



16 Shrines of Our Lady at STAR of the SEA

**THE OFFICE WILL BE CLOSED
ON SEPTEMBER 1st FOR LABOR DAY**

August 31, 2025 22nd Sunday in Ordinary Time (Red Missal: pg 559) - 12th Sunday After Pentecost (1962 Missal: pg 756)



Between 2016 and 2017, as a missionary priest, I had the opportunity to live in Tibet—specifically, in the former kingdom of Sikkim (northern India and southern China). There I came to know something of the local customs (Hindu and

Buddhist) and to witness firsthand what many Westerners ignore about these philosophies. After living there and reading some of their works, I began to warn people about the practice of Yoga, which is now so widespread in the West—even among Catholics who see it merely as a “breathing technique” or “physical exercise.”

1. The True Origin of Yoga For those who do not know, yoga did not arise as a neutral method but as a Hindu spiritual path. Its very name means “union,” namely the fusion of the individual soul with

Brahman—an impersonal, faceless principle, utterly different from the living and personal God whom Christians worship. From ancient cults to the *Yoga-Sutras* of Patanjali, its entire structure aims at a religious goal: escaping the cycle of reincarnation and dissolving the person into the whole. In its eight stages—from moral discipline to *samādhi*—yoga does not propose gymnastics but rather a mystical itinerary that leads to the loss of individuality. What in the West is presented as “healthy exercises” is, in fact, part of a pantheistic spirituality incompatible with the Catholic faith.

2. The Postures Are Not Innocent Christians should know that the postures (*āsanas*) are not mere stretches. They are laden with religious symbolism: the lotus as the throne of the gods, the warrior posture inspired by a divine warrior, the cosmic dancer posture evoking Shiva... Even the mantras recited in class are genuine idolatrous prayers: *Om namah Shivaya* (“I bow before Shiva”), the *Hare Krishna*, the *Gayatri Mantra* to the sun god. So, can a Catholic invoke false gods—even “without religious intent”? It would be like a Buddhist praying the

Rosary “for sport”... Absurd.

3. What the Church Says The Congregation for the Doctrine of the Faith (1989) warned against Eastern methods because they lead to harmful syncretism. The document *Jesus Christ, the Bearer of the Water of Life* (2003) explicitly identified yoga as part of the New Age, which confuses the faithful and replaces Christian prayer with empty techniques. The attraction of yoga is real: It



responds to the legitimate thirst for inner peace. But that peace is not reached through esoteric exercises—it is found only in Christ, the living water (Jn 4:14).

4. Real Risks This is not only a doctrinal issue. Physicians have warned that yoga techniques can cause psychological imbalances, especially in young people. But the greatest danger is spiritual: yoga, as an implicit religion, leads to relativism and eventually distances souls from the only Savior. Priests

with pastoral experience—such as Fr. James Manjackal—have witnessed many Catholics losing their faith after embracing these practices. Is it really worth risking your soul for a little physical flexibility?

5. The Christian Alternative Christians do not need Eastern philosophies to find peace and balance. The Church possesses a rich spiritual tradition: liturgical prayer, *lectio divina*, Eucharistic adoration, the sacramental life. And on the physical level, the West has always had its own gymnastics, breathing methods, and health culture—without invoking strange deities. Yoga is not compatible with the Catholic faith. It is not a game, nor a mere sport. It is a spirituality that proposes a path of salvation apart from Christ. That is why a coherent Catholic should abstain from practicing it. True peace is not found in mantras or postures, but in Jesus Christ, the only Mediator and Savior (1 Tim 2:5). As St. Augustine said: “You have made us for Yourself, O Lord, and our heart is restless until it rests in You.”

Fr. Javier Olivera Ravasi, SE

Star of the Sea Church
4420 Geary Blvd.
San Francisco, CA 94118
(415) 751-0450
www.starparish.com
Gym 345 8th Ave
Office Hours
M-TH 8:30am-5pm
Friday 8:30am-12pm,
1pm-5pm

CLERGY

Fr. Joseph Illo, Pastor
Fr. Mike Konopik,
Parochial Vicar
Fr. Javier Ravasi,
Parochial Vicar
Fr. James Liebner,
Parochial Vicar
Deacon Albert Nimri,
Parish Manager

STAFF

Mariella Zevallos,
Director of Communica-
tions & Parish Life
Thelma Queri,
Bookkeeper
Lynn Kraehling,
Director of Music
Karolina Zapolska,
Director of Sacred
Music Program
Juan Carlos Lopez,
Sacristan
Dennis Ow,
Maintenance
Santiago Ron,
Front desk

**STELLA MARIS
ACADEMY (K-8)**
360 9th Ave
San Francisco, CA 94118
www.stellamarissf.org
(628) 977-4836
John Monaco
Principal/Headmaster

**NATIVITY HIGH
SCHOOL**
www.nativityhs.org
(415) 322-9229
Diana Adamson,
Principal
Nick Sparks,
Dean of Students &
Academics

LITURGY AND DEVOTIONS

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: 15 min. before Mass, (7am after 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

“When you are invited by someone to a wedding banquet, do not recline at table in the place of honor” (Luke 14,8) , Sirach 3:17-18, 20, 28-29 , Hebrews 12:18-19, 22-24a. In the time of St. Philip Neri in Rome, there was a supposed holy nun to whom everyone flocked. One day, the Pope, wishing to know what was truly happening, sent the saint to investigate. When Philip arrived at the convent, he was completely covered in mud, having been caught in a heavy storm. As the so-called holy nun came before him, she said: “Father, how may I serve you?” The saint, who was reclining on a sofa without even standing up to return her greeting, stretched out his foot and said: “Yes, first of all, I would kindly ask you to remove these wet, muddy shoes, please.” The nun, horrified at the priest’s words, replied: “I am astonished that you dare speak to me in such a manner! I am a religious!” Philip, saddened, remained silent. He rose, went to the door, and left the convent immediately. Back at the Vatican, he went to the Holy Father and said: “Most Blessed Father, that nun is certainly not a saint, nor does she work miracles, because she lacks a fundamental virtue: humility. I put her to a small test, and she was unable to pass it.”



FORMED RECOMMENDATIONS: <http://watch.formed.org>
FORMED IS FREE TO ALL PARISHIONERS!

The Boy From Milan: Stories of Carlo Acutis
| Based on a True Saint Discover the inspiring story of Carlo Acutis, the young boy from Milan on the path to sainthood. The story of Carlo is something deep, something the world desperately needs to hear. Known for his deep love of God, devotion to the Eucharist, and quiet acts of charity, Carlo’s life was a testament to everyday holiness. This documentary reveals the heart of a boy who saw Jesus in everyone and never missed an opportunity to love. **Carlo Acutis and Pier Giorgio Frassati will be canonized by Pope Leo XIV in Rome, on September 7, 2025.**



Join our Young Adults Group for Weekly Events! Every Thursday, 6:30-8:00pm
 Star Gym, St. Clare Room.
 Kevin Erickson (310) 418-6289

FIRST FRIDAY AND SATURDAY AT STAR OF THE SEA

Special Sung Latin Masses

Sept. 5: 6 pm, First Friday; Sacred Heart of Jesus

Sept. 6: 12noon, First Saturday; TLM dedicated to the Blessed Virgin Mary

First Saturdays Rosary Pilgrimage

Join us Saturday September 6, at 9:30am (after the 8:30am Mass) for a Rosary prayer walk and lighting of candles inside our beautiful church! Let us pray together to Jesus and the 16 Marian Apparitions.

Mass Intentions

Saturday 08/30	8:30am	Int. of Oliva Setiawaty
	12noon	Int. of Fr. John Mary Chung
	4:30pm	† Rene Ing
Sunday 08/31	8:00am	† Francis and Jenny Chow
	9:30am	Int. of Suthee Tritasavit and Family
	11:30am	† Ramon Koh (bday)
	7:30pm	People of the Parish
Monday 09/01	7:00am	Int. of Dennis Ow and Family
	12noon	Int. of Agnes Leung Int. of Donncha and Marisela O'Cochlain † Edward Tobin † Audrey Jennie Tom † All Souls in Purgatory † Marcia Leonhardt
	6:00pm	Int. of Christopher Lardizabal † Dennis Dizon † Seliz U. Lagat † Florencio Afable † Francisca Sanchez
Tuesday 09/02	7:00am	Int. of Lencey Nascimento - healing
	12noon	† Richard & Charles Donohue (bday)
	6:00pm	Int. of Bud and Lorna Feria (anniv)
Wednesday 09/03	7:00am	Int. of Linda West and Family
	12noon	Int. of Lheng McCormack and Family
	6:00pm	Int. of John Moeck and Family
Thursday 09/04	7:00am	Int. of Lou Koh (bday)
	12noon	† Timothy McKenna (bday)
	6:00pm	Int. of Amanda Jae Bartolome
Friday 09/05	7:00am	Int. of Donncha and Marisela O'Cochlain
	12noon	† For the souls of those who have jumped to their deaths from the Golden Gate Bridge
	6:00pm	† Dominik Josefik (bday)
Saturday 09/06	8:30am	† Doma Parlovic Colic
	12noon	Int. of Ivonne Setiawan
	4:30pm	† Robert Tobin

PRAYERS OF THE SICK: Mariana Mendieta, Margaret & Mark Sellai, Shawn Mickle, Marie Bellas, Sarah Miller Sinn, Justin Chin, Joyce Durbin, Andrew Abdo, Alex Tong, Julie Johnson, Lauri Tepedino, Brian Galloway, Homer Chin, Charles Bolla, Maria Molina, Maria Avedano, Sarah Monaco and all sick parishioners.

DEVOTIONS

Monday-Saturday: Rosary prayer after all daily Masses.

Tuesdays: 6pm Holy Face Devotion, in the chapel.

Tuesdays: 7-8pm Silent Holy Hour & Confessions

Saturdays: 3pm Divine Mercy Chaplet in the church.

Sundays: 11am Latin Rosary in the church. Pamphlets with the Latin words will be provided.

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

Programs & Apostolates

GENERAL INFORMATION Parish office, 415-751-0450 www.starparish.com	BAPTISM, MARRIAGE & ALL SACRAMENTS 415-751-0450
Adoration Committee Laurie Murdock 415-244-8186 staradorationsf@gmail.com	Parish Finance Council Ryan Sebers ryan@starparish.com
Altar Servers Bryan Calmeyer bryancalmeyer@me.com	OCIA Order of Christian Initiation of Adults 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 628-977-4836 www.stellamarissf.org
Foundation of Prayers for Priests Carmen Duran Register: foundationforpriests.org	Our Lady of Fatima, Star Pro-Life Apostolate Thursdays 6-7pm, & Sat. 10-11am 1522 Bush St. star.flocknote.com/Star-Pro-life
Young Adults Kevin Erickson kevinierickson@outlook.com Aaron Cary aaronWcary@gmail.com	Sacred Music Program Lynn Kraehling 415-812-2462 lynn@starparish.com Karolina Zapolska (Choirs) karolina@starparish.com
Lectors Deacon Albert Nimri 415-683-4295 animri@starparish.com	Star Outreach to the Poor Ed Katz 415-740-3939 Saori Okawa okawasaori@gmail.com
Legion of Mary Paul Palencia 415-858-3073 leopoldmpal@gmail.com	Ushers and Greeters Mariella Zevallos mariella@starparish.com
Marriage&Family Apostolate Christina Sullivan starmarriageandfamily@gmail.com	Knights of Columbus Mike Dumlaio m_n_dumlaio@yahoo.com
Tuesday Bible Study 3-4:30pm at Parish Rectory. Bill McCarty 415-876-8551	Holy Name Society (Divine Mercy Devotion) Thelma Queri, 415-751-0450
Bulletin Announcements Ad submissions due by 3pm on Tuesdays. Contact bulletin editor: mariella@starparish.com	Volunteer Opportunities Interested in volunteering? Information at: 415-751-0450 mariella@starparish.com



Keep Our Parish Prosperous

Your generous financial gifts ensure that Star of the Sea Catholic Church will continue thriving to provide a peaceful sanctuary for prayer, worship and evangelization in the Richmond District. Our doors are open 7 days a week!

WAYS OF SUPPORTING STAR OF THE THE SEA:

Offertory gifts online: www.starparish.com/give

Offertory envelopes: Place cash or check written to Star of the Sea in the offertory envelopes and place in the collection basket, or drop envelope in the parish office mailbox: Star of the Sea 4420 Geary Blvd, San Francisco, CA. 94118

Matching Contribution:

Double your gift to Star of the Sea with an equal contribution from your employer! As 501(c)(3) non-profit organization, we qualify to receive matches from companies all over the Bay Area. If your company offers this program, ask for a form to submit a matching request.

For information please contact: mariella@starparish.com

MAXIMIZE YOUR IMPACT



venmo



STAR OF THE SEA CHURCH
Use Venmo for: Sunday offertory, lighting candles, church kiosk purchases.
(Please add what the payment is for. Thank you!)

PLANNED GIVING

ONE CHARITABLE GIFT, A LEGACY OF FAITH

Consider listing Star of the Sea as beneficiary in your Will (advisable to have one). It preserves the mission and values of the church in its ministry.

GET STARTED WITH A PLANNED GIFT?

Call for information: Mariella Zevallos,
(415) 751-0450 | 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/Sign up as 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



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www.starparish.com



EUCHARISTIC ADORATION

We celebrate St. Mother Teresa of Calcutta on September 5th. She grew up in Albania. She first joined the Sisters of Loreto, an Irish community who had a mission in India, where Mother Teresa was sent to teach.

Later, she received permission to serve in the slums, and eventually started her order, the Missionaries of Charity. She also won a Nobel Peace prize! She prayed daily before the Blessed Sacrament, and is quoted, "When you look at the Crucifix, you understand how much Jesus loved you then. When you look at the Sacred Host you understand how much Jesus loves you now." Come sign up for a weekly Holy Hour at www.adorationpro.org/star and we will have a Eucharistic Rosary Congress coming October 28-November 4th, where we will pray the rosary every hour on the hour- during adoration. Sign up to lead a rosary:

<https://signup.com/go/zUJkGN>

FAASTAR

FILIPINO AMERICAN ASSOCIATION OF STAR OF THE SEA CHURCH

**PLEASE JOIN US TO
CELEBRATE THE FEAST OF
SAN LORENZO RUIZ OF
MANILA AT STAR OF THE SEA**



TRIDUUM: SEPT. 17, 18 & 19 after 6pm Mass

DINNER: SEPT. 20, 6pm-9pm | School auditorium

Ticket: \$20 per plate (cash or check payable to FAASTAR). 2 skewers BBQ, pork or chicken, rice lumpiang shianghai and bottle of water.

Info. contact Estrella Chan 415.336.9193 or Jennifer Gabriel 415.215.7046 / Proceeds go to the Petrel Memorial Scholarship Fund



**ENROLLMENT OPEN
REGISTER!**

OCIA coordinator: Greg Moeck, (310) 694-6380 - gmoeck@gmail.com

**Are you interested in
becoming Catholic?
Do you wish to receive the
Sacraments of Baptism,
Eucharistic and/or
Confirmation?**



STEWARDS STATS

Time: 20+ people joined the Lady of Perpetual Help devotional prayers last Wednesday.

Talent: 12 lectors served at the daily and Sunday Masses last week.

Treasure: Sunday Offering \$9,696

Queenship of Mary \$221.

To give online: www.starparish.com/give

**OCTOBER 28 –
NOVEMBER 4, 2025**
**STAR OF THE SEA PARISH,
SAN FRANCISCO**

**EUCHARISTIC
ROSARY
CONGRESS**

**SEVEN DAYS & NIGHTS OF CONTINUOUS DEVOTION
HONOR OUR LADY. IMPORE CHRIST'S MERCY.**

24-HOUR EUCHARISTIC ADORATION

**ROSARY PRAYED EVERY HOUR ON THE HOUR
(LATIN, ENGLISH & SPANISH)**

DAILY MASSES (LATIN & NOVUS ORDO)

HIGHLIGHTS OF THE CONGRESS: SATURDAY, 11/1/25

9:00 AM – MASS WITH ARCHBISHOP CORDILEONE AT ST. MARY'S CATHEDRAL FOLLOWED BY OUR LADY OF FATIMA EUCHARISTIC GRAND PROCESSION TO STAR OF THE SEA PARISH.

ERC SCHEDULE

ROSARY SIGN UP

A-Cross America Relay for Pro-Life! September 5, 1:00 pm

Star of the Sea Parish, 4420 Geary Blvd, San Francisco

The west coast leg of the largest spanning pro-life event will kick off with prayer at Star of the Sea Church and then join Stella Maris Academy students for 2.6 mile walk to Planned Parenthood at 1522 Bush St. Learn more about this amazing nationwide event, go: <https://www.liferunners.org/race/across/>



**VISIT THE 16
APPARITION SHRINES
OF OUR LADY
AT STAR of the SEA**

Book a tour:
mariella@starparish.com
www.starparish.com/marys-shrine/

*We invite you to light a candle and pray
to Our Lady for your intentions.*