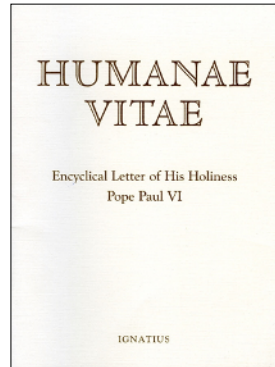


Pentecost Last week I was teaching the seventh and eighth graders of our school a lesson in Church history. I asked them: On what day was the Catholic Church born? At the Last Supper, when Jesus instituted the Sacrament of the Holy Eucharist and the

Sacrament of the Priesthood? Or on Easter night, when Jesus breathed the Holy Spirit on His Apostles, imparting to them the power to forgive sins through the Sacrament of Penance? Or at Pentecost, when the fullness of the Holy Spirit rushed upon them, giving them the power to proclaim the Gospel to every people in their own language? The answer is: all three.

Today we celebrate the numinous conclusion of the Easter Season, when the Holy Spirit floods the entire earth, sealing and making effective all the Sacraments instituted by Christ.

Humanae vitae The Holy Spirit has been coursing through the Church ever since, like rich red blood in the Church's arteries, giving us life and strength. A particularly powerful manifestation of the Holy Spirit occurred on July 25, 1968, when Pope Paul VI issued his encyclical letter *Humanae vitae* ("On Human Life"). In our town the "Summer of Love" had taken place the year before, just four blocks to the south of our church in Golden Gate Park. The Flower Children's sex and drugs promised us a new age of peace, love, and freedom. Catholics, in particular, were discovering artificial birth control, also called "contra-ception," meaning "against-conceiving (babies)." Mesmerized by Sigmund Freud and his disciples, the architects of the Sexual Revolution ardently believed that all our problems stem from repressed sexual impulses. The solution to the world's problems would be sex-on-demand, unhindered by marriage or family life or offspring. Sex without babies became the rallying cry of the "Sexual Revolution." The Holy Spirit inspired Paul VI to write an encyclical in 1968 that reaffirmed the



Church's constant teaching. In 419, St. Augustine described contraception as an unnatural act of lust for one's own spouse: "Sometimes this lustful cruelty, or cruel lust, comes to this, that [spouses] even procure poisons of sterility..." (*on Marriage and Concupiscence*). He described the chemicals used to prevent conception in the 5th Century as "poisons" used against one's own spouse.

Joy Paul VI begins his 1968 encyclical with these inspired words: "The transmission of human life is a most serious role in which married people collaborate freely and responsibly with God the Creator. It has always been a source of great joy to them, even though it sometimes entails many difficulties and hardships." Being married, and having children, is not for the faint of heart, but the inestimable value of a family is worth the price of admission. A Mormon cousin of mine, when criticized for having more than two children, lines her eight beautiful offspring up top to bottom and asks: which one do you think I should not have had? I first read *Humane vitae* at age 21, when I was in love but at a loss to make sense of my girlfriend's feminine genius. Paul VI's document filled me with joy, revealing God's awesome plan for marriage, to which I thought I was called. I wasn't, it turned out, but like John Paul II, I "fell in love with love."

A Prophecy Fulfilled The abuse of marriage begins with artificial contraception. Paul VI outlines the natural laws of God governing sexuality, and then he prophesies the consequences of their abuse: consider, he writes, how the widespread use of artificial contraception will "open wide the way for marital infidelity and a general lowering of moral standards. ... a man who grows accustomed to the use of contraceptive methods may forget the reverence due to a woman, and, disregarding her physical and emotional equilibrium, reduce her to being a mere instrument for the satisfaction of his own desires." Has this happened since 1968? It certainly has, and the solution is not more artificially-controlled sex but a respect for Nature and Nature's God. More next 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 Communi-
cations & Parish Life

Thelma Queri,
Bookkeeper
Karolina Zapolska,
Director of Sacred
Music Program
Lynn Kraehling,
Parish Organist
Juan Carlos Lopez,
Sacristan
Dennis Ow,
Maintenance

Santiago Ron,
Front desk

**STELLA MARIS
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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

Pentecost (Acts 2: 1-11; 1 Cor 12: 3b-7, 12-13; Jn 20: 19-23) Today brings the Lent-Easter season to its spectacular conclusion. The longest sweep of the liturgical year, from Ash Wednesday to Pentecost Sunday, brings us all the way from dust and ashes to divine fire and divinization. The Holy Spirit makes us God's own children, and divinizes our poor mortal flesh.



Eucharistic Adoration

St. Phillip Neri's feast day is May 26. Known as the "Saint of Joy," with the motto *Caritas et alacritas*, he was dedicated to personal holiness, where he formed discussion groups of prayer and service. Ordained a priest, he founded the Congregation of the Oratory. He is quoted, "When you go to visit the Blessed Sacrament, go with a humble and contrite heart, a firm faith in His real presence, to adore and thank Him for his mercies, to ask for His forgiveness, and to offer Him yourself entirely."

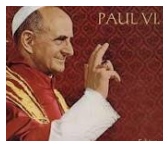
Sign up for a weekly Holy Hour at www.adorationpro.org/star

Mass Intentions

Saturday 05/23	7:00am	† James J. Yates
	12noon	Int. of Jay Mendoza
	4:30pm	Int. of Perla Donovan
Sunday 05/24	8:00am	† Fr. Michael Thoo
	9:30am	Int. of Suthee Tritasavit and Family
	11:30am	† John and Margaret Brautigam
	7:30pm	People of the Parish
Monday 05/25	7:00am	† Marie Liu
	12noon	Int. of Charity Soncuya
		Int. of Deacon Albert Nimri
		† Aurelia Scholar
		† Eusebio Morando
6:00pm	† Maria Fernanda Marcal	
	† Dr. Francisco P. Barte (anniv)	
	Int. of Maria Angela Miron and Family	
	† Souls in Purgatory	
	† Capt. William Arroyo	
Tuesday 05/26	7:00am	Int. of Gilda Kirk
	12noon	Int of House of Bagels Owner and Staff
		Int. of Natasha Francis and Family
	6:00pm	Int. of Juan Carlos Lopez
		† All Souls
		Int. of Sarah Orozco
	Wednesday 05/27	7:00am
12noon		† Polly Arzaga
6:00pm		† Francis and Jenny Chow
Thursday 05/28	7:00am	† Francisca Inggriani
	12noon	† Margaret E. Petropoulos
	6:00pm	† Kenrich Purwono
Friday 05/29	7:00am	† Geoffrey Taylor
	12noon	† Virginia Dellepiane
	4:30pm	Int. of Zynka Perez (bday)

FORMED WEEKLY RECOMMENDATIONS

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



Paul VI: The Pope in the Tempest Pope Paul VI was a leader in the Catholic Church as a priest, bishop, cardinal, and pope through one of the most difficult periods in its history—from the Fascist regime and

World War II to the constitution of the Italian Republic, from the Second Vatican Council to the protests and the terrorist attacks of the 1960s and 1970s. His papacy ran from 1963 to 1978, during which he wrote the prophetic, controversial document *Humane Vitae*. This document strongly proclaimed the Church's teaching on the sacredness of married love and human life, and the evil of contraception, which the Pontiff said would open the door to abortion if allowed. This insightful film covers fifty years of history that changed the Catholic Church and the world.

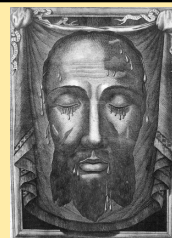


STAR of the SEA

Walk with Our Lady through 16 Apparition Shrines.

Join us for a guided tour and deepen your devotion.

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HOLY FACE DEVOTION

TUESDAYS AT 6PM IN THE CHAPEL



Prayers for the Sick Mariana Mendieta, Margaret & Mark Sellai, Shawn Mickle, Justin Chin, Andrew Abdo, Julie Johnson, Brian Galloway, Maria Avedano, Denis Von Kaeppler, Oliva Setiawaty, O Lai Sau King, John Brennan, Benjamin Tan, Brian Ahrens, Christopher Dunham, Elena Cereghino, Lourdes Washington, Jerr Dewey, Pedro Mendoza 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 nathanjchan2@gmail.com Thursdays 7:15pm, Gym star.flocknote.com/StarYoungAdults	Sacred Music Program Karolina Zapolska 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 We welcome your Ad submissions! Due: Tuesdays, 3pm. Contact bulletin editor: mariella@starparish.com	Volunteer Opportunities Looking for a way to serve and connect at our parish? We'd love to welcome you! Mariella 415-751-0450

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. 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 | 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.



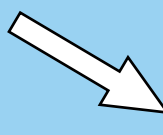
Formed.org/Sign up as parishioner/Create new account: find your parish (zip code 94118)/ Select Star of the Sea/next/Create a new account:Your name and email/sign up!



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



www.starparish.com

June 29, 2026

Feast of Saints Peter and Paul

250th Anniversary of our City; 35th Anniversary of our Pastor.

On June 29th, 1776, St. Junipero Serra and his Franciscan brothers celebrated their first Mass at the San Francisco Mission, bringing the body and blood of Christ to what would become one of the world's most beautiful and influential cities. Six days later, across the Continent, Thomas Jefferson signed the Declaration of Independence, establishing a new Democratic Republic. Closer to our own time, on June 29th, 1991, Fr. Joseph Illo was ordained a Catholic priest in the Metropolitan See of San Francisco.

This June 29th, we celebrate the birth of our City and the priestly birth of our Pastor. Join your fellow Catholics and San Franciscans at a Solemn High Mass, sung by Fr. Joseph, to mark the birth of our city and the ordination of our pastor: Mass at 5:30pm, Dinner at 7pm, guest priests and dignitaries attending.



Fr Joseph with his mother after his first Mass in 1991, and Mission San Francisco in 1791




35th
Priestly Ordination Anniversary
FR. JOSEPH ILLO

29 JUNE 2026
SOLEMN HIGH MASS 5:30 PM
DINNER AT 7PM

Star of the Sea Gymnasium
345 8th Ave, San Francisco, CA 94118

For additional information about the event please contact Mariella:
events@starparish.com

Save the Date!
Proceeds will go to Stella Maris Academy

STAR OF THE SEA PARISH PILGRIMAGE NOV. 9 - NOV. 23, 2026 14 Days! Journey to Rome, Orvieto, Assisi & Florence

➔ **\$5,499 Round Trip from San Francisco. All Included! Seats are limited and expected to fill quickly. Reserve your seat by May 31st!**

For information and reservations:
mariella@starparish.com
(415) 751-0450



Fr. Javier Olivera Ravasi

Experience the beauty, history, and spiritual richness of Italy. Walk through the heart of the Eternal City, pray at sacred sites, discover the peace of Assisi, admire the beauty of Florence, and explore the timeless charm of Orvieto – I invite you to join this pilgrimage!



Families are invited to Park Day this Sunday, May 24, in the afternoon from 2-4pm at Presidio Wall Playground. Easy parking and gated play area. Text Sean if you plan on joining 415-770-9504



STEWARDS STATS

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

Time: 12 people joined the Holy Face Devotion last Tuesday.

Talent: 6 volunteers clean the church candle racks weekly.

Treasure: Sunday Offering \$8,815

Communication Campaign \$1,300

To give online: www.starparish.com/give