

# St. Theresa

## Parish Community

*We are a welcoming, active Catholic community united by our faith, open to transformation, growing spiritually and reaching out to love and to serve others as Jesus taught us.*

**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 home-bound)

**Reconciliation:**

Saturday: 4:00 pm - 4:30 pm

**Parish Office Hours:**

Tuesday, Wednesday, Thursday: 10:00 am - 2:00 pm  
 The office is closed on Monday and Friday  
 Phone: 510.547.2777, ext. 120 or (direct line) 341.220.0077  
 After Hours Medical Emergency:  
 510.547.2777, Option #4

**Parish Website:** [www.sttheresaokland.org](http://www.sttheresaokland.org)

**Facebook:** StTheresaChurch/Oakland

**YouTube:**

[https://www.youtube.com/channel/UCn5JX1e3QrqXTsa\\_7qmNCIw](https://www.youtube.com/channel/UCn5JX1e3QrqXTsa_7qmNCIw)

**Parish Main Line: 510.547.2777**
**Parish Office: ext. 120 (direct line) 341.202.0077**

**Rev. Robert J. McCann, Pastor,**

[rjmccann@sttheresaokland.org](mailto:rjmccann@sttheresaokland.org)  
 (direct line) 341.202.0159

**Rev. Ngema W. Enow, In Residence**

[ngemawil.enow@gmail.com](mailto:ngemawil.enow@gmail.com)  
 (direct line) 341.202.0137

**Cathy Brady, Liturgy Director**

[cathy\\_b@sttheresaokland.org](mailto:cathy_b@sttheresaokland.org)  
 (direct line) 341.202.0086

**Rob Cakebread, Music Ministry Director**

[rob@sttheresaokland.org](mailto:rob@sttheresaokland.org)  
 (direct line) 341.202.0139

**Keri Nims, Coordinator Early Childhood Catechesis & RCIC**

[keri@sttheresaokland.org](mailto:keri@sttheresaokland.org)  
 (direct line) 341.202.0076

**Alicia Ortegon, St. Theresa School Principal**

[a\\_ortegon@sttheresaschool.org](mailto:a_ortegon@sttheresaschool.org)  
 510.547.3146

website: [www.sttheresaschool.org](http://www.sttheresaschool.org)

**Baptisms and Marriages**

by appointment, call parish office 510.547.2777, ext. 120, or email [admin@sttheresaokland.org](mailto:admin@sttheresaokland.org)

**To arrange a Funeral**

call parish office 510.547.2777, ext. 120,  
 or email [admin@sttheresaokland.org](mailto:admin@sttheresaokland.org)

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

Keri Nims ~ [keri@sttheresaokland.org](mailto:keri@sttheresaokland.org)

**Middle School Youth Ministry (Grades 6-8)**

Keri Nims ~ [keri@sttheresaokland.org](mailto:keri@sttheresaokland.org)

**High School Youth Ministry/Confirmation**

Keri Nims ~ [keri@sttheresaokland.org](mailto:keri@sttheresaokland.org)

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

Cathy Brady ~ [cathy\\_b@sttheresaokland.org](mailto:cathy_b@sttheresaokland.org)

**Parish Calendar:**

<https://sttheresaokland.org/calendar>

**Parish Organization Contacts**
**Pastoral Council:**

Chris Colby [ccolby@well.com](mailto:ccolby@well.com)

**Finance Council:**

Carolyn Mahoney [carolyn.mahoney675@gmail.com](mailto:carolyn.mahoney675@gmail.com)

**St. Vincent de Paul Society**

Greg Govan [g!govan@comcast.net](mailto:g!govan@comcast.net)

**CYO (Catholic Youth Organization):**

Carlos Palacios [ttheresaathletics@gmail.com](mailto:ttheresaathletics@gmail.com)

**St. Theresa Men's Club**

[mensclubsttheresa@gmail.com](mailto:mensclubsttheresa@gmail.com)

**Legion of Mary**

Tom Wallace [tomw1313@sbcglobal.net](mailto:tomw1313@sbcglobal.net)

**WINGS**

Deb McJilton [dolcedeb@yahoo.com](mailto:dolcedeb@yahoo.com)

**Social Justice Committee (SJC)**

Lydia Deck [ltdeck@me.com](mailto:ltdeck@me.com)

**Consolation Ministry**

Cecile Cuttitta [cecile.cuttitta@att.net](mailto:cecile.cuttitta@att.net)

**Men's Faith Sharing**

Jim Frei [jim@ottofrei.com](mailto:jim@ottofrei.com)

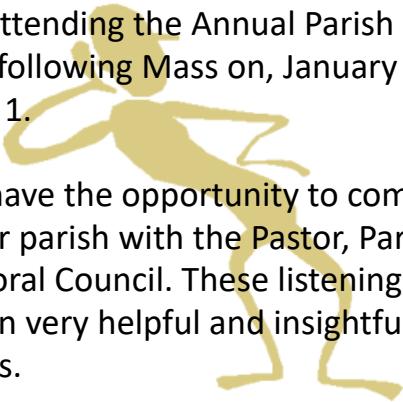
**Kinderchurch**

Shannon Ciston [s.ciston@gmail.com](mailto:s.ciston@gmail.com)

### Parish Listening Sessions

Plan on attending the Annual Parish Listening Sessions following Mass on, January 31 February 1.

You will have the opportunity to comment about our parish with the Pastor, Parish Staff and Pastoral Council. These listening sessions have been very helpful and insightful in the past years.



## Catholic Schools United in Faith and Community

### CYO Mass

"The Catholic Youth Organization (CYO), through the vehicle of sports, provides youth with an opportunity to practice Christian attitudes and responsibilities and to become friends with other children throughout the diocese. CYO activities should be examples of the meaning of Christian sportsmanship." --CYO Code of Conduct

We will celebrate the CYO program our athletes and coaches at the 9 am Mass on Sunday, February 8, 2026.



### 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.



**Mass Intentions ~ January 24 - February 1**

Sat.	5:00 pm	Parish Community of St. Theresa
Sun.	9:00 am	† Michelle Corbett
Mon.	8:30 am	† Michelle Corbett
Tues.	8:30 am	† Tim Cutler
Wed.	8:30 pm	† Joan Carella
Thurs.	8:30 am	† Peter & Virginia Cuttitta
Fri.	8:30 am	† Joseph Henry Lynn
Sat.	5:00 pm	Parish Community of St. Theresa
Sun.	9:00 am	† Peter Boero

**Online Prayer Request for the Sick or Recently Deceased**

You can submit names for the Prayers of the Faithful for our Weekend Masses and the bulletin prayer list (Prayers for the Sick or Recently Deceased) online.

Please complete the form on the parish website page: <https://sttheresaokland.org/pray/mass-and-confession-times> their name will be included in the weekly bulletin, Friday Flocknote, and Weekend Masses.

*This form is not for Mass Intentions.*

**Reception of the Precious Blood**

Reception of the Precious Blood Guideline from Bishop Barber, May 15, 2023. "Other than the priest, no communicant may ever dip the Sacred Host into the chalice to communicate himself."

**Sunday Offering****Sunday Collection (January 12 - 18)**

Online: 52 Donors	\$ 2,903.00
Mass Donations: 32 Donors	\$ 2,038.00



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*

**Parish Maintenance and Improvement Collection**

The second collection for the Parish Maintenance and Improvement Fund will be on January 31 & February 1. You may also use Online Giving for this collection.

**Schedule a Mass Intention Online!**

<https://sttheresaokland.org/pray/mass-confession-times/mass-intention>

Mass Intentions may only be made up to a year in advance. You may only submit one Mass Intention per form. We will make every effort to use the date you have requested. If there is a conflict with the date we will contact you. If a date shows BUSY on the calendar, there is already a Mass Intention scheduled for that date.

You can also send an email to [admin@sttheresaokland.org](mailto:admin@sttheresaokland.org) or 341.202.0077

**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, Susan Springer, Wendy Jones, Orlando Gonzalez, Kevin Chapman, Diane Cerille, Tom Wilberding, Danny Ramos, Mark Leonard, Christopher Rodriguez, Maryanne Walsh, Rhonda Santeen, John Whatley, Nancy Coyne, Kevin Stallone, Della Spinelli, Susan Buller, Ann Springer, Ray Bertolotti, William McCarthy, Cindy Crimmins, Fred & Lidia Loupy, Rebecca Rogers, Kathleen Guevara, Clarence Robinson, Armando Diaz de Leon, Fr. Ron Schmidt, Bonnie & John Bouey, Susan Rubio, Fr. Paul Schmidt, Phil Stover, Joey Smith, Raymond Buckley, Jr., Norma Ninalga, Betty Jo Olson, Jennifer Walwark, Greg Govan, Anita Lim, Marilyn McCabe, Steve Lauth, Mary Malloy, John Donovan, Mary Martinez, James Spalding, Tiffany Converse, Adrian McEvilly, Joan Marchi, Diana Nelson Curtis, Charlie Schnellbacher, Maureen Carver, Vince Nims, Barrett Baker, Rick Fama, Eleanor Ceccarelli, Lois Johnson, Antoinette Tamburrino, Anne Marie Roseme, Greg Anderson, Judy Udove, Mary McCole, baby Gianna Sorbello, Mary Ann Giuntoli, Rick Arellano, Betsey Thornton.

**Keep in touch with us****Receive the weekly Friday Flocknote**

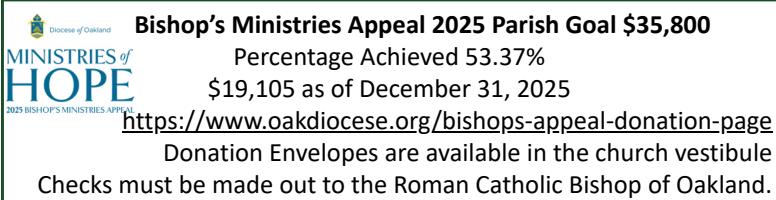
You will receive everything contained in the bulletin plus additional information.

**Unsubscribe anytime**

**Sign-up at:** <https://sttheresaokland.org/about-us/contact-us>

OR

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



## A Word from our Pastor

Two weeks ago we had a great culmination for celebrating the hundredth anniversary of our parish. This week we celebrate Catholic Schools. St. Theresa School opened in 1958 as part of our hundred year story. In two years, we will celebrate seventy years of faith filled education. It is good as we welcome many today to tour our school, meet parents and students from many generations and recommit to supporting this important ministry of the parish to list why Catholic schools exist. The following are specific points found on many a Catholic school website:



Catholic schools exist to provide a faith-based education, integrating religious values with strong academics to form the "whole person"—intellectually, morally, and spiritually—emphasizing service, discipline, and a Christian worldview alongside traditional subjects, creating a supportive community that fosters virtues like compassion, honesty, and responsibility to help students become ethical leaders.

### Core Reasons for Catholic Schools

- **Faith Integration:** They teach a Catholic worldview, helping students see God's presence in all subjects and daily life, deepening their relationship with Jesus through prayer, sacraments, and tradition.
- **Moral & Character Development:** A central focus is developing a strong moral compass, teaching virtues like kindness, honesty, and service, guiding students to make ethical choices and live out their faith.
- **Academic Excellence:** Catholic education aims for high academic standards, viewing faith and reason as complementary paths to truth, preparing students for higher education.
- **Service & Social Justice:** Students learn to love God and neighbor, actively serving others and working for justice, viewing their actions as part of a larger purpose.
- **Safe & Supportive Community:** They offer a nurturing, close-knit environment where students feel safe, supported, and connected to a larger faith community, often continuing values from home.

### Key Benefits & Outcomes

- **Holistic Growth:** Education addresses the spiritual, intellectual, social, and emotional development of the child.
- **Discipline & Self-Control:** A clear moral vision rooted in the Gospel promotes self-discipline and responsible behavior.
- **Rich Cultural Experience:** Exposure to religious art, music, and traditions rooted in the Church's history.
- **High Achievement:** Catholic schools consistently generate high graduation rates and strong preparation for college for students.

As you tour the school today and hopefully stop in at the 'Fiesta lunch,' I know you will find evidence of the above points in our parochial school. If you are a graduate of the school, point out your picture on display with your class, if you are a parishioner, be proud of what your parish in many ways hidden supports and if you are visiting and taking a look thinking this might be the place for your child, welcome and know there are people around who can answer questions you might have.

Next weekend, we have our annual 'listening sessions.' Continuing the spirit of synodality that Pope Francis encouraged, please come and know your comments are received with respect and will be discussed by our parish staff in our upcoming planning days away early in February.

## Weekly Readings Jan. 26 - Feb. 1

**Monday:**  
2 Tim 1:1-8  
Ps 96  
Mk 3:22-30

**Tuesday:**  
2 Sm 6:12b-15, 17-19  
Ps 24  
Mk 3:31-35

**Wednesday:**  
2 Sm 7:4-17  
Ps 89  
Mk 4:1-20

**Thursday:**  
2 Sm 7:18-19, 24-29  
Ps 132  
Mk 4:21-25

**Friday:**  
2 Sm 11:1-4a, 5-10a,  
13-17  
Ps 51  
Mk 4:26-34

**Saturday:**  
2 Sm 12:1-7a, 10-17  
Ps 51  
Mk 4:35-41

**Sunday:**  
Zp 2:3; 3:12-13  
Ps 146  
1 Cor 1:26-31  
Mt 5:1-12a



Theme for the year:  
"Pilgrims of Hope"

January 28, 2026

Service Project

## Parish Calendar

Find out what is happening at the parish:  
<https://sttheresaoakland.org/calendar>