



Freedom Last week we celebrated “Independence Day,” when our original thirteen colonies declared their right to govern themselves. When we declared our freedom from foreign dominance, “freedom” became America’s guiding principle for 250 years. But is freedom merely free *choice*, the right to choose

always what I desire? If so, then at some point some of my “choices” will collide with some of your “choices.” If you are stronger than me, I will not get my choice after all, and a society based on “free choice” will inevitably decline into the stronger dominating the weaker. For example, I want to freely smoke marijuana in public, but you do not want me to smoke dope. Who gets their “choice?” Obviously, the person with the greater power. Or a mother wants her daughter to be taught in school that she is a female, but a school administrator wants her daughter to be taught that she can be either male or female. Which gets her choice? And finally, the most obvious example of personal choices in collision, although a lot of money has been spent to keep us from thinking clearly about it: a stronger person wants to terminate the life of a weaker person who demands a lot of their time and money. We call this abortion, which is simply stronger people taking the lives of weaker people. The mother or father wants the baby gone, and the baby wants to live. Who get's their choice?

Only So Much Pie “Freedom” as absolute “free choice” sounds great until the money runs out. If “freedom” means only “I have the right to get what I want,” then the stronger will inevitably get more of what they want and the weaker less of what they want. One problem with “freedom as desire” is that our desires are unlimited, and our resources are limited. There’s only so much pie to go

around, and our ever-expanding desires will always outpace our resources. But there’s a much deeper problem with “freedom as desire,” and that is the disordered nature of human desire. We cannot control our desires, and simply feeding our desires turns us into addicts. The quickest way to ruin an undisciplined man is to give him enough money to have anything he desires. Freedom, in many cases, is actually *freedom from desire*.

A Free Addict I’m impressed by Michael Clune, professor English at Case Western Reserve University, and author of *White Out: The Secret Life of Heroin*. Clune spent years in bondage to a heroin addiction, and only his arrest for illegal drug possession obtained his freedom. He was locked up for a few nights, and compelled to do a recovery program, but those relatively slight impositions on his free choices gave him the capacity to overcome the much greater bondage to heroin. In a recent article Clune writes: “Our culture has become dominated by three moral principles about desire. 1) I know what I want. 2) You can’t tell me what to want. 3) You can help me by recognizing and respecting what I want.” Each of these are false: I



A man who was given all the fentanyl he desired on the streets of San Francisco Fr. Joseph Illo

don’t know what I really want much of the time; no society can function without rules [telling me what to want]; enabling a person to obtain whatever he or she wants simply causes addiction in many individuals. Within one year of legalizing fentanyl, Oregon’s overdose deaths jumped 41%, compared with a 16% rise in the rest of our country (but one must ask why overdose deaths are increasing at all in our country?). Freedom is not obtaining what I desire, but obtaining what is good. The two are often directly opposed. And what is good for me, and for the entire human community, can be known by right reason aided by God’s revelation. It’s all in the Bible.



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
Fr. Michael Rocha
Parochial Vicar
Deacon Albert Nimri
Parish Manager

STAFF
Mariella Zevallos
Communications and
Parish Life Director
Lynn Kraehling
Director of Music
Thelma Queri
Bookkeeper
Juan Carlos Lopez
Sacristan



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

LITURGY AND DEVOTIONS 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

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 My Burden (Zech 9: 9-10; Rom 8: 9, 11-13; Mt 11:25-30) Today's Gospel is one of my favorites: "Come to me and find rest for your souls, for my burden is light." It's a delightfully fetching chorus in Handel's *Messiah*, and winningly speaks to our troubled hearts. Yes, Christ asks us to bear a burden, but how light that burden is compared to the addictions and compulsions that the world, the flesh, and devil impose upon us!

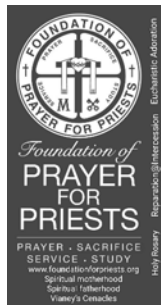
EUCCHARISTIC ADORATION



On July 10th we commemorate two sisters, virgins and martyrs, Sts. Rufina and Secunda. Both were engaged to be married to high-standing Christians, however when their fiancés denounced their faith in fear of death, Rufina and Secunda,

guarded by angels, stayed resolute in their holiness, and fled only to be captured and beheaded for their faith.

Angels love to adore all that is God. Come bless your guardian angel by making a weekly commitment before the Blessed Sacrament so that you stay resolute in your holiness. You can sign up at www.adorationpro.org/star



The Foundation of Prayers for Priests invites you to join our Crusade of **Prayers for Priests and Priestly Vocations**

Contact: Carmen Duran
(619) 606-8730, or Geoff Brown:
geoff_brown@icloud.com

Forming young hearts and minds for the journey of life



**OPEN ENROLLMENT
Preschool to 8th Grade**

Schedule a visit to tour our school
360 9th Ave San Francisco, CA 94118
(415) 745-2474 info@stellamarissf.org



HAND MADE CHURCH VEILS

Please contact **Gabriela Sebers (415) 794-0800**

A nice selection of veils made by skillful parishioners.

Mass Intentions

Sat. 07/08	8:30am 12noon 4:30pm	Int. of Vincent Low Int. of Pro-Life Int. of Vicki Currier (bday)
Sun 07/09	8:00am 9:30am 11:30am 7:30pm	People of the Parish + Eulofia and Maria Leonor Najarro Int. of David Le Merrer and Family Int. of Lynn Kraehling
Mon 07/10	7:00am 12noon 6:00pm	Int. of Gabriella Matturano-Quintana + Holy Souls + John Kramer + John Peter Illo + Noemi Leornadi Tabora Int. of Duc and Yen Vu Int. of Felix, Lucy and The Tai Family + Rita Severino + Richard Alvarez + Tranquilino and Natalia Sanchez Int. of Toan Nguyen Int. for Increase of Priestly Vocation in our Archdiocese + Theresa Blake + Darina Nudelman + William Barit, Jr.
Tue 07/11	7:00am 12noon 6:00pm	Int. of Juan Carlos Lopez Int. of Sofia Viray (bday) + James Murphy
Wed 07/12	7:00am 12noon 6:00pm	+ Mauro Aguirre + Parker H. Moriwaki + James Murphy
Thu 07/13	7:00am 12noon 6:00pm	Int. of Mark and Nicki Trahan + Gerald and Anne Beauton Int. of Edmund Ing & Kristine Chua for healing
Fri 07/14	7:00am 12noon 6:00pm	Int. of Corinna Gamez and Family + Bridgda Elisa Fernandes Int. of Ferdinand (Fergus) Feria (13th Bday)
Sat 07/15	8:30am 12noon 4:30pm	+ Luis and Purita Ibaseta + All Souls Int. of Duc Vu for safe travel + Virginia Dellepiane

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, Irma Martinez, Trina Flynn and Jeannine Donohue.

Programs & Ministries

Calendar of Events

GENERAL INFORMATION 415-751-0450 www.starparish.com	BAPTISM, MARRIAGE & ALL SACRAMENTS 415-751-0450
Adoration Committee Laurie Murdock, 415-244-8186 staradorationsf@gmail.com	Parish Council Ryan Sebers, Chair ryan@starparish.com
Altar Servers Bryan Calmeyer bryancalmeyer@me.com	Rite of Christian Initiation of Adults (RCIA) Gregory Moeck, 310-694-6380 gmoeck@gmail.com
Filipino American Association (FAASTAR) Estrelle Chan, 415-336-9193	Star of the Sea Preschool Stella Maris Academy Dr. Gavin Colvert gcolvert@stellamarissf.org
Knights' Men's Ministry Sean Sullivan stsullivan12@gmail.com	Star Pro-Life Prayer Group Thursdays 6-7pm, 1522 Bush St. https://star.flocknote.com/ Star-Pro-life
Knights of Columbus Ron Merida ronmerida@yahoo.com	Sacred Music Program Lynn Kraehling, 415-812-2462 lynn@starparish.com
Lectors Deacon Albert Nimri 415-683-4295 animri@starparish.com	Ushers and Greeters Kevin Carter kcart911@gmail.com
Legion of Mary James Crim, 415-577-9817 james9crim@gmail.com	Young Adults Marco Martin, 415-419-4965 marcogmartin3@gmail.com
Marriage & Family Apostolate Christina Sullivan starmarriageandfamily@gmail.com	Volunteer Opportunities Mariella Zevallos 415-751-0450 mariella@starparish.com
Bible Study Thursday 3PM Parish rectory 4420 Geary Blvd Mary Ann Eiler, 650-660-4546 Bill McCarty 415-876-8551	Star Outreach to the Poor/Feed the homeless 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)
First Saturday Devotion July 1, 8:30am Mass.
Sunday July 9, 2:30pm Rosary prayer at St. Mary's Cathedral.
<https://star.flocknote.com/RosaryWalk>
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. Kateri Tekakwitha. July 14

Young Kateri suffered misunderstanding and ridicule due to her counter-cultural choices as a Mohawk to remain an unwed virgin for the love of Jesus Christ. Experience our first Native American Saint's struggles to follow Our Lord within her tribe and through the teachings of some early Jesuit Missionaries. Guest appearance of Leonardo Defillipis. The Truth to Inspire Series seeks to bring to life stories of the saints in audio book format. These narrated stories with voices and sound effects bring to life the books of Mary Fabyan Windeatt. Learn how these normal people struggled and sought God's will in their choices.

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.

Make a Will. Include your parish in your estate plans. Help 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 contact: mariella@starparish.com

Receive news & updates from Fr. Joseph Illo, sign up to Flocknote.com/star. Get access to the best selection of catholic educational materials, sign up for 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 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!
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Star of the Sea Church



**Children's Catechism
Preparation for
First Holy Communion
September to May**
Classes will be on Sundays after
the 9:30am Mass.
If you are interested in
enrolling your child please
contact Mariella at the parish
office (415) 751-0450.



A Sunday filled with joy and camaraderie! Special thanks to our generous parishioners for making Fr. Joseph's 32nd Priesthood Anniversary a fun-filled celebration. We all enjoyed a variety of tasty dishes and desserts. Many thanks to the Knight of Columbus too for providing pancakes and sausages after the morning Masses.



JOIN 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.
Wednesdays 7pm to 8:30pm.

For information please contact Greg Moeck
gmoeck@gmail.com
(310) 694-6380



CATECHESIS OF THE GOOD SHEPHERD (CGS) Star of the Sea Preschool Atrium

OPEN ENROLLMENT
A Sunday catechism program
for children 3 to 6 years old.
Program starts August 6.

Register online:
www.starparish.com.



STEWARDS 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: 60+ people joined the Lady of Perpetual Help devotion last Wednesday.

Talent: One volunteer taught our Bible study class last Thursday.

Treasure: Sunday Offering \$6,722

Peter's Pence \$1,918

To give online: www.starparish.com/give

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!

