



### How to Distinguish a Mortal Sin from a Venial Sin?

This is a common question. We will try to be as pedagogical as possible, but first, let's define some terms. A sin is "any voluntary act against the Law of God" (as we learned in

the Catechism when we were children). For a sin to be mortal, it must kill or remove God's grace from the soul, and three conditions must all be present: **1) Grave Matter**, **2) Full Knowledge** (knowing that it is a sin and that it is grave) **3) Full consent** (freely choosing to do it). If any one of these is missing, the sin is not mortal, but venial, and therefore forgivable with an act of contrition and hatred for the sin out of love for God. **What is "grave matter"?** It means the act is seriously evil by its nature, not just a minor imperfection. It is something that separates us from God because we preferred a creature over the Creator. Examples of grave matter: sacrilege, heresy, apostasy, impurity (sins against the Sixth Commandment), hatred (not mere irritation), lies causing serious harm, stealing significant sums, knowingly missing Sunday Mass, consuming alcohol or drugs to the point of losing reason, etc. Examples of light matter: small impatience, slightly harsh words that do not cause serious harm, minor lies, fleeting bad thoughts immediately rejected. If someone is unsure whether the matter is grave, then it probably isn't, or the person lacks the knowledge needed to discern it. **Full Knowledge** For a sin to be mortal, it's not enough to do something wrong: one must know it is a grave sin. This excludes: Invincible ignorance (not knowing and unable to know it was grave), Sincere lack of knowledge (not deliberate ignorance), Confusion, fear, or emotional disturbance. Example: If someone did not know an action was gravely sinful, then it was not a



mortal sin due to lack of knowledge. **Full Consent** Even if the matter is grave and one knows it is wrong, the person must freely choose to do it, without being forced or overwhelmed by factors that reduce consent. Factors that diminish consent include: fear, sudden passions, strong temptation, anxiety, illness, addiction, sleepiness, or ingrained habits not fully overcome. A common saying:

"When the sin surprises you more than you surprise it, full consent is lacking." Questions to Ask Yourself if in Doubt: 1) Is the act objectively grave? If no → venial sin. 2) Did I clearly know it was

grave? If no → not mortal sin. 3) Did I freely choose it? If no → probably venial. **Practical Examples:** Sudden anger Act: *someone lashes out with an angry word.* Grave matter? *Usually no (unless it severely humiliates).* Knowledge? *Yes.* Consent? *Partial (sudden passion).* → Venial sin. Missing Mass without reason: *"I won't go today because I don't want to."* Matter: *grave.* Knowledge: *yes.* Consent: *yes, free.* → Mortal sin. Brief sexual temptation: *A fleeting image or thought appears, but you do not consent fully.* Matter: *only grave if fully consented.* Knowledge: *yes.* Consent: *not full.* → Venial or no sin. Lie without harm: *Telling a small lie to avoid trouble.* Matter: *light.* Knowledge: *yes.* Consent: *yes* → Venial sin. **Conclusion** A sin is mortal only if you can honestly say: "I knew it was grave and yet freely chose to do it." **Classic spiritual advice:** Moralists often recommend: if the soul doubts whether a sin is mortal, it probably isn't. Mortal sin requires full, conscious deliberation. This does not mean venial sins should be ignored; they must be hated wholeheartedly to reach Heaven. As an old Spanish rhyme says (adapted with rhyme in English): *"God is watching every day, Keep in mind as you pray; Life will end, we cannot say, When the hour will come our way."* Fr. Javier Ravasi

**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-  
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**Thelma Queri**,  
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Director of Sacred  
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**Lynn Kraehling**,  
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**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 (9-12)

350 9th Ave. San  
Francisco, CA 94118  
www.nativityhs.org  
(415) 322-9229  
hello@nativityhs.org

### EUCCHARISTIC ADORATION 24/7 - 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. Lauds, Mon-Fri 6:45am. Vespers, Mon-Fri 5:45pm.

Holy Face Devotion, chapel 6pm. Sacred Heart of Jesus First Fridays 12 & 6pm (Latin). Divine Mercy, Saturday 3pm. Lady of Perpetual Help, Wednesday 12noon. Lady of Fatima First Saturdays, 8:30am. Communal Rosary prayer after all daily Masses & Sunday 11am Latin. Sundays: 2:30pm Rosary Walk at St. Mary's Cathedral.

# The Sunday Scripture

**The Baptism of the Lord** ( Is 42: 1-4, 6-7; Acts 10: 34-38; Mt 3: 13-17). On this second Sunday of the Christmas season, the Church presents us with the prologue of Saint John, the evangelist who is often symbolized as an eagle because of the sharpness of his theology and his lofty, vertical vision. There, in that traditional text, it says: "He came to His own, and His own did not receive Him. But to all who received Him, He gave the power to become children of God" (Jn 1:11-12). The Messiah of God, Emmanuel, God with us, was crucified by those who—of all people! —should have accepted Him as their God and Savior. Let us, Christians of the twenty-first century, not only always welcome Our Redeemer as the One who alone must be served, but also proclaim Him through our words and, above all, through the example of our Christian life.



***Eucharistic Adoration*** We celebrate St. Marguerite Bourgeoys on January 12. She was born in France and left to serve in Montreal, Canada. She formed the first uncloistered religious order, Congregation of Notre Dame, and she is the first female saint in Canada. She had a profound devotion

to the Eucharist and is quoted "Jesus waits for you in the Eucharist, in our tabernacles and monstrances, and on the altar at we every Mass."

Commit to a weekly Holy Hour by signing up at [www.adorationpro.org/star](http://www.adorationpro.org/star) **Hours Needed:** Tuesdays 1 pm & 7 pm; Wednesdays, 9 am & 11 am; Thursdays 9 am; 10 am & 6 pm; Sundays 1 pm & 7 pm. Thank you.

## FORMED WEEKLY RECOMMENDATIONS

<http://watch.formed.org>. Free to all parishioners!

**Our Mother Mary** Dr. Ben Akers sits down with Dr. Mark Miravalle, Saint John Paul II Chair of Mariology at Franciscan University of Steubenville, to discuss Mary, the Mother of God. What is Mariology? How does Mary serve as model for all the faithful? How can we relate to Mary today? what does it mean to say that Mary is the Mother of the Church? Was Mary free in her earthy life?

# Mass Intentions

Saturday 01/10	8:30am	† Ana So
	12noon	Int. for Unborn Children in danger of losing their lives
	4:30pm	Int. of Santiago Ron (bday)
Sunday 01/11	8:00am	† Mario Bruno
	9:30am	† Jose Chan
	11:30am	Int. of Nativity High School
	7:30pm	People of the Parish
Monday 01/12	7:00am	Int. of Joe and Joan Flanders
	12noon	Int. of Rosa O. Au Yeung Int. of Maria Luisa Bogdan Int. of Matthew and Tara Gariano † Anne S. Beauton † Richard Copada (bday) † Murphy Lee Thomas, Jr.
	6:00pm	Int. of Rosa de Lima Mendoza Int. of Ken and Lydia Gibbons † PJ Carton † Jim Massey † Rick Durbin † Joyce Durbin † Souls in Purgatory
Tuesday 01/13	7:00am	Int. of Bryant Gordillo-Islas
	12noon	Int. of Fr. Joseph Illo
	6:00pm	† Carmen Smith
Wednesday 01/14	7:00am	Int. of Guillermo Madrigal
	12noon	† Wilfred Chow
	6:00pm	† Padmavati and Chandrashekar Banger
Thursday 01/15	7:00am	† Dr. John and Lorraine Mcloone
	12:noon	† Jose Ferniz
	6:00pm	Int. of Fr. Michael Konopik
Friday 01/16	7:00am	Int. of Devon Farell
	12noon	† Santos Quintela
	6:00pm	† Robert Tobin (anniv)
Saturday 01/17	8:30am	Int. of Mccalls Events Employees
	12noon	Int. of Kevin Carter
	4:30pm	† Mario Bruno

## Prayers of the Sick

Mariana Mendieta, Margaret & Mark Sellai, Shawn Mickle, Marie Bellas, Justin Chin, Andrew Abdo, Alex Tong, Julie Johnson, Brian Galloway, Charles Bolla, Maria Molina, Maria Avedano, Denis Von Kaeppler, Oliva Setiawaty, Jose Abantao, Bryson Soncuya, O Lai Sau King, Jerr Dewey and all sick parishioners.

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

Book a tour:  
[mariella@starparish.com](mailto:mariella@starparish.com)  
(415) 751-0450  
[www.starparish.com/marys-shrine/](http://www.starparish.com/marys-shrine/)





# Programs & Apostolates

<b>GENERAL INFORMATION</b> Parish office, 415-751-0450 <a href="http://www.starparish.com">www.starparish.com</a>	<b>BAPTISM, MARRIAGE &amp; ALL SACRAMENTS</b> 415-751-0450
<b>Adoration Committee</b> Laurie Murdock 415-244-8186 <a href="mailto:staradorationsf@gmail.com">staradorationsf@gmail.com</a>	<b>Parish Finance Council</b> Ryan Sebers <a href="mailto:ryan@starparish.com">ryan@starparish.com</a>
<b>Altar Servers</b> Bryan Calmeyer <a href="mailto:bryancalmeyer@me.com">bryancalmeyer@me.com</a>	<b>OCIA Order of Christian Initiation of Adults</b> Gregory Moeck 310-694-6380 <a href="mailto:gmoeck@gmail.com">gmoeck@gmail.com</a>
<b>Filipino American Association (FAASTAR)</b> Estrelle Chan 415-336-9193	<b>Star of the Sea Preschool Stella Maris Academy</b> 628-977-4836 <a href="http://www.stellamarissf.org">www.stellamarissf.org</a>
<b>Foundation of Prayers for Priests</b> Carmen Duran   Register: <a href="http://foundationforpriests.org">foundationforpriests.org</a>	<b>Our Lady of Fatima, Star Pro-Life Apostolate</b> Thursdays 6-7pm & Sat. 10-11am. 1522 Bush St. <a href="http://star.flocknote.com/Star-Pro-life">star.flocknote.com/Star-Pro-life</a>
<b>Young Adults</b> Nathan Chan <a href="mailto:nathanjchan2@gmail.com">nathanjchan2@gmail.com</a> Aaron Cary <a href="mailto:aaronwcary@gmail.com">aaronwcary@gmail.com</a>	<b>Sacred Music Program</b> Lynn Kraehling 415-812-2462 <a href="mailto:lynn@starparish.com">lynn@starparish.com</a> Karolina Zapolska (Choirs) <a href="mailto:karolina@starparish.com">karolina@starparish.com</a>
<b>Lectors</b> Deacon Albert Nimri 415-683-4295 <a href="mailto:animri@starparish.com">animri@starparish.com</a>	<b>Star Outreach to the Poor</b> Ed Katz 415-740-3939 Saori Okawa <a href="mailto:okawasaori@gmail.com">okawasaori@gmail.com</a>
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<b>Marriage &amp; Family Apostolate</b> Christina Sullivan <a href="mailto:starmarriageandfamily@gmail.com">starmarriageandfamily@gmail.com</a>	<b>Knights of Columbus</b> Mike Dumlao <a href="mailto:m_n_dumlao@yahoo.com">m_n_dumlao@yahoo.com</a>
<b>Tuesday Bible Study</b> 3-4:30pm at Parish Rectory. Bill McCarty 415-876-8551	<b>Holy Name Society</b> (Divine Mercy Devotion) Thelma Queri 415-751-0450
<b>Bulletin Announcements</b> Ad submissions due by 3pm on Tuesdays. Contact bulletin editor: <a href="mailto:mariella@starparish.com">mariella@starparish.com</a>	<b>Volunteer Opportunities</b> Interested in volunteering? Information at: 415-751-0450 <a href="mailto:mariella@starparish.com">mariella@starparish.com</a>



## 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](http://www.starparish.com/give)

**Offertory envelopes:** Cash or check written to Star of the Sea (use offertory envelopes). 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. Contact: [mariella@starparish.com](mailto:mariella@starparish.com)



**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](mailto:mariella@starparish.com)



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

Contact: Greg Moeck, (310) 694-6380 | [gmoeck@gmail.com](mailto:gmoeck@gmail.com)

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 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!



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**www.starparish.com**



*You're invited to Stella Maris Academy's annual fundraising gala*

# A Winter Wassail!

**JANUARY 31<sup>st</sup> 5:00**

*guest speaker*  
**FR. DONALD CALLOWAY**

STAR OF THE SEA GYMNASIUM 345 8<sup>TH</sup> AVE SAN FRANCISCO 94118

**TICKETS  
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## Star of the Sea Preschool

Catholic, Classical and Montessori-Inspired

# OPEN HOUSE

**Saturday, January 17th, 2025**

**9:30-11:00 AM**

- ✓ Tour the preschool
- ✓ Meet our teachers
- ✓ Review our curriculum
- ✓ Enjoy playtime activities




preschool@stellamarissf.org  
360 9th Avenue San Francisco, CA 94118

Visit us: stellamarissf.org/preschool  
(510) 301-2380

## Fr. Javier Olivera Ravasi Italy Pilgrimage


**April 13-27, 2026 - 14 Days**

A beautiful and prayerful pilgrimage with Fr. Ravasi, to the cities of Rome, Vatican City, Subiaco, Monte Cassino, Assisi, Orvieto, Siena, Florence, San Gimignano

**\$5,949 from San Francisco (round trip)**

**For Info & Reservations, Contact  
Mariella Zevallos,  
Coordinator Star of the Sea Parish  
Telephone: 415-751-0450 - Email:  
mariella@starparish.com**






## JANUARY 24, 2026

### 22nd Annual Walk for Life West Coast

9:30 am - Walk for Life Mass at St. Mary's Cathedral  
10:45 am - 12:15 pm - Silent No More Awareness Campaign  
12:30 pm - Rally | 1:30 pm - start walking.  
Phone: 415-658-1793 [info@walkforlifewc.com](mailto:info@walkforlifewc.com)



### STEWARDS STATS

*Colossians 3:23 Whatever you do, work heartily, as for the Lord and not for men.*

**Time:** 15 people joined the Divine Mercy devotional prayers last Saturday

**Talent:** 10 Altar servers attended the 9:30 am Mass last Sunday.

**Treasure:** Sunday Offering \$8,584  
Solemnity of Mary \$3,422

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

### NATIVITY CAMELMAS

On the ancient feast day of Candlemass, You are invited to spend an evening as a Nativity student at our fundraiser event,

**Monday Feb 2. Tickets are \$25, purchase at [nativityhs.org/camelmas-2026](http://nativityhs.org/camelmas-2026). 350 9th Ave, San Francisco, CA. 94118**

6pm, Traditional Candlemass at Star of The Sea Church (optional);  
7pm, Nativity Classroom experience; 8pm, Standing dinner, drinks, and mingling.