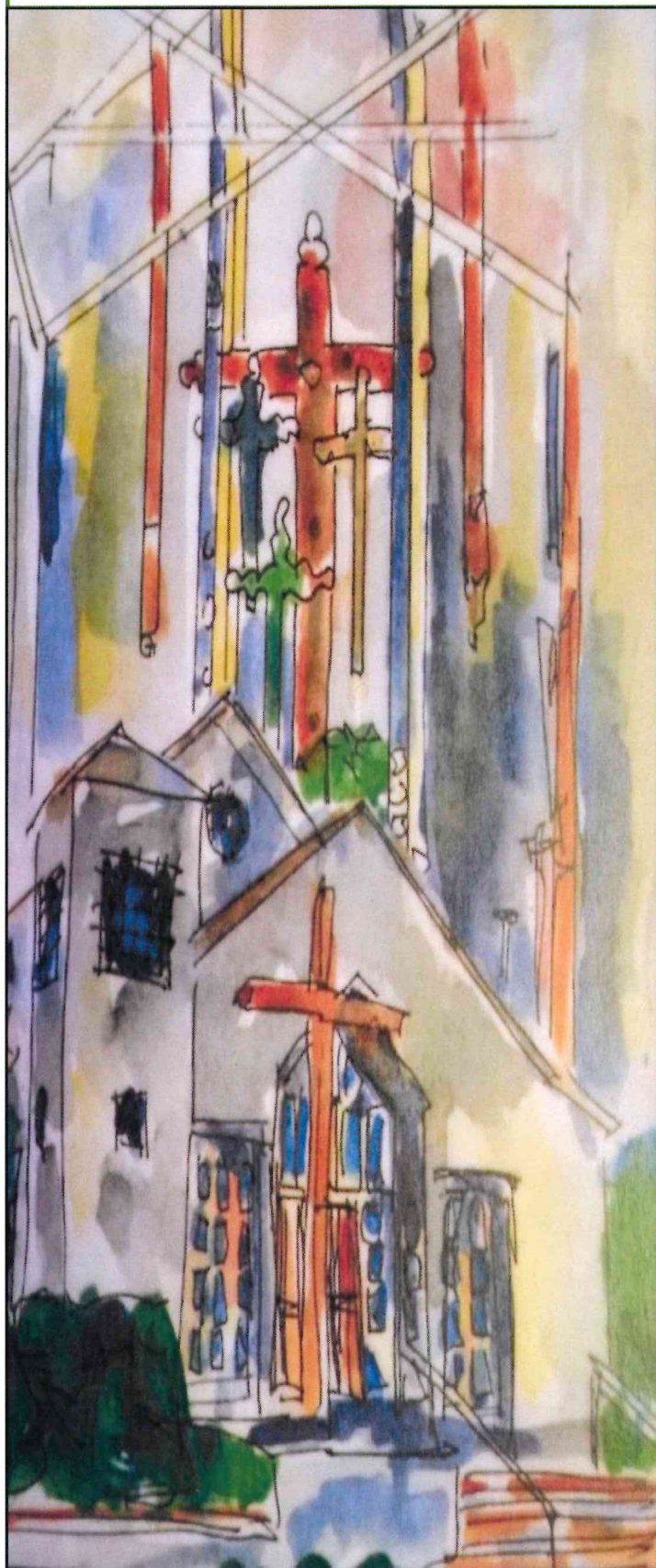


ST. PETER CATHOLIC CHURCH

700 ODDSTAD BLVD., PACIFICA, CA 94044



Contact Information

Parish Office	650-359-6313
Facsimile	650-359-2262
Elementary Religious Education and 7th & 8th Grade Confirmation	650-359-5000
E-mail	stpeterpacifica@comcast.net
Website	https://stpeterpacifica.org
Facebook	www.facebook/stpeterpacifica

Sacrament of Eucharist

Mass Schedule

Weekend Mass

Saturday: 4:30 P.M.

Sunday: 8:30 A.M. and 11:00 A.M.

Weekday Mass

Monday: 5:30 P.M.

Tuesday, Wednesday, Thursday & Fridays: 8:30 A.M.

Holy Day Mass

Vigil: 4:00 P.M. Day: 8:30 A.M. & 7:30 P.M.

Sacrament of Reconciliation

Saturday: 3:30 P.M. — 4:00 P.M., or by appointment.

Sacrament of Baptism

Contact Sister Hilda Sandoval, 2 months in advance.

Sacrament of Marriage

Contact the Parish Office, 6 months in advance.

September 27, 2026

Twenty-sixth Sunday in Ordinary Time

Jesus was obedient to the Father, even to death on a cross. We need never fear if we turn away from the path of virtue for the Lord is ever ready to forgive us, if we but repent. Remember, the Lord's compassion and kindness are from of old.

ST. PETER CATHOLIC CHURCH

Parish Staff

REVEREND JEROME P. FOLEY, Pastor.

SISTER HILDA SANDOVAL, M.F.P., Pastoral Associate and Director of Faith Formation,
hilsandoval63@gmail.com.

MR. ANTONIO EIRAS, Director of Music Ministry, tonyeiras@mac.com.

MS. VERA GONZALEZ, Office Manager, stpeterpacifica@comcast.net.

Mr. Tim Durkin, OUTREACH TO THE ELDERLY AND HOMEBOUND

PARISH COUNCIL

Mrs. Kathleen Bissell, Chair

LITURGY COMMITTEE

Mrs. Eileen Barsi, Chair

FINANCE COMMITTEE

Mr. Dale Fajardo, Chair

Mass Intentions Sept. 28 – Oct. 4, 2026

MASS SCHEDULE CHANGE

Mon	28	5:30 P.M.	†Raul Balazuelos
Tue	29	8:30 A.M.	Stephen Wika
Wed	30	5:30 P.M.	Victor & Georgette Hertzberg
Thu	1	5:30 P.M.	†Mary Clark
Fri	2	8:30 A.M.	†Herbert Rosen
Sat	3	4:30 P.M.	†Michael Fingleton
Sun	4	8:30 A.M.	People of St. Peter
		11:00 AM	†Mary Clark

Mass on
Wednesday, September 30 and
Tuesday, October 1
will be celebrated at 5:30 P.M.,
NOT in the morning.



Donations for the Holiday Boutique Raffle

We are requesting donations of purchased items for the beautiful *Thanksgiving, Advent, Christmas and Children's Baskets*.

Consider what would be useful for any member of the family of any age or for the home. Also consider what you personally would like to receive or what you would like to use.

Please drop off donations to Sister Hilda Sandoval's office or the Parish Office.

Donations due by October 22, 2026

The Solemnity of St. Francis of Assisi



Blessing of the Animals Sunday, October 4, 2026 12:30 P.M. at the St. Francis Garden

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy.

Divine Master, grant that I may not so much seek to be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

And it is in dying that we are born to eternal life. Amen

Obsession Psychology:

Understanding the Mind Behind Obsessive Thoughts

By [Dr. Sacha Cohen](#)

UNHEALTHY OBSESSIONS AND THEIR IMPACT ON MENTAL HEALTH

Obsessions can be unhealthy, and the consequences are severe on the psychological level. The unhealthy obsessions take energy and cause distress as opposed to positive fixations, which lead to growth. Individuals can escape commitments, shut themselves off, or fall into a repetition of thoughts. These traits may develop into disorders such as [OCD](#), [depression](#), or [generalized anxiety disorder](#). Unchecked, unhealthy obsessions distort facts, and minor issues appear overwhelming.

Unhealthy obsession occurs when intrusive and repetitive thoughts become so much that they begin to govern life. Rather than the obsession bringing happiness or inspiration, it contributes to **stress**, [anxiety](#), and even a sense of helplessness.

As an example, one can be too concerned about their performance at work, staying up late, correcting a small detail, and still believing that it could never be good enough. Others may be obsessed with social media, constantly counting the likes, comments, or followers, and judging their self-worth on online approval.

In the long term, unhealthy obsessions may cause sleep disorders, mood fluctuations, irritability, and poor relationships. They can also be associated with [mental health conditions](#) like [anxiety disorders](#), [obsessive-compulsive disorder \(OCD\)](#), or [depression](#). The first step in breaking the cycle is to understand that an interest has become an unhealthy obsession. By being aware of oneself and coping with situations and seeking professional assistance where applicable, one can take control and save one's own mental health.

IDENTIFYING AN OBSESSIVE TYPE PERSONALITY

An **obsessive-compulsive personality** is typically characterized by perfectionism, rigidity, and an excessive need for control. Such people might sound well-behaved and disciplined, but their personality traits can be problematic when they are overboard. For example, the goal of excellence is healthy, but an obsessive personality will become distressed when things do not always go right. They can also be resistant to change, have difficulty delegating duties, or be overly ambitious to themselves and others.

To some degree, obsessive personality traits overlap with **obsessive-compulsive personality disorder (OCPD)**. In psychology, **OCPD** is viewed as a general pattern of rigid thinking and behavior, unlike **OCD**, which targets specific obsessions and compulsions. This personality type can perform well in structured environments but may have difficulty with flexibility. With OCPD, it is more difficult to treat such a person, because they find nothing wrong with their personality; in fact, they feel proud of being perfectionistic, organized, and dominating. People with OCPD generally feel distressed and irritated when personal standards are not met, but they don't feel their behavior is problematic.

COPING STRATEGIES FOR MANAGING OBSESSION

Dealing with obsession is not about obstructing all thoughts, but about how to keep them under control to make them not dictate your life. Healthy coping involves practicing relaxation techniques with the help of professional support. Through awareness and maintaining balance, one can change intrusive thoughts and recover peace.

The effective coping strategies are:

- Mindfulness exercises – keeping an eye on your thoughts without judgment.
- Routine and structure – Stay up to [mental strength](#) through regular sleep and exercise, as well as relaxation.
- Hobbies – Spent time in activities that make you feel happy and relaxed.
- Support Systems - Relying on close friends or family to get grounded.
- [Psychotherapies](#): Questioning unrealistic beliefs and substituting them with more constructive ones.

[Obsessive thoughts](#) may cause a problem in daily life, and this is when professional attention is required.

CONCLUSION

Obsessions refer to undesired thoughts that bring distress and disturbance. To reduce the [obsessive thoughts](#), most individuals with **OCD** attempt to do the compulsion. If left untreated, an individual may be associated with other acute **mental health disorders**, such as [depression](#) and [anxiety](#), that interfere with everyday performance and general well-being.

Obsession is something that can be treated and managed. Consultation with a professional will be a good start in case you or your loved one is struggling with such issues. Living with a [mental health condition](#) may not be that easy, yet one should take the first step in the process of recovery.

You can overcome obsession and live a happy and fulfilling life by learning to take charge of your thoughts through proper support and [individual treatment](#).



September 27, 2026 Twenty-sixth Sunday in Ordinary Time

Today's readings challenge the modern-day disciple to imitate more fully both the actions and attitudes of Christ. This is, after all, the point of our stewardship way of life.



St. Paul encapsulates the actions and attitudes we must strive for in the Second Reading, from the Letter to the Philippians. "Do nothing out of selfishness or out of vainglory, rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others." In other words, Paul continues, "Have in you the same attitude that is also in Christ Jesus." Whether we are at work or school or within our own homes, our actions should be focused on others first in imitation of Christ, who is always perfectly focused on others.

But there is another reason for seeing others as more important than ourselves, a reason that will help us to become better stewards. It is the recognition that the "others" in my life — whether my spouse and children, my next-door neighbor, or even the co-worker that gets on my last nerve — all these others are gifts from God, to be treasured and nurtured for God's glory.

And just in case this seems like a bit too much to ask of us, St. Paul gives us another reminder about the Savior we are imitating as we embrace this attitude towards others. "Christ Jesus, who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied Himself, taking the form of a slave... he humbled Himself, becoming obedient to the point of death, even death on a cross." Unimaginable humility.

We should not be overwhelmed by this high bar, however. Our God is a loving and patient Father. He embraces every faltering step we take in imitation of His Son. Jesus demonstrates this comforting truth through the parable He tells in today's Gospel from Matthew. It is the story of two sons whose father instructs them to go out and work in his vineyard that day. The second son gives the right answer, right away: "Yes, sir." But he does not follow through. Despite the lip service, he has failed to follow his father's will.

The first son just can't seem to get on board with his father's command. He responds, "I will not." At least he is honest! And this honest, less-than-perfect response should be consoling to us, Christian stewards. Haven't we all felt this way at times when God's will for us seems to be just too hard? We can be honest with God at these times. He knows already, after all. But when we stay engaged in a real relationship with Him, even if it's just to say, "I don't think I can, Lord," He will supply us with just the grace we need to change our minds and do what He is asking us to do.

We can even take a step backward from time to time because our Father is merciful and kind. What matters is that we keep baby-stepping along, assured of the grace we need to more closely imitate the actions and attitudes of Christ. This is the beauty of the stewardship way of life.

Second Collection for October 4, 2026 – Archdiocesan Annual Appeal

Your support of the Archdiocesan Annual Appeal impacts lives. Your gift helps provide ministries, programs and services that benefit the people and parishes of the Archdiocese of San Francisco.

PLEASE MAKE CHECK PAYABLE TO ST. PETER CHURCH

Sunday Collection – September 20, 2026		 ARCHDIOCESAN ANNUAL APPEAL SAN FRANCISCO	
Offertory	\$3,459.77		
Maintenance	\$1,352.00		
Parish Soft Online Collection – Sep 12-18, 2026			
Offertory	\$1,118.50	ASSESSMENT \$65,022.00	
Maintenance Fund	\$170.33	COLLECTED \$26,709.00 BALANCE \$38,314.00	
Church Roof Fund	\$74.99		
Additional Donation	\$18.60		
Saint Vincent de Paul	\$9.01		
Priest Retirement Fund	\$5.00		
TOTAL \$1,396.43			
Parish Calendar		Weekly Readings	
Mon 28 3:00 P.M. Chaplet of Divine Mercy 5:30 P.M. Evening Mass		Mon 28	<i>Saint Wenceslaus, Martyr</i> <i>Saint Lawrence Ruiz, Companions, Martyrs</i> Reading <i>Job</i> 1:6-22 Responsorial <i>Psalms</i> 17:1b-3,6-7 Gospel <i>Luke</i> 9:46-50 <i>SAINTS MICHAEL, GABRIEL & RAPHAEL, ARCHANGELS</i>
Tue 29 8:30 A.M. Daily Mass 3:00 P.M. Chaplet of Divine Mercy 3:45 P.M. Religious Education Classes 3:45 P.M. Confirmation Class 7:00 P.M. OCIA Class		Tue 29	Reading <i>Daniel</i> 7:9-10,13-14 or Rv 12:7-12a Responsorial <i>Psalms</i> 138:1-5 Gospel <i>John</i> 1:47-51 <i>Saint Jerome, Priest, Doctor of the Church</i>
Wed 30 3:00 P.M. Chaplet of Divine Mercy 3:00 P.M. Religious Education Classes 3:00 P.M. Confirmation Class 5:30 P.M. Evening Mass 7:00 P.M. Confirmation Class 7:00 P.M. Choir Rehearsal		Wed 30	Reading <i>Job</i> 9:1-12,14-16 Responsorial <i>Psalms</i> 88:10b-15 Gospel <i>Luke</i> 9:57-62 <i>Saint Thérèse of the Child Jesus, Virgin, Doctor of the Church</i>
Thu 1 3:00 P.M. Chaplet of Divine Mercy 5:30 P.M. Evening Mass		Thu 1	Reading <i>Job</i> 19:21-27 Responsorial <i>Psalms</i> 27:7-9c,13-14 Gospel <i>Luke</i> 10:1-12 <i>The Holy Guardian Angels</i>
Fri 2 8:30 A.M. Daily Mass 3:00 P.M. Chaplet of Divine Mercy		Fri 2	Reading <i>Job</i> 38:1,12-21;40:3-5 Responsorial <i>Psalms</i> 139:1-3,7-10,13-14b Gospel <i>Matthew</i> 18:1-5,10
Sat 3 3:00 P.M. Chaplet of Divine Mercy 3:30 P.M. Sacrament of Reconciliation 4:30 P.M. Mass		Sat 3	Reading <i>Job</i> 42:1-3,5-6,12-17 Responsorial <i>Psalms</i> 119:66,71,75,91,125,130 Gospel <i>Luke</i> 10:17-24 <i>The Solemnity of Saint Francis of Assisi</i>
Sun 4 8:30 A.M. Mass 11:00 A.M. Mass		Sun 4	Reading I <i>Sirach</i> 50:1,3-4,6-7 Responsorial <i>Psalms</i> 16:1b-2a,5,7-8,11 Reading II <i>Galatians</i> 6:14-18 Gospel Acclamation <i>Matthew</i> 11:25 Gospel <i>Luke</i> 10:1-12

St. Peter Catholic Church

700 Oddstad Blvd., Pacifica, CA 94044

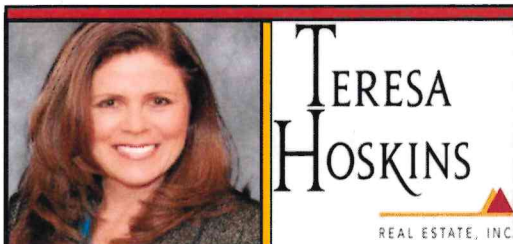
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Bulletin Advertisement

September 27, 2026

Twenty-sixth Sunday
in Ordinary Time



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