

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.

MARCH 6, 2022

FIRST SUNDAY
OF
LENT

“YOU SHALL NOT PUT THE LORD, YOUR GOD, TO THE TEST.”

LUKE 4:12



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

MASS INTENTIONS - MARCH 5 - 13

Sat. 5:00 pm † Beverly Sereda
 Sun. 10:00 am Parish Community of St. Theresa

Mon. 8:30 am † Deceased Members of Dominican
 Third Order

Tues. 8:30 am

Wed. 8:30 am


Thurs. 8:30 am

Fri. 8:30 am Alicia Gonzales

Sat. 5:00 pm Parish Community of St. Theresa

Sun. 10:00 am † Bernita Cassady

KEEP IN TOUCH WITH US

Via email or text message:  **flocknote**

- ◆ Receive the weekly Friday Flocknote
- ◆ Receive parish updates and notices of special events
- ◆ Choose to receive updates from groups you're interested in
- ◆ Unsubscribe anytime

Sign-up at
flocknote.com/StTheresa30
 OR
 Text: STT To: 84579

SUNDAY OFFERING

ONLINE GIVING :
(February 21 - 27) 62 DONORS \$ 2,925.80

MASS/DROP-OFF/MAILED DONATIONS:
(February 21 - 27) 32 DONORS \$ 2,319.00

ONLINE GIVING

Online Giving is available for anyone who prefers to donate through automatic draft for their Sunday Offering, Building Maintenance and Second Collections.

Scan the QR code to sign-up or make changes to your online giving.

**SUPPORT ST. THERESA CHURCH**

By using smile.amazon.com and choosing St. Theresa Catholic Church, location: Oakland, CA as your charity when you shop, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the parish.

**Fast & Abstinence**

Good Friday is a day 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.

LOW GLUTEN HOSTS

Low Gluten hosts are available at all weekend Masses. Please use the president's communion station to receive a low gluten host.

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

Matt Mercier, Heidi Parmelee, Aiden Farinella, Dolores Gomez, Alegria Hipolito, Betty Wharton, Hazel Villata, Juanita Estrella, Leslie Fischer, Mike Reilly, Dorothy Donnelly, Olga Lamberti, Matt White, Tom Sanford, Wendy Parmelee, Roger Baylocq, Ida Scodella, Alicia Gonzalez, Denise Moore, Mirella Baldo, Diana Martínez, Susan Springer, Margie Sullivan, Maddie Heitkemper, Lennox Peerson, Joan Simmons, Badri Nakhjavani, Eddie Bradford, Wendy Jones, Bob Rogers, Orlanda Gonzalez, Kevin Chapman, Diane Cerille, Ruth McCabe, Tom Wilberding, Shirley Roberts, Karen Milliman, Richard Nivens, Anita Ferricelli, Danny Ramos, Mark Leonard, Christopher Rodriguez, Maryanne Walsh, Rhonda Santeen, Ricardo Sepulveda, Doris Fiumano, John Whatley, Bishop John Cummins, Fr. Bob McCann, Nancy Coyne, Kevin Stallone, Herman Carmassi, Della Spinelli, Patrick Nichols, Brittni White, Jennifer Taylor, Kelly Aeich, Jeanne Cuttitta, Susan Buller, Felipa Luviano, Amy Kantowitz, Shelley Faro, Irene Reilly, Glenda, and all who have the corona virus throughout the world.

LIVING STEWARDSHIP

Some Lenten activities are best done solo; for others, rope in family, friends, neighbors, or fellow parishioners and make a joint commitment.

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BULLETIN SUBMISSION DEADLINES

March 6 bulletin was due by February 25 (Friday)

March 13 bulletin was due by March 4 (Friday)

March 20 bulletin is due by March 11 (Friday)

March 27 bulletin is due by March 18 (Friday)

Items must be received by 4:00 pm on the due date.

Email to cathy_b@sttheresaokland.org.

A WORD FROM OUR PASTOR

Lent is a 40-day season of prayer, fasting, and almsgiving that began on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Order of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics. We rejoice that several among us will be baptized on Holy Saturday at the Easter Vigil.

I hope as we emerge out of a 'covid restricted' world, you will participate together in the parish as you are able. The parish website has all the opportunities in the parish for this Lent. Unfortunately, we will not be able to provide the Wednesday 'soup pick-up' as we did last year. The wonderful, amazing cook who made it easy last year is fully occupied in opening a new restaurant. No one else has been found who can cook, package, and get to us 220+ containers of great soup, and covid restrictions still prevent us from holding an open place with one another as we have in years past. We pray next year will be more normal!

We can still join each other in solidarity by having a simple meal that we make at home and giving generously to the many needs of the poor among us. Catholic Relief Services will respond to many refugees from Ukraine as the newest area of need in our world.

Please support them as one of your personal Lenten practices.

Both of my mother's parents were born in Lithuania and many in my family were sent to Siberia and other restrictive situations because of the aggression and oppression of their homeland and ethnic culture. (For almost 40 years, it was forbidden to speak Lithuanian or celebrate any of its festivals.) Most of you also remember fondly, Fr. Lukas Laniauskas, SJ when he served our parish. He was born in Lithuania. He assured us the oppressions and aggressions are real and we pray what is now happening in Ukraine will not happen anywhere else and Ukraine will find peace soon.



Pope Francis, breaking normal protocol and during a time his doctors ordered him to rest, went to the Russian embassy in Rome to voice his condemnation of the aggression we are witnessing. Senseless death and destruction without provocation or reason must be condemned. We are all called to support those who grieve, flee, and wonder what is going on in 2022. Have we not learned the lesson that war is never the answer?

Our bishops have asked us to pray, and I enclose several petitions they have sent that you might bring to your Lenten prayers each day.

Our Lady, Queen of Peace, pray for us

For all those effected by the fighting in Ukraine--for those who have lost lives, loved ones and homes, we pray.

For the dignity of every person and the sovereignty of every nation, for they are the work of your creation we pray.

For leaders of nations, that they may seek diplomatic solutions to conflict and war, we pray.

For the Church in Ukraine, that the People of God may be free to worship in peace, we pray.

For our allies and our enemies, that God may guide them to the way of peace, we pray.

For the courage to demand an end to war and for the grace to work toward it, we pray.

Imploring the intercession of Our Lady, Queen of Peace, we beg her protection for the victims of war and aggression. We pray to the Lord...



First Week of Lent Year C Reliance

Deuteronomy 26:4-10
Psalm 91:1-2, 10-15

Be with me, Lord, when I am in trouble.

Romans 10:8-13

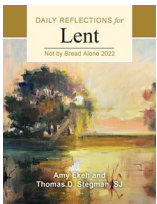
Luke 4:1-13

The Israelites' psychological backdrop was their salvation from slavery in Egypt. The psalm response reflects their cry, "Be with me, Lord, when I am in trouble." Paul tells the Romans to call on the name of the Lord to be saved. Jesus in the desert, hungry, alone, and facing temptation, relied on God for strength. Can I admit that I need God for my strength? What troubles might I need God's help with right now?

This week I will work on forming a habit of acknowledging my dependence on God and pray the psalm response daily: "Be with me, Lord, when I am in trouble."



All families are invited to pick up a Rice Bowl packet in the church vestibule and join in this simple yet powerful Lenten practice.



LENTEN REFLECTION BOOKLETS are available in the church vestibule.

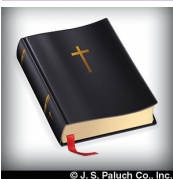
This is a prayerful journey through lent with day by day reflections on the Mass readings.

New this Lent.....

WEEKLY PRAYER CARDS

Get your new prayer each week in the vestibule and use this, along with all the rest of the parish as your prayer for that week.

*Imagine....all of us praying the same prayer together
wherever we may be!*



LENTEN BIBLE JOURNEY 2022 BIBLICAL LESSONS ON PRAYER

Do you want to understand how the Holy Spirit is implicated in your prayer life? Are you aware of the need to respect the cardinal laws on prayer for a fruitful prayer experience? Have you really experienced the power of praise in your personal prayer journey? Well, Lent is the time to rearrange your spiritual furniture for a new encounter with God using the Bible. The above questions and much more are the issues we shall be tackling in this pastorally oriented 2022 Lenten Bible Journey that means to demonstrate how the Bible is the ultimate prayer manual.

Saying that the Bible is the ultimate manual on Christian prayer is certainly stating the obvious. But this fact may not be that evident for many Christians who earnestly want to pray and who seek guides to improve their prayer life. Manuals on prayer abound that Christians have profitably used down the ages. These manuals on Christian prayer are effective as guides for individuals and groups precisely because they are themselves guided by the sacred scriptures of the Christian faith. Of course, you do know that the Bible guides the Christian life. Now is your opportunity to understand the compelling and stimulating guide that the Bible offers in a specific area of the Christian life: prayer. Here is your chance to excavate monumental clues from the Bible to improve your prayer life. This Lent 2022, add a delicious item to your spiritual lunch tray by plunging into the ultimate manual on Christian Prayer in this year's Lenten Bible Journey with me, your priest friend, Ngema.

When: Tuesday, March 8. 15, 22, 29, April 5, 12

Time: 7:00 pm

Where: Zoom, link in Friday Flocknote

Water, Light, and Life: A Lenten Parish Retreat



Lent is the perfect time for a parish retreat, especially this parish retreat: Water, Light, and Life! Lent traditionally focuses on baptism and on penance. During the Lenten season, the elect (those preparing for baptism, confirmation, and first Eucharist) enter their final time of intense preparation. As the baptized, we journey with them! It is our task to support them through prayer as they prepare to join us as fully initiated members of the People of God.

Our journey of conversion may begin long before we encounter the font as adults, or perhaps in the arms of our parents or godparents as infants. In either case it doesn't end there. That journey is lifelong! We never stop turning and returning to God, learning, loving, and growing more deeply in our relationship with the Father, Son, and Holy Spirit.

Through this Lenten retreat, we will focus inwardly on our personal relationship with God. As we do so, we will develop it ever more profoundly and come to understand what is meant by the call to constant conversion that marks the life of every Christian. This gathering is an opportunity for conversion, prayer, reflection, and faith-sharing for you. Mark your calendars and come join us! Please contact the parish office if you have questions.

When: March 9, 16, 23, 30

Time: 7:00 pm

Where: Church and on Zoom

(the zoom link will be in the Friday Flocknote)

Water, Light, and Life: A Lenten Parish Mission © 2022 Archdiocese of Chicago: Liturgy Training Publications. www.LTP.org. All rights reserved. Used with permission.

SOCIAL JUSTICE COMMITTEE (SJC) CORNER

Lent is the perfect time to reflect on social justice. The three pillars of lent: Fasting, Almsgiving and Praying

This Lent please consider:

Mercy Meatless Mondays- Consider going meatless on Mondays and Fridays during Lent.

“Eat food. Not too much. Mostly plants”—Michael Pollan

Donate savings to Rice Bowl or St. Vincent de Paul Food Kitchen

Our moral imperative to act on climate change and 3 steps we can take **responding to the call of the poor and cry of the earth:**

- 1) Promote an education geared to our common home
- 2) Promote access to food and water all over the world, beginning in our community
- 3) Gradually work toward clean energy sources

https://www.ted.com/talks/his_holiness_pope_francis_our_moral_imperative_to_act_on_climate_change_and_3_steps_we_can_take_english_voiceover?language=en

A Prayer:

Reconciling God, Creation and Humanity: An Ignatian Examen

I give thanks to God for creation and for being wonderfully made.

(Where did I feel God's presence in creation today?)

I ask for the grace to see creation as God Does—in all its splendor and suffering.

(Do I see the beauty of creation and hear the cries of the earth and the poor?)

I ask for the grace to look closely to see how my life choices impact creation and poor and vulnerable.

(What challenges or joys do I experience as I recall my care for creation? How can I turn away from a throwaway culture and instead stand in solidarity with creation and the poor?)

I ask for the grace of conversion towards ecological justice and reconciliation.

(Where have I fallen short in caring for creation and my brothers and sisters? How do I ask for a conversion of heart?)

I ask for the grace to reconcile my relationship with God, creation and humanity, and to stand in solidarity through my actions.

(How can I repair my relationship with creation and make choices consistent with my desire for reconciliation with creation?)

I offer a closing prayer for the earth and the vulnerable in our society.

Next Social Justice Meeting – March 10th at 7pm . All are welcome!

Send RSVP to Lydia Deck at ltdeck@me.com



2022 WINTER AUCTION

MARCH 13TH
SEQUOYAH COUNTRY CLUB

Join Us!

Sunday, March 13th

Sequoyah Country Club, 5:00 p.m.

THIS WEEK'S HEADLINES

Best of Live Raffle tickets available now!

Silent Auction Open Monday!

Read all about the latest auction info via the links below!

Auction Website:

<https://www.sttheresaschool.org/fundraiser2022>

Purchase Tickets:

<https://paybee.io/@sttheresa@25>

MASS INTENTIONS

To request a Mass Intention contact Melody Marr at melody@sttheresaokland.org or 510.547.2777, ext. 120 (Tuesday - Thursday).

VOLUNTEER TO HELP AT MASS

A dedicated group of 25 people have volunteered at our services for the two years, some serving weekly with no break. We thank all of them who have helped to make our celebration of the liturgy safe, dignified and reverent. Their commitment to the parish has been a blessing.

We would like to increase the number of volunteers so people are schedule monthly for either the 5:00 pm Saturday or 10:00 am Sunday Masses.

- ✦ **Lector**
- ✦ **Eucharistic Minister** (must be fully vaccinated)
- ✦ **Sacristan**
- ✦ **Projectionist**
- ✦ **Videographer**
(for live-stream at the 10:00 am Sunday Mass)
- ✦ **Greeter**
- ✦ **Usher**

Contact Cathy Brady to volunteer, cathy_b@sttheresaokland.org



ST. VINCENT DE PAUL

Thank you, St. Theresa Parish, for your continued generous support through the 5th Sunday second collection for our St Vincent de Paul Conference's work.

CURRENT NEEDS

Volunteers Needed for the Dining Room at the Direct Services Campus in West Oakland: 8:30am to 1pm Tuesday through Saturday

Volunteers to help prepare, and bag warm meals for our guests and serve the meals at the gated entrance to the courtyard. These excellent hot takeaway meals are being provided while the dining room is closed due to COVID. Contact Volunteer Coordinator, Kristen Bernal: Email kbernal@svdp-alameda.org (510)229 0793

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.

Nonperishable, non-expired food donations: Our first collection for food was graciously received by many parishioners of Sacred Heart Parish. In addition to our thanking our parishioner for their generosity, we wish to thank the Confirmation Class for their generous response in supplying an abundance of cans of soup. There are many needy people in this part of Oakland who are on various forms of public assistance: Social Security, Unemployment, Food Stamps. Toward the end of the month, they are short on funds to buy food. The pastor at Sacred Heart asked us to deliver our food donations by the third Sunday of each month to accommodate this end-of-month situation.

Nonperishable, non-expired food donations may be left in the back of the vestibule in the basket(s) next to the "Giving Tree" at any time, up March 20.

Bay Area Rent Relief

CA COVID-19 Rent Relief is still available. It covers 100% of rent and utilities. There is no deadline, but renters and landlords impacted by COVID-19 who need help with rent should apply immediately, before funding runs out.

Our Parish Conference of St Vincent de Paul is here to help our neighbors in need, including assisting those who qualify for California's rent relief program to apply for and receive these State funds.

If you know of anyone in need requiring assistance, please refer them to our Conference.

Our Parish SVdP Conference meets bimonthly, every third Saturday at 9:30am. Our next meeting is March 19. If interested in learning more about our Conference's work, contact Judy Bojorquez at jtsbojorquez@yahoo.com to be added to email distribution and with any questions you might have.

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

MASK MANDATE UPDATE

If you are not fully vaccinated for Covid-19 you are required to wear a mask in the church and any building on the parish property. For the safety of all, we encourage all to continue wearing masks. The school policy has not changed, all people, regardless vaccination status must wear masks.

Thank you for keeping our parish community safe.

As of the bulletin publishing deadline we have not received any update on mask guidelines from the diocese.

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 and Weekend Masses.

This form is not for Mass Intentions.

WEEKLY READINGS

March 7 - 13

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 15:5-12, 17-18
Ps 27
Phil 3:17-4:1
Lk 9:28b-36



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: 10:00 am

RECONCILIATION:

Saturday: 4:00 pm - 4:30 pm

Reconciliation is outside, not in the confessional

PARISH CENTER OFFICE HOURS:

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

Please ring doorbell for entrance to parish offices.

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)

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

Cathy Brady, ext. 126

Liturgy Director

cathy_b@sttheresaoakland.org

Jenny Bruni, ext. 123

High School Youth Ministry Coordinator

jenny@sttheresaoakland.org

Rob Cakebread, ext. 127

Music Ministry Director

rob@sttheresaoakland.org

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 Organizations

Pastoral Council:

Carrie Schaefer caralee_schaefer@yahoo.com

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

PJ McGahan pjmcgahan@gmail.com

Legion of Mary

Tom Wallace tomw1313@sbcglobal.net

WINGS

Ruthanne Allen-Hunt ruthanneah@gmail.com

Toinette Eugene tmeugene@sbcglobal.net

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

Sharon Chipman sharonchipman@gmail.com

Kinderchurch

Shanon Ciston s.ciston@gmail.com



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Thank you! Keith & Kari Trimble

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