



# STAR *of the* SEA

A CATHOLIC STEWARDSHIP PARISH



## “JESUS IS REALLY AND TRULY PRESENT IN THE EUCHARIST”

### *Adoration of the Blessed Sacrament at Star of the Sea*

Though her family had always been devout, Leslie Low realized the Real Presence of Jesus in the Eucharist in an intimate way when she was an adult. While Leslie was going through a time of sickness, a friend taught her to pray the Rosary.

“The Rosary brought me to Jesus and the Blessed Sacrament,” says Leslie, a member of the Perpetual Adoration Committee. “Then, it became my mission to let people know Jesus is really and truly present in the Eucharist. It is not a symbol.”

In Eucharistic Adoration, we have a unique opportunity to worship Jesus in the Blessed Sacrament. At Star of the Sea, Arnold Low started the practice of monthly adoration approximately 17 years ago.

Today, this practice has not only grown into weekly adoration, but the parish has also begun the construction of a Perpetual Eucharistic Adoration Chapel, which will be at the West Entrance of the church on Geary Blvd.

In anticipation of the opening of the chapel and in order to foster a fervent love of Christ in the Eucharist, the parish hosted the Vatican’s International Exhibit of Eucharistic Miracles of



*Eucharistic Adoration at Star of the Sea*

the World, which includes 70 panels showing 1,800 years of Eucharistic miracles. Steve Lovison and Richard Bernatchez supported Leslie in the organization of the exhibit.

“We hope this exhibit inspires interest in adoration,” Leslie says. “People walked through the panels independently, and there was also an audio-visual presentation in conjunction with that. I hope it will open people’s hearts.”

Currently, there are several weekly and monthly opportunities for adoration at Star of the Sea. All are welcome to adore Christ in

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## *Adoration of the Blessed Sacrament at Star of the Sea* continued from front cover

the Blessed Sacrament every week on Saturday from 9 a.m. to 4 p.m., and on Tuesday from 7 to 8 p.m.

Monthly, we also have an opportunity for adoration from 3:15 p.m. to 4:15 p.m. on the second Sunday. Lastly, our young adults gather on the second and fourth Fridays of the month at 7:30 p.m. for adoration together.

“We’re hoping to soon have Perpetual Adoration, which is a team effort that the Perpetual Adoration Committee is working on,” Leslie says.

Individuals can sign up for adoration by calling the parish office. Thelma Go and Elizabeth Ing currently oversee the scheduling for Saturday adoration. Of course, all are welcome to drop by and spend whatever time they have with Christ in the Eucharist.

“I remember my first days of adoration and trying to settle my mind down,” Leslie says. “Bring some reading with you. Take a deep breath and ask Mary to help you focus. Gather all your concerns and place them at the feet of Jesus.”

Currently, Star of the Sea is continuing the process of building a Perpetual Adoration chapel, a place dedicated to the continuous Exposition of the Blessed Sacrament.

“We are all trying to bring Jesus to the greater community and be a beacon of Eucharistic Light to San Francisco,” Leslie says. “It’s all about bringing Christ’s love and mercy to others.”

In the near future, we will have the opportunity for adoration at any time, whether we have an hour to give regularly or a simply a few moments to stop by and quietly spend some time with Our Lord.

“The fruits of adoration are living in peace, being joyful and seeking to put on the heart of God,” Leslie says. “What is important is Jesus’ love, and the more we commune with Jesus, the more we are strengthened by his love.”



*Eucharistic Adoration at Star of the Sea*



*Fr. Joseph Illo and the monstrance*

*If you would like more information about adoration at Star of the Sea, please visit the parish website or call the parish office at 415-751-0450. Mary, Mother of the Eucharist, please pray for us!*

## ALL THINGS AND ALL PEOPLE ARE MADE NEW

Dear Parishioners,

**W**e Catholics celebrate Easter for 50 days, as you will see and hear at every Mass until Pentecost (May 15). Easter is old Germanic for “springtime” – not just the bright green leaves and waving yellow blossoms in Golden Gate Park, but new life in Christ. In one of our readings during April, God declares, “Behold, I make all things new.”

Marketers use the idea of “new” to sell products – we are always seeing the word “New!” in flashy letters on boxes of laundry detergent and toothpastes. But it is really Christ that gives us something bright and beautifully new every day. I mean the new heart with which we leave the confessional, the new soul we receive at daily Mass, the new spirit given us in Eucharistic Adoration. If we stay close to Jesus and Mary, and all the saints, we will never be trapped in some old hurt or addiction.

**God makes us spiritually and morally new.** Every morning is a new day, a new conversion toward his blessed countenance, but only if we want it to happen and we work at it.

**God makes us physically and bodily new.** Every morning God gives meaning to our sorrows and pains, when we submit them to His Cross. Our bodily pains become redemptive in the mystery of Christ’s Cross.

**God makes creation new.** We worry today so much about climate change, as in my childhood we used to worry about “the Bomb.” We must work hard to steward our natural environment, but we should not doubt that God is a provident Father. Not only is He keeping the planet and the



universe in balance, but also He has prepared a new heaven and a new earth for us in the life of the world to come. It has pleased Him to give us the Kingdom.

**He renews our relationship with Himself.** When we take in His Word, when we take in His Word made Flesh in the Holy Eucharist, when we practice Gospel charity toward each other, God renews our relationship with Himself and all His Mystical Body. We are one Body in Christ.

God calls us to this fresh beginning with Him and each other, every day. Are we responding to that call?

Are we even thinking about that call? Responding to the abundant graces of that call is what we call “Christian Stewardship.” The archbishop has asked us to pilot stewardship as a way of life in the archdiocese. I have seen a spirituality of stewardship work in my last parish over 10 years. I know it will work here, too, to bring us into fresh beginnings of joy, working shoulder to shoulder with Our Lord to renew this parish and our individual lives.

Happy Eastertide!

Sincerely yours in Christ,

A handwritten signature in blue ink, appearing to read 'Joseph Illo', written in a cursive style.

Fr. Joseph Illo  
Pastor

*God calls us to this fresh beginning with Him and each other, every day.  
Are we responding to that call?*



## KEEPING OUR CHURCH CLEAN AND BEAU



*Thelma Queri, here with one of the arrangements for the sanctuary, and her volunteers in the Altar Society, Mama Leia and Ms. Kathleen, prepare floral decorations for all liturgical events at Star of the Sea.*



Every time Thelma Queri and the other volunteers in the Altar Society make sure our church is clean, decorated and ready for Mass, they all experience the feeling of being privileged to serve the Lord in this way.

Not only does Thelma work in our parish office as bookkeeper, but when she leaves work Friday afternoon, she also makes sure that the main altar is ready for the Adoration on Saturday. The side shrine is prepared Saturday, in time for Sunday Mass.

Cecilia Belprame also volunteers with Thelma.

“We clean the church,” Thelma says. “To have a clean and beautiful church, it’s the home of the Lord and you’re inviting people to worship the Lord.”

An important part of the Altar Society’s work is to make sure there are beautiful flowers for Mass. And Thelma has her favorites.

“It depends on the season, but I usually use lilies – one stem, and they’re big flowers,” she says. “Pom-poms, daisies – once in a while I use roses for the main altar. They’re beautiful, but they wilt so easily. Chrysanthemums are long-lasting.”

When the main altar flowers are cleaned up, Thelma will rearrange and freshen up the arrangements and place them on the side shrine.

She often turns prayerfully to God when

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# TIFUL ALL PART OF ALTAR SOCIETY WORK

she prepares the flowers.

“Our Lord leads me,” she says. “I ask for Him to help – I’m no florist! Before I get the flowers, I pray that the Lord will work with me. I really pray a lot during my volunteer work.”

The Altar Society also takes care of the candles in church, and prepares the altar linens.

“In my own experience, I feel it’s a privilege God has given me,” Thelma says of her work. “When I was younger in San Francisco, I was sitting in Golden Gate Park and I asked the Lord, ‘How can I serve You?’ I feel privileged – not everyone gets to do what we do, serve God and others. We have joy in our hearts serving the Lord. We never get tired serving. We have a 91-year-old woman who volunteers. When she can’t do the flowers, she feels bad.”

Thelma also believes that, in turn, our parishioners appreciate the work done by the Altar Society.

“Having a beautiful church so they can adore and talk to God, where it’s clean and peaceful, I think that’s how it is for many,” Thelma says. “For most people, having a beautiful church, they appreciate the creations of God, and what God does for us.”

Still, she says, while the Altar Society appreciates the thanks expressed, none is necessary.

“We’re doing it for the Lord,” she says. “People do appreciate it. It’s a privilege, and we thank the Lord for that. I’ll serve Him as long as He wants me to be here.”

*Anyone wishing to volunteer to serve on the Altar Society may contact Thelma Queri at 415-987-4533.*



*Autumn, Thanksgiving, and the harvest were the themes for this decor on the altar using pumpkins and fall flowers. Donations account for most of the flowers used throughout the year.*



*At Christmas, the Altar Society used an array of red poinsettias to highlight the white marble of the main altar.*



## TIME: THE FOUNDATION OF STEWARDSHIP

The U.S. Conference of Catholic Bishops has told us that stewardship is part of discipleship and is a way of responding to God's call in every aspect of our lives. We refer to the three facets of stewardship as "Time, Talent and Treasure," and when we consider the importance of these three Ts of stewardship, the "time" component comes first by design.

When we talk about stewardship of time, we are referring to prayer time. Prayer is of the utmost importance in a disciple's life, and it serves as the fertile ground from which the gifts of talent and treasure blossom. Only by spending time in prayer each day and receiving the sacraments are we able to consistently and generously donate our talent and treasure to the Church.

When looking for examples of how to live our lives as disciples of Christ and as stewards of God's gifts, we can always turn to the great saints of our Church to guide us. And when it comes to the Stewardship of Time, the life of St. Damien is just one example of how prayer, or "Time," is the foundation for our lives of stewardship.

Shortly after being ordained a priest, St. Damien volunteered to serve a colony of lepers isolated on the island of Molokai, Hawaii. From May 1873 until his death in 1889 (at the age of 49) St. Damien worked to restore within the lepers a sense of personal worth and dignity.

Although for some time St. Damien took the necessary precautions to ensure that he did not contract leprosy, he knew that physical touch was necessary to communicate his love and concern to those afflicted with the disease. He embraced the lepers, dined with them, cared for them, and anointed them in the sacraments. With great humility and sacrifice, St. Damien offered his own life in order to save the lives of others.

From where did St. Damien draw his strength? What was the source of his inspiration? "Were it not for the constant presence of our divine Master in our humble chapel, I would not have found it possible to persevere



in sharing the lot of the lepers in Molokai," St. Damien wrote. "The Eucharist is the bread that gives strength... It is at once the most eloquent proof of His love and the most powerful means of fostering His love in us. He gives Himself every day so that our hearts as burning coals may set afire the hearts of the faithful."

St. Damien found his strength in the Mass, the greatest prayer of the Church. Prayer was the impetus behind the generosity of this faithful servant of God, and is the fuel that ignites every heart to flame in love. Without prayer, without the grace that flows from the sacraments, we are incapable of leading lives of service and responding to God's call!

How much time do you dedicate to prayer each day? One hour? Fifteen minutes? None at all? Before you consider joining a parish ministry or volunteering your talents in service, and before you discern your gifts of treasure to the Church, be sure that prayer is your foundation. Identify a prayer schedule that is manageable. This may entail arising 20 minutes early each day to offer your work to the Lord, or attending daily Mass once a week. Every prayer commitment is unique and personal. Yet, no matter what, this time offering, this dedication to prayer, is the key to serving the Lord with faithfulness, generosity and joy.

## ALLOWING GRACE TO BUILD UPON NATURE

### *The St. Philip Neri Brewing Co.*

St. Thomas Aquinas once said that grace builds on nature. And while many of us would like it if our spiritual lives blossomed into holiness over night, God's plan requires patience, time and love from us. The rest is accomplished through His grace, which builds on our nature and makes us more like God while also maintaining our individual selves. One might say that God "brews" us, allowing us to morph into the best version of ourselves.

For parishioner Martin Ford, there is something analogous between the spiritual life and brewing beer.

"Brewing is basically taking a bland grain, tea with some flavors in it, and adding yeast to make those flavors more intense and inebriating it," Martin says. "Similarly, God takes what we're made of and pours Himself on us to make us more ourselves than we could have done alone. God basic-



*Our parish's St. Philip Neri Brewing Company is open to all parishioners who want to join in the experience of brewing their own beer.*

ly brews us into heaven like a fine artisan handcrafted beer."

The St. Philip Neri Brewing Co. started when two people – Martin and a novice named

Br. Ivan – said to each other "I should get into brewing" one too many times. The result was an invitation to a bunch of parishioners and their first

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*"Brewing is basically taking a bland grain, tea with some flavors in it, and adding yeast to make those flavors more intense and inebriating it. Similarly, God takes what we're made of and pours Himself on us to make us more ourselves than we could have done alone. God basically brews us into heaven like a fine artisan handcrafted beer." – Martin Ford*



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## LITURGY SCHEDULE

**Sunday:** *Quiet Mass: 8 a.m.,  
Family Mass: 9:30 a.m.,  
Latin Mass: 11:30 a.m.,  
Contemporary Mass: 1:30 p.m.*  
**Saturday:** *Vigil: 4:30 p.m.,  
English Daily Mass: 8:30 a.m.*  
**Weekday Masses:**  
*Latin Mass: 7:30 a.m.,  
English Mass: noon*  
**Confession:**  
*15 minutes before every Mass,  
Saturday: 3:15-4:15 p.m.*

## St. Philip Neri Brewing Co.

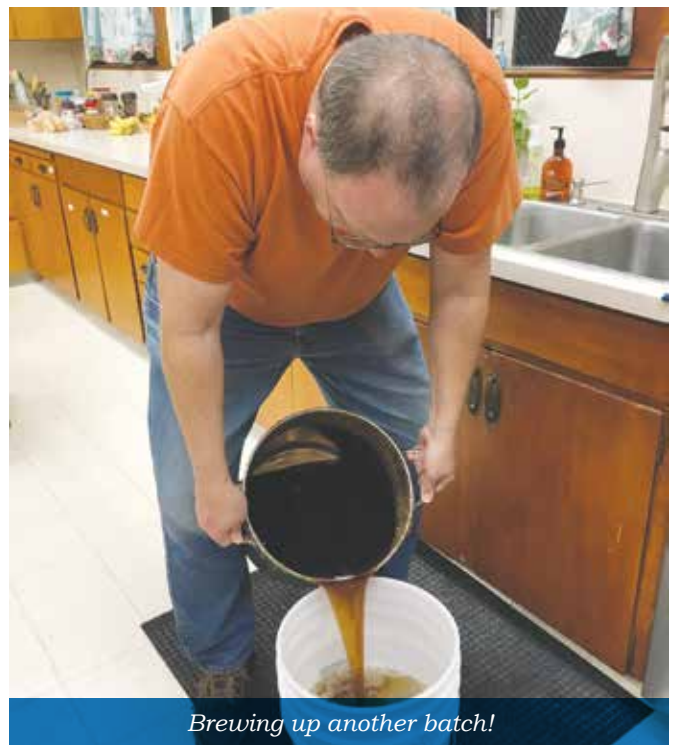
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batch – a crisp French saison.

“We were told that first-time brewers are lucky if their first batch tastes like beer,” Martin says. “Ours actually tasted excellent!”

Food has a way of bringing people together – even more so when it is a slow process and requires several days to complete. One of the natural side effects of the Beer Making Club is Christian friendship and camaraderie.

“As Christians, we live the life of the Trinity,” Martin says. “If God Himself needs company, so to speak, we who are made in His image need it all the more. Sometimes, living the Christian life can seem downright impossible. And it probably is without the structure of Christian friendship that God requires of us.”



*Brewing up another batch!*

*The St. Philip Neri Brewing Co. is open to anyone 21 and over. Please contact the parish office if you would like to learn more at 415-751-0450, or look for updates containing the latest brewing news on Facebook via the parish profile page – [www.facebook.com/starparishsf](http://www.facebook.com/starparishsf).*