



**Ramping Up to Lent** The older Catholic preparation for Ash Wednesday, like the current Orthodox practice, is to begin a “pre-Lent” period of repentance and sobriety three weeks before the “Great Lent” of forty days begins.

The Orthodox call this penitential period before Ash Wednesday *Triodion* (“three hymns”) and Catholics call it *Septuagesima* (“seventy days” before Easter). Both East and West agree that human nature needs a gentle “ramping up” to the demanding fasts and penances of the Great Lent. Quite a few men in our parish are already doing “Exodus 90,” a rigorous program of fasting from foods, social media and entertainment, increased prayer, and bracing penances, one of which is cold showers. That last one has deterred me from joining their fellowship, but I’ve discovered a more gentle form of cold showers: begin with hot water but then gradually dial it back to finish with cold water. Maybe someday I’ll do what my stronger brothers are doing already (totally cold showers), but for now I’m doing “gradual penance” (“gradually” literally means “one step at a time,” from the Latin *gradus*, or “step”).

**Sixty Days** Last week we took the first steps toward Lent with *Septuagesima*, and this Sunday is “Sixty Days Sunday,” or *Sexagesima*. Next week will be *Quinquagesima* (“fifty days” before Easter), while Lent itself is called *Quadragesima* in Latin (“forty days”). The Orthodox call today “The Sunday of the Prodigal Son” and next week “The Sunday of the Last Judgment.” Our parish keeps both the older and the newer traditions, so the 11:30 Mass today is already clothed in penitential violet, while the other Masses are still



From the Stella Maris Gala: Jacqueline and Thomas play Renaissance instruments; Brendan and Paul; Sofia and Bernadette in traditional costume

in green. Let us move steadily down the road of perfection, keeping in mind always the Last Judgment, when God will take us either to heaven or to hell. All our hope is in Him.

**An Inclusive Community** Cultural practices that have stood the test of time, those which express the truest, best, and most beautiful in human nature, are worth keeping. The Orthodox *Triodion* and the Catholic *Septuagesima*, like the practice of Lent itself, have been practiced by millions over many centuries, helping generations of our forebears get to heaven. I’ve been teaching 7th and 8th grade theology since November, and three of my fifteen students are Russian Orthodox. I am learning much from them, and they have come to Stella Maris to learn from us. “Tradition is the democracy of the dead” wrote Chesterton. Keeping the best of time-tested traditions, both east and west, makes our parish and school truly “inclusive.” And speaking of our school: our fourth annual Stella Maris Academy **Gala** last week sold out, raising \$200,000 for the school (net \$170,000). On behalf of our children, I thank all our benefactors! **En France** With fifty priests from around the world, I am on canonical retreat this week in Lourdes, celebrating Our Lady's feast day on Wednesday at the Grotto where St. Bernadette spoke with her for 18 days in 1858. Our retreat director is Fr. Brian Kolodiejchuk, postulator for Mother Teresa's cause for canonization and author of many books about her spirituality. I will light a candle at the grotto for you all, my parishioners, in Lourdes this week. *Fr. Joseph Illo*



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

#### STELLA MARIS ACADEMY (K-8)

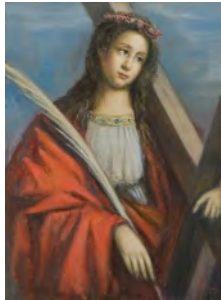
360 9th Ave.  
San Francisco, CA 94118  
www.stellamarissf.org  
(628) 977-4836  
**John Monaco**  
Principal/Headmaster

#### NATIVITY HIGH SCHOOL (9-12)

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

# The Sunday Scripture

**Salt of the Earth (Is 58:7-10; 1 Cor 2:1-5; Mt 5:13-16)** Jesus calls us "salt and light" in today's gospel, expecting us to provide flavor and brilliance to the world. He does not give us His Body and Blood so that we can remain mediocre and narcissistic. We must be apostles of goodness, truth, and beauty to all around us. Let your joy radiate about you, scattering savor and light!



## Eucharistic Adoration

We celebrate St. Eulalia of Barcelona on February 12. She was only 13 when she was martyred under the reign of Diocletian. She is known for her "Prayer in Agony": *Lord Jesus Christ, hear my prayer and perfect. Thy merciful goodness in me and grant me to be received among the number of Thine elect into the rest of life eternal, making of me a sign of righteousness that men, believing in Thee, may*

*behold and praise Thy power. Amen.*

And... sign up for a weekly commitment at

[www.adorationpro.org/star](http://www.adorationpro.org/star). Hours Most Needed: Mondays 12 am, 1 am, & 3 am; Tuesdays 1 pm & 7 pm; Wednesdays, 9 am & 11 am; Thursdays 9 am; 10 am & 6 pm; Sundays 1 pm, 6pm & 7 pm. Thank you.

## FORMED WEEKLY RECOMMENDATIONS

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

### How to Lent: Back to Basics, Prayer, Fasting, Almsgiving

"So, Ash Wednesday is just around the corner... I guess it's time to start thinking about Lent. But what is Lent, and why does it matter? "If you have thought this way, you are not alone. In this introduction, we will turn to Scripture to answer these questions and explore the Lenten disciplines of prayer, fasting, and almsgiving. You'll walk away from this episode understanding the "why" behind each Lenten practices and will be prepared to live this Lent differently.

Join our Young Adults Group for  
Weekly Events Thursdays, 7:15pm  
Star of the Sea Gym, 345 8th Ave  
Contact: [nathanjchan2@gmail.com](mailto:nathanjchan2@gmail.com)  
[star.flocknote.com/StarYoungAdults](http://star.flocknote.com/StarYoungAdults)



# Mass Intentions

Saturday 02/07	8:30am	† Catherine Chow
	12noon	Int. of Fr. Javier Ravasi and Family
	4:30pm	Int. of Susan, Chris Yates and Family
Sunday 02/08	8:00am	People of the Parish
	9:30am	† Francis Javier Hendarto
	11:30am	† Arturo Martin (anniv)
	7:30pm	† Barbara McLoone
Monday 02/09	7:00am	Int. of Fr. James Liebner and Family
	12noon	† All Souls † Betty Jao † Jose Abantao † Frank Bizzarro † Dominador Tejada † Kathleen Schirmer † Susana Cachafeiro
	6:00pm	Int. of Sarah Orozco Int. of Eva Olga Svobodova † Holy Souls in Purgatory † Benedictus and Susana Wang † Deceased members of The Cortez Family
Tuesday 02/10	7:00am	Int. of The Graffio Family
	12noon	Int. of Eduardo Papa and Family (bday)
	6:00pm	† Guillermina Debuque (bday)
Wednesday 02/11	7:00am	† Nante Llanes
	12noon	Int. of Joe and Joan Flanders
	6:00pm	Int. of Ken and Lydia Gibbons (wedding anniv)
Thursday 02/12	7:00am	Int. of Jimmy Lai
	12:noon	† Mary Dayoan
	6:00pm	† Mario Bruno
Friday 02/13	7:00am	† Ramon and Angela Koh
	12noon	† Mary McGrath Hamrick (anniv)
	6:00pm	Int. of Katherine Nguyen
Saturday 02/14	8:30am	Int. of Marissa Piol and Family
	12noon	Int. for those who work in the Pro-Life Movement
	4:30pm	Int. of Meghan and John Lyons

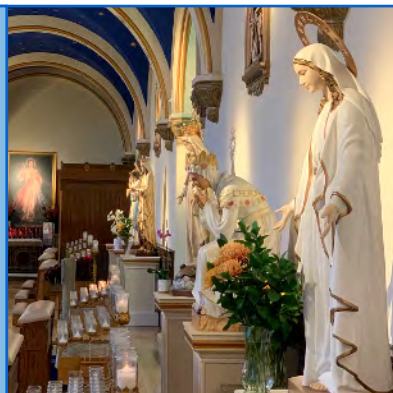
## Prayers of the Sick

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, Bryson Soncuya, O Lai Sau King, Jerr Dewey, Maria Bailey, Ronald Henderson, John Brennan, Benjamin Tan, Leslie Low, Laura Tarbox 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> Thursdays 7:15pm, Gym <a href="http://star.flocknote.com/StarYoungAdults">star.flocknote.com/StarYoungAdults</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>
<b>Legion of Mary</b> Paul Palencia 415-858-3073 <a href="mailto:leopoldmpal@gmail.com">leopoldmpal@gmail.com</a>	<b>Ushers and Greeters</b> Mariella Zevallos <a href="mailto:mariella@starparish.com">mariella@starparish.com</a>
<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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New in the parish? Please register!  
Nuevo en la Parroquia? Regístrate!  
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**www.starparish.com**



The season of Lent starts  
on February 18, 2026

## Ash Wednesday

Day of Fast and Abstinence  
Imposition of Ashes at  
all Masses

7am Mass in Latin, 9am  
School Mass in English,  
Noon Mass in English, 6pm  
Mass in Latin

*"Remember that you are dust,  
and to dust you shall return"  
(Genesis 3:19):*

**Stations of the Cross:**  
Every Friday of Lent at  
6:30pm (February 27;  
March 6, 13, 20, 27;  
April 3)



## FILIPINO AMERICAN ASSOCIATION: FAASTAR BREAKFAST BRUNCH

Sunday, February 22,  
10:30 -1:30pm (Auditorium)

\$15 per plate. Filipino  
breakfast options:

Garlic rice, egg and your  
choice of meat (pork tocino,  
pork longanisa, or fried  
chicken). Contact: Estrelle

Chan: 415-336-9193 or

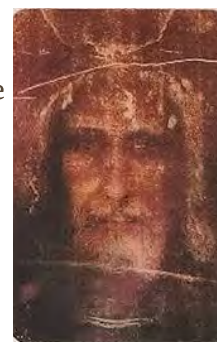
Jennifer Gabriel:

415-215-7046

## HOLY FACE DEVOTION

Novena in  
Honor of the  
Most Holy Face  
of Jesus  
(Feb. 8-16)

Copies of the  
Novena are  
available at the  
church front  
entrance (display  
shelves).



## Star of the Sea Preschool

Catholic, Classical and Montessori-Inspired



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Instagram: @staroftheseapreschoolsf  
(510) 301-2380



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SAN FRANCISCO

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FEBRUARY 21, 2026 | 9:45 AM - 6:15 PM  
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Human Flourishing and the Ethics of Technology Science  
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Continuing education for, Physicians, Physicians Assistants,  
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## 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:** 8 Altar servers attended the 9:30 am Mass last Sunday.

**Treasure:** Sunday offering \$8,377  
Pakistan Mission \$795

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