

ST. THERESA

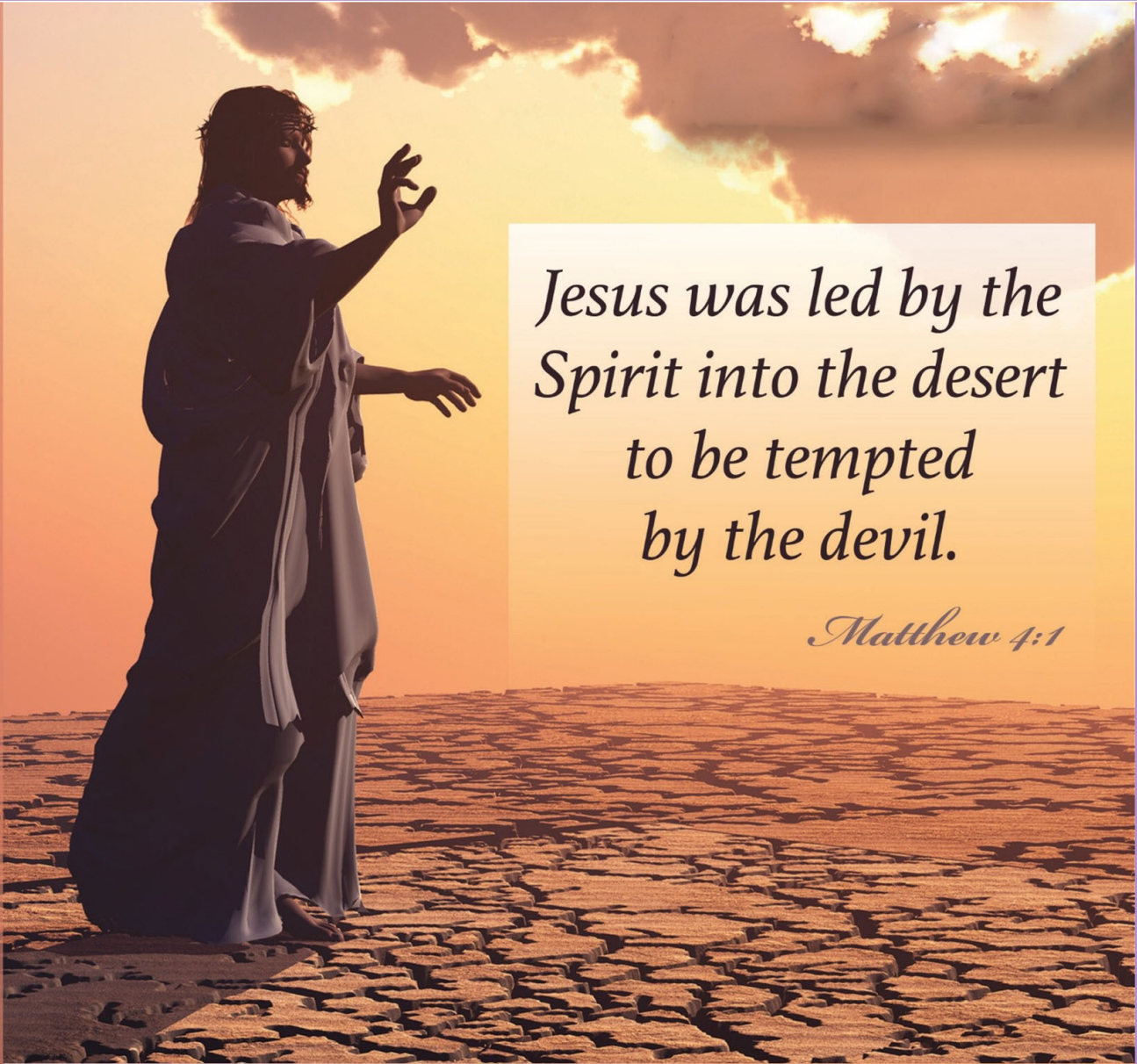
PARISH COMMUNITY

ST. THERESA MISSION STATEMENT

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.

FEBRUARY 26, 2023

FIRST SUNDAY
OF
LENT



*Jesus was led by the
Spirit into the desert
to be tempted
by the devil.*

Matthew 4:1

Excerpts from the *Lectionary for Mass* © 2001, 1998, 1997, 1986, 1970, CCD.

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30 MANDALAY ROAD -- OAKLAND, CA 94618 -- 510.547.2777 -- STTHERESAOAKLAND.ORG

MASS INTENTIONS - FEBRUARY 25 - MARCH 5

Sat. 5:00 pm Parish Community of St. Theresa
 Sun. 9:00 am Parish Community of St. Theresa

Mon. 8:30 am Dorothy Donnelly
 Tues. 8:30 am
 Wed. 8:30 am Elsie Giuntoli
 Thurs. 8:30 am
 Fri. 8:30 am

Sat. 5:00 pm Tina Bruno
 Sun. 9:00 am Parish Community of St. Theresa

KEEP IN TOUCH WITH US

Via email or text message:



- ◆ 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 you full name and email address.

SUNDAY OFFERING**ONLINE GIVING:**

(February 13 - 19) 55 DONORS **\$ 2,343.50**

MASS/DROP-OFF/MAILED DONATIONS:

(February 13 - 19) 39 DONORS **\$ 3,357.00**

DISASTER RELIEF FOR TURKEY AND SYRIA:

ONLINE: 7 DONORS **\$ 875.00**

MASS/DROP-OFF/MAILED: 11 DONORS **\$ 1,223.00**

ParishSOFT

Fasting Prayer Giving

During Lent we are reminded to develop a more conscious spiritual life and share what we have with those in need, One practical way to achieve this goal is to make the change to eGiving for St. Theresa parish.

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 & IMPROVEMENT

The second collection for the Parish Maintenance & Improvement Fund will be on March 4 & 5.

You may also use Online Giving for this collection.

MASS INTENTIONS

To request a Mass Intention contact Melody Marr at melody@sttheresaokland.org or 510.547.2777, ext. 120

DECEASED

Please remember in your prayers, those who have died especially Bishop David O'Connell and Leslie Fischer

PLEASE REMEMBER IN YOUR PRAYERS ALL THOSE WHO ARE ILL ESPECIALLY:

Matt Mercier, Heidi Parmelee, Aiden Farinella, Dolores Gomez, Alegria Hipolito, Betty Wharton, Juanita Estrella, Olga Lamberti, Wendy Parmelee, Roger Baylocq, Ida Scodella, Alicia Gonzalez, Denise Moore, Diana Martínez, Susan Springer, Margie Sullivan, Joan Simmons, Badri Nakhjavani, Wendy Jones, Orlanda Gonzalez, Kevin Chapman, Diane Cerille, Ruth McCabe, Tom Wilberding, Shirley Roberts, Karen Milliman, 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, Denise Baylocq, Fr. Paul Schmidt, Marley Malone, John Lynch, Isabella Guillot Williams, Violet Chancey, Ann Kirkman, Ann & Hal Lauth, Paul Cotter, Serra Bonanno and her son George.

LIVING STEWARDSHIP

A prayer for Lent:

"O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of thy Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore Thee, a heart to delight in Thee, to follow and enjoy Thee, for Christ's sake. Amen."

Saint Ambrose of Milan (339-397)

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.

A WORD FROM OUR PASTOR

I write this for the last bulletin that will be printed for us and many, many parishes across the U.S. by the J.S. Paluch Company since 1913. We are grateful for their services and for all the sponsors whose ads you have seen on our weekly bulletin for many years. If you have any direct contact with these sponsors, please thank them for the support they have given to our parish for many years.

The parish staff began to think this might be coming a few weeks ago, but we believed we would lose this relationship with Paluch in September when the current contract with them expired. It was a surprise when we received notice this past week that this would occur now. The staff (especially Cathy, who has done a wonderful job with the weekly Friday Flocknote) began to prepare. For the time being, a four page printed bulletin will be available each week that we will prepare and print ourselves and we ask that only those who do not receive the Friday Flocknote take a copy. However, I invite all to consider signing up for the Friday Flocknote which will contain more than what will be printed in the bulletin going forward. In fact, several hundred already use the Friday Flocknote every week and we have greatly reduced the number of paper bulletins needed. It is easy to sign up for it and instructions can be found on our parish website and the bulletin.

As we begin the great season of Lent, some always ask for the rules for fasting and abstinence. Here is a good summary of these practices that I hope will help all of us have a good Lent where we grow closer to the Lord.

"Prior to 1966, the Roman Catholic Church allowed Catholics of fasting age to eat only one full meal a day throughout all forty days of Lent, except on the Lord's Day (Sundays). In addition, Catholics were allowed to take a smaller meal, called a collation (which was introduced after the 14th century A.D.), and a cup of some beverage, accompanied by a little bread, in the morning. The 1917 Code of Canon Law allowed the full meal on a fasting day to be taken at any hour and to be supplemented by two collations, with the quantity and the quality of the food to be determined by local custom. Abstinence from meat was to be observed on Ash Wednesday and on Fridays and Saturdays in Lent. The Lenten fast ended on Holy Saturday at noon. Only those aged 21 to 59 were obliged to fast. As with all ecclesiastical laws, particular difficulties, such as strenuous work or illness, excused one from observance, and a dispensation from the law could be granted by a bishop or parish priest. A rule of thumb is that the two collations should not add up to the equivalent of another full meal. Rather portions were to be: "sufficient to sustain strength, but not sufficient to satisfy hunger."

In 1966, Pope Paul VI reduced the obligatory fasting days from all forty days of Lent to Ash Wednesday and Good Friday, abstinence days to Fridays and Ash Wednesday, and allowed episcopal conferences to replace abstinence and fasting with other forms of penitence such as charity and piety, as declared and established in his apostolic constitution *Paenitemini*; fasting on all forty days of Lent is still "strongly recommended". This was done so that those in countries where the standard of living is lower can replace fasting with prayer, but "...where economic well-being is greater, so much more will the witness of asceticism have to be given..." This was made part of the 1983 Code of Canon Law, which made obligatory fasting for those aged between 18 and 59, and abstinence for those aged 14 and upward. The Irish Catholic Bishops' Conference decided to allow other forms of Friday penance to replace that of abstinence from meat, whether in Lent or outside Lent, suggesting alternatives such as abstaining from some other food, or from alcohol or smoking; making a special effort at participating in family prayer or in Mass; making the Stations of the Cross; or helping the poor, sick, old, or lonely. The United States Conference of Catholic Bishops has maintained the rule of abstention from meat on Friday only during Lent and considers poultry to be a type of meat but not fish or shellfish.



What is important is that whatever we do in Lent it should be something that brings us closer to God and closer to being a good disciple. Prayer, fasting, and almsgiving offers thousands of opportunities for the next forty days. I hope you will be available to participate in the parish Lenten retreat. Fr. Ngema is offering a Bible Study on Zoom once again and has received high praise each year he has done this. More people often come to daily Mass (8:30am, Monday-Friday) since the Lenten readings are so powerful in reminding us of Jesus' love to save us.

Some minor changes begin on Ash Wednesday when celebrating the Sacrament of Reconciliation (more about this in future weeks.) We haven't restarted the Lenten soup nights this year, but families and groups of families can easily do this on their own with some communal prayer. I hope all of these things will be fruitful for our spiritual lives! Have a happy Lent and let me know if I can help.

Special thanks to the five dads and one second grader who cleaned up the garden area last weekend. It is ready for the children to plant this year's crop! Congratulations to all who made the annual School Auction a great event. Finally we are using the Event Center in the many ways it was built for, I know many are grateful for the support of this year's event and more will be presented about this in future bulletins.

FIRST FRIDAY ADORATION

March 3rd
9:00 am to 4:30 pm
 Benediction at 4:30 pm.

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.

WINGS ~ WOMEN IN GOD'S SPIRIT

WINGS meetings, take place on a Zoom platform from 9:15-11:15am, on Wednesdays. If you need the zoom link contact Denise Mollen at mollend@aol.com. She will send you the link to Zoom. Our theme for the 2022/2023 year is:



"Abide in God's Love"

MARCH 1ST

FR. IVAN TOU, C.S.P.

PASTOR, HOLY SPIRIT-NEWMAN HALL PARISH

Back to Love School: Learning to Love Like God

LENTEN RESOURCES**WEEKLY REFLECTION**

**First Week of Lent Year A
 Recognizing Evil**

Genesis 2:7-9, 3:1-7

Psalm 51:3-6, 12-13, 17

Be merciful, O Lord, for we have sinned.

Romans 5:12-19

Matthew 4:1-11

Jesus recognized Satan when he came to tempt him in the desert. Adam and Eve in the garden did not. Can we? Temptations that work for good people are not so obvious, or good people would not fall for them. How do we recognize Satan and his temptations?

This week I will examine my decisions carefully and ponder them in the light of Jesus' teachings. If I have doubts, I will take the decisions to prayer, taking time to listen to what God wants to tell me.

**ST. THERESA PARISH
 LENTEN OPPORTUNITIES**

PARISH LENTEN RETREAT "THE 99"

March 9, 16, 23
 7:00 pm in the church

DAILY REFLECTION BOOKLETS**Fr. Ngema, Weekly Lenten Reflection**

February 28, March 7, 14, 21, 28, April 3
 7:00 pm on Zoom

Zoom link will be in the Friday Flocknote

"BEST LENT EVER"

Daily Flocknote Reflection

HOLY MOMENTS BOOK**STATIONS OF THE CROSS**

March 3, 10, 17, 24, 31

Provided by the school

9:30 am & 2:30 pm

RICE BOWLS**LENT IN A BAG****ANOINTING OF THE SICK**

Sunday, March 26, 9:00 am Mass

SEDER DINNER

Wednesday, March 29, 6:00 pm

Check out the Lent page on the parish website for details.

<https://sttheresaokland.org/lent-2023>

**Fast & Abstinence**

Ash Wednesday and Good Friday are days of fast and abstinence.

The law of fasting allows one full meal and two smaller ones.

The law of abstinence prohibits the eating of meat. The Fridays of Lent are days of abstinence in the United States.

The obligation of abstinence begins at age 14. The norms on fasting are obligatory from age 18 until age 59.

SOCIAL JUSTICE COMMITTEE (SJC) CORNER

"Our relationship with the environment can never be isolated from our relationship with others and with God" — Pope Francis, *Laudato Si*, 119

In 2015, Pope Francis released his encyclical letter, "Laudato Si': On Care for Our Common Home", the first-ever papal encyclical devoted to the global environmental crisis. Inspired by his namesake, St. Francis of Assisi and his deep communion with all Creation, the Pope issued a powerful appeal to the Church and "all people of good will" to urgently come together and respond to "the cry of the earth and the cry of the poor."

In preparation for this year's Earth Day, April 22nd, the SJC will be hosting an in-person viewing of the film, *The Letter: A Message for Our Earth*. This moving 80-minute film is inspired by Pope Francis' encyclical letter, and tells the story of a journey to Rome of frontline leaders from around the world to discuss the letter, leaders who have directly experienced the ecological crisis and are doing something about it. The exclusive dialogue also reveals insight into the Pope's personal history and stories never seen since he became the Bishop of Rome.

More details to follow. Send questions to Lydia Deck, ltdeck@me.com.

**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 at the gated entrance to the courtyard. Contact Volunteer Coordinator, Kristen Bernal: Email kbernal@svdp-alameda.org 510-277-6435.

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: Our on-going food collections for the needy people in the Sacred Heart Parish have been graciously acknowledged by those who have been served. This is becoming a regular opportunity for us to feed the hungry, especially during these difficult economic times. We bring the food to Sacred Heart around the third Sunday of the month. Food donations may be left in the back of the vestibule in various baskets next to the "Giving Tree at any time.

Our Parish SVdP Conference meets bimonthly, every third Saturday at 9:30am. If you are interested in learning more about our Conference's work or have any questions, contact Judy Bojorquez at jtsbojorquez@yahoo.com or to be added to email distribution list.

You may use online giving to make a donation to the St. Theresa St. Vincent de Paul conference. <https://sttheresaokland.org/donate>.

WEEKLY READINGS*February 27 - March 5***Monday:**

Lv 19:1-2, 11-18
Ps 19
Mt 25:31-46

Tuesday:

Is 55:10-11
Ps 34
Mt 6:7-15

Wednesday:

Jon 3:1-10
Ps 51
Lk 11:29-32

Thursday:

Est C:12, 14-16, 23-25
Ps 138
Mt 7:7-12

Friday

Ez 18:21-28
Ps 130
Mt 5:20-26

Saturday:

Dt 26:16-19
Ps 119
Mt 5:43-48

Sunday:

Gn 12:1-4a
Ps 33
2 Tm 1:8b-10
Mt 17:1-9



God's Word for Children

First Sunday of Lent

While Jesus was in the desert the devil came and tempted him to do different things. Cross out all the rocks that have the letters G, K, X, and Z on them. The remaining letters will spell out what the devil wanted Jesus to command the stones to become. You can read the story in your Bible at Matthew 4:1-11.

X	L	G	O	K	A	V
Z	K	Z	E	X	S	X
O	G	F	B	R	Z	G
K	E	X	G	A	K	D

God told Adam and Eve they should not eat the fruit from a certain tree. But they disobeyed and ate from it anyway. How many apples can you count in the tree? Write the number on the tree trunk.

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CATHOLIC CORNER

ADAM AND EVE

You may be familiar with the Gospel stories of Lent. Each year on the First Sunday of Lent we accompany Jesus into the desert, where he is tempted by Satan. On the second Sunday, in the account of the Transfiguration, Jesus is revealed in his glory before his passion. The stories of the woman at the well, the healing of the man born blind, and the raising of Lazarus prepare us for the baptisms of the Easter Vigil with images of water, light, and new life. This year, let's take a closer look at the first readings, which give us some of our family history from the Old Testament. We will hear parts of these stories again at the Easter Vigil.

We begin with Adam and Eve in the second creation story (Genesis 2:7-9). Unlike Genesis 1, which describes the "days" of creation, this version tells us how God formed Adam from *adama*, the Hebrew word for ground, and created Eve, "the mother of all the living" (Genesis 3:20), to be his partner. God then placed them in a garden that had everything they needed, but they disobeyed God and had to leave paradise. God did not abandon them, but promised to send someone to save them and bring them back into friendship with God. That someone is Jesus.



At the Easter Vigil we will hear the story of creation to remind us that God loves us and gives us all we need. Complete this picture of a tree and make a beautiful garden of fruits and flowers around it. Draw Adam and Eve in the garden. Say a prayer thanking God for creating the world and all the people in it.

PARISH INFORMATION



MASS SCHEDULE:

Face Masks are required for all unvaccinated people attending Mass.

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.sttheresaoakland.org

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

YouTube: https://www.youtube.com/channel/UCn5JX1e3QrqXTsa_7qmNClw

PARISH STAFF: 510.547.2777

Rev. Robert J. McCann, ext. 121

Pastor

rjmccann@sttheresaoakland.org

Rev. Abraham Addam, ext. 122

In Residence

Rev. Ngema W. Enow, ext. 128

In Residence

ngemawil.enow@gmail.com

Cathy Brady, ext. 126

Liturgy Director

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Jenny Bruni, ext. 123

High School Youth Ministry Coordinator

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Rob Cakebread, ext. 127

Music Ministry Director

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Melody Marr, ext. 120

Parish Administrator

melody@sttheresaoakland.org

Keri Nims, ext. 124

Coordinator for Early Childhood Catechesis & RCIC

keri@sttheresaoakland.org

ST. THERESA SCHOOL

Alicia Ortegon, 510.547.3146

St. Theresa School Principal

a_ortegon@sttheresaschool.org

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)

Jenny Bruni and Keri Nims: Co-Coordinators

High School Youth Ministry/Confirmation

Jenny Bruni ~ jenny@sttheresaoakland.org

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

Cathy Brady ~ cathy_b@sttheresaoakland.org

Parish Organization Contacts

Pastoral Council:

Paulette Tuckner

pmtuckner@comcast.net

Finance Council:

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St. Vincent de Paul Society

Greg Govan

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CYO (Catholic Youth Organization):

Clarence Robinson

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St. Theresa Men's Club

Chris Bruni

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Legion of Mary

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WINGS

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Social Justice Committee (SJC)

Lydia Deck

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Consolation Ministry

Cecile Cuttitta

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Men's Faith Sharing

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Cursillo

Geri Tong

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Kinderchurch

Shanon Ciston

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