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: 341.220.0077
After Hours Medical Emergency:
510.547.2777, Option #4

Parish Website: www.sttheresaoakland.org
Facebook: StTheresaChurch/Oakland
YouTube:
https://www.youtube.com/channel/UCn5JX1e3QrqXTsa_7qmNCIw

Parish Office: 341.202.0077
Yvonne Gabor volunteer@sttheresaoakland.org
Carla Gaul volunteer@sttheresaoakland.org
Renee Lorda renee@sttheresaoakland.org

Rev. Robert J. McCann, Pastor
rjmccann@sttheresaoakland.org
341.202.0159

Rev. Ngema W. Enow, In Residence
ngemawil.enow@gmail.com
341.202.0137

Cathy Brady, Consultant
cathy_b@sttheresaoakland.org
341.202.0086

Rob Cakebread, Music Ministry Director
rob@sttheresaoakland.org
341.202.0139

Cecile Cuttitta, Liturgy Coordinator
cecile@sttheresaoakland.org
341.202.0077

Martha Gamino, Faith Formation Coordinator
martha@sttheresaoakland.org
341.202.0076

Sophia Kassab, Parish Communications
sophia@sttheresaoakland.org
341.202.0134

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

Baptisms and Marriages
by appointment, call parish office 510.547.2777, ext. 120, or email admin@sttheresaoakland.org

To arrange a Funeral
call parish office 510.547.2777, ext. 120,
or email admin@sttheresaoakland.org

Family Faith Formation (Grades TK-5) & R.C.I.C.
Martha Gamino ~ martha@sttheresaoakland.org

Middle School Youth Ministry (Grades 6-8)
Martha Gamino ~ martha@sttheresaoakland.org

High School Youth Ministry/Confirmation
Martha Gamino ~ martha@sttheresaoakland.org

O.C.I.A. Order of Christian Initiation of Adults
Lydia Deck ~ lydia@sttheresaoakland.org

Parish Calendar:
https://sttheresaoakland.org/calendar

Parish Organization Contacts

Pastoral Council:
Chris Colby ccolby@well.com

Finance Council:
Carolyn Mahoney carolyn.mahoney675@gmail.com

St. Vincent de Paul Society
Basil Fedynyshyn st.theresa@svdp-alameda.org

CYO (Catholic Youth Organization):
Carlos Palacios st.theresaathletics@gmail.com

St. Theresa Men's Club
Basil Fedynyshyn mensclubsttheresa@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

Meeting
November 4, 2026

Joe Hebert

Music, Song and Spirituality

Voting at the Event Center

The Event Center will be used as an Alameda County polling site for the election. This year the poll site is open for voting Saturday, Sunday, Monday, and Tuesday, (October 31 - November 3). If you come through the parish parking lot you may see more cars than usual. If you come to Mass on October 31 and November 1, you will see activity at the other end of the property. We are trying to cooperate with our civic duty in this process as we have most other years.

Remember All Souls throughout November



Remember All Souls throughout November. The month of November is traditionally reserved in the Church for remembering loved ones who have died. Throughout the month there will be a book in the sanctuary which will include any name you submit or that you write in yourself. You may submit your All Souls envelope with the names of the people you wish to remember now, so we may enter them in the book for the All Souls Mass on November 2. Please feel welcome to write the names of your beloved in this book at any time during the month.

Beginning November 2nd there will also be a table in the sanctuary where you may place free standing framed pictures of your beloved dead. The table will be up for the month of November. Please make sure your name and phone number are on the back of the picture.

All Souls Mass - November 2nd



All are invited to attend the All Souls Day Mass on November 2nd at 7:00 PM (Monday), where we will remember your loved ones who have died.

Please bring photographs of the people you are remembering to place on a table in the sanctuary, prior to Mass.

Safe Environment Training for Parish/School Volunteers

It is that time of year when notices of expiring Virtus training will be arriving in your email. Please use the link in the email to log into Virtus and take the training that you have been assigned.
Training must be renewed every three years.

To renew or register for the first time, click on the link in your email or go to h ps://www.virtusonline.org or click on the link in the upper right corner of the parish website stheresaoakland.org.

Please remember that in order to volunteer at the parish in any capacity at the parish or school (Lector, Eucharistic Minister,Catechist, Choir Member, St. Vincent de Paul, Legion of Mary, CYO etc.),etc.), you must complete the training. If you have any problems or questions contact Yvonne Gabor at volunteer@sttheresaoakland.org.





The Parish Photo Directory

They are available for pickup in the parish office (Tuesday - Wednesday - Thursday).



Purchase Tickets:
https://www.sttheresabenefit.com/tickets

Mass Intentions - October 31 - November 8

Sat.	5:00 pm	✞	Steve Giuntoli
Sun.	9:00 am		Parish Community of St. Theresa
Mon.	8:30 am	✞	Deceased Parishioners
	7:00 pm	✞	Deceased Family Members
Tues.	8:30 am	✞	For Those Carrying Heavy Burdens
Wed.	8:30 am	✞	Veronica Welch
Thurs.	8:30 am		For Peace in Our World
Fri.	8:30 am		For Those Who Live In Poverty
Sat.	5:00 pm	✞	Steve Giuntoli
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.

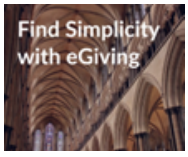
Low Gluten Hosts

Low Gluten Hosts are available at all weekend Masses. Please speak with an usher or visit https://sttheresaaoakland.org/parish-crossroads for information.

Sunday Offering

Sunday Collections (October 19 - 25)

Online Giving: 44 Donors	$ 2,253.00
Mass Donation: 34 Donors	$ 3,417.00



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

Friday Flocknote and Bulletin Submission Deadlines

Bulletin and Friday Flocknote articles are due Tuesday evening for inclusion in the Friday and weekend publications. The publications are produced and printed on Wednesday. Send to admin@sttheresaoakland.org

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, 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, Susan Buller, Ann Springer, Ray Bertolotti, William McCarthy, Cindy Crimmins, Fred & Lidia Loupy, Rebecca Rogers, Kathleen Guevara, Clarence Robinson, Armando Diaz de Leon, Bonnie & John Bouey, 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, 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, Betsey Thornton, Karen May, Tom Wallace, John Cocores, Olivia Cors, Aglaia Panos, Keri Nims, Tom Salvatore, Pauline Shear, Larry Ritsch.

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 or herself."

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

Bishop's Ministries Appeal 2026 Parish Goal $35,800

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

Percentage Achieved 54%
$19,230 as of September 30, 2026

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



This week I heard on the news that the annual flu outbreak is early this year. Last year at this time, only 1% were reported as having the flu. This year it is already 12%. Therefore, I am giving an early reminder that if you are sick and especially if you have a fever, please stay home and away from Mass. You are dispensed from the obligation! You may recover, but the more vulnerable immune compromised person may have a very difficult time if they catch it from you. If you are not sure, ask me, but wear a mask and wash your hands!

Thanks to all who donated socks, joining the school with this annual collection. A full container was filled by you, and many will have warm feet as El Nino rains on us.

There is still time to join a great night of fun at the annual School sponsored auction. Their offering of a ticket just for the beverages and silent auction is a great deal. I hope you will consider joining in on the fun.

This weekend we celebrate All Saints and All Souls Days. We are all working on the first feast being our feast day someday in God's future time for us. In the meantime, let us assist those whom we love and have gone before us by saying an extra prayer for all our beloved departed. When they get to heaven, they can then pray that life path will lead us to a great reunion one day in heaven.

Last Sunday's readings were very time appropriate as we also mark election days this weekend. Deacon Greg Kandra has wonderful words about who our neighbor is and how we are to love them:

"Binding these two commandments together, Jesus makes clear the profoundly important point that you can't have one without the other. He is showing the Pharisees (and us) that if you think you can simply worship God and ignore your neighbor, think again. We cannot neglect those around us in need. In fact, we should not just care for them; we need to love them. More than that, we should love them as much as we love ourselves.

In Luke's account of this episode, the Pharisees are so taken aback by Jesus's talk of loving your neighbor, it leads one of them to ask, "Who is my neighbor?"

The answer, of course, unfolds as one of Christ's greatest parables, The Good Samaritan, serving to emphasize (if anyone was missing the point) that we are responsible for one another, even those who are different from us and may not believe what we believe. Their culture may be alien to us. But that makes no difference. They are still -- in a very human sense -- our neighbors.

All of this helps give immediacy to last Sunday's first reading, from Exodus, which cries out to us in our own day and age: "You shall not molest or oppress an alien ... you shall not wrong any widow or orphan."

This undoubtedly struck a nerve thousands of years ago -- and it should hit us just as hard today. At a time when there is so much debate about what to do about migrants coming to our shores, these readings stand as defiant, challenging, even countercultural. They propose a radical way of thinking about those who are "alien" commanding us to treat them with love.

But these readings might also offer us a radical way of considering who is really "alien" to us. Being an "alien" is about more than geography, nationality, or whatever country is stamped on your passport.

Aliens are any of those who we might consider "different." It might be because of their skin color, their language, their heritage or how they dress. It might be because of how they worship or, maybe, even how they vote. At bottom, any group of people that is considered "not like us" could be considered "alien" or even, to some people, strange.

The Gospel makes clear: those differences don't matter. Love them as you love yourself. Jesus dared to answer a question nobody asked. Love them means treating them with dignity, respect, compassion, and charity. Live with a sense of justice and fairness. Wish the best for others and try to believe the best about them before suspecting the worst.

We are all still works in progress. God gets that. Do we? Strive every day to imagine seeing others as God does—as his beloved children, creatures of possibility and promise made in his own image and likeness. This is harder than it sounds!

Are we capable of loving these people as much as we love ourselves? Finding the answers to those questions can draw us closer to living as Jesus lived and loving as he loved which can only help us fulfill that first commandment -- and lead us to loving the Lord, our God, more completely."

Weekly Readings November 2 - 8

Monday:
Wis 3:1-9
Ps 23
Rom 5:5-11
Jn 6:37-40

Tuesday:
Phil 2:5-11
Ps 22
Lk 14:15-24

Wednesday:
Phil 2:12-18
Ps 27
Lk 14:25-33

Thursday:
Phil 3:3-8a
Ps 105
Lk 15:1-10

Friday:
Phil 3:17-4:1
Ps 122
Lk 16:1-8

Saturday:
Phil 4:10-19
Ps 112
Lk 16:9-15

Sunday:
Wis 6:12-16
Ps 63
1 Thes 4:13-18
Mt 25:1-13

Parish Calendar

Find out what is happening at the parish:

sttheresaoakland.org/calendar