



The Sacred Heart of Jesus We have entered the month of June and the Novena to the Sacred Heart of Jesus, prayed after daily and Sunday Masses. I will conclude the Novena on the Feast of the Sacred Heart this Friday with prayers at 5:30pm, followed by a solemn

Mass. Among these prayers on Friday will be an Act of Reparation, for which we may obtain a plenary indulgence, applied either to ourselves or for a loved one. At Fatima in 1916, Portugal's Guardian Angel gave the children Holy Communion and then said "Take and drink the Body and Blood of Jesus Christ, horribly outraged by ungrateful men! Make reparation for their crimes and console your God." Lucia, Francisco, and Jacinta began to offer sacrifices *in reparation* for the damage caused by *ungrateful men*. They began to realize the astonishing truth that we poor sinners, "useless servants," can console the Heart of Christ. We do this primarily by receiving "Communions of Reparation," but also by offering every other sacrifice for love of Him. Fr. Michael Gaitley has written a book on this, and our prayers during this week's novena will "console our God." Today, probably more than in 1917, we outrage God by living as if He did not even exist. Most Catholics seldom thank God—most do not even attend Mass!—and we complain about every little thing. Think of how the "news" we all watch every day is basically one long complaint about this crisis or that scandal rather than a thanksgiving to God for his manifold gifts. Most of us are like spoiled children, but some of us even attempt to assault God with vicious blasphemies. There is a certain parade this month in San Francisco which does just that, blaspheming God's beautiful gift of natural and fruitful human love. We who come to Mass on Sundays must make reparation as best we can. The



Statue of the Sacred Heart in my last parish

Angel of Portugal taught the children this prayer, which we will pray on June 12: *O Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifferences by which He is offended. By the infinite merits of the Sacred Heart of Jesus and the Immaculate Heart of Mary I beg the conversion of poor sinners.*

The Sacrament of Penance Another powerful means of reparation is making a good confession. On our knees in the confessional, we plead for mercy

not only for ourselves but for the whole world. "One good confession," Fr. Chad Ripperger told me once, "is better than a thousand exorcisms." Christ's mercy is infinitely greater than our darkness, but we must confess our need of His Mercy. **How Often Should I Confess?** Many people make frequent confessions in our parish, but some go too frequently. The Church recommends confession about once a month, and of course immediately if we have sinned mortally. However, not a few in our parish are going to confession every few days, and some even twice a day! Some of that is due to certain addictions to a particular mortal sin, so easy to commit in our digital age. But we must be serious about breaking those compulsions rather than simply confessing them. Oft-repeated confessions can be a lack of firm contrition and the resolution to avoid the means of these sins (get a flip phone if necessary!). The purpose of confession is not simply to "get absolution" but to *expunge* mortal sins from our lives. Others go to confession too frequently not for mortal sins but for little sins that make them feel

bad. This treats confession more like therapy than a sacrament, and it encourages an unhealthy scrupulosity. In general, we should receive confession no more than every three or four weeks offering even our weaknesses and venial sins to God through a deep interior life, joyfully confident in his Divine Mercy.

Fr. Joseph Illo



Congratulations 8th Grade Stella Maris Grads, Dominic Souza, Natalie Arriola, and Sebastian Peraza

Star of the Sea Church
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(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,
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(415) 322-9229
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The Sunday Scripture

Holy Thursday (Dt 8:2-3, 14b-16a; 1 Cor 10:16-17; Jn 6:51-58) Our gospel today tells the story of Holy Thursday because it tells the story of Corpus Christi. The Eucharist was given to us on a Thursday, and the Church first heard the words "This is my body" at the Last Supper on a Thursday night. Today we proclaim the Body of the Lord by carrying the Holy Sacrament into the streets of San Francisco.



Eucharistic Adoration St. Anthony's feast day is June 13. He was an Augustinian priest, but later became a Franciscan. He is a doctor of the church and an astute preacher, called the "Hammer of Heretics." He is also known for many miracles: "St. Anthony Bread," the founder of lost things, and the guardian of the mail, and the image of St. Anthony holding a lily and the Christ-child came from a vision of a local villager. His motto is an exorcism prayer: "Ecce Crucem Domini! Fugite partes adversae! Vicit Leo de tribu Juda, Radix David!"

It's the 10th Anniversary of Adoration at Star of the Sea! Keep it going by signing up for a weekly Holy Hour at www.adorationpro.org/star

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



Strengthening Your Marriage and Family Through the Sacred Heart Devotion Have you entrusted your household to the Sacred Heart of Jesus? In this video, Emily Jaminet, executive director of the Sacred Heart Enthronement Network, shares both the story of her family's profound devotion to our Lord's Heart, as well as the history of this beautiful devotion. She invites

you to enthrone the Heart of Jesus as the Lord of your home, reassuring you that he will take care of all your family's needs.

Parish Prayer Intentions

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, Sonia Lee and all sick parishioners.



In Loving Memory

Sanjiv Christopher Jhangiani (Nov. 22, 1965-April 12-2026).

Wedding Blessings

Congratulations to Tani and Morghan Tchibinda (June 5, 2026), Jorge Rincon and Irene Garcia (June 6, 2026), and Aaron Cary and Elise Abrahamson (June 8, 2026). May God bless their marriage.

Mass Intentions

Saturday 06/06	7:00am	† Ofelia Panganiban
	12noon	Int. of Karolina Zapolska
	4:30pm	† Joseph and Catherine Hubschman
Sunday 06/07	8:00am	† Fr. Fabian Parmisano, OP.
	9:30am	Int. of Leslie Low
	11:30am	† Oscar Tagle
	7:30pm	Int. of Michael Herman for healing
Monday 06/08	7:00am	Int. of Fr. William Young
	12noon	† Martin Mcguirre
		† Souls in Purgatory
		† Margaret Mary Maloney
		† Brian Thomas and Barry Tickler (anniv)
6:00pm	Int. of Jose Regalado (bday) Int. of Gabrielle Aranas (bday) Int. of Juana Muro-Munoz for healing † Wilfred Chow † Nicolas Simard † Chitat Sim (anniv)	
Tuesday 06/09	7:00am	† Fr. Benedict Chang (bday)
	12noon	† Jame Llanillo Ines (bday)
	6:00pm	Int. of Joe and Joan Flanders
Wednesday 06/10	7:00am	Int. of Nicole Arenas
	12noon	† Enore Beltrame
	6:00pm	Int. of Hugo Luna
Thursday 06/11	7:00am	Int. of Daniel Obayashi
	12noon	† Imelda and Soledad Quintela
	6:00pm	† Victor Lee
Friday 06/12	7:00am	† Miguel Dayoan
	12noon	Int. of Thelma Queri and Family
	6:00pm	† Rene Ing
Saturday 06/13	8:30am	Int. of Steve and Kathy Delahunty (50th wedding anniv)
	12noon	Int. for those who work in the Pro-life movement
	4:30pm	† Sanni Adams



STAR of the SEA
Walk with Our Lady through 16 Apparition Shrines.

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(415) 751-0450 |
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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.



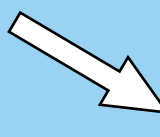
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New in the parish? Please register!
 Nuevo en la Parroquia? Registrate!
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www.starparish.com

A BLESSED SUMMER VACATION

We wish our students at Stella Maris Academy and Nativity High School a joyful, peaceful, and prayerful summer vacation. May God bless them and their families with a safe and restful summer as they begin their summer break today.





STAR OF THE SEA
Pilgrimage to Italy with
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.

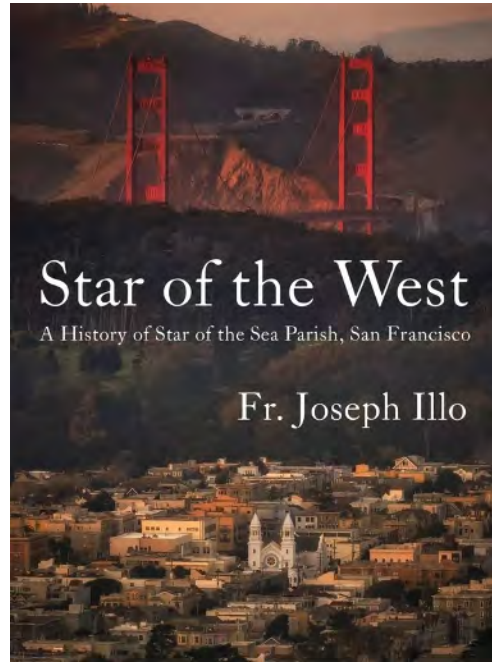
14 Days! Journey to Rome (Papal audience), Orvieto, Assisi & Florence

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More information and reservations:
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STAR OF THE WEST



Fr. Joseph Illo's *Star of the West, A History of Star of the Sea Parish, San Francisco* is back in stock!

Copies are available at the church kiosk and parish office for \$25.

If you would like Fr. Illo to sign your copy, you may approach him after any Sunday Mass or contact the

parish office for more information on arranging a book signing. Pick up your copy while supplies last!



Keep in touch with us

VIA EMAIL OR TEXT MESSAGE

Stay connected! Subscribe to our parish Flocknote for news and updates. Already subscribed? Please update your contact information if your address, phone number, or email has changed.

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STEWARDS STATS

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

Time: We pray 15 public Rosaries weekly after all daily Masses.

Talent: One volunteer leads a Bible study group for eight or more parishioners every Tuesday.

Treasure: Sunday Offering \$8,308

To give online: www.starparish.com/give