

February 25, First Sunday of Lent (red missal pg 109; black Latin Missal pg 330)


**Cathedral Children's Choir Debut**

Led by Cathedral Music Director Christoph Tietze, the Cathedral Children's Choir will sing at our 9:30 Mass this Sunday. Sorry it has to be in the gym while we refinish our church floor, but we will be back in the church by Easter. The

children will be "invested" in their choir robes in a formal ceremony at Mass today.

**AAA** Also at Mass today we see the Annual Archdiocesan Appeal video and I ask you to pledge your support for our Archbishop. If you can, pledge 1% of that \$120,000 we want to put into the hands His Excellency, especially for our seminary. 1% would be \$1200, which many of us have been able to do. But if you can't do that, do more or do less, but do something! The real goal is 100% participation from all of us who are beneficiaries of the Archbishop's ministries.

**Why Fast?** That's what people ask Catholics in Lent, who in any case are not very good at it. But why even make the effort, when modern supply chains deliver all the food, drink, clothing, and social media one could want? There are many reasons to fast, not least of which is the biblical teaching, but I think the essential reason for fasting is so that we don't forget God. It's so easy to miss Him, especially when He is hiding (He likes to play hide-and-seek). It's so easy to forget about God when we are thinking about food nonstop while glued to our screens. When life is difficult, and God is silent, we naturally turn to "things" to fill the vacuum—food, travel, social media, smoking—*anything* to fill the emptiness. Fasting, however, is *staying with God in the solitudes*, not panicking, not drowning the silence with food and entertainment. The most perfect form of fasting is from food, but probably the more important fasting in our



*Just a few of our stellar altar servers.  
Would you like to serve at the altar?*

time is from artificial media. Food used to be the best means available to fill the void, but now we have endless artificial worlds with which to fill our minds. I managed to fast from two meals on Ash Wednesday, but the most essential fast for me, every Lent, is from media. No music, no podcasts, no videos for forty days. Last Sunday, my fourth day of "silence," when I usually listen to a podcast as I wash up, I heard a bird singing on Geary Boulevard. I don't remember hearing any birds on Geary Boulevard before. And in that bird's voice, I heard the voice of its creator, calling to me, filling my mind with joy and hope. My silence had created a space for that bird's song—for that blessed voice of the Creator.

**Ann Russell Miller** was a San Francisco socialite who became a Carmelite nun. Heiress to three impressive fortunes (the Southern Pacific Railroad, Folger Coffee, and Pacific Gas and Electric), Ann left all her money and her San Francisco mansion overlooking the Bay to their ten children upon the death of her husband in 1984. She held a party for 800 guests at the San Francisco Hilton, after which she boarded a plane for a Carmelite monastery in the Midwest. Why did she do it? After her husband died, Ann realized that she needed greater silence to hear the voice of God, and more space to feel God's presence. So she fasted from everything she owned—gave it all away—and received a greater joy in return. We fast because we desire a greater purity and joy.

**Stations and Les Enfants** This Friday Stations of the Cross are in the gym at 6:30 pm, and after Stations a rice bowl supper and presentation on *Les Enfants du Mekong*—the "Children of the Mekong" education initiative, and how you can help. Fast with a Lenten supper, and learn how you can give alms to build a school for poor children in the Philippines. **Fr. Joseph Illo**


**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**

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Director of Communications & 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.stellamarisssf.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 22: 1-2, 9a, 1013, 15-18; Rom 8: 31b-34; Mk 9: 2-10) **Repent Listen to Him** The upshot of today's Gospel of the Transfiguration (the 4th Luminous Mystery of the Rosary) is God's voice: "This is my *beloved* Son. Listen to him." Christ is above all a *son*, beloved of his father. Our heart's greatest longing is to be so loved. By listening to the Son (by reading the Scriptures and listening in silence), we learn how to be beloved sons and daughters of the Father.



**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**

On February 28, we celebrate the feast of Pope St. Hilarius, also known as St. Hilarus, or St. Hilary. He is Pope Leo the Great's successor and known for correcting abuses, building churches, and unifying the church.

*Prayer: All-powerful and ever-living God, you called Saint Hilary to guide your people by his word and example. With him we pray to you: watch over the pastors of your Church with the people entrusted to their care, and lead them to salvation. Amen*

Sign up for a weekly Holy Hour at [www.adorationpro.org](http://www.adorationpro.org)



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

**Lent and New Life in Christ: The Gift of Grace & Almsgiving** Join Dr. Michael Barber as he discusses the transformative power of grace and almsgiving.

**Living Lent as a Family** Have you ever wanted to live more liturgically but not know how? We want to help all families by providing these discussions on liturgical living during Lent to be a resource for the Domestic Church—the home. We pray that these discussions bless you and your 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 02/24	8:30am	Int. of Leslie Low and Family
	12noon	+ Euricio Rocha Dias
	4:30pm	Int. of Jeanne Bovigny (bday)
Sun 02/25	8:00am	People of the Parish
	9:30am	+ Jorge David Alvarado, Jr.
	11:30am	Int. Michael Rocha
	7:30pm	+ Maurice Duplain Revel
Mon 02/26	7am	+ Elsie Rose Gippetti
	12noon	Int. of Pope Francis Int. of Stephen Carter + Loren Harper + Leandro Nunez + Princess Ababio + Corazon Marcelino
	6pm	+ Maura Lacap + Fr. Oliver Walsh + Francisco Read + Elena Santiago-Read
Tue 02/27	7:00am	Int. of Fr. Michael Rocha
	12noon	Int. of Nancy Ma (bday)
	6:00pm	+ Juan Diego Miranda
Wed 02/28	7:00am	Int. of Alexandra Carcache
	12noon	Int. of Jakeline Novoa and Family
	6:00pm	+ Juan Diego Miranda
Thu 02/29	7:00am	Int. of Thelma Queri and Family
	12noon	Int. of Felix, Lucy and Tai Family
	6:00pm	Int. of Leopold Palencia
Fri 03/01	7:00am	+ Holy Souls
	12noon	+ Brian and Mary Kavanagh
	6:00pm	+ Those who have jumped to their deaths from the Golden Gate Bridge
Sat 03/02	8:30am	+ Cecilia Ma (anniv)
	12noon	+ Joyce Ellen Enyeart
	4:30pm	Int. of Rosa O. Auyeung and Family

**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**



Under the leadership of  
**Karolina Zapolska**

For more information contact [karolina@zapolska.dk](mailto:karolina@zapolska.dk)

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



**Star Marriage & Family Apostolate**  
 Engaged couples and families are invited to join in our Monthly Family Lunch after Mass, this Sunday, Feb. 25, held across the street in Holy Family House (former convent). After our meal, we'll watch an episode of The Chosen. Text Christina 917-375-2158 for the gate code.

**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  
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**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](https://Flocknote.com/star). Get access to the best selection of catholic educational materials, sign up for [formed.org](https://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!  
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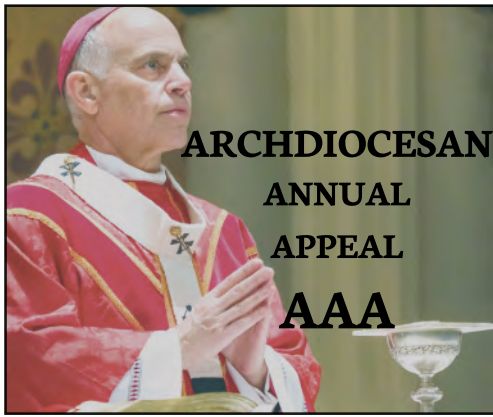
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**ARCHDIOCESAN  
ANNUAL  
APPEAL  
AAA**

**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!



**OUR GOAL**

**\$120,500**

**If you can,  
donate 1%  
\$1205**

**or give what  
you can to  
support our  
Archbishop  
THANK YOU!**

**LENT, HOLY WEEK & 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



**ST. JOSEPH THE WORKMAN COUNCIL OF STAR OF THE SEA**



**St. Patrick & St. Joseph  
Dinner and Dancing**

**March 16, after 4:30pm Mass  
School Auditorium**

**\$25 p/person, \$60 for families  
Contact Bud: (415) 420-5112**



**STEWARDS STATS**

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

**Time:** 80+ people joined the Stations of the Cross prayer last Friday.

**Talent:** 7 lectors served at the Masses last week.

**Treasure:** Sunday Offering \$6,856

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



**STAR of the SEA**

**TUESDAY HOLY HOUR**

**7:00PM - 8:00PM**

Join us! 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.