



16 Shrines of our Lady at STAR of the SEA

February 8, 2026 Fifth Sunday in Ordinary Time, Red Missal: pg 367 | Sexagesima Sunday, Black Missal: pg 269



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

Our Mission: To evangelize God's people beginning with the gift of the Holy Eucharist



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,
Director of Communications & 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

EUCARISTIC 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

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. 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
star.flocknote.com/StarYoungAdults**



Mass Intentions

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



**VISIT THE 16
APPARITION SHRINES
OF OUR LADY AT
STAR of the SEA
Book a tour:
mariella@starparish.com
(415) 751-0450
www.starparish.com/marys-shrine/**

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 Kaepller, 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.

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 gmoek@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 Nathan Chan nathanjchan2@gmail.com Thursdays 7:15pm, Gym star.flocknote.com/StarYoungAdults	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 Dumlaao m_n_dumlaao@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: 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



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



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 | gmoek@gmail.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!



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



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New in the parish? Please register!
Nuevo en la Parroquia? Registrate!
flocknote.com/star



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)

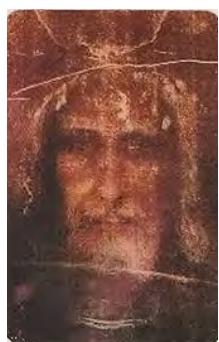
\$15 per plate. Filipino breakfast options:

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



- Montessori-Inspired Learning · Spanish · Music
- Early Literacy · Early Math · Catholic Faith Formation

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360 9th Avenue San Francisco, CA
94118

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Instagram: @staroftheseapreschoolsf
(510) 301-2380



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SAN FRANCISCO

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FEBRUARY 19 - MARCH 29, 2026
(415) 275-1776 8AM-7PM
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THE FUTURE OF HUMAN FLOURISHING IN MEDICINE

FEBRUARY 21, 2026 | 9:45 AM - 6:15 PM
ST. PATRICK'S SEMINARY & UNIVERSITY | MENLO PARK, CA

PRESENTATION TOPICS

Human Flourishing and the Ethics of Technology Science and Ethics of In Vitro Fertilization Technology and the Mental Health Crisis and more.

Continuing education for, Physicians, Physicians Assistants, Nurses, nurse practitioners, chaplains, clergy and religious.

CONVERGINGROADS.COM/SANFRANCISCO



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