



August 6, 2023 The Transfiguration of our Lord (pg 763 red missal) (pg 1339 black missal)



Transfiguration

Today is the second Luminous Mystery of the rosary and it took place on Mount Tabor, an impressive 1500 foot mountain



Mount Tabor from the plain; Jeanine and Richard Donohue at the summit during our 2019 Holy Land trip



rising out of the Jezreel Valley in lower Galilee. As you read this I will be nearing an [almost] 15,000 foot mountain [Whitney] in the lower John Muir Trail. You are in my prayers during this 2-week backpacking trip!

Monthly Radio Show Once a month I speak on Relevant Radio's "Inner Life" program, a call-in show on various topics related to the interior life. About 30 of us priests from around the country serve as "spiritual directors" for one hour a month on this show (Fr. Michael Hurley, pastor of St. Dominic's here in San Francisco, also speaks regularly on The Inner Life). Recently I spoke on the topic of Holy Silence. Now, it's ironic to *speak on silence*, and perhaps we should have simply had "radio silence" for the entire hour (!). As that would not have worked for a large Catholic radio audience, I tried to "speak on silence" with the host and callers from around the country.

Silence I began by quoting Mother Teresa: "in the silence of the heart God speaks." She taught her sisters how to be silent—stillness of the eyes, stillness of the body, stillness of the mind. "Souls of great prayer are souls of great silence." She wanted her sisters to be "full of silence." Media technology, on the other hand, annoys us with constant noise. Have you ever sat on a beach to listen to the waves, or in a park to listen to the birds, and then been assaulted by someone's rap music or cell phone chatter? Most of the noise in our lives, however, is self-inflicted. We cannot go even a few hours without podcasts, YouTube

videos, TV and radio news, emails, texts, and canned music. We've been trained to fear silence as unbearably empty, and even ten minutes of silence throws us into a panic. The most beautiful Masses—have you noticed?—are those with significant periods of silence. It is noise, not silence, that leaves us empty. See how the stars

and the breezes move in silence, how the trees and flowers grow in silence, and how the deepest movements of the heart develop in silence. Only in the silence of the heart can we hear the gentle voice of God. We should be "full of silence," that is, full of God's Word.

Balance God does not, however, call many of us to be silent Trappists. He wants most of us

to live in his beautiful world, engaging in human activity, but in a balanced fashion. We can and must apply rational limits to how much information we allow into our brains and senses. There must be times of "fasting from noise," simply turning all electronic media off, and listening to the sounds of the natural world. Canon law requires all priests to make a silent retreat of at least five days annually, and layfolk should make one silent weekend retreat a year to reset themselves. A silent Eucharistic holy hour once a week (every day for priests) is simply fundamental to the interior life, which governs all of the exterior life. I warmly recommend the daily reading of Scripture, either the gospel for the day or, even better, simply reading from Genesis to Revelation over the course of year or two. One chapter of the Bible a day (five to ten minutes), day by day, marvelously grounds a person in the mind of God. It is good to simply be alone with your Bible, in silence. *Fr. Joseph Illo*



STAR of the SEA Catholic Church
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Office Hours
M-TH 8:30am-5pm
Friday 8:30am-5pm,
Closed 12:00-1:00pm

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Dr. Gavin Colvert
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LITURGY AND DEVOTIONS SCHEDULE

Daily Mass: M-F, 7am Latin, 12noon, 6pm. Saturday 8:30am, 12noon Latin. Sat. Vigil Mass 4:30pm. Sunday, 8am, 9:30am, 11:30am Latin, 7:30pm. Holy Day Mass, 7am Latin, 12noon, 6pm Sung Latin Mass. Confessions, 20 min. 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. Lady of Fatima First Saturday, 8:30am.

The Sunday Scriptures

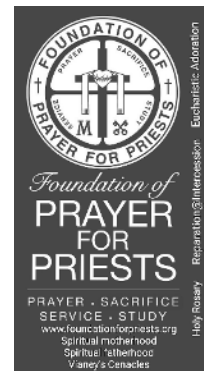
By Fr. Joseph Illo (Dan 7: 9-10, 13-14; 2 Pt 1: 16-19; Mt 17: 1-9) **Two Mountains** St. John witnessed Jesus transfigured on a mountain, and a few months later he witnessed Jesus crucified on a hill. God reveals his power and beauty to us at times to prepare us for the dark times of confusion and trial that each of us must endure. Both consolation and desolation are from God, and both make us strong, if we hold tightly to God's hand.



EUCCHARISTIC ADORATION

St. Alphonsus Liguori's Feast Day is August 1 (August 2 in the Traditional calendar). He was a lawyer, bishop, founder of the Redemptorists, writer, preacher and doctor of the church. He is quoted, "Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere...but He has revealed... that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace."

Come adore Jesus in the Blessed Sacrament, by signing up for weekly commitment at www.adorationpro.org/ or become a sub. It's completely voluntary and it really helps! Sign up at www.adorationpro.org/star password: subpass



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

For information contact
Carmen Duran: (619) 606-8730 or
Geoff Brown: geoff_brown@icloud.com

Book recommendation:
Praying for Priest - *An Urgent Call for the Salvation of Souls*, by Kathleen Beckman L.H.S (For sale in our church kiosk, \$15)

PLANNED GIVING

ONE CHARITABLE GIFT, A LEGACY OF BENEFITS

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

Mass Intentions

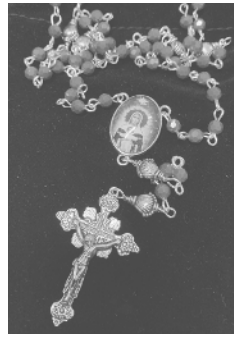
Sat. 08/06	8:30am	Int. of Maggie Adams
	12noon	Int. of Thomas Feria (bday)
	4:30pm	Int. of Dolores Papa and Family
Sun 08/6	8:00am	People of the Parish
	9:30am	Int. of the Golden Gate Park Section 4 Gardeners
	11:30am	Int. of Ronald and Sarah Henderson
	7:30pm	Int. of Alexandra Carcache
Mon 08/7	7:00am	Int. of John Arena Int. of Glen Hughes Int. of Juliet Llaguno Int. of Fr. Michael Rocha + Susana Bravo (anniv)
	12noon	Int. of Dana Nunez Int. of Wit and Elzbieta Kojder + Rosa Lee + Danelle Gozycki + Victorina and Sergio Respicio
	6:00pm	Int. of Ron Konopaski Int. of Matthew Aguirre + Louisa Siu + Basyl Strazhnyk + Donald Miranda
Tue 08/8	7:00am	Int. of Andrew Choi (bday)
	12noon	+ Henry I. Flynn
	6:00pm	+ George Muntean
Wed 08/9	7:00am	Int. of Dolores Meehan
	12noon	Int. of Estrelle Chan (bday)
	6:00pm	+ Lydia Quintana-Diaz
Thu 08/10	7:00am	Int. of Priestly Fraternity of St. Peter
	12noon	Int. of Leopoldo Ocampo for healing
	6:00pm	Int. of Matthew and Tara Gariano
Fri 08/11	7:00am	+ Pedro Lopez Dominguez
	12noon	+ Elvira, Philip and Gino Francesconi
	6:00pm	+ John Peter Illo
Sat 08/12	8:30am	+ Carlito Vallejera
	12noon	Int. of Pro-Life
	4:30pm	Int. of Jordi Cortez and Noemi Iraheta

Prayer for the Sick



Esmenia Batinga, Margaret Stangl, Margaret Sellai, Miriam Valle, James Estrada, Vicki Kruschin, John Johnson, Delora Roanhorse, Yemame Ambaye, Carol Calabro, Fr. Allan Wilson, Diana Munoz, 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, Jeannine Donohue, Elena Tillman, John Kern, Bob Tobin, David Torkelson and Jeanne Bovigny.

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
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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

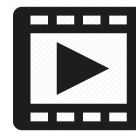


OUR LADY STAR of the SEA

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For more information visit:
www.starparish.com

Rosary Prayer after all daily Masses: M-F 7am, 12noon, 6pm; Sat. 8:30am, 12noon and Sundays 11:30am (Latin)
Sunday Aug. 6, 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>

Vianney Speaks (St. John Vianney, Aug. 8 - Trad.)

Travel to 19th century France and the village church of Ars to witness the inspiring sermons and intimate prayers of Saint John Vianney, patron saint of parish priests. Born on the eve of the French Revolution, John Vianney witnessed the intense persecution of the Catholic Church and the heroism of holy priests. Ordained a priest himself against all odds, he spent the rest of his life as the pastor of Ars, where, through his holiness and sacrifice, he converted the entire population of the town and countless pilgrims from near and far. Even today, his piercing insights and humor draw us to conversion and repentance. Performed by Leonardo Defilippis/Saint Luke Productions. Suitable for all ages.

Saint Clare of Assisi

Catholic Saints•11-Aug-2020

Dr. Tim Gray and Dr. Ben Akers discuss St. Clare and the beauty of poverty. For a more in depth look at St. Clare, take a look at "Clare and Francis" movie available in FORMED.ORG.

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? Register!
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Special thanks to Thelma and Elizabeth who weekly make beautiful flower arrangements for our church altars and shrines.



We thank the Knights of Columbus for their faithful service for our parish and people in need.

The Knights' Men's Ministry will meet on Saturday, August 12, 8 AM in the gym parking lot to build storage areas for the parish. This will be an all-day project. The church will provide a light breakfast and a pizza lunch. No experience required. Bring work gloves if you have them. For information or to sign up please contact Sean Sullivan at stsullivan12@gmail.com.



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



Children's Catechism
Preparation for
First Holy Communion

(7 years old/2nd grade or up)

September - May

Sundays after the 9:30am Mass.

For more information contact Mariella at the parish office (415) 751-0450.

Register: 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: 30+ people joined the Lady of Perpetual Help devotion last Wednesday.

Talent: Three volunteers helped to set up the preschool Atrium last Sunday.

Treasure: Sunday offering \$8,677

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!

