



JANUARY  
2021

# 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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Registered charity in England and Wales number 1069833

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



# BARCELONA, SPAIN

All Stella Maris centers in the world had to adapt to the new situation created by Covid19.

Seafarers have suffered and are seriously suffering from its consequences:

Crews held on their ships for months without receiving their reliefs or being able to return home, crews not authorized by their companies to go ashore for fear of contagion, strong restrictions in ports to access on board for months, etc.

Now things have eased and in Barcelona, since September, we are visiting ships again regularly. However, on most ships there is a general ban on going ashore and restrictions during the visit on board. In many cases, you cannot go beyond the gangway and there is a reluctance to accept paper (magazines, maps, triptychs ...).

And what do we offer you then? Our main objective has always been to give you a warm welcome to Barcelona, to take an interest in you as people and to put ourselves at your disposal in whatever way we can be useful.

And for this, email, twitter, instagram, whatsapp and facebook are very

useful tools for you to communicate with us and ask us for what you need.

And ... What do you ask us for?

Sim cards: are usually your priority. We bring them on board and activate them right there. And if you send us an email with the crew list, detailing what each one needs, we come already prepared and with the cards activated.

Shopping: Sadly, most of you can't go to town to shop. Send us your list a few days in advance. Tell us in detail what you need, and we will bring you the purchase on board with the store ticket. We do not charge anything for the demarche, it is part of our service.

Receiving packages: You can make online purchases and have them sent to us or we can receive packages on your behalf. Use us as a delivery address and inform us and we can bring the packages to you.

General advice: you can ask us through our website or of course by email or any social network.

Booking a room: you can do it through our website or by email.

Spiritual assistance: Do you want spiritual assistance? During a visit on board we can bring you a Bible

## Seafarers Centre Facilities

The team consists of 3 full-time and 1 part-time employee plus 35 volunteers.

- A three-storey building near the commercial port, with accommodation for 32 people, club with games and a shop, chapel, offices and a small basketball court.
- An office for cruise ships crews in the cruise ship terminal.
- 2 x 9 seater vans for transportation of seafarers.

or rosaries and if you wish we can send you weekly prayers and Sunday readings and attend to remote inquiries or give you support.

If you are not Roman Catholic, but of another Christian denomination or another religion, we can get in touch with whoever can help you.

The important thing is that you know that in Barcelona you have some friends willing to help you in whatever you need.



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## Sunday at Sea with Fr Pio Idowu

**SECOND SUNDAY AFTER  
CHRISTMAS**  
3RD JANUARY 2021

### GOSPEL JOHN 1-5, 9-14

In the beginning was the Word,  
and the Word was with God,  
and the Word was God.  
He was in the beginning with God;  
all things were made through him,  
and without him was not anything made that was made.  
In him was life, and the life was the light of men.  
The light shines in the darkness,  
and the darkness has not overcome it.  
The Word was the true light  
that enlightens all men;  
and he was coming into the world.  
He was in the world  
that had its being through him,  
and the world did not know him.  
He came to his own domain  
and his own people did not accept him.  
But to all who did accept him  
he gave power to become children of God,  
to all who believe in the name of him  
who was born not out of human stock  
or urge of the flesh  
or will of man  
but of God himself.  
The Word was made flesh,  
he lived among us,  
and we saw his glory,  
the glory that is his as the only Son of the Father,  
full of grace and truth.

### THE GOSPEL AND YOU

One of the most beautiful experiences of Christmas is to spend a few minutes before the crib or the nativity scene contemplating the baby in the manger. There we come to the realisation of a stark reality: that there is one thing that God needs from us which He doesn't have. This one thing which God lacks is the love of our hearts.

This unfortunate reality is brought home all the more in Gospel for this Sunday in which we read that Christ, "the true light that enlightens every man" came into the world and yet the world knew Him not and His own people received Him not. God, who desires so much the love of our hearts made Himself visible to our human eyes that we may learn to love Him with all our hearts. God wants us to understand how much we mean to Him, how much He loves us, and hopefully, with this understanding, we will be moved to love Him in return.

But for this to happen, we must constantly place ourselves before Christ. And the Christmas period is a wonderful time to begin doing this. Christmas should never remain just an annual event. And it is not a one-day event. We must live Christmas every day. In many Franciscan friaries, throughout the year there is always a nativity scene somewhere in the church or somewhere in the friary. It was St. Francis who made the first nativity scene and he said: "I want to do something that will recall the memory of that Child who was born in Bethlehem, to see with bodily eyes the inconveniences of his infancy, how he lay in the manger, and how the ox and ass stood by."

May the celebration of Christmas be for all us a renewal of hearts and minds. May the Blessed Virgin help us love Jesus completely and unreservedly just as She did.

## BAPTISM OF THE LORD

### 10TH JANUARY 2021

#### GOSPEL MARK 1:7-11

At that time: John preached, saying, "After me comes he who is mightier than I, the thong of whose sandals I am not worthy to stoop down and untie. I have baptised you with water; but he will baptise you with the Holy Spirit." In those days Jesus came from Nazareth of Galilee and was baptised by John in the Jordan. And when he came up out of the water, immediately he saw the heavens opened and the Spirit descending upon him like a dove; and a voice came from heaven, "You are my beloved Son; with you I am well pleased."



#### THE GOSPEL AND YOU

The baptism of Jesus signals the beginning of His public ministry. From that moment onwards, Jesus goes about preaching, working miracles, healing the sick and proclaiming the Gospel of mercy and forgiveness.

In His Baptism, Jesus reveals Himself to all as the Son of God and the Second Person of the Holy Trinity. We hear the voice of God the Father who proclaims: "This is my beloved Son, with whom I am well pleased" (Mt 3:17). The Holy Spirit descends upon Him in the bodily form of a dove. This event is what we call a theophany, a divine manifestation. We thus understand that the mission of Jesus to redeem mankind is a divine mission which involves all Three Persons of the Holy Trinity.

John the Baptist preached a baptism of repentance. His baptism implied a radical conversion, a breakaway from a former life of sin to a new life which would dispose the soul to God's grace. Jesus did not need to be baptised since he committed no sin, but he did not refuse it and thus he became like one of us, showing us by his own example how to combat sin and live exclusively for God.

In Christian baptism, we become adopted children of the Father, members of the Church, the Body of Christ, and temples of the Holy Spirit. Baptism washes away the stain of original sin and claims us for the kingdom of God. Through this saving sacrament, God fills us with sanctifying grace. The Holy Trinity, as it were, comes to dwell within us. To understand the meaning and implications of our baptism is to fundamentally grasp our identity, vocation and mission as disciples of the Lord Jesus and members of the household of God.

May we be ever faithful to our Christian vocation and, through the mediation of the Blessed Virgin Mary, our Mother, may we be worthy temples of the Holy Spirit.

## SECOND SUNDAY IN ORDINARY TIME

### 17TH JANUARY 2021

#### GOSPEL JOHN 1:35-42

At that time: John was standing with two of his disciples; and he looked at Jesus as he walked, and said, "Behold, the Lamb of God!" The two disciples heard him say this, and they followed Jesus. Jesus turned, and saw them following, and said to them, "What do you seek?" And they said to him, "Rabbi" (which means Teacher), "where are you staying?" He said to them, "Come and see." They came and saw where he was staying; and they stayed with him that day, for it was about the tenth hour. One of the two who heard John speak, and followed him, was Andrew, Simon Peter's brother. He first found his brother Simon, and said to him, "We have found the Messiah" (which means Christ). He brought him to Jesus. Jesus looked at him, and said, "So you are Simon the son of John? You shall be called Cephas" (which means Peter).

#### THE GOSPEL AND YOU

One of the very first things that Jesus does at the beginning of his public ministry is to call some people to follow Him more closely. But He begins to do this by walking among the people. The Gospel tells us that John was with two of his disciples when Jesus walked past. John points out Jesus to his disciples and says: "Behold the Lamb of God" and his disciples leave their master to follow Jesus.

Those first disciples were not only motivated by the words of John the Baptist. They were attracted by a mysterious power that came from the person of Jesus. They met Jesus in person and fell in love with Him. Pope Benedict XVI, in his encyclical *Deus Caritas Est*, writes that: "Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction" (n. 1).

One of the first two disciples was Andrew, Simon Peter's brother. He did not keep his discovery to himself but immediately told his brother so that he too might meet Christ in person. Discipleship is not only about following Christ, but it is also involves facilitating for others this encounter with "the Lamb of God." This is what John the Baptist did. It is also what Andrew did. It is what each and every Christian is called to do.

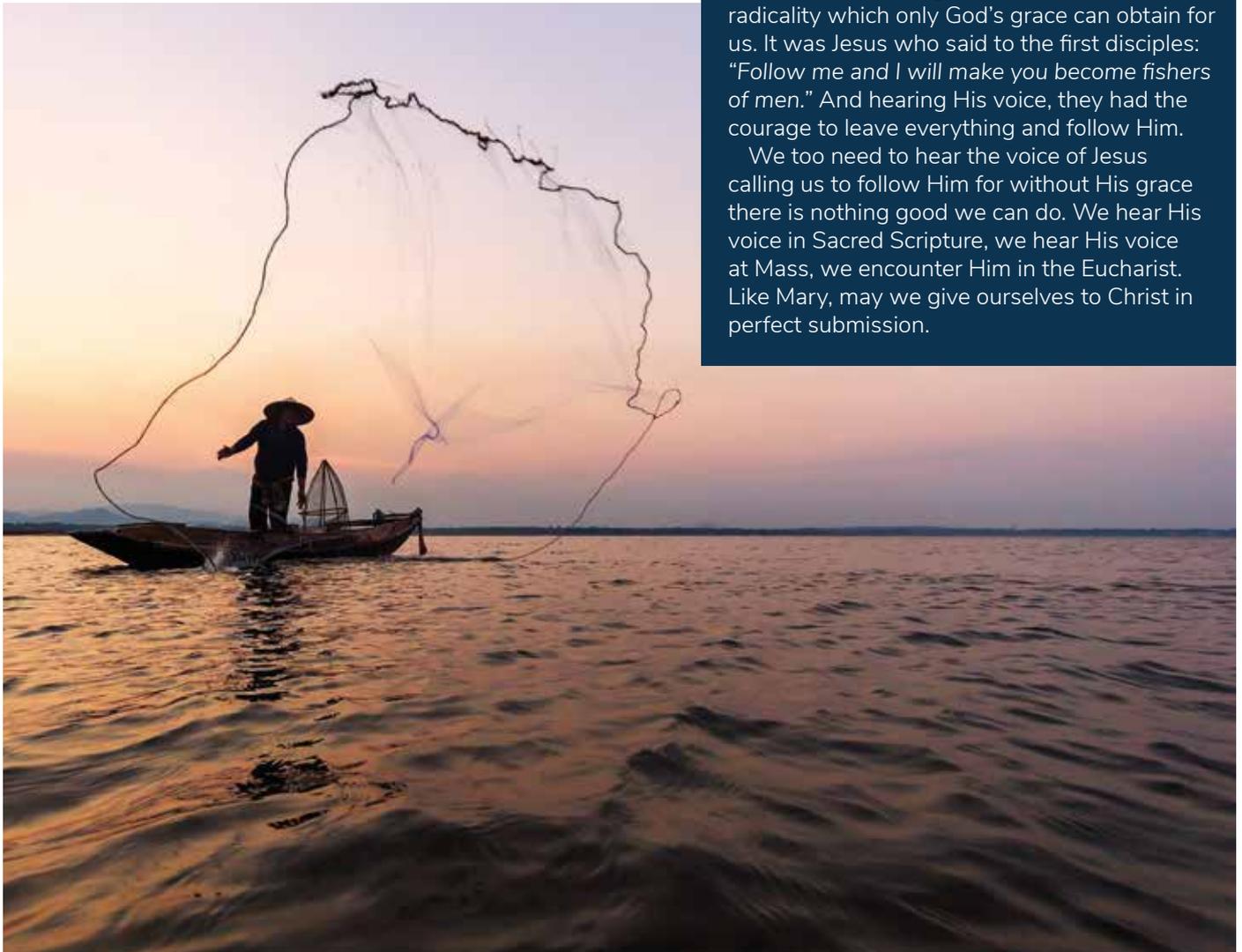
Every time we are at Mass, we encounter Christ in the Eucharist. May the eucharistic encounter with Christ, the Word of God, the Bread of life change our lives forever and realise in us the mystery of the gift of salvation. May the Blessed Virgin Mary, Mother and first disciple of Christ teach us how to give true witness to Christ, the Lamb of God.

## THIRD SUNDAY IN ORDINARY TIME

### 24TH JANUARY 2021

#### GOSPEL MARK 1:14-20

After John was arrested, Jesus came into Galilee, preaching the Gospel of God, and saying, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the Gospel." And passing along by the Sea of Galilee, he saw Simon and Andrew the brother of Simon casting a net in the sea; for they were fishermen. And Jesus said to them, "Follow me and I will make you become fishers of men." And immediately they left their nets and followed him. And going on a little farther, he saw James the son of Zebedee and John his brother, who were in their boat mending the nets. And immediately he called them; and they left their father Zebedee in the boat with the hired servants, and followed him.



#### THE GOSPEL AND YOU

The arrest of John the Baptist signals the end of his mission as Precursor to the Messiah and the focus now turns to Jesus Christ who begins His public ministry with a very clear and precise message: "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel." Christ came to establish a kingdom that would begin here on earth and continue for all eternity. This kingdom of God begins within us and through discipleship slowly conquers the hearts of all men.

The preaching of Jesus ushers in a new era of grace in which He invites all to enter into His kingdom through a process of repentance and conversion. One must repent and believe if one is to enter into the kingdom of God. In repenting one turns away from sin and disobedience. In believing, the repentant soul subjects itself to the rule and will of God.

True conversion must first of all be interior before it is exterior. It involves a radical turning away from evil to God. The apostles heard the call of Christ and immediately left all of their worldly occupations to follow Him. At times, this demands courage, it demands a certain radicality which only God's grace can obtain for us. It was Jesus who said to the first disciples: "Follow me and I will make you become fishers of men." And hearing His voice, they had the courage to leave everything and follow Him.

We too need to hear the voice of Jesus calling us to follow Him for without His grace there is nothing good we can do. We hear His voice in Sacred Scripture, we hear His voice at Mass, we encounter Him in the Eucharist. Like Mary, may we give ourselves to Christ in perfect submission.



## FOURTH SUNDAY IN ORDINARY TIME

31ST JANUARY 2021

### GOSPEL MARK 1:21B-28

In the city of Capernaum on the sabbath Jesus entered the synagogue and taught. And they were astonished at his teaching, for he taught them as one who had authority, and not as the scribes. And immediately there was in their synagogue a man with an unclean spirit; and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. And they were all amazed, so that they questioned among themselves, saying, "What is this? A new teaching! With authority he commands even the unclean spirits, and they obey him." And at once his fame spread everywhere throughout all the surrounding region of Galilee.

### THE GOSPEL AND YOU

It is not often that we hear the devil spoken of. But the devil is real and because he is jealous of our friendship with God, he wages an endless battle against us, continually inciting us to rebellion against God's will. St Paul teaches that "we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places" (Eph 6:12).

Yes, we are very much in a battle against the devil and his angels, but Christ, who battles with us, has already conquered. Christ has been vested with supreme power and even the demons tremble in His presence. The miraculous cure of the man with unclean spirit was a confirmation of His supernatural power.

So, everything visible and invisible is subject to the authority of Christ. The coming of God's kingdom signals the end of Satan's kingdom. His authoritative preaching and the miracles He worked reveal Him as the "Holy One of God." And we must all acknowledge His supreme authority over us, not out of fear but out of genuine faith.

The Blessed Virgin has immense power over the devil. The demons tremble in Her presence, they are terrified of Her because She is the one to crush the head of the serpent. In all our spiritual battles, may we always have recourse to the Queen of heaven and earth and we will always be victorious.

# HEALTHY SLEEP



**Good sleep is essential to maintain optimal health and well-being throughout our life. Getting enough quality sleep at the right times can help protect our mental health, physical health, quality of life, and safety.**

## Key facts

- Good sleep is incredibly important for your health. In fact, it is just as important as eating healthy and exercising.
- Sleep helps your brain work properly. While you are sleeping, your brain is preparing for the next day.
- The amount of sleep you need depends on various factors – especially your age. On an average, an adult needs 7 hours of good sleep.
- Not having good sleep for few days makes you feel tired and irritable the next day, but it will not harm your health much. Sleep deprivation for longer term can lead to fatigue and many other physical and mental health problems.
- Simple practical measures can help to have good sleep.

## Why is good sleep important?

- Poor sleep is linked to weight gain and obesity by affecting hormones that regulate appetite.
- Good sleep can improve concentration and productivity.
- Sleeping less than average 7 hours per day increases the risk of heart disease and stroke.
- Sleep affects glucose metabolism and type 2 diabetes risk.
- Poor sleeping patterns may lead to different mental health problems like depression, particularly for those with a sleeping disorder.
- Sleep affects body's inflammatory responses. Poor sleep is linked to inflammatory bowel diseases and can increase the risk of disease recurrence.
- Good sleep can improve immune function and help fight the common cold.
- Regular sleep disruptions can cause trouble conceiving for both men and women by reducing the secretion of reproductive hormones.

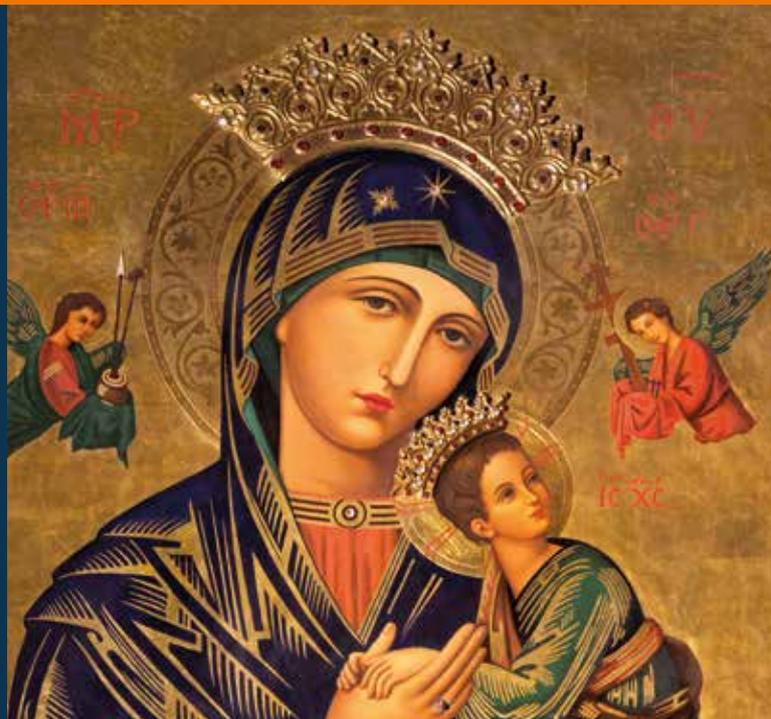
## Practical tips for good sleep

- **Try to go to sleep and get up at the same time every day.** This helps set body's internal clock and optimize the quality of sleep.
- **Make sure the bed is comfortable,** keep the bedroom dark and cool at 17-20 degree Celsius.
- Do not use the bed in the daytime for things like watching TV, working, playing games on devices or talking on the phone etc.



# WELCOMING THE NEW YEAR WITH FAITH

## THE JANUARY FEASTS!



### New Year's Day: Solemnity of Mary, Mother of God

You might wonder why so many of the celebrations around New Year's don't have much to do with God or the Church. This is partly because the Church year begins with Advent, so the 1st of January isn't really New Year's Day for the Church. But it is still an important feast, the Solemnity of Mary, Mother of God.

On New Year's Day when we are honouring Mary as God's mother we can ask her to help us in the year ahead so that we can follow Jesus more closely. St Maximilian Kolbe used to say that no one should be afraid of loving Mary too much: 'You can never love her more than Jesus did!' Jesus loves to see us honouring his mother.

### New Year's Day

The New Year lies ahead of us like an empty book. Many people make resolutions for the New Year. After a few days, however, they are often all forgotten about.

Perhaps you want to pray more regularly, be kinder to your colleagues, remember the special days of all your family while you are away, read the bible more often, do more exercise or many other things. Gather all these things and write them down on a piece of paper, place the paper in your bible or prayerbook and they can keep you company in and throughout the New Year.

### The feast of the Epiphany (6th January)

On 6th January the church celebrates the feast of the Epiphany which means discovery or revelation. The three wise men are the first people from far away to visit Jesus and the first to recognise him as a king. The three astronomers, who are kings only in legend, brought the baby Jesus gifts. Gifts that one would give a king in the ancient world: incense, myrrh and gold. The evangelist Matthew writes about it in his Gospel (MT 2:1-12). You can read the whole story in the bible.

### The baptism of Jesus

The Christmas season ends with the feast of the Baptism of the Lord. The Church celebrates the feast of the baptism of Jesus on the first Sunday after the Epiphany. In baptism, God recognises us as his children. At Holy Mass on this Sunday, we commemorate our own baptism in a special way. As an act of blessing, the priest sprinkles the congregation with holy water. It's called the Asperges. Holy water is a symbol and a reminder of our baptism.

Find out the date of your own baptism and note it on your phone or diary. On that day remember those who brought you to baptism and thank God for the privilege of becoming part of his family.

(From The Church Year © Catholic Truth Society 2020)

### Do you know what the kings' gifts mean?

#### \* Incense

is a mixture of different resins that is burned in a censer with glowing charcoal. Incense, in the ancient world, was a sign of worship: as the smoke rises up to heaven, so our prayers shall rise up to God.

#### \* Myrrh

is a precious ointment. In the past, only priests and kings were anointed with it. Nowadays, we are anointed with chrism at our baptism and later also at our confirmation. Christ, by the way, is translated as: the Anointed One.

#### \* Gold

has always been the most valuable metal and a royal gift.



## Prayer to St Joseph

Pope Francis has designated 2021 as the Year of St Joseph

*Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.*

*Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.*

Stella Maris is the largest ship-visiting network in the world. We improve the lives of seafarers and fishers through our network of local chaplains and seafarer centres, expert information, advocacy, and spiritual support.



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