

ST. THERESA PARISH COMMUNITY

FEBRUARY 4, 2024

FIFTH 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:

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

The office is closed on Monday and Friday

Phone: 510.547.2777

After Hours Medical Emergency Line: 510.610.7715

 Parish Website: www.sttheresaoakland.org

 Facebook: [StTheresaChurch/Oakland](https://www.facebook.com/StTheresaChurch/Oakland)

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

PARISH STAFF: 510.547.2777

Rev. Robert J. McCann, ext. 121 rjmccann@sttheresaoakland.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@sttheresaoakland.org
Liturgy Director

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

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

Keri Nims, ext. 124 keri@sttheresaoakland.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@sttheresaoakland.org

Middle School Youth Ministry (Grades 6-8)

Keri Nims ~ keri@sttheresaoakland.org

High School Youth Ministry/Confirmation

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

Cathy Brady ~ cathy_b@sttheresaoakland.org

Parish Calendar: <https://sttheresaoakland.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 gt4palancaoakland@gmail.com

Kinderchurch

Shanon Ciston s.ciston@gmail.com

Additional information and events can be found in the Friday Flocknote available on our website: <https://sttheresaoakland.org/Bulletin/Flocknote>

30 MANDALAY ROAD -- OAKLAND, CA 94618 -- 510.547.2777

GOING TO THE HEART

A Lenten Sunday retreat series meeting at St. Theresa Catholic Church in Oakland. Presentation, prayer, and conversation led by Deacon Mike Tedone, SJ.

**SUNDAYS
10:15-11:15 AM**

- FEB 18** Do I have room in my heart?
FEB 25 How can I make my heart and home a little Nazareth?
MAR 3 How does Jesus shape hearts?
MAR 10 How do I let Jesus heal in and through me?
MAR 17 What kind of Messiah am I looking for?
MAR 24 What does Jesus' crucifixion mean in my life?
APR 7 How does the Resurrection shape my heart?

Join for one, a few, or all sessions
Spiritual direction opportunities available



Scan QR Code for information and materials regarding the retreat

COME AND HELP DECORATE THE CHURCH FOR LENT



We will be decorating for Lent following the Sunday 9:00 am Mass on February 11th.

Come and spend an hour helping to decorate.

We promise to get you home in time for your Super Bowl Parties.

WINGS



Theme for 2023/2024:

"Walking the Journey of Faith"

From 9:15-11:15am, on Wednesday's in the Meeting Rooms. If you have any questions, contact Denise at mollend@aol.com.

FEBRUARY 7TH

JEAN MOLESKY POZ

PROFESSOR EMERITA SANTA CLARA UNIVERSITY
We Took a Chance: Our Blind Date with Wisdom

IRENE CROSETTI RAVIOLI DINNER

Saturday, Feb. 24th

Doors open at 6pm

Antipasti, Salad, Ravioli & Italian Cookies
Cash Bar

\$20 for adults
\$10 8th grade & younger



St. Theresa Event Center

Order Tickets on parish website by

Sunday, Feb. 18

sttheresaokland.org



Hope for the Future Sharing the experience of the Synod on Synodality



Join us for an afternoon of HOPE with Cardinal Robert McElroy of San Diego, who comes to share the magnificent pastoral experience of the SYNOD ON SYNODALITY in the Vatican, October 2023. A worldwide consultation preceded this event, surfacing the joys, sorrows and hopes of millions of Catholics. Synodality is grounded in conversion within the entire Church, leading us to embrace all God's people. Cardinal McElroy will lead us in understanding and transformation as each of us endeavors to best listen and respond to this call of the HOLY SPIRIT!

Date: February 4, 2024
Time: 1 - 3 p.m.
Where: Dominican Center
Cost: Donations gratefully accepted

Register: [HERE](#)



Dominican Sisters
OF MISSION SAN JOSE

43326 Mission Circle, (Entrance Off Mission Tierra), Fremont, CA 94539

www.msjdominicans.org

For more information, contact (510) 933-3546

WEEKLY READINGS: FEBRUARY 5 - 11

Monday:	Tuesday:	Wednesday:	Thursday:	Friday	Saturday:	Sunday:
1 Kgs 8:1-7, 9-13 Ps 132 Mk 6:53-56	1 Kgs 8:22-23, 27-30 Ps 84 Mk 7:1-13	1 Kgs 10:1-10 Ps 37 Mk 7:14-23	1 Kgs 11:4-13 Ps 106 Mk 7:24-30	1 Kgs 11:29-32; 12:19 Ps 81 Mk 7:31-37	1 Kgs 12:26-32; 13:33-34 Ps 106 Mk 8:1-10	Lv 13:1-2, 44-46 Ps 32 1 Cor 10:31-11:1 Mk 1:40-45

MASS INTENTIONS - FEBRUARY 3 - 11

Sat.	5:00 pm	Parish Community of St. Theresa
Sun.	9:00 am	✚ The Donnelly Family & Friends
Mon.	8:30 am	For those who serve our parish
Tues.	8:30 am	✚ Tony Lamberti
Wed.	8:30 am	For victims of violence, terrorism, and war
Thurs.	8:30 am	For all who are homeless
Fri.	8:30 am	✚ Ida & Nick Monti
Sat.	5:00 pm	✚ Aldo Perrucci
Sun.	9:00 am	Parish Community of St. Theresa

MASS INTENTIONS

To request a Mass Intention contact

Melody Marr at melody@sttheresaokland.org
or 510.547.2777, ext. 120

PARISH CALENDAR

Find out what is happening at the parish.

<https://sttheresaokland.org/calendar>

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

OR

Text: STT To: 84579

OR send an email to

cathy_b@sttheresaokland.org with a request to be added to the Friday Flocknote Group with your full name and email address.

SUNDAY OFFERING**ONLINE GIVING:**

(January 22 - 28) 54 DONORS **\$ 2,234.50**

MASS/DROP-OFF/MAILED DONATIONS:

(January 22 - 28) 50 DONORS **\$ 3,435.00**



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:

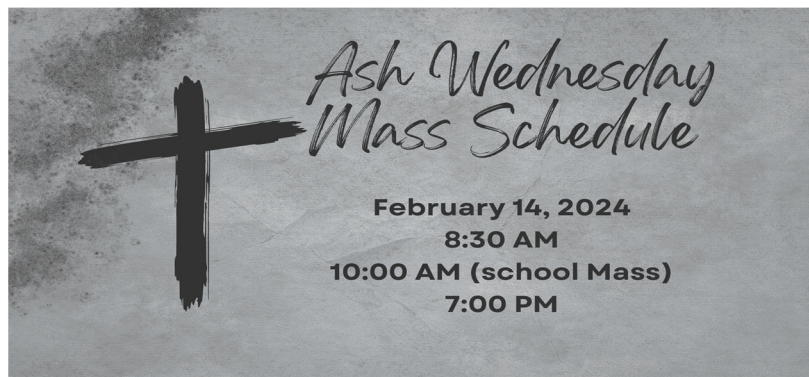


Text
510-876-9679
Text "GIVE" to this number to receive a link to our online giving page.

Visit us at

<https://sttheresaokland.org/donate>

Thank you for giving generously to St. Theresa Parish

**DECEASED**

Please remember in your prayers, those who have died especially Eduardo Suarez and Greg Wong.

SOCIAL JUSTICE & ST. VINCENT DE PAUL

Information and activities for the Social Justice committee and St. Vincent de Paul can be found in the Friday Flocknote.

If you do not receive the Friday Flocknote it is available on the parish website <https://sttheresaokland.org/>, click on the Bulletin/Flocknote link at the top of the page.

LOW GLUTEN HOSTS

Low Gluten hosts are available at all weekend Masses. They are less than 20 parts per million gluten, under .002%. For additional information go to <https://www.parishcrossroads.com/low-gluten.htm>.

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

**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, Wendy Jones, Orlanda Gonzalez, Kevin Chapman, Diane Cerille, 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, 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, Laura Jones, Jeff Mills, Bonnie & John Bouey, Susan Rubio, Fr. Paul Schmidt, Isabella Guillot Williams, Violet Chancey, Ann Kirkman, Hal Lauth, Phil Stover, Joey Smith, Raymond Buckley, Jr., Norma Ninalga, Betty Jo Olson, Jennifer Walwark, Greg Govan, Anita Lim, Marilyn McCabe, Helen Lightner-Smith, Steve Lauth, Mary Malloy, Peter Cuttitta.

**Bishop's Ministries Appeal 2023**

St. Theresa Parish Goal \$35,800

Percentage Achieved **91.54%**

\$32,770 as of December 31, 2023

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

A WORD FROM OUR PASTOR

Congratulations on a great 'Catholic Schools Week' opening Mass and open house at the school last Sunday! The student lectors had good, strong voices for reading, the musicians brought bells, violin and beautiful voices to our celebration, the young ushers collected like they have been doing it every week and overall, the energy led by the student leadership team was appreciated by all.



I am so happy that so many went over to tour the school and were dazzled by the science projects. Students led personal tours of the school to visitors and many students gained extra credit when they stood by their science project and answered questions. Dioramas in the school hallway, great displays on bulletin boards in the hallway and in the classrooms, all led this to be a wonderful open house. We are proud of our students, teaching staff and administration for a great event. We pray as the next generation applies for enrollment that the good things we celebrate will continue and remain a strong part of the parish mission.

Every parishioner who supports the school by speaking positively about it when out and about, when posting something on social media that praises it, when making a donation to assist with tuition scholarships and when affirming its important place in the life of the parish is part of this mission. Congratulations to all who continue to help educate our young ones in body, mind, and spirit.

Continuing to present our bishop's decision and direction to change some liturgical practices I offer with some personal commentary (in parenthesis) an explanation offered by the Bishop of Gary, Indiana since we did not receive some explanation from our own bishop.:

For two decades our diocese has adopted the permissible posture of standing after the Agnus Dei and throughout Communion. (In Oakland it has been longer.) The General Instruction of the Roman Missal (GIRM) specifically allows for this: "In the Dioceses of the United States of America (the universal instruction in the rest of the world does give this direction and the faithful remain standing) ...The faithful kneel after the Agnus Dei (Lamb of God) unless the Diocesan Bishop determines otherwise." (cf. GIRM, 43).

Since all the other dioceses around us (and almost all in the United States) follow the US norm of kneeling after the Lamb of God, there are moments of disunity as people from other dioceses come to Mass in our churches and they are confused why everyone else doesn't kneel. The same confusion happens when our faithful go to Mass in other dioceses.

In light of the Eucharistic Revival, this is a fitting time for us to rediscover how our bodily posture is symbolic of our interior disposition. Standing is an ancient posture of respect, attention, and readiness. One stands at attention when the judge enters the court. In Exodus, the Israelites are instructed to eat the Passover standing, like people ready to move. We always stand for the Gospel as a sign of reverence for the words of the Lord. Standing is also a posture that has a symbolic connection to the resurrection. For this reason, when praying to the Litany of Saints during the Easter Season we stand, while during the rest of the year we kneel.

Depending on the context, kneeling can be considered a penitential sign, but kneeling is also a reverential act toward our Lord: "at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth" (Philippians 2:10).

We believe the liturgy we celebrate here on earth is a participation in the heavenly liturgy. The Book of Revelation describes worship in heaven. While standing is certainly recognized as a posture during worship (Rev. 7:15), when the Lamb of God is presented initially before the throne of heaven, everyone falls down in worship before Him (cf. Rev. 5:1-14).

As we kneel, we acknowledge that Jesus is truly present in the Holy Eucharist, and we kneel down in worship before Him because Jesus is the King of kings and the Lord of lords.

Finally, a word about silence in the liturgy: Silence is a most difficult activity for us today. Our daily life is full of sound, some good, but most just noise of one sort or another. Silence is golden because it allows us to be recollected, to wonder about God's loving presence in our lives. At Mass we also need time to reflect in silence about the Word proclaimed and the Sacrament received. Some silence after each scripture reading and after the homily and after all have received communion allows each person and the community to collectively reflect on the ever-abiding presence of God in our midst.

Here are some of the practical implications:

After the Agnus Dei (Lamb of God) is sung/spoken, the faithful will kneel, **as they are able** (since my cancer surgery kneeling and genuflecting has been a problem for me. I was not supposed to do it for a year so my large incision could fully heal. I was determined this year to start again, but pain ensues when I knelt for even a short time. Anyone who has bad knees or hips or knee replacement or many other reasons should know they are always exempt from this rule!), until it is time to rise and join in the Communion Procession.

Upon returning to their place after receiving Holy Communion, the faithful are free to kneel, sit, or stand. (I am sad that our and other bishops have not just made this the rule when they do for during and after Communion.)

When all have received Communion, the faithful are encouraged to kneel or sit for a period of sacred silence and prayer.

The liturgy is a great gift in which we are guaranteed an encounter with Christ. Pope Francis reminds us of the richness of our encounter with the Lord in the Eucharist and all the sacraments:

For us, a vague memory of the Last Supper would do no good. We need to be present at that Supper, to be able to hear his voice, to eat his Body and to drink his Blood. We need Him. In the Eucharist and in all the sacraments we are guaranteed the possibility of encountering the Lord Jesus and of having the power of his Paschal Mystery reach us. The salvific power of the sacrifice of Jesus, his every word, his every gesture, glance, and feeling reaches us through the celebration of the sacraments. (Pope Francis, *Desiderio Desideravi*, 10-13).

My prayer is that this change in posture will enhance our unity and give us a deeper appreciation for the gift of our Lord in the Holy Eucharist.