



NOVEMBER
2021

Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

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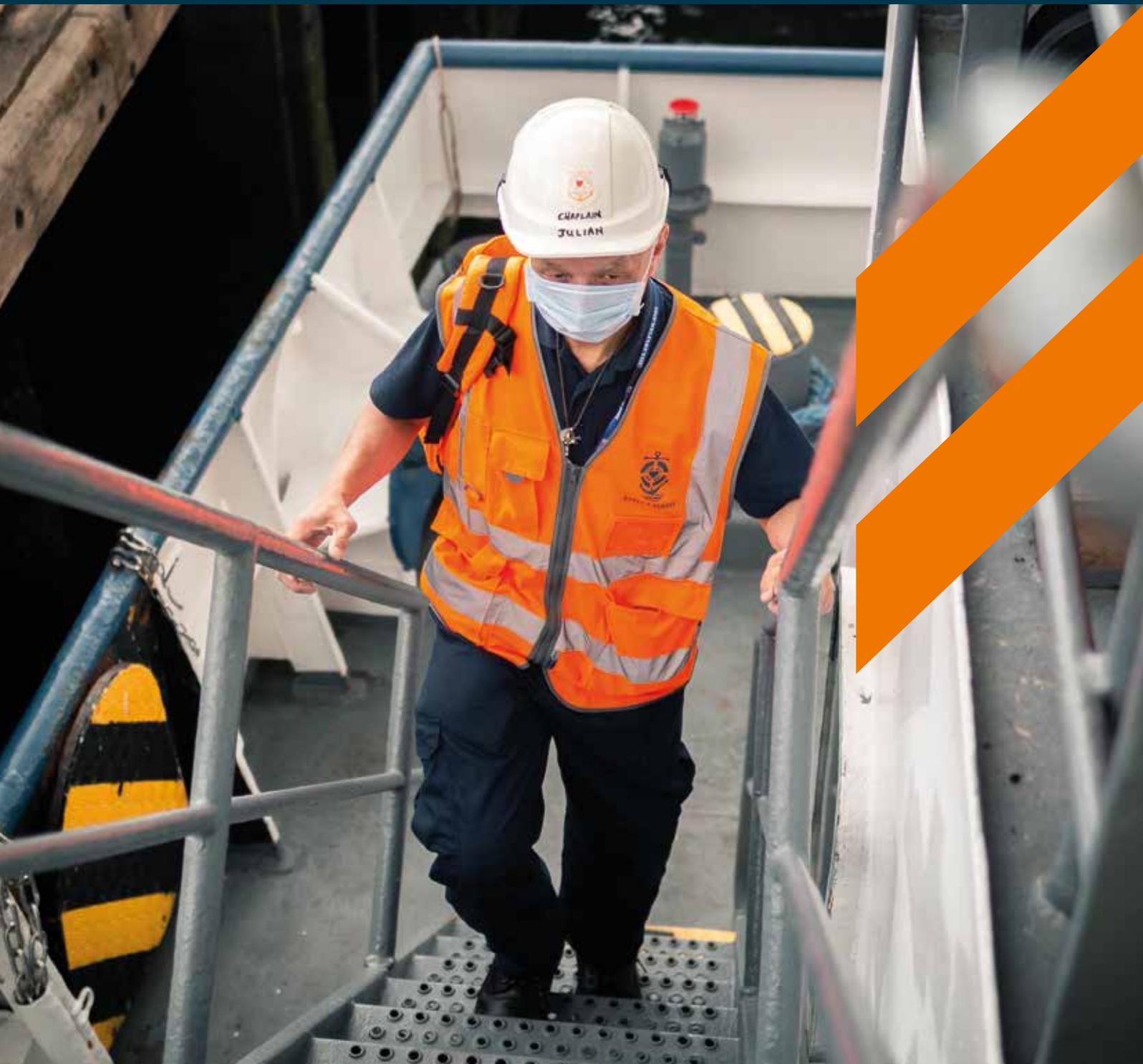
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Stella Maris is a Catholic charity supporting seafarers worldwide.

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 all over 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 www.stellamaris.org.uk/donate

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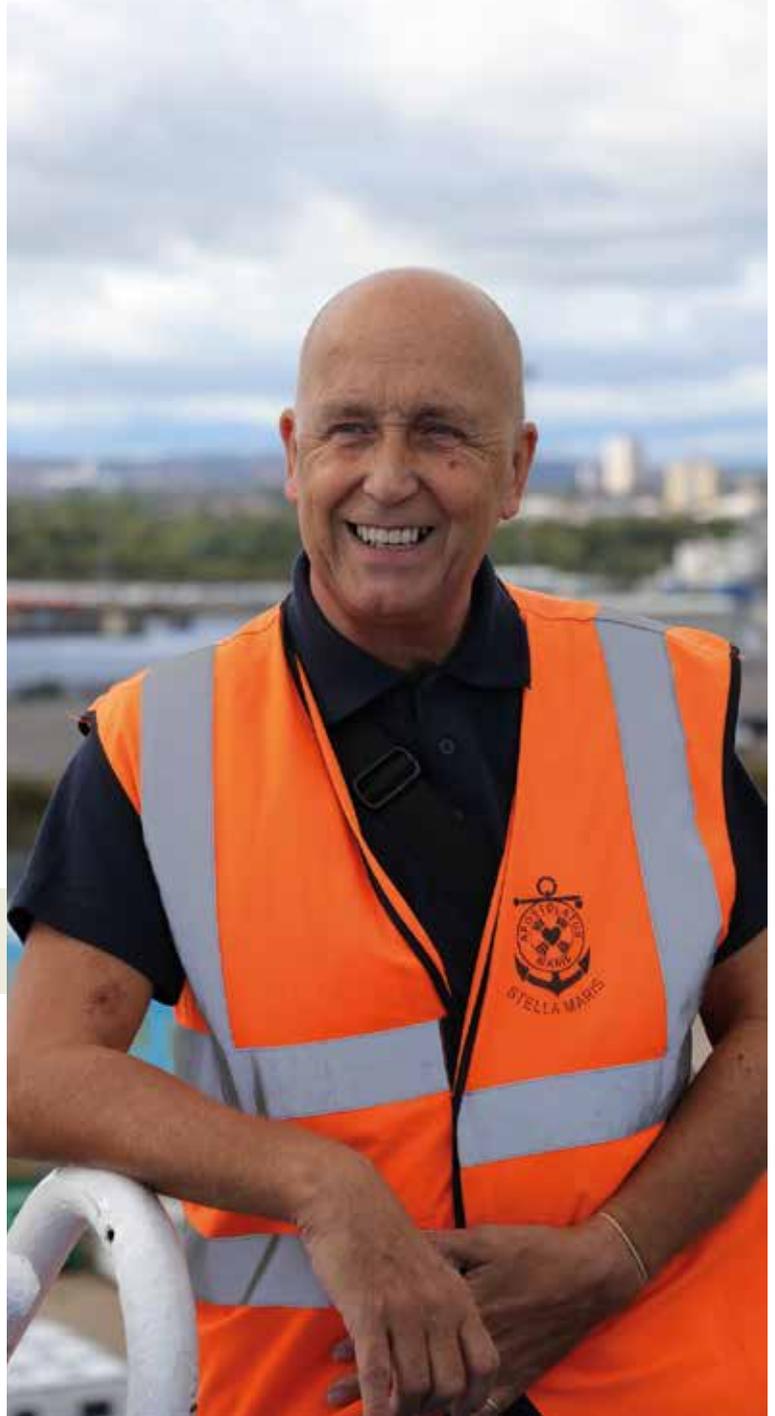
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Stella Maris
provides seafarers
with practical
support, information
and a listening ear



PORT FOCUS, MOMBASA, KENYA

The origin of the Port of Mombasa goes back to 1896 when the first jetty was built by the British colonial government to receive construction material for the Uganda Railway to open up East Africa's hinterland.

The Imperial British East Africa Company (IBEAC) arrived in East Africa in 1890. A British Protectorate was established comprising what later became the three countries of Kenya, Uganda, and Tanzania. This considerably increased trade between the region and Europe and Asia.

Initially, the East African coastline was served by what is today known as the "Old Port" which has for centuries received dhows from India, the Arabian Gulf, and the Far East especially during the era of the Sultan of Zanzibar.

Already by 500 A.D. the Arabs had taken over the Indian Ocean spice route and were instrumental in establishing the East African coast as an important trading region. Along with spices, they traded for gold, ivory, slaves, and timber while at the same time introducing their culinary influences.

In the 1970s, the Port of Mombasa was modernized; more berths and space for bigger ships brought hundreds of seafarers with them. The need to cater for the spiritual and social welfare of seafarers and fishermen calling at the port also grew.

At this time, the Apostleship of the Sea (AoS), an agency of the Catholic Church now known as Stella Maris, arrived in Mombasa and started offering pastoral care. AoS's chaplaincy and its team of

volunteer ship visitors endeavoured to provide practical and pastoral care to seafarers visiting the port, regardless of nationality, belief, or race. Mombasa was honoured to host the 18th Apostleship of the Sea World Congress in September 1987.

Today, the Port of Mombasa handles about 1,500 merchant ships annually bringing hundreds of sailors and fishermen to the port and its environs.

On May 20th 2021, the Kenyan government opened a brand-new port in Lamu on its northern frontier, bringing a need to expand Stella Maris services beyond Mombasa. The country also has several satellite ports such as Malindi, Kilifi, Vanga, Shimoni and Funzi besides lakes in its hinterland which include Lake Victoria, one of Africa's Great Lakes.

As the Stella Maris chaplaincy and volunteer ship visitors cater for the spiritual nourishment of thousands of seafarers calling at the port of Mombasa each year, it requires additional resources in personnel and material to continue providing the sailors with love, affection, care, spiritual and psychosocial support as well as communication, worship, and information access facilities.

Services provided by the chaplaincy to the seafarers include conducting Holy Mass on board ship and catering for their social welfare. This currently entails guiding them to the local Seafarers Club, the Missions to Seafarers, where they can access recreational facilities, reading material, telephone and internet services. Most of these activities were brought to a halt in March 2020 following the COVID-19

pandemic. The chaplaincy also visits mostly local hospitalized seafarers and those in prison. For the past year, the chaplaincy has concentrated on caring for local seafarers. We interact not only with the seafarers as individuals or a union but also with their families, and ensure their social situation and welfare are addressed by the relevant authorities. Stella Maris Mombasa makes interventions whenever there are seafarers in distress, and raises awareness of the care and noble role of seafarers. We collaborate well with the Mission to the Seafarers Mombasa.

We implemented a COVID-19 relief project targeting seafarers, fishers and their families. This helped them regain their self-esteem, dignity and self-worth. We covered four hundred families offering counselling, food, safe space for sharing and school supplies for identified school children. Medical support was also offered to seriously distressed seafarers.

We are happy with relaxation of COVID-19 restrictions; we are starting to go on board ships, celebrate Mass and offer other social services. We operate from 8am to 4pm Kenya time.

Stella Maris

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Sunday at Sea with Fr Pio Idowu



32ND SUNDAY IN ORDINARY TIME SUNDAY 7TH NOVEMBER

GOSPEL MARK 12:38-44

At that time:

In his teaching Jesus said to the crowds,
"Beware of the scribes,
who like to go about in long robes,
and to have salutations in the market places
and the best seats in the synagogues
and the places of honour at feasts,
who devour widows' houses
and for a pretence make long prayers.
They will receive the greater condemnation."
And he sat down opposite the treasury,
and watched the multitude putting money into
the treasury.
Many rich people put in large sums.
And a poor widow came,
and put in two copper coins, which make a penny.
And he called his disciples to him, and said to them,
"Truly, I say to you,
this poor widow has put in more
than all those who are contributing to the treasury.
For they all contributed out of their abundance;
but she out of her poverty has put in everything she had,
her whole living."

THE GOSPEL AND YOU

Jesus is in the Temple, seated opposite the treasury where he could see people making their financial contributions to support the holy place. We are told that "Many rich people put in large sums." And then "a poor widow came, and put in two copper coins, which make a penny." Jesus indicates to the woman to his disciples, at the same time saying: "Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living."

Compared to the large sums put in by the rich people, the widow's offering was hugely insignificant, but for Jesus, the poor woman gave more because she gave with love. True love is measured by the willingness to sacrifice and suffer for the person loved. While the others gave out of their abundance of their possessions, the poor widow gave out of the abundance of her heart. She did not consider the tremendous sacrifice she was having to make but gave with a heart full of love.

One take away from this is that it is not the great number of works we are able to accomplish that will win for us God's pleasure, but the love with which we perform each and every good work. But we do not possess true love if we lack the grace of God. Pope St John Paul II once said, "Our humble offering may be insignificant in itself, like the oil of the widow of Zarephath or the coins of the poor widow in the Temple. Yet our offering becomes pleasing in the eyes of God thanks to our union with Jesus." Our main preoccupation must be to live in God's grace, then our offering to Him will be acceptable to Him.

33RD SUNDAY IN ORDINARY TIME

SUNDAY 14TH NOVEMBER

GOSPEL MARK 13:24-32

At that time:

Jesus said to his disciples,
 "In those days, after that great tribulation,
 the sun will be darkened,
 and the moon will not give its light,
 and the stars will be falling from heaven,
 and the powers in the heavens will be shaken.
 And then they will see the Son of man
 coming in clouds with great power and glory.
 And then he will send out the angels,
 and gather his elect from the four winds,
 from the ends of the earth to the ends of heaven.
 "From the fig tree learn its lesson:
 as soon as its branch becomes tender and puts
 forth its leaves,
 you know that summer is near.
 So also, when you see these things taking place,
 you know that he is near, at the very gates.
 Truly, I say to you,
 this generation will not pass away
 before all these things take place.
 Heaven and earth will pass away,
 but my words will not pass away.
 "But of that day or that hour no one knows,
 not even the angels in heaven, nor the Son,
 but only the Father."

**Heaven and earth will pass away,
 but my words will not pass away.**



THE GOSPEL AND YOU

As we approach the end of the liturgical year, the Church directs our gaze towards the end times, towards the glorious coming of Our Lord Jesus, and she does so with strong tones of apocalyptic language used in the Gospel reading for this Sunday, which is also part of the so-called eschatological discourse of Jesus. Today's Gospel reminds us of the events that shall come to pass when the end shall come, at the same time admonishing us to be ready because "... of that day or that hour no one knows, not even the angels in heaven, nor the Son, but only the Father."

Even though we know neither the day nor the hour of the Lord's coming, yet there will be certain signs to warn us of His approach. The sun and moon will lose their splendour and the stars will fall from the sky. The planets will no longer follow the laws of their rotation

and gravitation will be upset. When these things will happen, "...then they will see the Son of man coming in clouds with great power and glory." He will come to sit in judgement "and gather his elect from the four winds, from the ends of the earth to the ends of heaven."

We must be able to read and interpret the signs of the end times and prepare ourselves for the day of judgement. But for many of us, the day of great tribulation will come when we shall pass away from this life. Even though we remain ignorant regarding the circumstance of our death, it is certain that one day we shall all die. And as we approach that dreadful day, may we constantly invoke the intercession of Mary our Mother and ask Her to *pray for us sinners, now and at the hour of our death.*



SOLEMNITY OF CHRIST THE KING SUNDAY 21ST NOVEMBER

GOSPEL: JOHN 18:33B-37

At that time:

Pilate said to Jesus, "Are you the King of the Jews?"

Jesus answered, "Do you say this of your own accord, or did others say it to you about me?"

Pilate answered, "Am I a Jew?"

Your own nation and the chief priests have handed you over to me; what have you done?"

Jesus answered,

"My kingship is not of this world; if my kingship were of this world, my servants would fight, that I might not be handed over to the Jews; but my kingship is not from the world."

Pilate said to him, "So you are a king?"

Jesus answered,

"You say that I am a king.

For this I was born, and for this I have come into the world, to bear witness to the truth.

Every one who is of the truth hears my voice."

THE GOSPEL AND YOU

The solemnity of Christ the King presents to our consideration the glorious Christ, king of all creation and of our souls. Today we acknowledge the sovereign rights of Jesus Christ who must reign in a society that continues to ignore and reject Him. When Pilate said to Jesus, "So you are a king?", Jesus replied, "You say that I am a king. For this I was born, and for this I have come into the world, to bear witness to the truth. Everyone who is of the truth hears my voice."

The liturgical feast of Christ the King was introduced in 1925 by Pius XI to counter the errors of secularism and liberalism, which affirmed the supremacy of the State over the sovereign rights of God and the Church, thus eliminating Jesus from the life of society and from the life of man. The Great War had ended only a few years previously and there were efforts among nations to work together for world peace. But sadly, men had pushed Jesus Christ and his holy law out of their lives and, according to the Pope, "as long as individuals and states refused to submit to the rule of our Saviour, there would be no really hopeful prospect of a lasting peace among nations."

Christ must reign in our intelligence through the knowledge of his doctrine and the perfect submission and loving assent to revealed truths. Christ must reign in our wills, which must obey and identify itself more and more fully with the divine will. Christ must reign in our hearts, so that no human or earthly affection may stand in the way of our love for God. Christ must reign in our bodies which are temples of the Holy Spirit. May we consecrate our hearts to the Sacred Heart of Jesus that He may reign over us, over our families and in our society. May his reign over us free us from the slavery of sin, error and death and lead us one day into his Heavenly Kingdom in Paradise.

FIRST SUNDAY OF ADVENT

SUNDAY 28TH NOVEMBER

GOSPEL LUKE 21:25-28,34-36

At that time:

Jesus said to his disciples,
 "There will be signs in sun and moon and stars,
 and upon the earth distress of nations
 in perplexity at the roaring of the sea and the waves,
 men fainting with fear and with foreboding
 of what is coming on the world;
 for the powers of the heavens will be shaken.
 And then they will see the Son of man
 coming in a cloud with power and great glory.
 Now when these things begin to take place,
 look up and raise your heads,
 because your redemption is drawing near.
 But take heed to yourselves
 lest your hearts be weighed down
 with dissipation and drunkenness and cares of this life,
 and that day come upon you suddenly like a snare;
 for it will come upon all who dwell
 upon the face of the whole earth.
 But watch at all times,
 praying to have strength
 to escape all these things that will take place,
 and to stand before the Son of man."



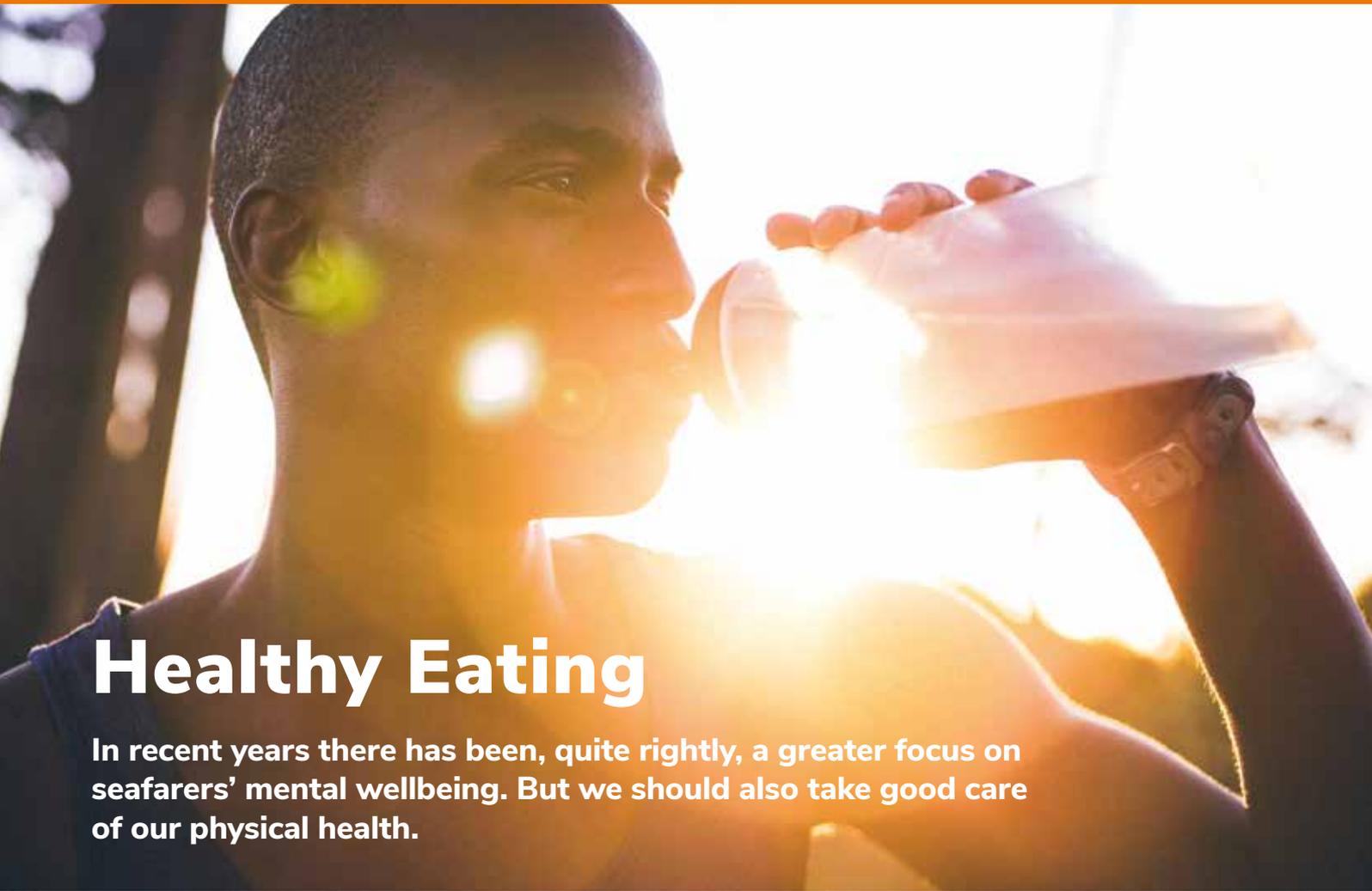
THE GOSPEL AND YOU

Once again, the season of Advent is here, and we begin our preparations to celebrate with joy the birth of Christ at Christmas. At the Collect, for today's Mass, we pray together with the priest, "*Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly Kingdom. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.*"

During this period, Christmas lights begin to appear in many homes and in our streets. Those lights remind us of the spirit which must be at the heart of preparation to celebrate the birth of Christ. We must cast away the works of darkness and put on the armour of light. The works of darkness have their origin in the three concupiscences: the lust of the flesh, the lust of the eyes and the pride of life. Instead, we must put on the armour of light, that is, we must practice the Christian virtues and adorn our souls with the gifts of the Holy Spirit.

A good confession helps us to achieve this twofold aspect of our Christmas preparation. The story is told of a visit of Pope St John Paul II to a parish in Rome. There were over two thousand children in attendance and he asked them this question: *How are you preparing for Christmas? By praying*, shouted back the children. *Very good, by praying*, said the Pope, *but also by going to Confession. You must go to Confession so that you can go to Communion later. Will you do that?* And kids shouted back even louder: *We will.*

We too must resolve to go to Confession during this period so that we can receive the Child Jesus worthily.



Healthy Eating

In recent years there has been, quite rightly, a greater focus on seafarers' mental wellbeing. But we should also take good care of our physical health.

Taking good care of our physical wellbeing enables us to cope better with emotional problems. A healthy diet, along with exercise and rest, plays a vital role in ensuring you maintain a healthy body and a healthy mind.

You are what you eat

What we eat impacts our physical and mental health, so it is important you pay attention to your diet, both on board and when back at home. Shipowners should make sure their vessels are provided with healthy and nutritious food.

Aim to have a balanced diet that includes all the main food groups.

Fruit and vegetables

Eat at least five portions of a variety of fruit and vegetables every day. It doesn't need to be fresh – you can also choose from frozen, tinned, dried or juiced.

Carbohydrates

This includes potatoes, bread, rice, pasta and other starchy carbohydrates. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. They should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties where possible.

Dairy

Choose lower fat and lower sugar options. Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep your bones strong.

Protein

Beans, pulses, fish, eggs and lean meat are good sources of protein, vitamins and minerals. To make sure you get enough protein, try to eat more beans and pulses and two portions of sustainably sourced fish every week, one of which is oily. Try to cut down on red and processed meat products.

Oils and spread

Choose unsaturated oils and use in small amounts.

Hydration

It is important to drink plenty of fluids. Safe drinking water, lower-fat milks and lower-sugar or sugar-free drinks, including tea and coffee, all count.

Watch the calories

Different roles on board will result in different amounts of calories – or energy – being burnt. But when we eat

and drink more calories than we use up, our bodies store the excess as body fat. This can lead to obesity, which in turn increases the risk of diabetes and heart disease.

Men need around 2,500kcal a day to maintain a healthy bodyweight, and women need around 2,000kcal.

Let's get physical

Providing good exercise facilities on board can positively impact the crew's wellbeing. In fact, scientific evidence has proven that physical activities can:

- Cause chemical changes in the brain which can help to change our mood positively
- Help people with mild depression and may prevent anxiety
- Improve self-esteem, self-control, and the ability to rise to a challenge

Exercise won't make stress disappear, but it can reduce some of the emotional intensity and may enable you to deal with problems more calmly.

Whilst on board it may seem difficult to find time and means to exercise but even moderate exercise can lift your mood as well as assisting with better sleep.

Fight against fatigue

Fatigue has long been identified as a factor in maritime accidents. Therefore, adequate and good-quality sleep and rest is very important.

In the past sleepiness and fatigue were considered one and the same, but this is not always the case. A seafarer can suffer from fatigue without feeling sleepy.

In broad terms, sleepiness is a short-term condition that comes on quickly and is simply caused by a lack of sleep. Fatigue, on the other hand, is a long-term condition that gradually takes hold and can be caused by a number of factors.

Managing fatigue on board may be difficult due to the pressures and long hours of work. But you can help yourself by making sure that you prioritise sleep during rest periods and avoid heavy meals, caffeine and alcohol before bed.

Recognise the signs of fatigue in yourself and colleagues such as slowed reaction time, impaired memory, struggling to stay awake, increased clumsiness and irritability.

In summary

Making healthy choices can:

- Improve your mood
- Lift your self-esteem
- Allow a more positive attitude
- Give you more energy
- Prevent fatigue
- Help you think more clearly
- Improve concentration levels

Courtesy of P&I North www.nepia.com





5 Ways to Sanctify your Cabin, your Vessel or your Home

By Fr Stephen Wang

➤ **The most important way to sanctify your home or place of work is to sanctify yourself! To live a holy life. But these Catholic customs can also help us to make our home or personal room a place of holiness and peace.**

1. Have your home or cabin blessed

Ask a local priest or chaplain to come and bless your home, ship or cabin. He will be happy to do so. This blessing 'consecrates' your home so that it is a place dedicated to God; it drives away evil spirits.

2. Hang a crucifix on your wall

Of the many symbols of Christian faith, this is the most important one. Placing a crucifix on the wall it reminds us and other people of our Saviour's love for us. And it reminds us to turn to him in prayer.

3. Keep some holy water

You can get some holy water from the church and keep it in a bottle or some kind of holder or holy water 'stoop'. When you pray, bless yourself with this holy water by dipping your finger in it and making the sign of the cross. This is not a superstition, it is a 'sacramental': it allows God's power to work in our lives, through the blessing that the priest has given to the water, and through our faith.

4. Keep a 'sacred space' in your cabin

This does not need to be a large space! It just means that we have a small area in our room, a focus, where we have (perhaps) some holy pictures, an open Bible, a candle, etc. This place can then be a focus for our prayer, and a reminder of what is important in our lives

5. Consecrate your home to the Sacred Heart of Jesus

There are special prayers you can make to consecrate your home to the Sacred Heart – look on the internet, or ask for information in a Catholic bookshop. The important thing is simply to dedicate your home to the Sacred Heart, and to hang an image of the Sacred Heart on your wall. You can get special images which have a prayer of consecration written on them.





November is the Month of the Holy Souls. It is a beautiful time to pray for our loved ones who have died.

PRAYER OF ST GERTRUDE FOR THE HOLY SOULS

Eternal Father, I offer You the most Precious Blood of Your Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for all sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen.



STELLA MARIS

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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