

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

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

YouTube:

https://www.youtube.com/channel/UCn5JX1e3QrQXTsa_7qmNClw

Baptisms and Marriages

by appointment, call parish office 510.547.2777, ext. 120, or email admin@sttheresaokland.org

To arrange a Funeral

call parish office 510.547.2777, ext. 120, or email admin@sttheresaokland.org

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

Keri Nims ~ keri@sttheresaokland.org

Middle School Youth Ministry (Grades 6-8)

Keri Nims ~ keri@sttheresaokland.org

High School Youth Ministry/Confirmation

Keri Nims ~ keri@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 Main Line: 510.547.2777

Parish Office: ext. 120 (direct line) 341.202.0077

Rev. Robert J. McCann, Pastor,

rjmccann@sttheresaokland.org

(direct line) 341.202.0159

Rev. Ngema W. Enow, In Residence

ngemawil.enow@gmail.com

(direct line) 341.202.0137

Cathy Brady, Liturgy Director

cathy_b@sttheresaokland.org

(direct line) 341.202.0086

Rob Cakebread, Music Ministry Director

rob@sttheresaokland.org

(direct line) 341.202.0139

Keri Nims, Coordinator Early Childhood Catechesis & RCIC

keri@sttheresaokland.org

(direct line) 341.202.0076

Alicia Ortegon, St. Theresa School Principal

a_ortegon@sttheresaschool.org

510.547.3146

website: www.sttheresaschool.org

Parish Organization Contacts**Pastoral Council:**

Chris Colby

ccolby@well.com

Finance Council:

Carolyn Mahoney

carolyn.mahoney675@gmail.com

St. Vincent de Paul Society

Greg Govan

glgovan@comcast.net

CYO (Catholic Youth Organization):

Carlos Palacios

ttheresaathletics@gmail.com

St. Theresa Men's Club

menclubsttheresa@gmail.com

Legion of Mary

Tom Wallace

tomw1313@sbcglobal.net

WINGS

Deb McJilton

dolcedeb@yahoo.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

Kinderchurch

Shannon Ciston

s.ciston@gmail.com

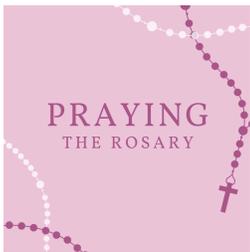
ASH WEDNESDAY

Lent Begins

February 18, 2026

Mass Schedule

8:30 am
10:00 am School Mass
7:00 pm



The St. T morning rosary group invites you to join them in praying the Holy Rosary, Monday through Friday, from 8:00–8:30 a.m. in the church. Drop the kids off and then slip into the church for a little peaceful prayer time.

The Rosary is a powerful prayer that draws us closer to Christ through the intercession of Our Blessed Mother. It brings peace to our hearts, strength to our lives, and guidance for the day ahead. We'd love to have you join us as we gather in prayer, asking Our Blessed Mother to intercede for our families, our parish, and the needs of the world. What better way to start your day than spending 30 minutes with the Blessed Mother?

Come one day a week or every day. All are warmly welcome.

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.

LENTEN SEASON

LENTEN BIBLE JOURNEY 2026
 Disarming the Gospel of John and its Good Friday Passion Narrative
 With: Fr. Ngema
 When: Tuesday, February 24, March 3, 10, 17, 24, 31
 Time: 7:00 pm
 Where: Zoom, link in Friday Flocknote

STATIONS OF THE CROSS
 There are booklets available at the back of the church for your use in praying the stations of the cross.
 There are also booklets available for children and teens.
 Please return the booklets when you are finished..

SEDER DINNER
 March 26 (Thursday), 6:00 pm
 Make a reservation at <https://sttheresaokland.org/pray/len-2026/ seder-dinner>

OPERATION RICE BOWL
 Pick up a Rice Bowl in the church vestibule.

LENTEN DAILY REFLECTION BOOKLET
 Pick up a booklet in the church vestibule

ANOINTING OF THE SICK
 Sunday, March 22, 2026 at the 9:00 am Mass
 The sacrament of the Sick will be administered to all those who suffer from a serious, acute or chronic illness.

St. Theresa Parish invites you to join us for the

Irene Crosetti

**RAVIOLI
DINNER**

**March
21,
2026**

**ST. THERESA CATHOLIC CHURCH,
EVENT CENTER**
 30 Mandalay Road, Oakland

**WINGS
WOMEN
IN GOD'S
SPIRIT**

Theme for the year:
 "Pilgrims of Hope"
 February 18, 2026
 Ash Wednesday Service

Mass Intentions - February 14 - 22

| | | | |
|--------|----------|---|---------------------------------|
| Sat. | 5:00 pm | ✠ | Elma Penaranda |
| Sun. | 9:00 am | | Parish Community of St. Theresa |
| Mon. | 8:30 am | | Immigrants and Refugees |
| Tues. | 8:30 am | | For the youth of our parish |
| Wed. | 8:30 pm | | Parish Community of St. Theresa |
| | 10:00 am | | School Community |
| | 7:00 pm | | Parish Community of St. Theresa |
| Thurs. | 8:30 am | | For all who are homeless |
| Fri. | 8:30 am | | For Peace |
| Sat. | 5:00 pm | ✠ | Luke Bolton |
| Sun. | 9:00 am | | Parish Community of St. Theresa |

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://sttheresaoakland.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 (February 2 - 8)

Online: 58 Donors \$ 4,088.00
 Mass Donations: 39 Donors \$ 2,784.00



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://sttheresaoakland.org/donate>

Thank you for giving generously to St. Theresa Parish

Schedule a Mass Intention Online!

<https://sttheresaoakland.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@sttheresaoakland.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, Orlanda 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://sttheresaoakland.org/about-us/contact-us>

OR

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

Bishop's Ministries Appeal 2025 Parish Goal \$35,800
 Percentage Achieved 54.90%
 \$19,655 as of January 31 31, 2025
<https://www.oakdiocese.org/bishops-appeal-donation-page>
 Donation Envelopes are available in the church vestibule
 Checks must be made out to the Roman Catholic Bishop of Oakland.

A Word from our Pastor

Last week, some of the parish staff went to Maria Villa del Mar Retreat House for our annual 'days to plan and reflect.' A couple of staff were not able to attend because of illness and other commitments.



Nevertheless, those present had good discussions and time to reflect on the past year's hundred anniversary celebrations and comments made at our annual 'listening sessions.'

We are all grateful for the ongoing support and generosity that is generated in the parish. The 'end of the year' appeal response allowed us to keep a balanced budget, but the reality is that costs are increasing, and our numbers are decreasing due to the advancement of age for some, a job move out of our area for others and other reasons. As I mentioned at one of the 'listening sessions,' the 100th demonstrated great warmth and hospitality characteristic of our parish, but we need to grow going forward.

I specifically asked at that forum and ask all of you to invite a friend, family, neighbor, acquaintance to join us for worship, a program we sponsor or a path to walk with wonderful people as we affirm and are nurtured by our religion and faith.

At each of the 'listening sessions' someone asked what they could do for our parish staff. Please pray for us, offer to help when we can't do it all and volunteer as you are able when we need volunteers (changing environment for a liturgical season, coordinate a pancake breakfast, become a lector or Eucharistic minister, etc.)

Lent is a great time to personally invite someone!

Ash Wednesday begins the season of Lent this week.

To help keep us on track, the church offers us three pillars to focus our efforts during the 40 days of Lent: prayer, fasting and almsgiving.

Prayer is the foundation that keeps us rooted in our relationship with God throughout the Lenten season. As we increase our time in prayer, we grow closer to him and allow our hearts to be transformed.

Fasting is a practice of self-discipline where we intentionally give something up during Lent. By doing so, we create space for God to work in our hearts and unite our sacrifices with Christ's own suffering.

Almsgiving puts faith into action by giving our money, time, or resources to those in need. Through almsgiving, we learn to let go of material attachments and reflect God's love and mercy in a tangible way.

God calls us to begin or strengthen our daily prayer regimen so that we may come to know him on a personal level. If we are truly going to grow in a relationship with Jesus Christ, increasing our time in prayer is exactly where we need to start.

Watch for several traditions we have kept at St. Theresa's each Lent such as the annual Seder dinner and wonderful liturgical celebrations during Holy Week. This year it appears there will be a couple of adults and children who will be fully initiated into the faith on Holy Saturday. I invite you in a special way to pray for them and their discernment. Come to more daily Masses, Monday through Friday at 8:30am. Be attentive with the Lenten reflection books available and besides giving up a favorite food or beverage, is there a bad habit we can also refrain from this year?

Happy Lent! May the good things God begins and nourishes within each of us be brought to fulfillment.

Weekly Readings February 16 - 22

Monday:

Jas 1:1-11
Ps 119
Mk 8:11-13

Tuesday:

Jas 1:12-18
Ps 94
Mk 8:14-21

Wednesday:

Jl 2:12-18
Ps 51
2 Cor 5:20-6:2
Mt 6:1-6, 16-18

Thursday:

Dt 30:15-20
Ps 1
Lk 9:22-25

Friday:

Is 58:1-9a
Ps 51
Mt 9:14-15

Saturday:

Is 58:9b-14
Ps 86
Lk 5:27-32

Sunday:

Gn 2:7-9; 3:1-7
Ps 51
Rom 5:12-19
Mt 4:1-11

*Obey and teach
God's commandments*



Parish Calendar

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