



Fasting from Noise Eating less food is the most essential fast, and fundamental to our interior life. We can't be attentive to God when we are stuffing our mouths with food, or constantly thinking about which chic restaurant

we want to "experience." As Beth Bubik told 150 women at St. Dominic's last Saturday, when your brain tells your body it has to eat something, you must "delay and pray." Your brain must tell your body: *not just now, darling, and let's say a few prayers. We can eat later!* So: back off on the food and drink! But these days we need to fast from something else if we want peace and the love of God. We need to fast from that damning noise relentlessly leaking from our devices.

We must fast not only from food, but from noise.

Sacré-Cœur The other week I was in Paris, waiting in line to enter the great basilica of Sacré-Cœur (if you don't know, that means "Sacred Heart" in French, and Paris is consecrated both to Immaculate Heart of

Our Lady [Notre Dame] and to the Sacred Heart of Jesus). So, I was in line to enter this church, on the highest point in Paris, the hill of Montmartre ("martyr mountain," named after St. Denis, patron of the city). The sun was going down, casting a roseate glow across the city below us and, in particular, over the white marble domes above us.

Hundreds of birds were calling to each other from the lofty trees framing the neighborhood, singing that enchanting lullaby birds do just before the sun goes to bed. Most people in my line, however, were not looking at sunset over Paris. They were bent over, zombielike, staring

at little glowing screens. The young man behind me also had earbuds in and was kind of grunting to what I suppose was a kind of music coming through his earphones. He kept bumping into me, somewhat unaware, as both his hearing and his vision were impaired. I was getting angry. So I turned around and looked straight at him. He saw me then, and backed up a little. "You should unplug your ears," I said to him. To his credit, he unplugged his ears. "What?" he asked me. "I said," trying to smile, "you should hear the beautiful sounds all around us, especially the birdsong." Again, to his credit, he returned my smile and said "yes, that sounds beautiful."

Every Man is Christ We began talking. He was from Thailand, it was his first time in France, and we talked a little about the church we were about

to enter, and the love of God. We parted, at the security checkpoint, with all goodwill, and I lamented my initial anger towards him. Every person is made in the image and likeness of God, and every person is Jesus. God, I prayed, help me to unplug my heart and to see You in everyone!

Beauty All Around Us During my four days in Paris I took all sorts of public transport: city buses, underground metro, surface trains, and lots of sidewalks. 90% of the people in the busses and trains were staring at their phones, many with ears plugged up. And yet, beauty is all around us,

especially in the people around us. So let us abstain, not only from meat, but from noise. Let us fast, not only from food, but from mass produced images and sounds. At least on Fridays, I suggest that you fast from social media, from music, and videos. As the Desert Fathers said, *look up, not down!*

Fr. Joseph Illo



The five candles I lit in Lourdes for our parish

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,
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Dennis Ow,
Maintenance
Santiago Ron,
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John Monaco
Principal/Headmaster

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350 9th Ave. San
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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

Transfiguration (Gn 12:1-4a; 2 Tim 1:8b-10; Mt 17:1-9) Today Our Lord is transfigured. The thin veil between time and eternity parts for a moment for Peter, James, and John to see Jesus as He really is, whiter than light, radiant in truth and beauty. Keep this image in your minds when darkness calls your name. Heaven is just on the other side of that thin veil, so don't lose your hope for eternal happiness. Stay the course now, and you will pass through that veil after death to meet Christ on the other side, along with all the transfigured saints.

Mass Intentions

Saturday 02/28	8:30am	Int. of Leopold Palencia (bday)
	12noon	† Sister Lucy Calvillo
	4:30pm	Int. of Katherine Nguyen
Sunday 03/01	8:00am	† Jose Abantao
	9:30am	Int. of the Mitchell Family
	11:30am	Int. of Gabriela Sebers
	7:30pm	People of the Parish
Monday 03/02	7:00am	Int. of Lency Nascimento
	12noon	Int. of Luz Estella † Cecilia Ma (anniv) † Salcedo Palencia † Joshua R. Stevens † Souls in Purgatory † Virginia Copada (anniv)
	6:00pm	Int. of Carmen Escobar Int. of Don Dang (healing) † All Souls † Rita Palencia † Benedictus and Susana Wang
	7:00am	Int. of Matthew Schnur
	12noon	Int. of Deacon Albert Nimri
Tuesday 03/03	6:00pm	† Phil Bedel
	7:00am	Int. of Elizabeth Schnur
	12noon	† Louis and Peggy Walsh (anniv)
Wednesday 03/04	6:00pm	† Padmavati and Chandra Shekhar Bangera
	7:00am	† Manuel O. Calderon
	12:noon	† Mario and Maria Bruno
Thursday 03/05	6:00pm	Int. of Thi Thuy Nguyen
	7:00am	Int. of Corinna Gamez
	12noon	Int. of Lisa Godley
Friday 03/06	6:00pm	† For the souls of those who have jumped to their deaths from the Golden Gate Bridge
	8:30am	Int. of Eva Olga Svobodova
	12noon	† Arturo Martin (anniv)
Saturday 03/07	4:30pm	Int. of Linda Tam



Eucharistic Adoration We celebrate St. Katharine Drexel (1858-1955) on March 3rd. She came from a prominent and wealthy Philadelphian family and used her resources to build many schools to serve the marginalized children. With a dedication to education, she also founded the Sisters of the Blessed Sacrament, all of whom went to daily adoration for spiritual strength in the work, and is quoted, "Ours is the spirit of the Eucharist, the total gift of self." Grow in life giving service by committing to a weekly Holy Hour. Please sign up at

www.adorationpro.org/star



Stations of the Cross

Every Friday of Lent at
6:30pm

March 6, 13, 20, 27;

April 3, followed by

Soup supper
(auditorium)

FORMED WEEKLY RECOMMENDATIONS

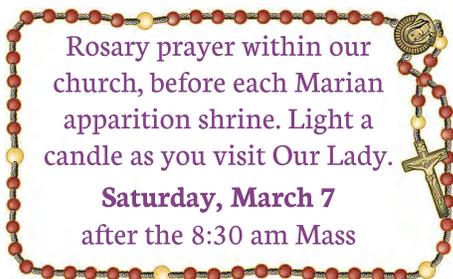
<http://watch.formed.org>. Free to all parishioners!

Homeless but Human | Christ in the City: This powerful documentary captures the transformation of individuals living on the streets that the Christ in the City missionaries encounter and showcases a new approach to the rising crisis of homelessness. *The videographer spent a year with the missionaries, providing a rare opportunity to see the incredible impact they have on the lives of those they serve.*

Rosary Pilgrimage at Star

Rosary prayer within our church, before each Marian apparition shrine. Light a candle as you visit Our Lady.

Saturday, March 7
after the 8:30 am Mass



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, Justin Chin, Andrew Abdo, Alex Tong, Julie Johnson, Brian Galloway, Maria Molina, Maria Avedano, Denis Von Kaeppler, Oliva Setiawaty, Bryson Soncuya, O Lai Sau King, Jerr Dewey, Ronald Henderson, John Brennan, Benjamin Tan, Leslie Low, Laura Tarbox, Brian Ahrens, Christopher Dunham, Elena Cereghino, Luis Acosta 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 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 Nathan Chan nathanchan2@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 Dumlao m_n_dumlao@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 a 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



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 | gmoeck@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.



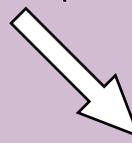
Formed.org/Sign up as parishioner/Create new account: find your parish (zip code 94118)/ Select Star of the Sea/next/Create a new account:Your name and email/sign up!



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



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, or contact
Karolina directly at Karolina@starparish.com

FIRST SATURDAY DEVOTION, MARCH 7
Men are invited to keep five consecutive First Saturdays in atonement for sins against Our Lady's Immaculate Heart. The Holy Rosary will be prayed in Latin at 11:30am

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!

<https://sfarch.org/aaa/#Donate-AAA>

**The Knights of Columbus
St. Joseph the Workman Council**

Annual St. Patrick's and St. Joseph's Dinner

March 14, 6pm (Auditorium)
\$25 per person, \$60 for families with children under 15 yrs old. Contact: Grand Knight Michael Dumlao: 650-898-9533 or Bud Feria at 415-420-5112 Venmo @StarKofC16734

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

Time: 8 people joined the Holy Face Devotion last Tuesday.
Talent: 12 Altar servers attended the 9:30am Sunday Mass last week.
Treasure: Sunday offering \$ 8,191
Ash Wednesday \$ 2,921
To give online: www.starparish.com/give