



**Lent Begins** Every few years Ash Wednesday lands on Valentine's Day, which is a good thing because, as Catherine de Hueck Doherty wrote, "Lent begins with desire." Valentine's Day is marketed in terms of desire for other humans, but St. Valentine died in witness to

his desire for God. As bishop Valentinus was led off to be executed, he left a little note for his flock: "Love God, from your Valentine." Lent is given us to refine our desire for creatures into a purer desire for the Creator, only in whom we can love other humans properly. For that to happen, we need to pray, fast, and give alms. But let not the *means* of sanctification (prayer, fasting, almsgiving) become the *end* of Lent. These three Christian practices are meant to lead us to that which our hearts desire, the Good God Himself. Where will you find your heart's desire? In silent prayer before the Eucharist, having been purified by fasting, and so readied to do good for others. Lent has begun, my dear people, so let us commit ourselves to prayer. Let us cleanse our lives, pushing food and drink and entertainment aside. And let us do good for others, making gifts of time and money for those who need it.

**A Good Confession** I daresay more confessions are heard at Star of the Sea every week than at any other parish in the Archdiocese, and I thank both the penitents and the priests for this abundance of grace. But we can always improve how we confess our sins. We priests hear a certain amount of *blaming* others ("I yelled at my wife because she..."), a good amount of story-telling ("Let me tell you how it happened, Father..."), and a lot of other people's sins ("My husband yells at me, and my kids don't listen to me, and I don't deserve any of it").

One of Lent's goals is to make a good confession, to walk away from the confessional a free and new man or woman, deep-down cleansed of all weaknesses and fears. Many don't know how to make an "integral confession," and so we priests will give some helpful tips in our homilies this Sunday. Inside this bulletin is an examination of conscience, for children on one side and for adults on the other side. You can help us priests to be more effective and more efficient in the confessional (shorter wait times!) by preparing well for your confession. And pray for us too, that we priests go to confession early and often, humbly confessing our own sins to each other.

**Church Flooring and Stations** On Monday we will begin restoring the church flooring to its original hardwood maple. Sunday Masses for the next three weeks will be in the gym, and daily Masses in the chapel. Stations of the Cross will be in the auditorium for the next three Fridays at 6:30pm. Please consider attending daily Mass, and Stations, as part of your Lenten renewal. I will also begin a 33-day consecration to Our Lady this Thursday to prepare for a parish consecration to the Immaculate Heart on March 25. Every day you will get an email from me with a reflection on the daily reading from Fr. Gaitley's *33 Days to Morning Glory*.

**AAA** Our Archdiocesan Annual Appeal goal this year is \$120,500, and I will ask for your gifts next Sunday. I wouldn't ask you to do what I wouldn't do, so last week I made my own 1% gift of \$1205. Not all can do this, but I'll bet 99 others can match me! Do give what you can, because our Archbishop merits our support. He's one of the nation's finest, and we've got the money. I want everyone to give something for this year's AAA offering. *Fr. Joseph*



*Mass on the sidewalk to begin our 40 Days for Life prayer vigil last Sunday*



**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-  
12pm, 1pm-5pm

**CLERGY**

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

**STAFF**

**Mariella Zevallos**  
Director of Communi-  
cations & Parish Life  
**Lynn Kraehling**  
Director of Music  
**Thelma Queri**  
Bookkeeper  
**Juan Carlos Lopez**  
Sacristan  
**Dennis Ow**  
Maintenance



**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. 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.

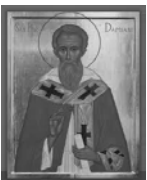
Eucharistic Adoration 24/7. Lauds, Mon-Fri 6:45am. Vespers, Mon-Fri 5:45pm. Holy Hour & Confessions, Tuesday 7pm-8pm. Devotions: Sacred Heart First Friday 12noon, 6pm Latin. Divine Mercy, Saturday 3pm. Lady of Perpetual Help, Wed. 12noon. Lady of Fatima First Saturday, 8:30am. Communal Rosary prayer after all daily Masses.

# The Sunday Scriptures

**By Fr. Joseph Illo (Gen 9: 8-15; 1 Pt 3: 18-22; Mc 1, 12-15)**  
**Repent** Christ's first public words were not "you're a nice guy" or "welcome" or even "I'm listening." His first recorded words (as in today's gospel) were "repent and believe." To believe, we must first repent, because every last one of us is a sinner. But Jesus came to tell us that God loves sinners, loves us enough to tell us to repent, and to believe in His forgiveness.




**JOIN RCIA**  
**RITE OF CHRISTIAN INITIATION OF ADULTS**  
 Are you interested in becoming Catholic? Do you wish to receive the Sacraments of Eucharist and/or Confirmation?  
**Contact Greg Moeck | gmoeck@gmail.com | (310) 694-6380**



**EUCHARISTIC ADORATION**  
 St. Peter Damian's feast day is February 21st. He had a great love for the Blessed Sacrament and is quoted, "He pours light into our minds...and gives us strength..." He also witnessed a Eucharistic miracle: a woman received the Eucharist and then took it to use for sorcery. When a priest chased her down and got hold of napkin holding the Eucharist, he opened it and half was in the form of real flesh!

Sign up for a weekly Holy Hour at [www.adorationpro.org/star](http://www.adorationpro.org/star) and experience your own Eucharistic miracle by Him who will pour light into your mind and strengthen you.



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

**The Three Temptations with Dr. Brant Pitre**  
 Reflect with Dr. Brant Pitre on the temptations of Jesus in the desert as he gets to the heart of the meaning of Lent.

**Let's Learn about Lent | Brother Francis**  
 Join Brother Francis in this compact presentation of what Lent is all about and how we observe it as Catholics. Great for the whole family!

**PLANNED GIVING**  
**ONE CHARITABLE GIFT,**  
**A LEGACY OF BENEFITS**

Make a WILL. Include Star of the Sea in your estate plans. Help preserve the mission and values of the church and its commitment to ministry.  
**Contact: mariella@starparish.com**

# Mass Intentions

Sat 02/17	8:30am	Int. of Elizabeth Ing and Family
	12noon	+ Fil Silverio
	4:30pm	Int. of Peter Tan and Family
Sun 02/18	8:00am	Int. of the Kavanagh Family
	9:30am	Int. of Stella Maris Academy Staff
	11:30am	Int. of Noemi Iraheta and Jordi Cortez
	7:30pm	People of the Parish
Mon 02/19	7am	Int. of Lan Tran and Family
	12noon	Int. of Philip Carlson Int. of Gregory Carter Int. of the Massey Family Int. of Herbert and Jane Young + Toby Goold + Angel Tugado + Leandro Nunez
	6pm	In Thanksgiving of Tuan Yen and Family + Simon K. Lee + Maria Casavilca + David Torkelson + Eulogio and Asuncion Guce
Tue 02/20	7:00am	Int. of Juan Carlos Lopez
	12noon	Int. of Gian Carlo Macalalad (bday)
	6:00pm	+ John Gerard Gough
Wed 02/21	7:00am	Int. of Landre Patrick Lind
	12noon	Int. of Raul S. Queri (bday)
	6:00pm	+ Fr. Donald Donnell
Thu 02/22	7:00am	+ Holy Souls
	12noon	+ Renato Beltrame
	6:00pm	+ Rene Ing
Fri 02/23	7:00am	Int. of Deacon Albert Nimri and Family
	12noon	Int. of Roger & Challiss Mosher (wedding anniv)
	6:00pm	+ Catherine Chow
Sat 02/24	8:30am	Int. of Leslie Low and Family
	12noon	+ Euricio Rocha Dias
	4:30pm	Int. of Jeanne Bovigny (bday)


**Prayer for the Sick** Maria Jessue, Il'eana Rozario, Susan Lewitt, Paula Click, Brian Walsh, Oonough, Kim Edwards, Patty Turok and all sick parishioners.

## Communal prayers

**Saturdays**, Divine Mercy Chaplet at 3pm in the church.

**Sundays**, Latin Rosary. You are invited to pray the rosary at 11am. Pamphlets with the Latin words will be provided.

**Sundays**, Rosary Walk 2:30pm at St. Mary's Cathedral. For updates: <https://star.flocknote.com/Rosary Walk>



FEBRUARY 14 TO MARCH 24, 2024  
 Sign up for two hours a week:  
 (415) 275-1776 | [40daysforlife.com/sanfrancisco](http://40daysforlife.com/sanfrancisco)

# Programs & Ministries

<b>GENERAL INFORMATION</b> 415-751-0450 www.starparish.com	<b>BAPTISM, MARRIAGE &amp; ALL SACRAMENTS</b> 415-751-0450
<b>Adoration Committee</b> Laurie Murdock 415-244-8186 staradorationsf@gmail.com	<b>Parish Council</b> Ryan Sebers ryan@starparish.com
<b>Altar Servers</b> Bryan Calmeyer bryancalmeyer@me.com	<b>Rite of Christian Initiation of Adults (RCIA)</b> Gregory Moeck 310-694-6380 gmoeck@gmail.com
<b>Filipino American Association (FAASTAR)</b> Estrelle Chan 415-336-9193	<b>Star of the Sea Preschool Stella Maris Academy</b> Dr. Gavin Colvert gcolvert@stellamarissf.org
<b>Knights' Men's Ministry</b> Sean Sullivan stsullivan12@gmail.com	<b>Star Pro-Life Prayer Group</b> Thursdays 6-7pm, 1522 Bush St. https://star.flocknote.com/ Star-Pro-life
<b>Knights of Columbus</b> Ron Merida ronmerida@yahoo.com	<b>Sacred Music Program</b> Lynn Kraehling 415-812-2462
<b>Legion of Mary</b> James Crim 415-577-9817 james9crim@gmail.com	<b>Ushers and Greeters</b> Kevin Carter kcart911@gmail.com
<b>Lectors</b> Deacon Albert Nimri 415-683-4295 animri@starparish.com	<b>Young Adults</b> Tamika Bassman tamikabassman@gmail.com or Mason Friedberg masonfriedberg@gmail.com
<b>Marriage &amp; Family Apostolate</b> Christina Sullivan starmarriageandfamily@gmail.com	<b>Volunteer Opportunities</b> Mariella Zevallos mariella@starparish.com
<b>Thursday Bible Study, 3-4:30PM</b> Mary Ann Eiler 650-660-4546 Bill McCarty 415-876-8551	<b>Star Outreach to the Poor/Feed the homeless</b> Call the office 415-751-0450

## Gregorian Chant Class for Adults

Mondays 6:30pm - 8:00pm



For more information contact karolina@zapolska.dk

**Pickleball Wednesdays at Star of the Sea**  
 6:30pm-9pm, Gymnasium  
 For information contact Dennis Aguirre at (650) 302-7908

### ARCHDIOCESE OF SAN FRANCISCO WOMEN'S CONFERENCE

Blessed Art Thou: Women of the Eucharist in the Modern World | Mass with Archbishop Cordileone, 9am | Speaker: Gloria Purvis

February 24, 9am-3:30pm | St. Dominic Church  
 2390 Bush St. San Francisco | \$55 per person  
[www.sfarch.org/womens-conference](http://www.sfarch.org/womens-conference)

### FUNDAMENTAL HEALTH CARE ETHICS

MARCH 9, 2024 | 9:45 AM - 6:00 PM  
 ST. PATRICK'S SEMINARY & UNIVERSITY | MENLO PARK, CA

CONTINUING EDUCATION AVAILABLE FOR:

Physicians | Physician Assistants  
 Nurses | Nurse Practitioners  
 Chaplains | Clergy | Religious

REGISTER HERE

[CONVERGINGROADS.COM/SANFRANCISCO](http://CONVERGINGROADS.COM/SANFRANCISCO)

**STAR OF THE SEA CHURCH**  
 Purchase items in the church kiosk,  
 Light candles, Sunday Offertory,  
 Give!

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/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!

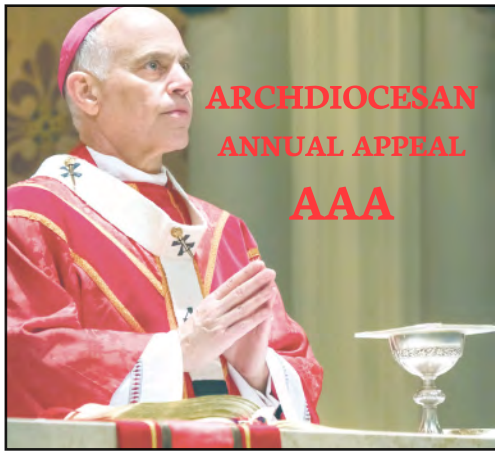
New in the parish? Please register!  
 Nuevo en la Parroquia? Registrate!  
[flocknote.com/star](http://flocknote.com/star)

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

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

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





**ARCHDIOCESAN  
ANNUAL APPEAL  
AAA**

**OUR GOAL THIS YEAR IS \$120,500  
1% CLUB \$1205**

From Archbishop Cordileone: "Our Mission as a Church and people of the Catholic faith continues, so I invite you to participate in this year's Archdiocesan Annual Appeal. Your contribution is a vivid expression of your commitment to bring Christ to others, and it enhances our ability to spread and celebrate our faith".

**To Donate Visit: [www.starparish.com](http://www.starparish.com)  
or make a check to: AAA 2024**

We thank you for your generosity!



**STAR of the SEA Parish**

**LENT, HOLY WEEK, AND  
EASTER LITURGIES**

**Daily Masses:** 7:30am, noon, 6pm, with public rosary after every Mass

**Confessions:** 20 minutes before every Mass; Tuesdays 7-8pm; Saturdays 3:15-4:15pm

**Stations of the Cross:** every Friday of Lent at 6:30pm (Feb. 16, 23; March 1, 8, 15, 22)

**March 16:** St. Patrick's/St. Joseph's dinner-dance (auditorium) after the 4:30pm Mass

**Palm Sunday (March 24)**  
Blessing and Distribution of  
Palms at all Masses

**Holy (Maundy) Thursday  
(March 28)**  
7am Tenebrae chant service  
6pm Mass of the Lord's Supper

**Good Friday (March 29)**  
7am Tenebrae chant service  
12noon Service of the Lord's  
Passion 7pm Stations of the  
Cross

**Holy Saturday (March 30)**  
7am Tenebrae chant service  
8pm Easter Vigil

**Easter Sunday (March 31)**  
8am, 9:30, 11:30 (Sung Latin)  
No 7:30pm Mass on Easter Sunday

**Divine Mercy Novena** begins on Good Friday at 3:00pm, and daily through Mercy Sunday (April 7) at 3pm. Special Divine Mercy Mass on April 7 at 3pm with Fr. Joseph Homick, COSJ



**FAASTAR SUNDAY BRUNCH**

**FEBRUARY 25, 10:30AM - 1:30PM  
SCHOOL AUDITORIUM**

**Lunch Box choice: Two skewered BBQ Pork  
or Chicken w/rice and bottled water (\$20)**

**Contact Estrelle 415-336-9193 or Jennifer 415-215-7046**



**STEWARDS STATS**

Through work, we serve, minister, and become God's stewards on the earth.

**Time:** 25 people joined the Holy Hour /Adoration last Tuesday.

**Talent:** Five volunteers helped at the parish office last week.

**Treasure:** Sunday Offering \$ 7,923

**To give online: [www.starparish.com/give](http://www.starparish.com/give)**



**STAR of the SEA**

**TUESDAY HOLY HOUR, 7PM - 8PM**

The hour begins with a Rosary prayer, a half hour of silence follows the rosary, and then benediction of the Blessed Sacrament. A priest is in the confessional throughout the holy hour.