

A WORD FROM OUR PASTOR

Happy Father's Day! We honor all the dads, grandfathers, Godfathers, stepfathers and all who have shown us a father's love. May the honor bring prayers and love to each and every kind of dad!



I have said in the past that it is anything but ordinary because God continues to speak to us, but I searched for what it is and came up with many answers. Here are a few for our continued spiritual growth from what I found. If you want more, just search for: What is Ordinary time in the liturgical calendar?

"Ordinary Time is the season of the Church year when Catholics are encouraged to grow and mature in daily expression of their faith outside the great seasons of celebration of Christmas and Easter and the great periods of penance of Advent and Lent. Ordinary Time is a time to deepen one's prayer life, read the Scriptures, unite more deeply with the Lord in the Eucharist, and become a more holy and whole person. Ordinary Time is a period when average people like you and me strive to become the extraordinary messengers of the Gospel that we have been commissioned to be through our baptism.

Here are a couple of resources that will help all aspects of your Ordinary Time spiritual life, from daily meditations to prayers, and much more.

6 IDEAS FOR ORDINARY TIME

Advent has its wreath, its candles, its hymns — all of which culminate in Christmas. Lent has ashes, fasting, Stations of the Cross — followed by the Resurrection. It's easy to be energized and excited about the Faith during the high holy days. But Ordinary Time? It's just so, well, ordinary. How do you stay involved and engaged when Sundays seem to run together and the next liturgical high point is weeks or months away? Attending daily Mass, saying the Rosary, and going to confession more frequently are all very good practices to incorporate during Ordinary Time. But for something a little different, try one or more of these six ideas, which are both a little different and deeply rooted in our traditions.

1. Create your own novena

A novena, nine days of private or public prayer intended to obtain a special grace, favor, or blessing has long been a part of the Church's devotions. You can find novenas for everything from world peace to healing, most of which are directed to end on a particular feast day of Mary, Jesus, or a prominent saint. But you can create your own novena, choosing your own ending day and devotional activity. For instance, create a birthday novena. Do something special for the nine days before your birthday or the birthday of someone you love; you can certainly say a prayer like the Hail Mary or Our Father, but you might also light a candle, read a poem, work on a piece of art, or plant a flower. Whatever you do, place yourself in the presence of God and offer your activity with your whole heart, mind, and soul.

2. Keep a gratitude journal

Some scientific studies have shown that people who regularly "count their blessings" are happier than those who don't. Often, we are so focused on the negatives in our lives we overlook the positives. So, during Ordinary Time, take a small notebook and, once a day, write at least five things you are thankful for. They don't have to be earth-shattering — a cup of coffee will suffice. Then, on Sunday, read aloud your list, saying before each item: "God, I thank you for ..." It seems like a simple activity, but it can literally be life changing as a concrete, permanent record of the

blessings of your life that is hard to overlook even when you are feeling down.

3. Focus on God's abundance

One year a woman decided that since so many things seemed to be going wrong in her life, she would concentrate on the ways God showed his providence in a tangible, practical manner. Every day she e-mailed a friend to relate what "abundance" God had provided. Sometimes it was a small thing — finding a quarter on the sidewalk. Other times it was larger — being given a washing machine when hers broke, for example. And sometimes it was nonmaterial, such as having a neighbor offering cleanup by blowing the leaves from her yard. But as the days went by, it became obvious that God was continually showering abundance on her. It became a daily joy to see what new gift God had for her that day.

4. Act out your faith

One of the reasons our faith can become stale is because it can become too cerebral. Instead of "doing," we spend most of our time "thinking." So put your faith into action. No, that doesn't mean you have to start vigils at abortion centers or volunteer at soup kitchens — although those things are good and may be just what some people need. You can act out your faith in smaller, more homey ways as well. For instance, Jesus told us that if we have two coats, we should share with those who have none. Most of us probably have at least two coats in our closets, so paring down our clothes could be a great place to begin. During Ordinary Time, simplifying, eliminating, and giving away those things that we no longer use can become a great act of faith ... and a great faith-builder.

5. Read something with moral value

Have you ever read "Confessions" by St. Augustine, "Introduction to the Devout Life" by St. Francis de Sales, or "The Brothers Karamazov" by Fyodor Dostoevsky? Or, for more modern tastes, "Mr. Blue" by Myles Connolly, "In This House of Brede" by Rumer Godden, or "The Shack" by William P. Young? In the weeks when the Church is not preparing for something special, we have the time to read what others have written about God, faith, and the meaning of life. We don't have to agree with everything we read, but reading morally engaging literature is one of the best ways to keep our faith vital and vibrant.

6. Keep the Sabbath

The weeks of Ordinary Time are ideally suited to creating family rituals that keep the Sabbath as a special day. Without the pressure of holidays and holy days, we can design our own personal practices that make Sunday a day to anticipate. As with most things, these don't have to be elaborate. Perhaps stopping at the doughnut shop on the way home from Mass and letting everyone pick their favorite could become a "tradition." Reestablish a sit-down family dinner on Sunday evenings, even if you are sitting down to eat takeout. Read aloud or listen to a book on tape. Just find something you and your family can enjoy and save that activity for the Sabbath. Ordinary Time is only ordinary if we think of it that way. If we consider these weeks not as long boring stretches between the good stuff, but as a time to try new things and refocus our energies on our spiritual growth, Ordinary Time can become one of our favorites — and most rewarding — times of year."

As the school year comes to an end and many fly or drive away to wonderful spots for vacations, explorations, and relaxations, I ask that even as things get ordinary that you continue to support your parish with your time, treasure and support and donate to the Bishop's Appeal so we can achieve our parish goal. God blesses us in all times with an abundance of gifts and favors. I encourage all to demonstrate gratitude for that abundance, by sharing some of the good things you have so we can all grow in love as God's beloved people.

ST. THERESA PARISH COMMUNITY

JUNE 18 2023

ELEVENTH SUNDAY
IN ORDINARY TIME

MASS SCHEDULE:

Weekday: 8:30 am (Mon.-Fri.)

Saturday Vigil: 5:00 pm

Sunday: 9:00 am

(live-streamed on our YouTube channel for the sick and homebound)

RECONCILIATION:

Saturday: 4:00 pm - 4:30 pm

PARISH CENTER OFFICE HOURS:

Monday: 12:00 pm - 2:30 pm

Tuesday - Thursday: 10:00 am - 2:30 pm

Phone: 510.547.2777

After Hours Medical Emergency Line: 510.610.7715

Parish Website: www.sttheresaokland.org



Facebook: StTheresaChurch/Oakland



https://www.youtube.com/channel/UCn5JX1e3QrqXTsa_7qmNCIw

PARISH STAFF: 510.547.2777

Rev. Robert J. McCann, ext. 121 rjmccann@sttheresaokland.org
Pastor

Rev. Abraham Addam, ext. 122
In Residence

Rev. Ngema W. Enow, ext. 128 ngemawil.enow@gmail.com
In Residence

Cathy Brady, ext. 126 cathy_b@sttheresaokland.org
Liturgy Director

Jenny Bruni, ext. 123 jenny@sttheresaokland.org
High School Youth Ministry Coordinator

Rob Cakebread, ext. 127 rob@sttheresaokland.org
Music Ministry Director

Melody Marr, ext. 120 melody@sttheresaokland.org
Parish Administrator

Keri Nims, ext. 124 keri@sttheresaokland.org
Coordinator for Early Childhood Catechesis & RCIC

ST. THERESA SCHOOL
Alicia Ortegon, 510.547.3146 a_ortegon@sttheresaschool.org
St. Theresa School Principal
website: www.sttheresaschool.org

Baptisms and Marriages

by appointment (call parish office 510.547.2777)

To arrange a Funeral

call parish office 510.547.2777, ext. 120

Family Faith Formation (Grades TK-5) & R.C.I.C.

Keri Nims ~ keri@sttheresaokland.org

Middle School Youth Ministry (Grades 6-8)

Jenny Bruni and Keri Nims: Co-Coordinators

High School Youth Ministry/Confirmation

Jenny Bruni ~ jenny@sttheresaokland.org

R.C.I.A. Rite of Christian Initiation of Adults

Cathy Brady ~ cathy_b@sttheresaokland.org

Parish Calendar: <https://sttheresaokland.org/calendar>

Parish Organization Contacts

Pastoral Council:

Paulette Tuckner pmtuckner@comcast.net

Finance Council:

Carolyn Mahoney carolyn.mahoney675@gmail.com

St. Vincent de Paul Society

Greg Govan glgovan@comcast.net

CYO (Catholic Youth Organization):

Clarence Robinson sttheresaathletics@gmail.com

St. Theresa Men's Club

Chris Bruni mensclubsttheresa@gmail.com

Legion of Mary

Tom Wallace tomw1313@sbcglobal.net

WINGS

Geri Tong geritong1944@gmail.com

Social Justice Committee (SJC)

Lydia Deck ltdeck@me.com

Consolation Ministry

Cecile Cuttitta cecile.cuttitta@att.net

Men's Faith Sharing

Jim Frei jim@ottofrei.com

Cursillo

Geri Tong gt4palancaokland@gmail.com

Kinderchurch

Shanon Ciston s.ciston@gmail.com



The Men's club is checking to see if there's any interest in having a Summer Musical outing at Woodminster this July. The play being considered is *Beautiful*, based on Carole King. OK, how many of you knew someone back then with a *Tapestry* album?

We're looking at **Sunday July 16**. Play is at 8:00 preceded by our regular pot-luck picnic beforehand inside the theater, above the stage. Doors open at 5:30. Parking is available in the lots immediately next to the theater.

The adult half-priced tickets will be \$28/each. We will need a minimum of 25 adults for the 50% group discount, which normally is never a problem. **IMPORTANT:** New this year are 75% discount tickets for kids 16 and under, which makes it only \$8 each. That's a pretty good deal, folks!

We don't need a firm commitment at this time (or the money), just trying to see if we should proceed with the planning. if you could give us an approximate number of tickets that you will request, I'd appreciate a response by June 5.

Contact Luigi Bonacini with your response: labona@sbcglobal.net



ST. VINCENT DE PAUL

CURRENT NEEDS

Volunteers Needed for the Dining Room at the Direct Services Campus in West Oakland: 8:30am to 1pm Tuesday through Saturday. Volunteers help prepare, and bag warm meals for our guests and serve the meals.

Men's Clothing (casual, work, denim, and work pants, and shoes in good condition) and women's hygiene articles can be dropped off in the Church vestibule. These donations are distributed through SVDP Clothes Closet in our Downtown Community Center. They are experiencing a large surplus of women's clothes at this time. As a result, please only donate men's clothes.

Nonperishable, non-expired food donations: there is a monthly Food Drive to feed the hungry in the Sacred Heart Parish area. Cans of all sorts of food, bags of rice and beans, pasta and other non-perishables are needed. The donations should be dropped off in the vestibule. The needy people have expressed their appreciation and thanks for the gifts that help them keep food on their tables as their government aid runs out at the end of each month.

Our Parish SVdP Conference meets bimonthly, every third Saturday at 9:30am. If interested in learning more about our Conference's work, contact Judy Bojorquez at jtsbojorquez@yahoo.com with any general questions. Call 510-547-091 if you have a specific question. You may use online giving to make a donation to the St. Theresa St. Vincent de Paul conference. <https://sttheresaokland.org/donate>.

MISSION ALIGNMENT PROCESS: PHASE ONE



The Mission Alignment Process Implementation Report for Phase One has been released and is available to read online:

<https://www.oakdiocese.org/mission-alignment-process>

There are no changes for St. Theresa parish with phase one.



Have You Heard?

WE ARE IN THE MIDST OF A NATIONAL EUCHARISTIC REVIVAL!

The Church needs healing, and the world needs Jesus. The Holy Spirit is inviting us to return to the source and summit of our faith—the Eucharist.



eucharisticrevival.org



RCIA ~ Rite of Christian Initiation of Adults

Are you or someone you know interested in joining the Catholic Church?

ARE YOU UNBAPTIZED, SEEKING A FAITH COMMUNITY?

OR

ARE YOU BAPTIZED IN ANOTHER FAITH?

OR

ARE YOU A BAPTIZED CATHOLIC SEEKING TO COMPLETE THE SACRAMENTS OF FIRST EUCHARIST AND/OR CONFIRMATION?

~~~~~

RCIA might be just what you are looking for. A new inquiry session will begin in September.

Contact Cathy Brady at [cathy\\_b@sttheresaokland.org](mailto:cathy_b@sttheresaokland.org) for more information, or to register for our sessions beginning in September.

### WEEKLY READINGS: JUNE 19 - 25


| Monday:      | Tuesday:    | Wednesday:      | Thursday:     | Friday:            | Saturday:      | Sunday:      |
|--------------|-------------|-----------------|---------------|--------------------|----------------|--------------|
| 2 Cor 6:1-10 | 2 Cor 8:1-9 | 2 Cor 9:6-11    | 2 Cor 11:1-11 | 2 Cor 11:18, 21-30 | Is 49:1-6      | Jer 20:10-13 |
| Ps 98        | Ps 146      | Ps 112          | Ps 111        | Ps 34              | Ps 139         | Ps 69        |
| Mt 5:38-42   | Mt 5:43-48  | Mt 6:1-6, 16-18 | Mt 6:7-15     | Mt 6:19-23         | Acts 13:22-26  | Rom 5:12-15  |
|              |             |                 |               |                    | Lk 1:57-66, 80 | Mt 10:26-33  |



**MASS INTENTIONS - JUNE 17-25**

|        |         |                                                  |
|--------|---------|--------------------------------------------------|
| Sat.   | 5:00 pm | ✠ Silvano Giuntoli                               |
| Sun.   | 9:00 am | All Fathers                                      |
| Mon.   | 8:30 am | For the poor and those in need                   |
| Tues.  | 8:30 am | For peace in all the troubled areas of the world |
| Wed.   | 8:30 am | The Parish Community of St. Theresa              |
| Thurs. | 8:30 am | For the pope, and all Church leaders             |
| Fri.   | 8:30 am | For our parish benefactors                       |
| Sat.   | 5:00 pm | The Parish Community of St. Theresa              |

**KEEP IN TOUCH WITH US**

- ◆ Receive the weekly Friday Flocknote  You will receive everything contained in the bulletin plus additional information.
- ◆ Unsubscribe anytime

Sign-up at: [flocknote.com/StTheresa30](https://flocknote.com/StTheresa30)

OR

Text: STT To: 84579

OR send an email to [cathy\\_b@sttheresaokland.org](mailto:cathy_b@sttheresaokland.org) with a request to be added to the Friday Flocknote Group with you full name and email address.

**SUNDAY OFFERING**

The Sunday offering information for  
June 10 & 11  
will be in the June 25<sup>th</sup> bulletin.



Find Simplicity  
with eGiving

You can use our online giving platform to deepen your commitment to the church and the ministries you care about most. Your recurring gifts will sustain our mission month after month. You will also help our parish by cutting costs for envelopes and paper, and allowing our staff to spend less time processing cash and checks and more time on ministries.

It's easy to get started. Here are the ways to sign up:



Text  
510-876-9679  
Text "GIVE" to this  
number to receive a link  
to our online giving page.

Visit us at  
<https://sttheresaokland.org/donate>

Thank you for giving generously to St. Theresa Parish

**SCAM ALERT**

A number of people have received phony emails from Fr. Bob and/or our principal Alicia Ortegon asking for gifts cards. If you receive an email from either of them requesting help with gifts, gift cards, money ..... PLEASE IGNORE and DELETE. It's a scam! They will never request help from you in this manner.

**FATHER'S DAY, JUNE 17 & 18**

On Father's Day weekend, please join us in offering a spiritual bouquet to St. Joseph. Following each Mass, parishioners will be invited to write down their prayer intentions and offer them to St. Joseph along with flowers of thanksgiving for his fatherly care and intercession. If you would like to participate, please bring a flower with you to Mass that weekend.



As we celebrate the gift of fathers and honor St. Joseph, we also recognize that Father's Day can be a difficult holiday for many. We hope this spiritual bouquet provides an opportunity to pray for the intentions brought to you heart by the occasion.

**MASS INTENTIONS**

To request a Mass Intention contact  
Melody Marr at  
[melody@sttheresaokland.org](mailto:melody@sttheresaokland.org)  
or  
510.547.2777, ext. 120

**SOCIAL JUSTICE COMMITTEE (SJC) CORNER**

"Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world." St Teresa of Avila

**RESPONSE TO HARM CAUSED BY CLERGY SEXUAL ABUSE**

Learn about the Diocese's efforts, including filing for Chapter 11 bankruptcy:  
[oakdiocese.org/chapter-11](https://oakdiocese.org/chapter-11).



**Bishop's Ministries Appeal 2023**

**St. Theresa Parish Goal \$35,800**

Percentage Achieved **26.96%**  
**\$9,650** as of May 31, 2023

<https://www.oakdiocese.org/bishops-appeal-donation-page>

**LOW GLUTEN HOSTS**

Low Gluten hosts are available at all weekend Masses. They are less than 20 parts per million gluten, under .002%.

Please use the presider's communion station to receive a low gluten host.

**UPDATE YOUR INFORMATION**

Do you need to register, have you changed your email address, have a new telephone number, do you receive our Friday Flocknote Newsletter?

Let us know so we can update our parish database and keep you current with all upcoming events, news and year-end reports or send you a registration form.

Melody Marr, 510.547.2777, ext. 120  
[melody@sttheresaokland.org](mailto:melody@sttheresaokland.org)

**PLEASE REMEMBER IN YOUR PRAYERS ALL THOSE WHO ARE ILL**

Matt Mercier, Heidi Parmelee, Dolores Gomez, Alegria Hipolito, Betty Wharton, Juanita Estrella, Olga Lamberti, Wendy Parmelee, Roger Baylocq, Alicia Gonzalez, Susan Springer, Badri Nakhjavani, Wendy Jones, Orlanda Gonzalez, Kevin Chapman, Diane Cerille, Ruth McCabe, Tom Wilberding, Shirley Roberts, Danny Ramos, Mark Leonard, Christopher Rodriguez, Maryanne Walsh, Rhonda Santeen, John Whatley, Bishop John Cummins, Nancy Coyne, Kevin Stallone, Della Spinelli, Jeanne Cuttitta, Susan Buller, Amy Kantowitz, Ann Springer, Guy Wallace, Ray Bertolotti, William McCarthy, Cindy Crimmins, Fred & Lidia Loupy, Rebecca Rogers, Kathleen Guevara, Clarence Robinson, Armando Diaz de Leon, Fr. Ron Schmidt, Patty Estopinal, Laura Jones, Jeff Mills, Mary Pat Power, Bonnie & John Bouey, Susan Rubio, Martin Tierney, Fr. Paul Schmidt, Marley Malone, Isabella Guillot Williams, Violet Chancey, Ann Kirkman, Ann & Hal Lauth, Serra Bonanno and her son George, Phil Stover, Charles Ostrofe, Laura Tom, Joey Smith, Raymond Buckley, Jr.