



ST. THÉRÈSE OF CARMEL

SUNDAY | DECEMBER 21, 2025

MASS SCHEDULE

Saturday Vigil | 4:30 PM
Sunday | 9:00 AM, 11:00 AM, 5:30 PM
Chinese | 2:00 PM
(Mandarin/Cantonese)
Monday-Thursday | 7:30 AM
Friday | 8:00 AM

RECONCILIATION

Saturday | 3:00-4:00 PM

ADORATION

Tuesday | 5:00-8:00 PM
Wednesday | 8:00-9:00 AM

GET IN TOUCH

4355 Del Mar Trails Road
San Diego, CA 92130
858-481-3232
parishoffice@stocsd.org
www.sttheresecarmel.org

OFFICE HOURS

Monday– Thursday | 8:00 AM-3:00 PM
Friday | 9:00 AM-3:00 PM
(Closed 12:00-1:00 PM)

DEVOTIONAL HOURS

Monday-Friday | 7:30-6:00 PM

NOTRE DAME ACADEMY

858-509-2300 or www.ndasd.org

Fourth Sunday of **ADVENT**



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Who We Are

We are a welcoming Catholic community striving to do small things with great love for the glory of God, guided by the example of St. Thérèse of Lisieux.

How We Live

Nourished by the sacraments and united in the Eucharist, we recognize that the Kingdom of God is among us. We live and share the Gospel of Jesus Christ with humility, joy, and devotion.

Our Mission

Empowered by the Holy Spirit, we grow in holiness, support one another on the journey to Heaven, and form disciples through worship, prayer, education, and service—so that all may come to know God's love.

PRAYERS & READINGS

PARISH CLERGY

PASTOR

Rev. Christopher Tozzi

DEACON/BAPTISM COORDINATOR

Deacon John Fanelle

ADMINISTRATION

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WEDDING DIRECTOR

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BOOKKEEPING

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DIRECTOR OF MUSIC

Catherine Marshall

CATECHESIS & PARISH LIFE

ELEMENTARY FAITH FORMATION COORDINATOR

Britin Hanson

COORDINATOR OF YOUTH & YOUNG ADULT MINISTRY

John Navarette

YOUTH & YOUNG ADULT MINISTERS

Marisabel "Mari" Patteson

Priscilla Trastoy

Annalua Corwin

OCIA COORDINATOR

Karen Klause

GROWING IN FAITH SCRIPTURE STUDY

Carlie Ward

WEEKLY INTENTIONS AND READINGS

SATURDAY, 12/20 | SATURDAY VIGIL MASS (SEE SUNDAY READINGS)

4:30 PM † Kenneth Tollefson

SUNDAY, 12/21 | FOURTH SUNDAY OF ADVENT ISAIAH 7:10-14, ROMANS 1:1-7, MATTHEW 1:18-24

9:00 AM SI Mass for the Recently Departed

11:00 AM SI Missa Pro Populo

5:30 PM SI Missa Pro Populo

MONDAY, 12/22

1 SAMUEL 1:24-28, LUKE 1:46-56

7:30 AM † Del Haney

TUESDAY, 12/23

MALACHI 3:1-4, 23-24, LUKE 1:57-66

7:30 AM † Johanna Schultes

WEDNESDAY, 12/24

ISAIAH 9:1-6, TITUS 2:11-14, LUKE 2:1-14

4:00, 7:00, & 10:00 PM SI Missa Pro Populo

THURSDAY, 12/25 | THE NATIVITY OF THE LORD (CHRISTMAS)

ISAIAH 9:1-6, TITUS 2:11-14, LUKE 2:1-14

9:00 & 11:00AM SI Missa Pro Populo

FRIDAY, 12/26 | FEAST OF SAINT STEPHEN, FIRST MARTYR

ACTS 6:8-10; 7:54-59, MATTHEW 10:17-22

8:00 AM † Christina Esteban

SATURDAY, 12/27 | SATURDAY VIGIL MASS (SEE SUNDAY READINGS)

4:30 PM † Amelia Gadi

NEXT SUNDAY, 12/28 | FEAST OF THE HOLY FAMILY OF JESUS, MARY AND JOSEPH

SIRACH 3:2-6, 12-14, COLOSSIANS 3:12-21 OR 3:12-17,

MATTHEW 2:13-15, 19-23

9:00 AM † Suzette Gindt

11:00 AM SI Missa Pro Populo

5:30 PM SI Missa Pro Populo

FOURTH SUNDAY OF ADVENT - DECEMBER 21ST

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.





Join us for Christmas
WE ENCOUNTER CHRIST HERE,
IN THE EUCHARIST,
IN ONE ANOTHER,
AND IN THE LIFE WE SHARE TOGETHER.

Mass Schedule:

December 24:

3:30 PM Youth Choir Preludes
4:00 PM Children's Mass
6:30 PM Men's Ensemble Preludes
7:00 PM Mass
9:00 PM STOC Choir Christmas
Concert
10:00 PM Vigil Mass

December 25:

9:00 AM
11:00 AM



STOC CALENDAR

January 2026



Jan 1 (Thursday)

- **9:00 AM:** Solemnity of Mary, the Holy Mother of God. Parish Mass.

Jan 3-4 Weekend: Epiphany of the Lord

- **Jan 2:** First Friday: Mass 8:00 AM; Adoration 8:30 AM - Noon; 7-8 PM
- **Jan 3:** First Saturday: 7:30 AM Confession, 9:00 AM Mass followed by Rosary
- **Jan 4:** Confirmation Classes

Jan 17-18 Weekend

- **Jan 18: Following the 11 AM Mass:** Community Baptism

Jan 22 (Thursday)

- **5:30 PM:** Blessing of Expectant Parents & Liturgy for the Protection of the Unborn

Jan 24-25 Weekend

- Catholic Schools Week
- **Jan 25:** Confirmation Classes

Jan 31-Feb 1 Weekend

- **Feb 1 (Sunday):** XLT Worship Night

Please check the website for calendar updates.

**Merry Christmas
&
Happy New Year!**

**Solemnity of Mary,
The Holy Mother of God;
Family Mass on
Thursday,
January 1st at 9 AM**

**OFFICE CLOSED
DEC. 25TH
REOPEN
JAN. 2ND**

Lost and Found

Missing something?

**Come by the parish office
to claim your lost items
from 8 AM - 3 PM,
Monday - Thursday,
or 9 AM - 3 PM,
Friday
Closed from 12 PM to 1 PM
for lunch break**



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OF CARMEL**



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Bereavement Group

"Grief is not just pain, grief is love."
David Kessler's

The loss of a loved one can make the holiday season harder to navigate. Our STOC Bereavement Group meets weekly to study scripture, share stories, and pray together as we heal from our grief. All who have experienced a loss are welcome to join the group which meets every Thursday* at 10 a.m. in the parish Multi-Purpose Room.

* Our next group session
will be on
Thursday, January 8th @ 10 AM.

Liturgical Life

(PRACTICING) CATHOLIC

Mini Reflection: Advent is drawing quickly to a close, and Christmas is coming soon. The change is upon us. Do we rise to accept it, or do we fall on our faces in fear?

The First Transfiguration

I imagine Joseph waking up the morning after the dream, blinking in the dim half-light of the dawn.

One day, decades from now, the baby his wife carries will stand on a mountaintop. His face will shine like the sun, and those who look upon him will fall down upon their own faces in fear.

We call this the transfiguration, and Joseph won't be there to see it. But that doesn't matter. What those men will learn on the mountaintop, Joseph already knows. He learned it last night.

Today, he shrugs off the remnants of slumber and stands up.

"Rise, and do not be afraid." This is what the baby — a baby no longer, but a man now, one in the last days of his life — will say to his companions on the mountain a few decades from now. They will look up to see him standing there the same as he always was, and they will realize that he did not change at all. They did.

"Do not be afraid." This is what the angel said last night as he revealed to Joseph the will of God: that Joseph take Mary and the Child as his own, despite having so many reasons not to do so. And today Joseph wakes up and the world is the same as it always was: Mary is pregnant, and the Child does not belong to him.

No, the world has not changed. Joseph has.

He rises, and goes to Mary.

Advent is drawing quickly to a close, and Christmas is coming soon. The change is upon us. Do we rise to accept it, or do we fall on our faces in fear?

— Colleen Jurkiewicz Dorman

Why do we do that?

Catholic Life Explained

Question:

What is the difference between tithing and stewardship?

Answer:

Both tithing and stewardship are part of a spiritual way of life that calls us to use all of our resources for the service of the Gospel. Everything we are and everything we have comes from God. Offering back to God what He has given us is part of how we worship and give thanks to God.

Tithing is the practice of giving back 10 percent of what we earn. It comes from the Old English word for "ten." The first Scriptural example of tithing came from Abraham who gave a tenth of his possessions to the priest Melchizedek. He did so as an act of thanksgiving to God.

Stewardship as a way of life calls us to use well all that we have and all that we are, placing all things in service of others and God. Stewardship helps us see the good we can accomplish by making God and our spiritual life the most important values in our life. Whatever we accumulate in this life stays here. We can't take it with us! Both tithing and stewardship help us remember that nothing is mine or even ours ... all belongs to God.

FAITH FORMATION

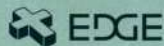
MIDDLE SCHOOLERS COME TO EDGE!

NEXT SESSION:
WEDNESDAY, JAN. 7TH
6:00 - 7:30 PM
LOCATION:
DEMPSEY SOCIAL CENTER



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with your
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INVITE
FRIENDS!



High School Teens



Join us for
Life Nites

6:30 - 8PM
(after 5:30pm mass)

Location: Dempsey
Social Center



December 28th
Christmas
Party & Service

CANCELLED

January 11th
Christmas
Party & Service

A joyful celebration
and opportunity to
give back



Upcoming Confirmation Sessions

Jan. 4th & Jan. 25th
YEAR 1

3:45 pm - 6:30 pm

YEAR 2

5:30 pm - 8:30 pm

These time frames include
Youth Mass from
5:30 pm - 6:30 pm.
Please arrive on time.



Scan the QR code to view the full calendar
and for more information on this year.

Hey, High Schoolers!



CALLED



Catholic And Living with Love Every Day

Wednesday evenings where we'll explore
ANY QUESTIONS
about faith and life in general.



Invite your friends!
All high school teens welcome.

NEXT SESSION

Wednesday,
Jan. 7th

7:30 pm - 8:30 pm
Dempsey Social
Center-Youth Room





Blessing of Expectant Parents

Save the Date:
22 Jan 2026, 5:30pm

Protection of Life Liturgy
Come Join Us for this Celebration of
God's Wonderful Gift of Life

SACRAMENT & MINISTRY INFORMATION

Baptism at St. Thérèse of Carmel

**We welcome new members
into the Body of Christ!**

Community Baptisms are held
after the 11 a.m. Mass.

Please visit the website for Baptism dates
each month.

Parents are required to register as Parishioners.
Classes are held once a month @ 7:30 PM via
Zoom. See the website for the class dates.

If this is your first child, both parents must
attend a Baptism Preparation Class.

Godparents are encouraged to attend a class
here or at their own parish.

To learn more or schedule a Baptism, obtain
forms, or register for the Baptismal Class,
please visit the website or contact the parish
office (858) 481-3232 or email Deacon John at
jfanelle@stocsd.org

Holy Matrimony

If you would like to celebrate your wedding at
St. Thérèse of Carmel, please start your
planning and preparation at least nine months
before your desired wedding date.

Please contact Mary Lucena Stevens @
mlucena@stocsd.org or call 858-481-3232.

Sacramental Preparation

Youth: Preparation for Reconciliation, Eucharist,
and Confirmation through our faith formation
programs. Please see website for more
information.

Adults: We welcome those Interested in
learning more about Becoming a Catholic.
For more Information on OCIA , Order of
Christian Initiation for Adults, please contact
Karen Klause on the website or call the Parish
Office @ 858-481-3232.

PRAYERS

PRAY FOR ONE ANOTHER

Please pray for our parishioners that are sick or homebound.

Contact the Parish Office to add or remove names from the list.

Lisa Carney-Carmichael
Carol Carney
Doug Casey
Sabrina Cheung
Teresa Cox
Cathy Daly
Dan Daly
Charles Dorthàlina
Angela DeCaro
Lawrence D'Souza
Albert Espinola
Fernanda Esteves
Stacey Farley
Felix Galasan
Ellen Gallego
Jake Garcia Sr
Jonathan Garvey
Donna Giles
Ted Gutierrez
Brian Hawkins
Mateus Hemmingson
Catherine Anne
Emilia Javier
Chuck Kirby
MJ Lane
Nga Thu Le
Tuan Anh Le
Mark Lotz
Mary Marshall
Cecilia Martin
Virgina McDeed
Salud (Sally) Macalma

Jack McGuire
Abdo Mouannes
Carol Nowak
Dorothy Nuss
Gladys Olson
Terry Olson
Mary Olvera
Mauro Pacelli
Wendy Papera
Leonor Pierce
Jeanne Pirolli
Fr. Larry Purcell
Emily Schiller-Reeder
Anthony Savello
Elaine Schlunt
Alec Schmall
Richard Shannon
Romaine Sullivan
Larry Sukay
Emilia Teotico
Tamatha Thomas
Diana Todaro
Mytu Tran
Luverne Travis
Edly Villanueva
Joe Vondracheck
Binh Vu
Thao Vuong
David Wissehr
David Yorck
Cathleen Yang
Alex Yiu

GLUTEN FREE HOSTS

You are welcome to bring your own gluten free host to Mass.

Place in the Pyx at the credence table, or see the Sacristan at Mass.

Prayer is the heart of our relationship with God

Adoration Schedule

Be still before the Lord

Tuesday Evening: 5 PM- 8 PM

Wednesday Morning: 8 AM- 9 AM

Rosary Prayer Group

Meets after daily Mass

Monday-Thursday 8 AM

Friday: 8:30 AM

St. Anne's Chapel

DEVOTIONS

Our Lady of Perpetual Help Novena

Prayed on Wednesdays following the 7:30 AM Mass

First Friday Devotion to the Sacred Heart of Jesus

Mass: 8 AM; Rosary following Mass

Adoration: 8:30 AM- 12 noon

Evening Adoration: 7 PM-8 PM

First Saturday Devotion to our Lady

7:30 AM Confessions available

9 AM Mass & Prayers

to Our Lady of Perpetual Help

9:45-10:15 AM Rosary plus pray

for Pope Leo XIV

Meditate on the mysteries of the Rosary

Our Lady of Fatima

Host Family:

12/14-12/21: Kathleen Snyder

12/21-12/28: Cristoforo Fornaro

Healing Prayer Group

Sunday, 12/21 after the **9:00AM** Mass

Sunday, 12/27 NO Healing Prayer

CALLED TO SERVE

Mass Intentions

Now Open: January-March 2026

Up to 3 Mass Intentions requests for each calendar period.
Stop by the Parish Office.

Keep Your Parish Profile Up to Date

If you have changed home, email address, or phone number please contact the Parish office.

Safe In Our Diocese

WE TAKE YOUR SAFETY SERIOUSLY

Report Sexual Abuse @ 858-490-8353
or visit safeinourdiocese.org for more information.

Stewardship

The breakdown of contributions is not available this week. We will update you the weekend of December 28th.

ONLINE GIVING

Your generosity keeps our parish strong in faith and service.

Online giving is a simple, secure way to support St. Thérèse anytime, anywhere helping us plan and focus more on ministry, not administration.



Thank you for your continued support and faithful giving!
Many blessings,

Fr. Chris

LITURGY

• Called to Serve:

Altar Servers, Lectors, Musicians, Eucharistic Ministers, Hospitality

• Liturgical Music:

Offering varied musical styles to enrich worship

PRAYER

• Eucharistic Adoration:

Rest in Jesus' true presence & love

• Liturgy of the Hours:

Sanctify the day with psalms & Scripture

• Marian Devotions:

Rosary, First Saturdays, Our Lady of Fatima devotions drawing closer to Christ through Mary

• Healing Prayer:

Experience Christ's mercy & peace

FAITH FORMATION

• Notre Dame Academy:

Catholic education, preschool-8th grade

• Children & Teens:

Faith formation & sacramental prep: Baptism, Reconciliation, First Communion, Confirmation

• Adults:

Bible studies, Faith Sharing Groups, Retreats

• Order of Christian Initiation of Adults:

OCIA is the pathway for adults interested in full communion with the Catholic Church

PARISH LIFE

• Welcome Committee:

Register, connect, and belong

• Young Adults (18-39):

Grow in faith, friendships, service, and fun

• Mom's Ministry:

Faith, friendship, & support at every stage

• Parish Guild:

Fellowship, prayer, & service rooted in Christ

• Knights of Columbus:

Catholic men (18+) serving in charity, unity, and fraternity

• Super Seniors (50+):

Monthly friendship, fun, & community

• Ministry to the Sick

Bringing Christ's comfort & presence

• Bereavement Ministry:

Support for those grieving the loss of a loved one

• Filipino & Chinese Catholics:

Celebrate and support faith traditions

• Community Outreach:

Food & clothing drives, care kits, parish service, pro-life ministry

**For more information visit the website
or contact the Parish Office**

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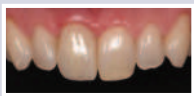
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- Certified LANAP Clinician (Laser Periodontal & Implant Regeneration)



Peter Nordland, DMD, MS

- Board Certified Periodontist
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