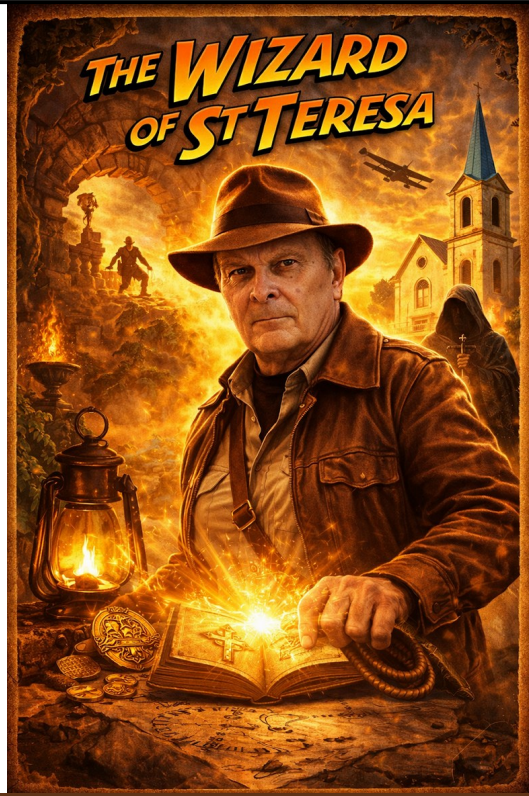


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**SECOND COLLECTIONS**

**THIS WEEK's** second collection will benefit the Catholic Relief Fund. Donate 

**NEXT WEEK's** second collection will benefit the St Teresa Conference of St. Vincent de Paul Society. 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

**St. Teresa of Avila Catholic Church**  
 "I wanted to live, but I found no one who could give me life."  
 – Saint Teresa of Avila  
**MARCH 22 2026**  
 5th Sunday of Lent



**Holy Week at Saint Teresa of Avila**

**Palm Sunday - March 29**  
 Mass Schedule:  
**4:15PM SAT | 8:30AM | 10:00AM**

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

**Holy Thursday - April 2**  
 Mass of the Lord's Supper  
**7:30PM**  
 washing feet, Altar of Repose, adoration

**Good Friday - April 3**  
 Commemoration of the Lord's Passion  
**12:15PM**

**Holy Saturday - April 4**  
 The Great Vigil of Easter  
 new fire, exultet, baptisms, confirmations  
**8:00PM**

**Easter Morning - April 5**  
 Mass Schedule:  
**8:30AM | 10:00AM**  
 plus Easter egg hunt, 11:30am

**Returning to the Chalice**  
 Now that we're in springtime and with the end of the flu season (hopefully), everyone can receive the Precious Blood from the chalice starting on Palm Sunday, March 29th

**Third Scrutiny**  
 Because of personal schedules, we'll do the OCIA Third Scrutiny (usually on the Fifth Sunday of Lent) on Palm Sunday instead.

**Sacrament of the Sick Today**  
 We'll be celebrating the Sacrament of the Sick after the homily at all this weekend's masses. This sacrament helps those who are seeking physical, emotional, or psychological healing. Those who come forward will be anointed on the forehead and the hands with the Oil of the Sick as the priest prays for healing, strength, and peace.

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

**IN RESIDENCE**  
 Rev. Brian Henden, O.Carm.  
[bhenden@carmelites.net](mailto:bhenden@carmelites.net)  
 Rev. Michael Kwiecien, O.Carm.  
[mkwiecien@carmelites.net](mailto:mkwiecien@carmelites.net)

**SOCIAL OUTREACH COORDINATOR**  
 Bro. David Semmens, O.Carm.  
[brotherdave@stteresasf.org](mailto:brotherdave@stteresasf.org)

**DIRECTOR OF MUSIC**  
 Laura Diaz-Flaviani, [lflaviani@pacbell.net](mailto:lflaviani@pacbell.net)

**DIRECTOR OF FAITH FORMATION**  
 Anarose Schelstrate, [anarose@stteresasf.org](mailto:anarose@stteresasf.org)



**Photographs on the Walls**  
 Please find your photograph and fill out the info on the backside. These will become a parish directory (and your contact info will be kept strictly private). If you want a retake of your photo, see Francisco. And if you cannot find your photo, see Francisco.

## Jesus' Reaction to the Death of Lazarus

In today's Gospel, John the Evangelist tells us that when Jesus approached the tomb of Lazarus, he "became perturbed and deeply troubled." What does that mean?

When we look at four of the "Catholic" translations of the Bible, we get four different translations of the text:

- > "When Jesus saw her weeping, . . . he became perturbed and deeply troubled, and said, 'Where have you laid him?'" (**New American Bible, 1991 translation, read at today's liturgy**)
- > "When Jesus saw her weeping, . . . he was troubled in spirit, moved by the deepest emotions. 'Where have you laid him?' he asked." (**New American Bible, 1971 translation**)
- > "At the sight of her tears, . . . Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?'" (**Jerusalem Bible, 1966 Translation**)
- > "Jesus, therefore, when he saw her weeping, . . . , groaned in the spirit, and troubled himself, and said: Where have you laid him?" (**Douhy-Reims Translation, 1889 American Edition**)

Each of these translations seems a bit nebulous in its attempt to describe Jesus' reaction. If we could ask a question of John the Evangelist it might be this: What are you trying to communicate when you tell us that Jesus ". . . became perturbed and deeply troubled?"

I'd like to suggest that a footnote in the 1991 NAB translation provides the key to understanding the text. The translators note that, in the original Greek, the literal translation of the text is that he [Jesus] ". . . snorted in the spirit." Certainly, "snorting in the spirit" is a rather crude and bizarre image, and each of the four translations attempts to render this expression in a somewhat palatable manner. But the literal translation opens another door, posing a new and different question: What does it mean to "snort in the spirit?"

When I first heard the expression, the image that came to mind was that of a horse being "spooked" when it detects danger – such as the presence of a snake or the proximity of fire. The horse rears back on its haunches, kicks its front legs, and its eyes convey fear, panic, and terror. The animal feels frightened and threatened because it detects the presence of something sinister, malicious, and evil. I would suggest that this is what Jesus experiences when he approaches the tomb of Lazarus: he "snorts in the spirit" because he is coming face-to-face with evil (death).

Today's Gospel – which describes the seventh and last "sign" in the Gospel of John – is a microcosm of Jesus' ministry, mission, and purpose. God became a human being in order to undo the sin of Adam, and our tradition teaches us that, as a consequence of Adam's disobedience, suffering and death entered the world. Jesus – unlike Adam – is "obedient unto death," and through his suffering, death, and resurrection he "undoes" the sin of Adam. When Jesus brings Lazarus back from the dead it demonstrates the triumph of life over death, good over evil, light over darkness, and grace over sin. The Raising of Lazarus prefigures Jesus' own Resurrection, and both the Raising of Lazarus and the Resurrection of Jesus convincingly demonstrate that it is God – not Satan – who has the final word.

The dramatic intensity of today's Gospel is diminished or minimized if we speak of Jesus as being "perturbed", "deeply troubled.", or "moved by the deepest emotions." In this case, the literal expression "snorted in the spirit" seems to more accurately capture the sense of what happened when Jesus came face to face with the presence of evil (death).

Michael Kwiecien, O. Carm

### MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

4:15pm	† <u>Dan Perea</u>
	<b>Saturday, March 21</b>
8:30am	† <u>Fr. Peter Sammon</u>
10:00am	Rose Marie Ostler(Spc. Int.)
	<b>Sunday, March 22</b>
8:30am	<u>Kathy Ullhorn(Spc. Int.)</u>
	<b>Monday, March 23</b>
	<b>Tuesday, March 24</b>
8:30am	The family of Audrey Rose
	<b>Wednesday, March 25</b>
8:30am	† Walter Maxwell Miller
	<b>Thursday, March 26</b>
8:30am	† James J Burns
	<b>Friday, March 27</b>
8:30am	† Mary Ellen Healy
4:15pm	† <u>Rachel Humphrey</u>
	<b>Saturday, March 28</b>
8:30am	† <u>George Salamy</u>
10:00am	Rose Marie Ostler(Spc. Int.)

### This Week at Saint Teresa

- Monday – 23th March**  
- 6:30pm Choir Practice (church)
- Wednesday – 25th March**  
- Deanery Meeting, parish office  
- 7:30pm General Bible Study
- Thursday – 26th March**  
- 9:00am Tai Chi (patio)  
- 12:00pm Sitting for Peace (City Hall)  
- 7:30pm YAC Bible Study
- Friday – 27th March**  
- 8:50am Stations of the Cross
- Saturday – 28th March**  
- 9:30am Yoga (Avila Hall)

### Sunday Parking

If you're looking for parking on Sunday morning, the grade school parking lot will be open on Palm Sunday and Easter Sunday. Note: don't leave your car in the lot too long, for we'll lock the gate at 12:30pm.

ST TERESA'S GREEN TEAM  
greenteam@stteresasf.org

### Plant for the Future: Water-Wise & Native Landscaping

Spring planting season is here. In California, landscaping accounts for a significant share of residential water use—making it one of the biggest opportunities for conservation.

Smarter spring gardening can include:

- Choosing California native plants adapted to local rainfall.

- Replacing thirsty lawns with drought-tolerant groundcover.

- Installing drip irrigation and mulch to reduce evaporation.

In cities like San Francisco, water-wise gardens also support pollinators and urban biodiversity while lowering bills.

A resilient yard doesn't just survive dry summers—it thrives in them.

Resource: California Native Plant Society plant finder: [www.cnps.org](http://www.cnps.org)

## GUN SAFETY COMMITTEE

### SHOULD GUNS BE ALLOWED ON COLLEGE CAMPUSES

In at least six statehouses this year, lawmakers are revisiting a long-running debate over whether guns should be allowed on college campuses. Republican lawmakers in Florida, Louisiana, New Hampshire, South Dakota, Utah and Wyoming have introduced bills that would allow students, staff or visitors with concealed carry permits — and in some cases, without permits — to bring firearms onto public college campuses. Supporters say the proposals would allow people to defend themselves during emergencies. Opponents argue they could make campuses less safe and increase the risk of accidental or impulsive violence. The push comes amid another year of intense debate over gun policy in state legislatures, where lawmakers are advancing sharply different measures. And it comes as college campuses continue to grapple with the threat of gun violence.

