

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

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




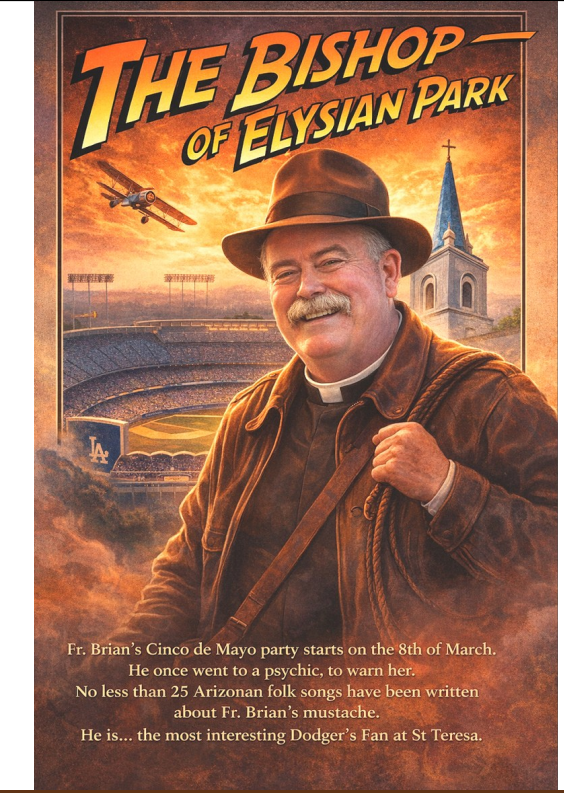
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SECOND COLLECTIONS

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



NEXT WEEK's second collection will benefit the St Teresa World Center Kitchen 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

St. Teresa of Avila Catholic Church
 "Let us occupy ourselves at looking at Christ, who is looking at us."
 – Saint Teresa of Avila
MARCH 29 2026
 Palm Sunday



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

Good Friday Collection

The collection on Good Friday goes to support the Shrines in the Holy Land (the Church of the Holy Sepulchre in Jerusalem, the Church of the Nativity in Bethlehem, and the Church of the Transfiguration on the Sea of Galilee).

Third Scrutiny

Our OCIA catechumens receive the Third Scrutiny during today's 10 o'clock Mass. Each Scrutiny follows the same pattern:
 -- a prayer (called exorcism) to remove any sin or evil from the heart,
 -- and then to fill that now-vacant space with 1) faith, 2) prayer, and 3) the Word of God (scripture). So after the prayer, the ear of each catechumen is touched with the words "hear the Word of God" and then the mouth of each is touched with the words "so that you can speak it." Then the phrase, "ephphatha" is proclaimed and each catechumen receives a Bible.

Photographs on the Walls

Your photographs for the Directory are now on the wall downstairs in the Hall. If you have not had your photograph taken, see Father Gregory. We are almost ready to begin layout.

Stations of the Cross

The Station of the Cross will follow the Good Friday 12:15pm service.

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




Holy Week

Today marks the beginning of Holy Week, the most solemn week of the liturgical year. During this week we focus on the Paschal Mystery: the Passion, Death, and Resurrection of the Lord. The week begins with Palm Sunday (which commemorates the Lord's triumphal entrance into Jerusalem) and it concludes with the Easter Vigil (where we not only celebrate Jesus' conquering of sin and death but also initiate new members into the Church). Over the next seven days we will celebrate several unique liturgies, and in this week's column I'd like to provide some additional background on these celebrations.

Palm Sunday is an unusual liturgy because it has two gospels. The first gospel is read outside the church/sanctuary where the ministers and assembly have gathered for the blessing and procession of palms. This Gospel (taken from Matthew, Mark, or Luke, depending on the year) describes Jesus' entry into Jerusalem. Following the blessing of palms, the procession moves into the church. There is no penitential rite, and the liturgy continues with the opening prayer. The readings follow, but the Gospel is always the Passion. This year, because we are in Cycle A, we read the Passion according to Matthew. The liturgical color for Palm Sunday is red.

The next major liturgy occurs on Holy Thursday, the first day of the Easter Triduum. This is the Evening Mass of the Lord's Supper, and it is the only Mass than can be celebrated in the parish on this day. White vestments are worn, and the Gospel is taken from the Johannine account of the Last Supper. In John's Gospel, Jesus washes the feet of the disciples and, in imitation of Jesus, we wash one another's feet. This ritual, called the Mandatum, is done only once a year, on Holy Thursday. Another unique aspect of this liturgy is that, at the end, there is no blessing or dismissal. Instead, we move in procession and transfer the Eucharist from the body of the church to the altar of repose. After song and prayer, we disperse in silence, only to gather on Good Friday for the Commemoration of the Lord's Passion.

The Good Friday Liturgy is not a Mass. There is no procession or entrance hymn; it simply begins with the opening prayer. The First Reading is from Isaiah, and the Gospel is always the Passion according to John. After the homily we pray the Great Intercessions. These are ten solemn prayers, usually sung, which focus on how the saving death of Christ redeems the world and its people. The liturgy continues with the Veneration of the Cross, which is followed by a simple communion service. As on Holy Thursday there is no blessing, dismissal, or final hymn; the assembly departs in silence, to return on Holy Saturday for the Easter Vigil.

The Easter Vigil begins outside with the blessing of Easter Fire and the lighting of the Paschal Candle. Moving into the Church, a light service follows, cumulating with the Exultet. The Liturgy of the Word has a minimum of three readings, but may be expanded to include as many as nine. These readings, taken from the Hebrew Scriptures, chronicle the history of God's saving acts, beginning with creation and leading up to the saving actions celebrated at Easter: the Death and Resurrection of the Lord. Following the homily, the Sacraments of Initiation are celebrated.

Although the three days of the Triduum are the holiest days of the year, they are not Holy Days of Obligation. We hope that you will join us at St. Teresa's as we celebrate the Easter Triduum: Holy Thursday at 7:30 pm; Good Friday at 12:15 pm; and Holy Saturday at 8:00 pm.

Michael Kwiecien, O. Carm

MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

Saturday, March 28

4:15pm † [Rachel Humphrey](#)

Sunday, March 29

8:30am † [George Salamy](#)

10:00am † [Lena Sicoli](#)

Monday, March 30

8:30am [Kathy Ullhorn\(Spc. Int.\)](#)

Tuesday, March 31

8:30am † [James J Burns Jr.](#)

Wednesday, April 01

8:30am † [Walter Maxwell Miller](#)

Thursday, April 02

7:30pm † [Kathleen M Burns](#)

Friday, April 03

Saturday, April 04

8:00pm † [Rachel Humphrey](#)

Sunday, April 05

8:30am † [George Salamy](#)

10:00am † [James J Burns Sr.](#)

World Center Kitchen

There will be a second collection next Sunday (Easter Sunday) for 'World Center Kitchen.' We have supported this outreach before. With the world in such turmoil hunger is rampant. World Center Kitchen is bringing much-needed food to Lebanon, to Gaza, to Cuba. WCK has an incredibly high rating in that over 99 cents for every dollar contributed goes directly to the hungry.



You are invited to continue in prayer:

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- Thursday, April 2: Vigil prayer service following the transfer of the Blessed Sacrament to the altar of repose, "Watch and Pray"
- Friday, April 3: Stations of the Cross following the Good Friday service

GUN SAFETY COMMITTEE

Mar 19, 2026 California doubles its use of gun violence restraining orders in three years

Governor Newsom marked the 10-year anniversary of California's nation-leading Gun Violence Restraining Order (GVRO) law, with new data confirming the growing statewide use and impact of the "red flag law" in preventing gun violence and solidifying California's leadership in community safety. It is a nation-leading policy that empowers families, law enforcement, and communities to act on warning signs and prevent tragedies before they happen. New data released by the Office of Gun Violence Prevention shows the use and impact of GVROs – or also known as red flag laws – is growing statewide, reinforcing California's leadership in protecting its communities. California's red flag law is about one thing – saving lives. When the warning signs are there, we give families and law enforcement the power to step in before a crisis turns into a catastrophe — and that's exactly the kind of leadership this moment demands. Gun Violence Restraining Orders are one of the most effective tools we have to stop gun violence before it happens. We will continue to lead the way on overall gun safety by taking immediate action to enact smart, common-sense policies that save lives.

ST TERESA'S GREEN TEAM

greenteam@stteresasf.org

Policy Pulse: What's Moving in California on Waste & Climate

Spring often brings new legislative momentum and city budget planning. California continues to advance policies aimed at cutting waste, packaging, and climate pollution. Keep an eye on:

- Statewide packaging reduction and producer responsibility laws.
- Local zero-waste and composting enforcement efforts.
- Climate action planning updates in cities like San Francisco.

Public comment periods, hearings, and implementation timelines often ramp up in spring. Staying informed helps ensure policies reflect community priorities.

Resource:

Track California legislation:
leginfo.legislature.ca.gov