



OCTOBER
2020

Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

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Stella Maris is a Catholic charity supporting seafarers worldwide.

We provide practical and pastoral care to all seafarers, regardless of nationality, belief or race. Our port chaplains and volunteer ship visitors welcome seafarers, offer welfare services and advice, practical help, care and friendship.

Stella Maris is the largest ship visiting network in the world, working in 332 ports with 227 port chaplains around the world. We also run 53 seafarers' centres around the world.

We are only able to continue our work through the generous donations of our supporters and volunteers.



To support Stella Maris with a donation visit
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Stella Maris 39 Eccleston Square,
 London, SW1V 1BX, United Kingdom

Tel: +44 020 7901 1931

Email: info@apostleshipofthesea.org.uk

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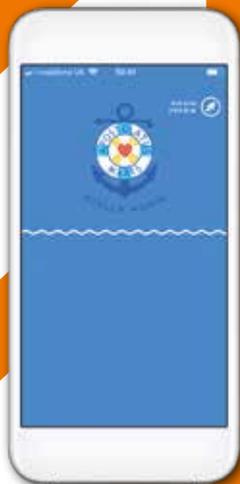
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Stella Maris
 provides seafarers
 with practical
 support, information
 and a listening ear

CHENNAI, INDIA



> The Port of Chennai is located on the East Coast of India. Chennai Port is one of the Oldest Major ports in India where maritime trade started way back in 1639.

Until 1875, the Port of Chennai was simply an open roadstead on open sandy coast swept by storms and occasional monsoons. An artificial harbour was built in 1881 and the gateway port has completed 139 years of service to India's Maritime trade. Over the years, the port has gone through many evolutions in cargo and is very diverse welcoming vessel types such as tankers, containers, bulk carriers, car carriers, research vessels and passenger ships. Chennai is also the headquarters for the Indian Coast Guard – East region. Chennai Fishing Harbour is adjacent to the Chennai Port and is among the busiest fishing hubs in South India.

In 1983, the country's first dedicated container terminal facility was commissioned. Consequent to the renaming of the city of Madras

as Chennai with effect from 30th September 1996, the Madras Port Trust has been renamed as Chennai Port Trust.

Chennai Port is one of the major ports which has a Terminal Shunting Yard and runs its own Railway operations inside the harbour. The port has railway lines running up to 41 Kms with 8 sidings to handle a wide range of cargo like Granite, Food grains, Dry Bulk, project cargo etc. For handling containers, separate sidings are available. The existing Cruise Terminal is also being upgraded to International Standards.

Stella Maris Chennai is headed by Port Chaplain Rev. Fr. Paul Raj for counselling, psychological and pastoral care and is assisted by Ship Visitor Mohan David. Ship visitor Mohan David visits the ships in Chennai port providing free

Wi-Fi access to visiting seafarers. Ship visits are currently restricted to the gangway due to COVID 19 restrictions. Stella Maris-Chennai was widely acclaimed during the Tsunami relief work under the Leadership of previous Port Chaplain Rev. Fr. B. Antony. Relief materials were distributed to several affected coastal villages on behalf of Stella Maris in 2004-2005.

The Seafarers counseling Centre was inaugurated in July 2007 at the Seafarers' Club, Chennai under the able guidance of Rev. Fr. B. Antony.

The Seafarers' club is located outside the Chennai Port just next to the Port Administrative building. Stella Maris - Chennai is presently in the process of establishing a Seafarers' Centre inside the port to cater the needs of seafarers arriving at Chennai Port.



**The Seafarers' Club, Rajaji Salai,
Chennai – 600001
Phone: +91 44 25362696**

Port Chaplain: Fr. Paul Raj Mobile: +91-94443 54442

Ship visitor: Mohan David Mobile: +91-98842 66972

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Sunday at Sea with Fr Pio Idowu

**TWENTY-SEVENTH SUNDAY
IN ORDINARY TIME**
4TH OCTOBER 2020

GOSPEL MATTHEW 21:33-43

At that time:

Jesus said to the chief priests and elders of the people,
“Hear another parable.

There was a householder who planted a vineyard,
and set a hedge around it,
and dug a wine press in it, and built a tower,
and leased it to tenants,
and went into another country.

When the season of fruit drew near,
he sent his servants to the tenants, to get his fruit;
and the tenants took his servants
and beat one, killed another, and stoned another.
Again he sent other servants, more than the first;
and they did the same to them.

“Afterward he sent his son to them,
saying, ‘They will respect my son.’

“But when the tenants saw the son,
they said to themselves, ‘This is the heir;
come, let us kill him and have his inheritance.’
And they took him and cast him out of the vineyard,
and killed him.

“When therefore the owner of the vineyard comes,
what will he do to those tenants?”

They said to him,

“He will put those wretches to a miserable death,
and lease the vineyard to other tenants
who will give him the fruits in their seasons.”

Jesus said to them, “Have you never read in the Scriptures:
‘The very stone which the builders rejected
has become the cornerstone;
this was the Lord’s doing,
and it is marvellous in our eyes’?

Therefore I tell you,
the kingdom of God will be taken away from you
and given to a nation producing the fruits of it.”

THE GOSPEL AND YOU

In the Parable of the Wicked Tenants, the focus is on the tenants to whom a householder entrusts the care of his vineyard that it may produce fruit in due season. These wicked tenants maltreat or murder the servants of the householder when they come to collect the fruit.

But the response of the householder is worthy of our attention for he doesn’t immediately seek retribution, but he sends even more servants to them. And even this second group of servants are treated like the first. As a final resort, the householder sends his own son, saying to himself: “They will respect my son.” But the arrival of the son stimulates the envy and hatred of the wicked tenants and they kill him.

Even though our attention is drawn towards the ungrateful actions of the wicked tenants, one thing we can reflect upon with great profit is the patience and gentleness of the householder in which we see reflected the patience of God towards sinners. Each time we commit sin, we nail Jesus to the cross. But God doesn’t punish us immediately. Instead, He waits patiently for our repentance.

People of the sea, in many ways have we experienced the patience and benevolence of God toward us. May we ever show our love and gratitude to the Father by a life of good deeds.

**TWENTY-EIGHTH SUNDAY
IN ORDINARY TIME**
11TH OCTOBER 2020

GOSPEL 1 MATTHEW 22:1-14

At that time:

Again Jesus spoke to the chief priests and elders of the people, in parables, saying, "The kingdom of heaven may be compared to a king who gave a marriage feast for his son, and sent his servants to call those who were invited to the marriage feast; but they would not come. Again he sent other servants, saying, 'Tell those who are invited, Behold, I have made ready my dinner, my oxen and my fat calves are killed, and everything is ready; come to the marriage feast.' But they made light of it and went off, one to his farm, another to his business, while the rest seized his servants, treated them shamefully, and killed them. The king was angry, and he sent his troops and destroyed those murderers and burned their city. Then he said to his servants, 'The wedding is ready, but those invited were not worthy. Go therefore to the streets, and invite to the marriage feast as many as you find.' And those servants went out into the streets and gathered all whom they found, both bad and good; so the wedding hall was filled with guests.

THE GOSPEL AND YOU

God is preparing a marriage feast for each and every one of us in heaven. All are invited to this heavenly marriage feast. But God respects the freedom of each one. Sadly, there are men and women who refuse God's invitation, who reject God's free gift of salvation.

Yes, salvation is a free gift and it can be refused. It can be refused by those who feel they have no need for God. It can be refused by those who allow themselves to be distracted by worldly attractions. It can be refused by those who hate God.

People of the sea, we can already accept this gift of salvation by living a life of grace. Grace is given to us in the sacraments, especially the sacraments of the Holy Eucharist and Confession. Grace is given to us when we allow Jesus to enter into our hearts.

Attendance at Holy Mass when possible, prayers said together with family and fellow workers, acts of charity toward the less-privileged... these are moments in which we accept God's grace and salvation.

"God is preparing a marriage feast for each and every one of us in heaven. All are invited to this heavenly marriage feast."





**TWENTY-NINTH SUNDAY
IN ORDINARY TIME**
18TH OCTOBER 2020

GOSPEL MATTHEW 22:15-21

At that time:

The Pharisees went and took counsel
how to entangle Jesus in his talk.
And they sent their disciples to him,
along with the Herodians, saying,
"Teacher, we know that you are true,
and teach the way of God truthfully,
and care for no man;
for you do not regard the position of men.
Tell us, then, what you think.
Is it lawful to pay taxes to Caesar, or not?"
But Jesus, aware of their malice, said,
"Why put me to the test, you hypocrites?
Show me the money for the tax."
And they brought him a coin.
And Jesus said to them,
"Whose likeness and inscription is this?"
They said, "Caesar's."
Then he said to them,
"Render therefore to Caesar the things that are Caesar's,
and to God the things that are God's."

THE GOSPEL AND YOU

With the intention of setting a trap for Jesus, the Pharisees send their disciples together with the Herodians to ask Jesus a question about taxes: "Is it lawful to pay taxes to Caesar, or not?" Their aim was to discredit Jesus. If Jesus were to agree to paying taxes, then the Pharisees, who were against the Roman domination of Israel, would accuse Him collaborating with the Romans. He would thus lose the favour of most of the Jews. On the other hand, if He were to oppose tax, then the Herodians, who were in favour of the Roman occupation would denounce Him to the soldiers and have Him arrested for treason.

But Our Lord, knowing their evil intentions, evaded the trap by giving a reply that has implications for the Christian life: "Render therefore to Caesar the things that are Caesar's, and to God the things that are God's."

While it is our duty to obey all forms of lawfully constituted authority, all of these are subordinated to the divine authority since we are made in the image and likeness of God. To Him belongs our entire being, our very existence. All temporal authority and power is subject to God's rule over the universe. God must occupy the first place in our lives. To Him must be given the homage of our love and obedience.

**THIRTIETH SUNDAY
IN ORDINARY TIME**
25TH OCTOBER 2020

GOSPEL MATTHEW 22:34-40

At that time:

When the Pharisees heard that Jesus had silenced the Sadducees, they came together.

And one of them, a lawyer, asked him a question, to test him.

"Teacher, which is the great commandment in the law?"

And he said to him,

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.

This is the great and first commandment.

And a second is like it,

You shall love your neighbour as yourself.

On these two commandments

depend all the law and the prophets."

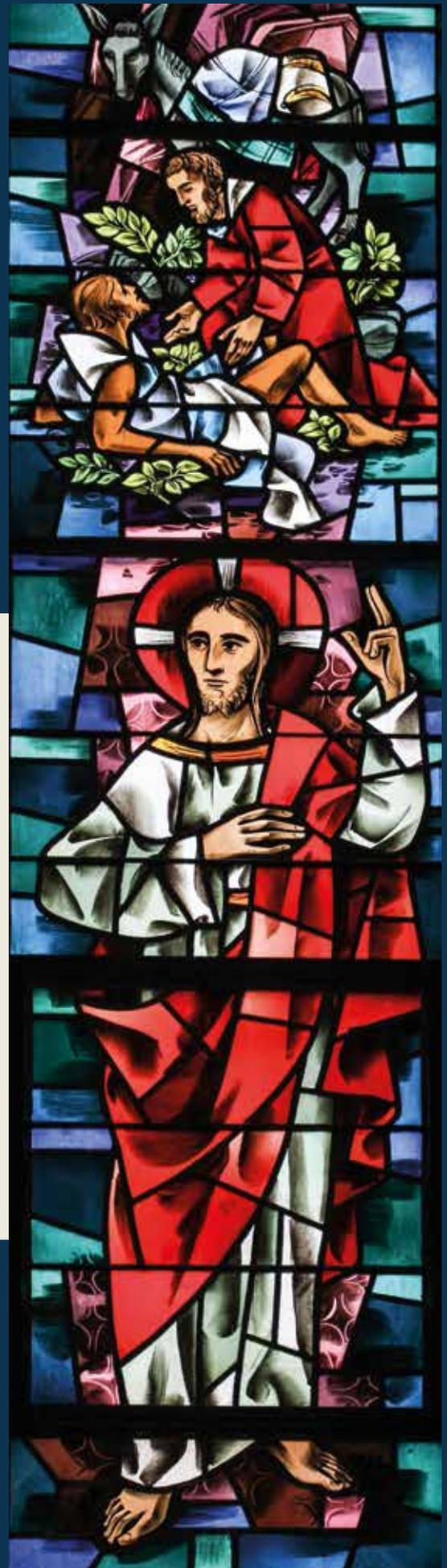
THE GOSPEL AND YOU

The Gospel for this Sunday is an invitation to love. On being asked by a Pharisee, what the greatest commandment was, Jesus replied: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, you shall love your neighbour as yourself. On these two commandments depend all the law and the prophets."

Love of God and love of neighbour are two sides of the same coin, two ways of manifesting the same reality. Our love for God is manifested by our love for neighbour. For St John, in his First Letter, writes: "If anyone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen, cannot love God whom he has not seen. And this commandment we have from him, that he who loves God should love his brother also" (1 John 4:20-21).

We love and serve our brothers and sisters because in them we recognise the image of God whom we want to love and serve. And every single human being, from the tiniest baby in the womb to the infirm with sickness and age, deserves our love because each and every one of them is made in the image and likeness of God.

"Love of God and love of neighbour are two sides of the same coin, two ways of manifesting the same reality. Our love for God is manifested by our love for neighbour."





STOWAWAYS



A stowaway is a person who secretes him/herself in a ship without the consent of the shipowner or the person in charge, and who is on board once the ship has left port.

Stowaways have existed ever since international shipping began, but they have become a growing problem. In recent years, more and more people are leaving their home countries in pursuit of a better life with greater economic chances, or to flee war, discrimination or other conflict. In desperation, and lacking funds to travel, an increasing number have resorted to stowing aboard ship, often in the poorer countries of Africa and Asia, to seek a better life abroad.

“In recent years, more and more people are leaving their home countries in pursuit of a better life”



What rights do stowaways have?

An international convention relating to stowaways dates back 50 years, but has not come into force because not enough states have ratified it. This convention covers such issues as the responsibility of the ship's master and relevant authorities when a stowaway is detected, and regulations for their return, including the costs.

Although this convention has not been ratified, the position of stowaways is protected by the United Nations Declaration on Human Rights and the European Convention on Human Rights. These cover the right to life, and freedom from torture, degrading treatment, slavery, discrimination, and other basic human rights.



How should stowaways be treated?

Stowaways create problems for a crew, but they are not criminals and should have their basic human rights respected and receive fair treatment while on board.

If you find a stowaway, you should:

- Check their state of health
- Find out their identity and the reasons they are on board
- Arrange food and lodging
- Explain emergency procedures and issue them with a lifejacket and lifeboat place
- Inform the ship's owner or agent
- Expect the master to prepare a signed statement containing all information relating to the stowaway, to be given to the authority where the stowaway is delivered.

A stowaway should not be arrested or detained (although the master has the right to maintain discipline on board), and should not be forced to work.



Why are stowaways a problem?

Stowaways on board cause legal problems for authorities in ports of call, financial problems for shipowners and states, and human problems for crews who have stowaways on board. In the worst cases, stowaways have outnumbered crews or been refused permission to be landed in ports.

Organisations such as the ITF are working with governments to establish proper processes for dealing with stowaways, which do not pass responsibility or blame onto shipping companies or seafarers.

Text courtesy of the International Transport Workers' Federation (ITF) for more information visit www.itfseafarers.org

WHAT IS THE ROSARY?



➤ **The holy Rosary is the Catholic's most distinctive form of private prayer. It is used in every nation of the world, and suitable for any time or occasion, any day, any place and any mood, from happiness to distress. It is one of the deepest and simplest of prayers, firmly rooted in the Gospel of Jesus. It is often eagerly picked up again when Catholics who have fallen away from the practice of their faith return.**

The rosary you hold in your hands is a circlet of beads, with a pendant tail to the cord or chain. There are 50 small beads on the **circlet**, with a (distinct) bead spaced before every ten (or '**decade**') of the small beads – you will easily feel the difference. A distinct bead or small medal joins the circlet to the **tail**, which itself has three smaller beads set between two others. A crucifix or cross is usually fastened to the end of the tail. Rosary 'rings', made to slip on the finger and marked with ten 'beads' and a cross, are also common, less obtrusive and easy to use. Carrying your rosary at all times and having it in your pocket will constantly recall you to peace and prayerfulness. The word 'bead' originally meant 'a prayer'.

The rosary you can say is formed of the two prayers that every Catholic knows: *Our Father* and *Hail Mary*, to which *Glory be* has been added for the last three or four hundred years. These are said as the beads are passed through the fingers, *Our Father* on each big (distinct) bead and *Hail Mary* on each of the small ones. *Glory be* is usually said after every tenth *Hail Mary*. You can pray the

rosary without the beads, because you can count on your ten fingers, but the beads are a great help. Working with hands and heart helps to reduce distractions.

The spiritual core of the Rosary, however, lies in looking at God as he appears in Jesus. It is essentially a



contemplative prayer. This quiet meditation may fill the soul with praise and love of God, or lead you to important decisions, deepen your sorrow for your sins, or encourage you to pray for others. As in all good prayer, when you use the rosary you are putting yourself in God's hands. You will be praying 'with Mary', which means praying 'with the Church', for even though this is usually a private prayer, because of its Marian dimension we are never alone when we pray the rosary.



Rosary Meditation

Rosary meditation for each decade is based on a 'chosen subject' - called '**mysteries**' - a word taken from St Paul to describe incidents in the Gospel story which are mysterious because we can never fully comprehend them. These **twenty mysteries** are arranged in four groups that form a balanced pattern, summarising the Gospel and easy to remember. This is the essence of the rosary. (Pope John Paul II realised that some of the most important elements in the Gospel were missing from the traditional fifteen mysteries, and proposed five more mysteries, which he called the Mysteries of Light. They have proved very welcome.)

Prayers

Our Father: Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary: Hail, Mary, full of grace, the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary mother of God, pray for us sinners, now, and at the hour of our death. Amen.

Glory be: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

The Apostles' Creed: I believe in God, the Father almighty Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (all bow) who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Fatima Prayer: O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of your mercy. Amen.

The Salve Regina: Hail, holy Queen, mother of mercy; hail, our life, our sweetness, and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show to us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Final Prayer: Let us pray: O God, whose only-begotten Son, by his life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that meditating on these Mysteries of the most holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain, and obtain what they promise, through the same Christ our Lord. R. Amen.

“As in all good prayer, when you use the rosary you are putting yourself in God's hands.”



How to say the Rosary

October is the Month dedicated to the Holy Rosary here is how to pray it.

Make the Sign of the Cross and say the "Apostles' Creed". Say the "Our Father". Say three "Hail Marys" for Faith, Hope, and Charity then say the "Glory Be". Announce the First Mystery and then say the "Our Father". Then, say ten "Hail Marys" while meditating on the Mystery. Say the "Glory Be". Announce the Second Mystery; then say the "Our Father" and repeat these steps as you continue through the remaining Mysteries. Say the "Hail Holy Queen", then a "Final Prayer". Make the "Sign of the Cross"

The Joyful Mysteries

Said on Monday and Saturday

1. The Annunciation of the Lord to Mary
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord
5. Finding Jesus in the Temple at age twelve

The Sorrowful Mysteries

Said on Tuesday and Friday

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. Jesus is Crowned with Thorns
4. Jesus carries the Cross
5. The Crucifixion of our Lord

The Glorious Mysteries

Said on Wednesday and Sunday

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. Mary is Crowned as Queen of Heaven

The Mysteries of Light

Said on Thursday

1. The Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist



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