



**Pride** is the deadliest of vices because it separates us from God, the source of life. Without God's life in us, we shrivel into almost nothing, a lonely ghost. Up to the moment of death, we can always turn back towards God and regain health and strength. At death, however, if we

would obstinately choose our way over God's way, we would completely lose God's life in us. We would be absolutely alone, in eternal death. Jewish and Christian tradition teaches that a third of the angels fell into this abyss through pride. They were led by one of the most beautiful of angels, the Seraphim Lucifer (his name means "light-bearer"). He became obsessed with his own beauty, turning from Beauty Himself. It's hard to believe how a being of such superior intellect and will could do this, but Lucifer and a third of the angels actually rebelled against their Maker. They became demons: fearful, sneering, insecure, twisted, never at peace. To some degree we all become like that when we choose pride over humility. Pride is the worst of the seven capital sins, and the most destructive, because it alienates us from God, from others, and even from ourselves. Pride led Eve to distrust and scorn God's way for her and her children; pride led Adam to condemn all his descendants to sin and death. St. Thomas Aquinas wrote that "humility is simply the truth." Believing Christians must do our utmost to reject the various temptations to pride by clinging to the truth: "There is a God, and I am not He."

**June is the Month of the Sacred Heart** "It was Pride that changed angels into devils," St. Augustine writes; "it is humility that makes men as angels." June is the month of the Sacred Heart of Jesus, which we celebrated on Friday, and of the Immaculate Heart of Mary, which we celebrated on Saturday. We will celebrate the Sacred Heart again today at the 11:30 Mass, and

we celebrate a votive Mass of the Sacred Heart every first Friday, because the open Heart of the Savior is the most beautiful expression of humility. God became a man to die for those who despised Him, not opening His mouth. Consider how many brashly open mouths shout their own praises in the various expressions of pride in our culture. We are all desperately in need of God's mercy, because all of us are steeped in pride. Let us at least desire humility rather than glorifying pride. Here are a few prayers from various **Litanies of Humility**: O Jesus, meek and humble of heart, *Hear me*. O Jesus, pure and firm of Heart, *make my heart like unto Thine*. Mary, immaculate and generous of heart, *make my heart like unto thine*. Joseph, strong and chaste of heart, *make my heart like unto thine*. From pride and all its effects, *deliver me, O Jesus*. From contempt of You and Your law, *deliver me, O Jesus*. From arrogance and its lieutenant, vanity, *deliver me, Jesus*. From the desire of being praised, *deliver me, O Jesus*. From the desire of being preferred to others, *deliver me, O Jesus*. From the desire of being consulted, *deliver me, O Jesus*. From the desire of being approved, *deliver me, O Jesus*. From the fear of being humiliated, *deliver me, O Jesus*. From the fear of being forgotten, *deliver me, O Jesus*. From the fear of being ridiculed, *deliver me, O Jesus*. That others may be chosen and I set aside, *Jesus, grant me the grace to desire it*. That



others may be praised and I go unnoticed, *Jesus, grant me the grace to desire it*. That others may be preferred to me in everything, *Jesus, grant me the grace to desire it*. That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it....* Strong words, and strong medicine, because the vice of pride savagely and relentlessly preys on our minds and hearts. May the Sacred Heart of Jesus make our hearts like unto His.

Fr. Joseph



**STAR of the SEA Catholic Church**  
4420 Geary Blvd.  
San Francisco, CA 94118  
(415) 751-0450  
www.starparish.com

**Office Hours**  
M-TH 8:30am-5pm  
Friday 8:30am-5pm,  
Closed 12:00-1:00pm

**CLERGY**  
**Fr. Joseph Illo**  
Pastor  
**Fr. Mike Konopik**  
Parochial Vicar  
**Deacon Albert Nimri**  
Parish Manager

**STAFF**  
**Mariella Zevallos**  
Communications and  
Parish Life Director  
**Lynn Kraehling**  
Director of Music  
**Thelma Queri**  
Bookkeeper  
**Sean Sebers**  
Office Assistant  
**Juan Carlos Lopez**  
Sacristan  
**Dennis Ow**  
Maintenance



**Dr. Gavin Colvert**  
Head of School  
415-745-2474  
www.stellamarissf.org

### MASS SCHEDULE

Daily Mass, M-F, 7am Latin, 12noon, 6pm. Saturday 8:30am, 12noon Latin  
Sunday Mass, Sat. Vigil 4:30pm; Sunday, 8am, 9:30am, 11:30am Latin, 7:30pm  
Holy Day Mass, 7am Latin, 12noon, 6pm Sung Latin Mass  
Confessions, 20 minutes before Mass; Sat, 3:15-4:15pm

**Eucharistic Adoration 24/7** | **Lauds**, Mon-Fri 6:45am | **Vespers**,  
Mon-Fri 5:45pm | **Holy Hour** & Confessions, Tuesday 7pm - 8pm.  
**Devotions**: Sacred Heart, First Friday 12noon, 6pm Latin; Divine  
Mercy, Saturday 3pm; Lady of Perpetual Help, Wed. 12noon; Our  
Lady of Fatima, First Saturday, 8:30am

# The Sunday Scriptures

By Fr. Joseph Illo The Sacred Heart (Ex 19: 2-6a; Rom 5: 6-11; Mt 9: 36- 10:8) At today's 11:30 Mass we will celebrate the "external solemnity" of the Sacred Heart. The Gospel is of the soldier's piercing the sacred side of Christ, from whose heart poured blood and water. "And they shall look upon Him whom they have pierced" St. John writes. Let us pray that all who look upon the humility of the open Heart of Christ are stricken with grief and love.



## EUCHARISTIC ADORATION

*St. Aloysius Gonzaga's feast day is June 21. He was born into nobility and military chivalry, but he chose the Jesuits! He reached a high level of holiness, and at the end of his short*

*life, he nursed plague-victims and caught it himself, dying at age 23. He is quoted, "He who is not a man of prayer will never attain... great ... holiness, nor will he ever triumph over himself." His motto, "Quid hoc ad aeternitatem?" which means "What is this to eternity?"*

Come attain great holiness by making a weekly commitment before the Blessed Sacrament. Sign up at [www.adorationpro.org/star](http://www.adorationpro.org/star). We need Adorers!

### Temporary Need 6/28 - 8/21

Wednesdays 12am-2am, Thursdays 10pm-11pm,

Fridays 1am-4 am

### Ongoing Need

Thursdays 1am-2am, Sundays 10pm-12



## CATECHESIS OF THE GOOD SHEPHERD (CGS) STAR OF THE SEA PRESCHOOL ATRIUM

A catechism program for children 3 to 6 years old. Our program begins on August 6. Classes are two Sundays per month. Limited enrollment. Register online:

[www.starparish.com](http://www.starparish.com).

For more information email: [Mariella@starparish.com](mailto:Mariella@starparish.com)

## RCIA RITE OF CHRISTIAN INITIATION OF ADULTS

A Star of the Sea Program for adults interested in becoming Catholic, learning about Catholicism, or who wish to receive the Sacraments of Eucharist and/or Confirmation.

Meetings are on Wednesdays 7pm to 8:30pm.

**Interested or need more information?**

**contact Greg Moeck (310) 694-6380**

# Mass Intentions

Sat. 06/17	8:30am	Int. of Marilou Ibaseta and Family
	12noon	Int. of Anthony D'Costa
	4:30pm	+ Margot Ziegles
Sun 06/18	8:00am	Int. of Dennis Ow (bday)
	9:30am	+ Milagros Francisco (bday)
	11:30am	+ Dr. Donald and Mary Lintner
	7:30pm	Int. of Nicole Arena People of the Parish
Mon 06/19	7:00am	Int. of Azelie Richard Int. of Fr. Michael Konopik + William Tarbox + Raymond Wong + Fr. Felix Cassidy, O. P.
	12noon	Int. of Mario Bruno + Maria Bruno + Timothy McKenna (anniv) + Leopoldo Gutierrez + Justin and Dorothy McCarthy
	6:00pm	Int. of Dolores Meehan Int. of Rosa O. Auyeung (bday) Int. of Allen Chiu and Family + Evelyn Boss + Deceased Members os The Dator Family
Tue 06/20	7:00am	Int. of Victoria Palmieri (bday)
	12noon	+ Louis N. Petropoulos (anniv)
	6:00pm	Int. of Elena Tillman
Wed 06/21	7:00am	+ Marguerite Carter
	12noon	Int. of Emilia Gotshall
	6:00pm	Int. of Lorna Feria and Family
Thu 06/22	7:00am	Int. for Baby Rose Mary Rahbar for healing
	12noon	+ Charles Edward LaMere (1st anniv)
	6:00pm	+ Rene Ing
Fri 06/23	7:00am	+ Remigio Ibaseta (anniv)
	12noon	+ Francis Chow (anniv)
	6:00pm	+ Caselda Lim (anniv)
Sat 06/24	8:30am	Int. of Donncha O'Coilain
	12noon	+ Baltazar Aguirre, III
	4:30pm	Int. of Alexandra Carcache (bday) + Alex Manahan (bday)

### Prayer for the Sick



Esmenia Batinga, Margaret Stangl, Margaret Sellai, Miriam Valle, James Estrada, Vicki Kruschin, John Johnson, Delora Roanhorse, Howard Morita, Yemame Ambaye, Carol Calabro, Fr. Allan


Wilson, Diana Munoz, Marissa Piol, Carmen Smith, Rosemary Wood, Patrick Loughran, Antonio Oliva, Rebecca Patawaran, John Nittolo, Angelo Amadeo, Bill Flora, Dominic Colvert, Maria Teresa Avendano, Harper Killey, Marta and Stahly Brown, Mary Ann Eiler, Susan Yates, Lorna Feria, Leonard Lupinesky, Karen Alexander, Elena Tillman and Irma Martinez.

# Programs & Ministries

# Calendar of Events

<b>GENERAL INFORMATION</b> 415-751-0450 <a href="http://www.starparish.com">www.starparish.com</a>	<b>BAPTISM, MARRIAGE &amp; ALL SACRAMENTS</b> 415-751-0450
<b>Adoration Committee</b> Laurie Murdock, 415-244-8186 <a href="mailto:staradorationsf@gmail.com">staradorationsf@gmail.com</a>	<b>Parish Council</b> Ryan Sebers, Chair <a href="mailto:ryan@starparish.com">ryan@starparish.com</a>
<b>Altar Servers</b> Bryan Calmeyer <a href="mailto:bryancalmeyer@me.com">bryancalmeyer@me.com</a>	<b>Rite of Christian Initiation of Adults (RCIA)</b> Gregory Moeck, 310-694-6380 <a href="mailto:gmoeck@gmail.com">gmoeck@gmail.com</a>
<b>Filipino American Association (FAASTAR)</b> Estrelle Chan, 415-336-9193	<b>Star of the Sea Preschool Stella Maris Academy</b> Dr. Gavin Colvert <a href="mailto:gcolvert@stellamarissf.org">gcolvert@stellamarissf.org</a>
<b>Knights' Men's Ministry</b> Sean Sullivan <a href="mailto:stsullivan12@gmail.com">stsullivan12@gmail.com</a>	<b>Star Pro-Life Prayer Group</b> Thursdays 6-7pm, 1522 Bush St. <a href="https://star.flocknote.com/Star-Pro-life">https://star.flocknote.com/Star-Pro-life</a>
<b>Knights of Columbus</b> Liam Carey, 415-407-8125 <a href="mailto:liampatrick@hotmail.com">liampatrick@hotmail.com</a>	<b>Sacred Music Program</b> Lynn Kraehling, 415-812-2462 <a href="mailto:lynn@starparish.com">lynn@starparish.com</a>
<b>Lectors</b> Deacon Albert Nimri 415-683-4295 <a href="mailto:animri@starparish.com">animri@starparish.com</a>	<b>Ushers and Greeters</b> Kevin Carter <a href="mailto:kcarter911@gmail.com">kcarter911@gmail.com</a>
<b>Legion of Mary</b> James Crim, 415-577-9817 <a href="mailto:james9crim@gmail.com">james9crim@gmail.com</a>	<b>Young Adults</b> Marco Martin, 415-419-4965 <a href="mailto:marcogmartin3@gmail.com">marcogmartin3@gmail.com</a>
<b>Marriage &amp; Family Apostolate</b> Christina Sullivan <a href="mailto:starmarriageandfamily@gmail.com">starmarriageandfamily@gmail.com</a>	<b>Volunteer Opportunities</b> Mariella Zevallos 415-751-0450 <a href="mailto:mariella@starparish.com">mariella@starparish.com</a>
<b>Bible Study   Thursday 3PM</b> Parish rectory 4420 Geary Blvd Mary Ann Eiler, 650-660-4546 Bill McCarty (415) 876-8551	<b>Star Outreach to the Poor/Feed the homeless</b> Rosa Mendoza, 510-978-2519

**Rosary Prayer after all daily Masses: M-F 7am. 12noon, 6pm; Saturday 8:30am, 12noon and Sundays 11:30am (Latin) Sunday June 18, 2:30pm** Rosary prayer at St. Mary's Cathedral. <https://star.flocknote.com/RosaryWalk>  
**Saturday June 24 12noon** Sung Latin Mass. Nativity of St. John the Baptist.  
**Saturdays**, Divine Mercy devotion at 3pm in the church.



**FORMED RECOMMENDATIONS**  
 (Formed.org Free to all Parishioners)  
**Look for the titles below at:**  
<http://watch.formed.org>

**St. Joseph: Our Spiritual Father**

While the Gospel has not preserved any of his words, his actions have resounded through the ages. Joseph of Nazareth stands out as the model par excellence of Christian virtue, a brilliant example of obedience to God and trust in Divine Providence. His role as protector of families in the difficulties of life and Patron of the universal Church has never been more clearly needed. Now, the Church is seeking to deepen its understanding of the Guardian of Jesus and of the Holy Family. Featuring interviews with leading experts and theologians, in addition to powerful first-hand testimonials – *St. Joseph: Our Spiritual Father* provides viewers with a glimpse into one of the most incredible lives in all of human history – a figure whose spiritual fatherhood remains open to all of us.

**PLANNED GIVING**  
**One charitable gift, a legacy of benefits**

A contribution designated during a donor's life that will take effect at or after his or her passing. By including your parish in your estate plans, you are helping preserve the mission and values of the church and its commitment to ministry. A legacy gift may be the ultimate way to impact lives for generations.

**For information please contact: [mariella@starparish.com](mailto:mariella@starparish.com)**

Receive news & updates from Fr. Joseph Illo, sign up to [Flocknote.com/star](http://Flocknote.com/star). Get access to the best selection of catholic educational materials, sign up for [formed.org](http://formed.org) (information below). Use Venmo to pay for candles, kiosk items, offertory, etc. Use your cellphone camera to scan the QR codes.



Formed.org/Signup/sign up as a parishioner/Create a new account: find your parish (zip code 94118)/ Select Star of the Sea/next/Create a new account:Your name and email/sign up!



New in the parish? Please register!  
 Nuevo en la Parroquia? Registrate!  
[flocknote.com/star](http://flocknote.com/star)




[youtube.com/starparish](http://youtube.com/starparish)



[facebook.com/starparishsf](http://facebook.com/starparishsf)



Star of the Sea Church

Foundation of PRAYER FOR PRIESTS

PRAYER · SACRIFICE  
SERVICE · STUDY  
www.foundationforpriests.org  
Spiritual motherhood  
Spiritual fatherhood  
Viaticum's Cenacles

Holy Rosary · Reparation@Intercession · Eucharistic Adoration

The Foundation of Prayers for Priests invites you to join our Crusade of Prayers for Priests  
Prayer commitment for support of priestly vocations  
Contact: Carmen Duran (619) 606-8730 or Geoff Brown: geoff\_brown@icloud.com

An information table will be available at the school yard after the 9:30 and 11:30am Masses on Sunday.



Corpus Christi Procession on the streets around our parish.

### STAR OF THE SEA VOLUNTEER PROGRAM

We invite you to share your God-Given Talents

We are looking for committed individuals who would like to help in various needs at our parish

- Front office help
- Children's Catechism Program, teacher's aid


Short term volunteering:

- Organizing kiosk and office supplies
- Organizing storage areas on campus

If you have time and would like to volunteer at our parish, please call for an appointment, Monday-Friday. Contact Mariella Zevallos (415) 751-0450



Congratulations to Nathaniel, Maite, George and Marta Stella Maris Class of 2023.



### STEWARDSHIP STATS

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." (1 Peter 4-10)

**Time:** 50+ people prayed to St. Anthony on his feast day last Tuesday after Mass.  
**Talent:** 3 volunteers helped at the office last week.  
**Treasure:** Sunday Offering \$8,684  
**To give online:** www.starparish.com/give



Remembering your beloved fathers  
**Father's Day Spiritual Bouquet**  
**Cards and Envelopes**

Available the whole month of June in all Church entrances. Fill up the envelope with your offering and drop the envelope in the box for Father's Day near the Communion Rail.

Star of the Sea Parishioner Registration Form

Name \_\_\_\_\_


Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

New Full Parishioner Associate parishioner

Update contact information

Please drop this form in the offertory basket or at the office.



### STAR OF THE SEA

A shrine church to our Lady of the Holy Rosary

Visit our 16 Marian Apparitions shrines.  
Light a candle.  
Stay for quiet prayer.  
Open daily 6am to 7pm.  
All are welcome!

