

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

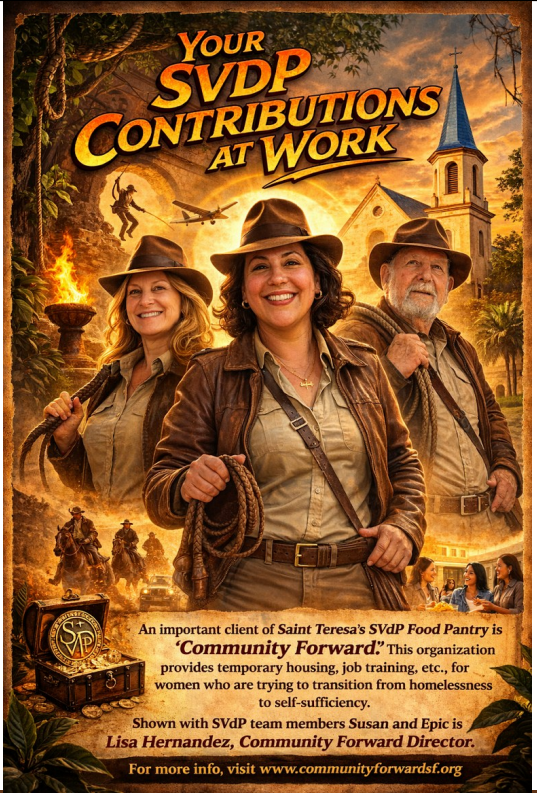
MARRIAGE
 Please call 6 months prior

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 online ways you can donate to St Teresa




OSV Regular




venmo

SECOND COLLECTIONS

THIS WEEK's second collection will benefit the St. Patrick's Seminary. Donate [here](#).



NEXT WEEK's second collection will benefit the Clergy Retirement 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

"It seems to me that one of the greatest happinesses a person can have on earth must be to make the effort to help others."

— Saint Teresa of Avila

MARCH 08, 2026
 THIRD SUNDAY OF LENT



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



Soup Supper Sign-Up

If you can make soup for our upcoming soup supper, there is a sign-up sheet in the lobby. Soup makers, please make enough for 4 to 8 persons. Soup supper attendees, there is no RSVP so don't worry that your didn't let anyone know you're attending.

Soup Supper Speaker

The presenter at this Wednesday's Lenten Soup Supper is Dr. **Salvador Aveces**, the new President of the University of San Francisco. Soup Supper: 6:00 to 7:30pm. Fr Greg took this selfie of Dr Aveces and Mrs Aveces at the USF installation Mass in October.

Exorcisms and Scrutinies

On the Third Sunday of Lent, OCIA catechumens begin the Scrutinies. There are two parts, 1) the Rite of Exorcism and 2) the Handing on of the Faith. Don't think of Hollywood when you hear the word "exorcism;" rather, it is simply a prayer to ask the Holy Spirit to remove the lure of evil (money, status, selfishness) from the catechumens' hearts. Then on the other side of that coin they will receive and recite the Creed while we pray that Faith replaces the lure of sin in each catechumen's heart.



Please join us for the in-person "Sitting for Peace/Standing" for Justice on the steps of San Francisco City Hall this Thursday at 12PM.

<https://www.sfsangha.org/peace.html>

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.
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DIRECTOR OF MUSIC
 Laura Diaz-Flaviani, lflaviani@pacbell.net

DIRECTOR OF FAITH FORMATION
 Anarose Schelstrate, anarose@stteresasf.org



Coffee-and-Donuts and More

We have a short presentation today during coffee-and-donuts. José Maria Hernández, who we know as "Chema," will talk about the impact of this year's City of San Francisco budget.

Reconciliation and the Woman at the Well

Perhaps the most remarkable thing about today's Gospel is that the story of the Woman at the Well can be interpreted in so many different ways. On one level it is a story about conversion, but it can also be read as a story about discipleship. A third interpretation suggests that this is a story about evangelization or mission, but the strong image of living water suggests a fourth interpretation along baptismal lines. In today's homily my focus will be on the baptismal reference to "living water," but in today's column I'd like to explore a fifth interpretation along the lines of reconciliation and healing.

The context of this story is the cultural world of Jesus. In that world, the well was the central, common area of the village where people gathered to interact and socialize. Community happened at the well, and the first thing we notice about today's passage is that the woman is alone. She comes to the well only when everyone else has gone, and from this we may conclude that the woman is either estranged from or shunned by the community. We do not know the reason that she has been so ostracized, but we do learn three things from her conversation with Jesus: first, she has no husband; second, she has had five previous husbands; and third, the man she is now living with is not her husband. Given this curious history, we should not be surprised that the woman finds herself on the periphery of the town community.

Jesus and the woman engage in deep conversation . . . which puzzles both the woman and the disciples. At one point the woman asks, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" The woman's question reveals that she is aware of Jesus' violation of social taboos: Jews and Samaritans don't interact, and a person would not carry on a conversation with a member of the opposite sex unless that person were one's spouse. Both the Samaritan woman and the disciples are aware that Jesus is, once again, "crossing the line" and breaking boundaries.

For Jesus, it makes no difference that this woman is a Samaritan with a colorful past. In the course of their conversation, Jesus reveals to her that he is the Messiah, and the woman, ". . . left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Messiah?" (Jn 4:28-29)

Reading between the lines, it's quite apparent that "what the woman did" made absolutely no difference to this strange man from Galilee. Knowing everything about her, Jesus nevertheless accepted her, interacted with her, and did not judge her. When the woman realizes this, the encounter with Jesus becomes life-changing and transformative.

Continuing to read between the lines, we realize that Jesus' love for this woman is unconditional. He does not judge her, nor does he require her to repent or change. The woman – aware of her own estrangement, alienation, and sinfulness – is awed by Jesus' non-judgmental acceptance. Essentially, Jesus' unconditional love and acceptance of the woman (in spite of who she is and what she has done) allows her to accept herself and move towards healing and reconciliation, conversion and change.

One lesson from today's Gospel is this: if our attitude is that of Jesus, we can facilitate reconciliation and healing through our tolerance, unconditional love, and acceptance of others. When we display such an attitude, we empower others to change. On one level the story is about the woman's conversion. But on another level, the story is about our conversion. We are challenged to become like the Jesus in today's Gospel. When we accept and love others unconditionally, we empower them to change.

Michael Kwiecien, O. Carm

MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

4:15pm † Alfonso Talmadge & Betty Parker

8:30am The People of the Parish
10:00am Rose Marie Ostler(Spc. Int.)

8:30am Monday, March 9
George Salamy(Spc. Int.)

8:30am Tuesday, March 10
† Mary Katherine Law

8:30am Wednesday, March 11
† Walter Maxwell Miller

8:30am Thursday, March 12
† Mary A Burns

8:30am Friday, March 13
† Mary Ellen Healy

4:15pm † Betty Parker

8:30am Sunday, March 15
10:00am Kathy Ullhorn(Spc. Int.)
† Manuel Torres

This Week at Saint Teresa

Monday – 9th March

- 10:30am SVdP Team Meeting
- 6:30pm Choir Practice (church)

Tuesday – 11th March

- 7:00pm Pastoral Council (Avila Hall)

Wednesday – 11th March

- 6:00pm Soup Supper (Hall)
- 7:30pm General Bible Study

Thursday – 12th March

- 9:00am Tai Chi (patio)
- 12:00pm Sitting for Peace (City Hall)
- 7:30pm YAC Bible Study
- 6:00pm Annual Visit of the Carmelite Council

Friday – 13th March

- 8:50am Stations of the Cross

Saturday – 14th March

- 9:30am Yoga (Avila Hall)

Sock drive total to date, **2785 pairs of socks**

ST TERESA'S GREEN TEAM

greenteam@stteresasf.org

Buy Once, Use for Life: Start Spring with Staying Power

Spring is a natural reset moment. As we clean, reorganize, and refresh our spaces, it's also a chance to rethink what we bring in. The "buy once, use it for life" mindset encourages choosing durable, repairable items over disposable or trend-driven alternatives.

When starting fresh this season:

- Choose quality over quantity: Look for solid materials like stainless steel, glass, cast iron, or real wood.
- Check repairability: Can parts be replaced? Is there a warranty?
- Avoid single-use swaps: Instead of replacing disposables with more disposables, invest in long-term solutions.

Buying less—but better—reduces waste, saves money over time, and lightens your environmental footprint year after year.

Resource: <https://www.reddit.com/r/BuyItForLife/>

GUN SAFETY COMMITTEE KEY GUN RIGHTS LOBBYING ORGANIZATIONS

Gun-backed lobbying groups, led by the National Rifle Association (NRA), Gun Owners of America (GOA), and National Shooting Sports Foundation (NSSF), actively defend Second Amendment rights and oppose restrictions. These organizations invest millions in lobbying and political campaigns to influence legislation particularly favoring Republican candidates. National Rifle Association (NRA): The primary organization lobbying for gun rights and educating the public on firearm safety. Gun Owners of America (GOA): A staunch advocacy group focused on protecting the Second Amendment. National Shooting Sports Foundation (NSSF): The firearms industry trade association, heavily involved in lobbying efforts. National Association for Gun Rights (NAGR): Another prominent organization lobbying against gun control measures. Second Amendment Foundation (SAF): Focuses on legal action and educational programs regarding gun rights.