



**The Desert  
of Lent**  
We've  
entered  
that  
wonderful  
desert  
called Lent.

Many modern languages call "Lent" by their variation on the Latin name, Quadragesima, or "The Forty Days," such as the Spanish *cuaresma* or the French *carême*. We anglophones call it Lent, which means "springtime." We cross a desert over these forty days, but the desert will bloom with rare flowers, if persevere in our walk to Easter. Keep walking!

**Almsgiving, Prayer, and Fasting**  
At the Ash Wednesday Mass, Jesus tells us to practice almsgiving, prayer, and fasting, in that order (Matthew 6). Fasting comes last in Christ's list, but most of us think of Lent as simply a time of fasting, of "giving up" something. We must fast, because we are far too indulgent with ourselves, but perhaps we could begin, as Jesus instructs us, with *giving* rather than *giving up*.

**Giving alms** is giving some of our money, certainly, but also giving some of our time and attention to someone who needs it: help your son with his homework or take your daughter for a walk in Golden Gate Park. Write a letter to Grandma, or spend a Sunday afternoon bringing food and clothing to the poor downtown. Take someone to dinner whom you have not talked to in a while, or clear the air with someone whom you've offended. The second step toward perfection, in Jesus' words, is **prayer**. Dedicated prayer means giving time to God, so in a sense prayer is giving alms to God: daily Mass, daily bible reading, Stations of the Cross, attending our



*burning last year's palms for Ash Wednesday*

Lenten mission (March 2-4), reading a good spiritual book, a daily rosary, etc. Every time you pray with others, you give the priceless gift of faith to them too. Finally, there is **fasting**. This is the scariest of them all. We are all hooked on food and drink, so many give up alcohol, sweets, smokes, meat, or snacks (or all of the above!). At the very least, we must give up meat on Ash Wednesday and every Friday of Lent, and we must take only one meal on Ash Wednesday and Good Friday (those under 14 or over 60 are exempt, but encouraged to do so). But here's a thought: how about fasting from our most damaging indulgence: media. How about a ...

**Media Fast?** How about no social media on Fridays, or, better yet, no social media for the entire 40 days? How about no podcasts, and no videos on Fridays, or, better yet, for the entire 40 days? Driving in silence takes discipline but is a wonderful experience. Above all the Lenten disciplines, I encourage you to fast from the noise of our digital age. Only in the silence of the heart God speaks, Mother Teresa would say. God does not shout, and our souls are delicate too. They only open up when the constant noise of this world quiets down.

**Lenten Mission** Fr. Piotr from Poland is our mission preacher this year, on the evenings of March 2, 3, & 4. Fr. Piotr has spoken to us before about St. Michael (his religious order) and the Divine Mercy. This year he will speak on "the power of powerlessness," sacrifice, and St. Michael. *Fr. 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 Communica-  
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

**Temptation (Gen 2:7-9; 3: 1-7; Rom 5: 12-19; Mt 4:1-11)** Today Our Lord begins our Lent by entering the Judean wilderness for forty days of fasting and prayer. The devil (the old scratcher) shows up to tempt Him. Our Lord simply dismisses Satan with the words of Scripture. "Man lives by every word from the mouth of God." We begin Lent by soaking ourselves in this Word, at Mass and at home with the Bible.



## Eucharistic Adoration

We celebrate St. Peter Damian, a Doctor of the Church, on February 21. His parents died when he was young. At first, he was sent to an older brother who mistreated him. Another brother, a priest, took him in and taught him the faith. He was drawn to monastic life, but was called to reform The Church, by calling out abuses of the pope. He was very dedicated to the Blessed Sacrament. He is quoted, "He pours light into our minds, arouses our desire and gives us strength... As the soul is the life of the body, so the Holy Spirit is the life of our souls."

It's officially Lent! Please sign up for a weekly commitment at [www.adorationpro.org/star](http://www.adorationpro.org/star)



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

## FORMED WEEKLY RECOMMENDATIONS

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



**This Lent, Join Dominican friar and beloved Godsplaining podcaster Fr. Patrick Mary Briscoe, OP, for a transformative Lenten journey. In his new daily devotional Witness, you'll encounter the people of the Bible who stood face-to-face with Christ in his Passion—saints and sinners, friends and enemies, the faithful and the afraid.**

# Mass Intentions

|                      |   |   |
|----------------------|---|---|
| Saturday<br>02/21    | 8:30am  | † Rene Ing                              |
|                      | 12noon  | † Fr. Donald McDonnell                  |
|                      | 4:30pm  | Int. of Raul S. Queri (bday)            |
| Sunday<br>02/22      | 8:00am  | † All Souls                             |
|                      | 9:30am  | Int. of Dave Gatti and Family           |
|                      | 11:30am   | † Padmavati and Chandra Shekhar Bangera |
|                      | 7:30pm  | People of the Parish                    |
| Monday<br>02/23      | 7:00am  | Int. of Clarice Mandala                 |
|                      | 12noon  | Int. of Eva Knott                       |
|                      |   | Int. of Jean Medlar                     |
|                      |   | Int. of Rafael Gonzalez                 |
|                      |   | Int. of Deacon Albert Nimri             |
|                      |   | † Rick Lindelli                         |
| † Jose Abantao       |   |   |
| † Adrienne Humprey   |   |   |
| 6:00pm               | Int. of Susan Traffass                            |   |
|                      | Int. Carlton Preston and Family                   |   |
|                      | Int. of Antonina Karisma Valdez (bday)            |   |
|                      | Int. of Roger and Challiss Mosher (wedding anniv) |   |
|                      | † Rodolfo Luna                                    |   |
|                      | † Jose Abantao                                    |   |
| † Souls in Purgatory |   |   |
| Tuesday<br>02/24     | 7:00am  | Int. of Fred Selck                      |
|                      | 12noon  | Int. of Jeanne Bovigny (bday)           |
|                      | 6:00pm  | Int. of Erwin Tjandra                   |
| Wednesday<br>02/25   | 7:00am  | † Patrick MaGuire                       |
|                      | 12noon  | Int. of Linda, Susan and The Tam Family |
|                      | 6:00pm  | † Fr. Oliver Walsh (anniv)              |
| Thursday<br>02/26    | 7:00am  | Int. of Isaiah and Suzy Kline           |
|                      | 12:noon   | † Toni Tai                              |
|                      | 6:00pm  | † Wilfred Chow                          |
| Friday<br>02/27      | 7:00am  | Int. of Nancy Ma (bday)                 |
|                      | 12noon  | † Alfred Samuel and Mary Louise Lyding  |
|                      | 6:00pm  | † Francis and Jenny Chow                |
| Saturday<br>02/28    | 8:30am  | Int. of Leopold Palencia (bday)         |
|                      | 12noon  | † Sister Lucy Calvillo                  |
|                      | 4:30pm  | Int. of Katherine Nguyen                |

## Prayers of the Sick

Mariana Mendieta, Margaret & Mark Sellai, Shawn Mickle, Justin Chin, Andrew Abdo, Alex Tong, Julie Johnson, Brian Galloway, Maria Molina, Maria Avedano, Denis Von Kaepler, Oliva Setiawaty, Bryson Soncuya, O Lai Sau King, Jerr Dewey, Maria Bailey, Ronald Henderson, John Brennan, Benjamin Tan, Leslie Low, Laura Tarbox, Brian Ahrens 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><br>Parish office, 415-751-0450<br>www.starparish.com   | <b>BAPTISM, MARRIAGE &amp; ALL SACRAMENTS</b><br>415-751-0450   |
| <b>Adoration Committee</b><br>Laurie Murdock 415-244-8186<br>staradorationsf@gmail.com  | <b>Parish Finance Council</b><br>Ryan Sebers<br>ryan@starparish.com   |
| <b>Altar Servers</b><br>Bryan Calmeyer<br>bryancalmeyer@me.com  | <b>OCIA Order of Christian Initiation of Adults</b><br>Gregory Moeck 310-694-6380<br>gmoeck@gmail.com                                       |
| <b>Filipino American Association (FAASTAR)</b><br>Estrelle Chan 415-336-9193  | <b>Star of the Sea Preschool Stella Maris Academy</b><br>628-977-4836<br>www.stellamarissf.org  |
| <b>Foundation of Prayers for Priests</b><br>Carmen Duran   Register:<br>foundationforpriests.org  | <b>Our Lady of Fatima, Star Pro-Life Apostolate</b><br>Thursdays 6-7pm & Sat.<br>10-11am. 1522 Bush St.<br>star.flocknote.com/Star-Pro-life |
| <b>Young Adults</b><br>Nathan Chan<br>nathanjchan2@gmail.com<br>Thursdays 7:15pm, Gym<br><a href="http://star.flocknote.com/StarYoungAdults">star.flocknote.com/StarYoungAdults</a> | <b>Sacred Music Program</b><br>Lynn Kraehling 415-812-2462<br>lynn@starparish.com<br>Karolina Zapolska (Choirs)<br>karolina@starparish.com  |
| <b>Lectors</b><br>Deacon Albert Nimri<br>415-683-4295<br>animri@starparish.com  | <b>Star Outreach to the Poor</b><br>Ed Katz 415-740-3939<br>Saori Okawa<br>okawasaori@gmail.com   |
| <b>Legion of Mary</b><br>Paul Palencia 415-858-3073<br>leopoldmpal@gmail.com  | <b>Ushers and Greeters</b><br>Mariella Zevallos<br>mariella@starparish.com  |
| <b>Marriage &amp; Family Apostolate</b> Christina Sullivan<br>starmarriageandfamily@gmail.com   | <b>Knights of Columbus</b><br>Mike Dumlao<br>m_n_dumlao@yahoo.com   |
| <b>Tuesday Bible Study</b><br>3-4:30pm at Parish Rectory.<br>Bill McCarty 415-876-8551  | <b>Holy Name Society</b><br>(Divine Mercy Devotion)<br>Thelma Queri 415-751-0450  |
| <b>Bulletin Announcements</b><br>Ad submissions due by 3pm on Tuesdays. Contact bulletin editor:<br>mariella@starparish.com   | <b>Volunteer Opportunities</b><br>Interested in volunteering?<br>Information at: 415-751-0450<br>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](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)



**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.



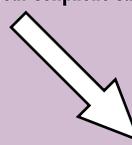
[Formed.org](http://Formed.org)/Sign up as parishioner/Create new account: find your parish (zip code 94118)/ Select Star of the Sea/next/Create a new account:Your name and email/sign up!



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



[facebook.com/starparishsf](http://facebook.com/starparishsf)



New in the parish? Please register!  
Nuevo en la Parroquia? Regístrate!  
[flocknote.com/star](http://flocknote.com/star)



[www.starparish.com](http://www.starparish.com)

# Star of the Sea Lenten Mission

**FR. PETER PRUSAKIEWICZ (CSMA)**

**MARCH 2**  
6PM MASS  
ROSARY PRAYER  
7PM TALK: The value of sacrifice

**MARCH 3**  
6PM MASS  
ROSARY PRAYER  
7PM TALK: Surrender to God

**MARCH 4**  
6PM MASS  
ROSARY PRAYER  
7PM TALK: St. Michael

Beginning  
March 11th 2026

**6 - WEEKS COURSE**

**LEARN HOW TO SING GREGORIAN CHANT**

Join our Gregorian Chant Class!

Wednesdays 6:40 p.m. to 8:10 p.m.

For more information please visit [www.starparish.com](http://www.starparish.com). or contact Karolina directly at [Karolina@starparish.com](mailto:Karolina@starparish.com)

**MARRIAGE AND FAMILY APOSTOLATE**

Engaged couples and families are invited to partake in a free meal and fellowship hosted at Holy Family House (former convent across 8th Ave) after both the 9:30 and 11:30 Masses. Text Christina 917-375-2158 for the gate code.

## Archdiocesan Annual Appeal 2026

A Message from Archbishop Salvatore J. Cordileone: As Catholics, we are called to use our gifts to serve others and bring Christ to the world. Through the **Archdiocesan Annual Appeal**, we strengthen our shared mission by supporting essential ministries that care for our youth, accompany families, serve those most in need, and support our priests. Inspired by this year's theme, "Those who hope in the Lord will renew their strength" (Isaiah 40:31), I invite you to prayerfully consider a gift to the Archdiocesan Annual Appeal. Your generosity makes a real difference in the lives of so many throughout our Archdiocese.— **Most Rev. Salvatore J. Cordileone, Archbishop of San Francisco**

**Our Goal \$118,000**

If you can, donate 1% \$1180 or give what you can to support our Archbishop.

Thank you for your generosity!

**Rosary Pilgrimage at Star of the Sea Parish**

All are welcome to join a Rosary Pilgrimage within our church. Together, we will pray the Rosary before each Marian apparition shrine, with the opportunity to light a candle as you visit Our Lady.

**Saturday, March 7, 2026** After the 8:30 a.m. Mass

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

**Time:** 22+people joined the Lady of Perpetual Help devotional prayers last Wednesday.

**Talent:** 12 lectors served at the daily and Sunday.

**Treasure:** Sunday offering \$7,713

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