

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



venmo

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

GUN SAFETY COMMITTEE



Contact: Rose Marie Ostler
rsicolioist@hotmail.com
For More Information

SF-Marin Bridge Walk

- 10 AM – Meet at Vista Point (Marin Side)
- 11 AM Start Walking to SF
- A fun family outing for a great cause.

Bulletins by email or text:

text “B”
to 84576



stteresasf.flocknote.com/bulletins

Ascension of the Lord

Although we still call the feast "Ascension Thursday," here in ArchSF it has been moved to Sunday; namely, Sunday, May 17th.

SECOND COLLECTIONS

THIS WEEK's second collection will benefit the **Bishop's Committee for Catholic Communication Fund**. Donate [here](#).

NEXT WEEK there is no second collection.





St. Teresa of Avila Catholic Church

“God alone suffices ”
– St Terese of Avila

MAY 17, 2026
The Ascension of the Lord

Pope Leo's Prayer for Disarmament and Peace

Lord of Life, you shaped every human being in your image and likeness. We believe you created us for communion, not for war, for fraternity, not for destruction.

You who greeted your disciples saying, “Peace be with you,” grant us the gift of your peace and the strength to make it a reality in history. Today we lift up our prayer for peace in the world, asking that nations renounce weapons and choose the path of dialogue and diplomacy.

Disarm our hearts of hatred, resentment, and indifference, so we may become instruments of reconciliation. Help us understand that true security does not come from control fueled by fear, but from trust, justice, and solidarity among peoples.

Lord, enlighten the leaders of the nations, so they may have the courage to abandon projects of death, halt the arms race, and place the lives of the most vulnerable at the center. May the nuclear threat never again dictate the future of humanity.

Holy Spirit, make us faithful and creative builders of daily peace: in our **hearts**, our **families**, our **communities**, and our **cities**. May every kind word, every gesture of reconciliation, and every choice for dialogue be seeds of a new world.

Amen

The lay organization, Communion and Liberation, will lead a rosary along with this prayer at 7:00pm Sunday.

Sunday Rosary is Outside!

This Sunday join us for the rosary at 7:00 PM, this week we are holding it outside in the prayer garden. Come for good weather and community.

Our Fellow Traveler in Christ

You may have seen this young man at daily mass or working around the church during the day, **Hector Tavarez Mendoza** is a young Carmelite Seminarian come to spend a week learning from our elder Carmelite staff before the June Provincial Chapter. If you see Hector please introduce yourself and say hello.



Calling all Extraordinary Ministers

This Sunday, after the 10am Mass, all Communion Ministers are invited and encouraged to attend a Eucharistic Ministers Workshop - presented by Deacon Chuck and Father Gregory. [Part 1](#), during coffee-and-donuts, is for the entire parish. [Part 2](#), more of a 'how-to' refresher, will be inside the church.



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 Ascension: Didn't that used to be on a Thursday?

Not too long ago we used to celebrate the Ascension on a Thursday. It was a Holy Day of Obligation, forty days after Easter and ten days before Pentecost. Now “Ascension Thursday” is celebrated on a Sunday. Why the change? How did this come about?

As a starting point, we note that the Ascension of Jesus is found in only two of the four canonical gospels. The first instance is found in the addenda to the Gospel of Mark:

“... the Lord Jesus, after he spoke to them, was taken up to heaven and took his seat at the right hand of God” (Mk 16:19).

In Luke’s Gospel, the account of the Ascension is limited to one sentence:

“As he blessed them he parted from them and was taken up to heaven” (Lk 24:51).

Later, in the Acts of the Apostles, Luke offers a more detailed account of the event:

“When he had said this, as they were looking on, he was lifted up, and a cloud took him from their sight. While they were looking intently at the sky as he was going, suddenly two men dressed in white garments stood beside them. They said, ‘Men of Galilee, why are you standing there looking at the sky? This Jesus who has been taken up from you into heaven will return in the same way as you have seen him going into heaven’” (Acts 1:9-11).

What is interesting about the gospel accounts is that they do not mention the “forty days.” “Forty days” is found only in the Acts of the Apostles. Acts 1:3 states that Jesus

“... presented himself alive to them by many proofs after he had suffered, appearing to them during forty days and speaking about the kingdom of God.”

Based upon this reference, “Ascension Thursday” was celebrated forty days after Easter, with Pentecost following ten days later. This explanation is quite clear and straightforward . . . if only it were so simple!

The problem centers around the number “40.” In the biblical sense, “40” does not necessarily mean “40.” Some examples: it rained for 40 days and 40 nights; the Israelites wandered in the desert for 40 years; Jesus spent 40 days in the desert before beginning his public ministry; Lent lasts for 40 days; and there are 40 days between the Resurrection and Ascension. In other words, the number “40” is used to designate a *significant* period of time without necessarily being a *specific* period of time.

Additionally, the Early Church patterned its feasts after Judaism. Hence, Easter is the Christian parallel to Passover, and Pentecost corresponds to the “Feast of Weeks,” a prominent feast in the Israelite calendar that celebrates the giving of the Law on Sinai. When one considers the parallels between Jewish and Christian feasts, the likelihood that the Ascension was precisely forty days after Easter is seriously called into question.

Because of this, local bishops’ conferences are permitted to celebrate the Ascension on the Seventh Sunday of Easter, which is the practice in most of the English-speaking countries. That is why we celebrate the Ascension, not on a Thursday, but on this Sunday.

Michael Kwiecien, O. Carm

MASS INTENTIONS

As we celebrate Mass together we include in our prayers:

- 4:15pm **Saturday, May 16**
Roy Kent(Spc Int)
- 8:30am **Sunday, May 17**
† June Ottoboni
- 10:00am † Al Ottoboni
- 8:30am **Monday, May 18**
† Dory Yochum
- 8:30am **Tuesday, May 19**
† Fr. Peter Sammon
- 8:30am **Wednesday, May 20**
† Ralph Cavillo
- 8:30am **Thursday, May 21**
† Fr. Peter Sammon
- 8:30am **Friday, May 22**
† Aurthur Soucci
- 4:15pm **Saturday, May 23**
Roy Kent(Spc Int)
- 8:30am **Sunday, May 24**
† June Ottoboni
- 10:00am Audrey Rose Family(Spc. Int.)

This Week at Saint Teresa

- Sunday – 17th May**
- 7:00pm Rosary
- Monday –18th May**
- 6:30pm Choir Practice (church)
- Wednesday – 20th May**
- 10:30am Gun Safety Team Meeting
- 7:30pm Online Scripture Study (Google Meet)
- Thursday – 21st May**
- 9:00am Tai Chi on the Patio
- 12:00pm SVDP Food distribution (Lower Hall)
- 12:00pm Sitting for Peace (City Hall)
- 7:30pm YAC Bible Study
- Saturday – 23rd May**
- 9:30am Yoga (Avila Hall)
- Sunday – 24th May**
- 7:00pm Rosary

HALF-YEAR FINANCIAL FOLLOW UP

On Sunday, May 31st, Father Gregory will give a half-year update about the parish finances during coffee-and-donuts after the 10 o'clock Mass. Among the 'hot topics' are
- 1) the rental of the school, and
- 2) ArchSF bankruptcy.

Election Day, Tuesday June 2nd

The Hall will be used as a polling place all day, Tuesday, June 2nd. Access to the Hall on that day should be limited to poll workers and to voters only.



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>

SAVE THE DATE

Saturday, MAY 30, 2026
Join the St. Teresa’s contingent in the Annual Golden Gate Bridge Walk for Wear Orange in support of Gun Safety.
It is a fun, family outing for a great cause.

ST TERESA'S GREEN TEAM greenteam@stteresasf.org

Bike Month in Motion: Keep the Momentum Rolling

Thursday marked Bay Area Bike to Wherever Day, one of the region’s biggest celebrations of active transportation. If you joined thousands of Bay Area residents riding to work, school, errands, or just for fun — thank you for helping make our streets a little cleaner, healthier, and more connected. And if you missed it this year, consider this your reminder for next May: every bike trip counts. National Bike Month is about more than recreation. Choosing to bike, even occasionally, helps reduce greenhouse gas emissions, eases traffic congestion, improves local air quality, and supports personal health through everyday movement. In dense cities like San Francisco, biking can also be one of the fastest and most enjoyable ways to get around. The good news: you don't need to become a daily cyclist to make a difference. Start small:
• Try replacing one short car trip each week with a bike ride
• Explore neighborhood slow streets or protected bike lanes
• Use a bike for errands, commuting to transit, or weekend outings
Resource: <https://sfbike.org/events/>