



NOVEMBER  
2020

# Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

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with Fr Pio Idowu

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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  
provides seafarers  
with practical  
support, information  
and a listening ear

# SANTOS, BRAZIL

The Port of Santos is located in cities of: Santos, Guarujá and Cubatão in the State of São Paulo, Brazil. It is the main port complex in Latin America and has a wide variety of cargo terminals which handle solid bulk, liquids, containers, general cargo and passengers. Furthermore, it is the largest handler of sugar, orange juice and coffee beans in the world, as well as other important cargo such as soya beans, containerized cargo, corn, wheat, salt, paper, automobiles, alcohol and other liquid bulk. In 2016, it was considered the 39th largest port in the world for handling containers and 35th in terms of tonnage.

Stella Maris Santos, was founded in 1971 to serve Seafarers and people of the sea who passed through or disembarked at the port of Santos. It also assisted fishermen, port workers and the surrounding community with pastoral and social action. Currently and for the past ten years, Stella Maris has expanded its operations to match the expansion of the port with a full-time team for seven days a week, thus ensuring that it meets the pastoral, social, psychological and legal demands of the crews arriving at this port. **The Stella Maris Seafarers Center Club** offers the following services:

**Religious:** welcoming and listening to seafarers on board and on land; celebration of Masses on board ship or in the chapel; ecumenical service; spiritual guidance and blessings; celebration of some sacraments;

distribution of religious materials (rosaries, bibles, books, folders, calendars, stickers, prints, prayers and pamphlets in different languages).

**Social:** work carried out by the social workers in order to guide and accompany seafarers on land, on board and during hospital visits; individual and group service, as well as meeting and being in contact with the families of seafarers including the fishing community of the region and the surrounding community.

**Advocacy:** on request we offer guidance, monitoring, support and connections with competent bodies.

**Others Facilities:** daily ship visiting, free transportation, tourism, internet

and free wifi, telephone, post office, several games, International TV, sports (basketball and football); table games, library, exchange of magazines, newspapers and books; cafeteria, souvenirs, distribution of general information / educational material: folders, pamphlets, maps, business cards, magazines in different languages, etc.

Within pastoral actions, we highlight port chaplains on board (4 to 5) during the season, Christmas and New Year, to celebrate with passengers and crew. In addition, we work in a network, with port authority, pilotage, shipping agencies and international, national, local bodies.



**Stella Maris Seafarers Center Club: 361 Washington Luiz Av., Boqueirão, Santos, São Paulo, Brazil Zip code: 11055-001**

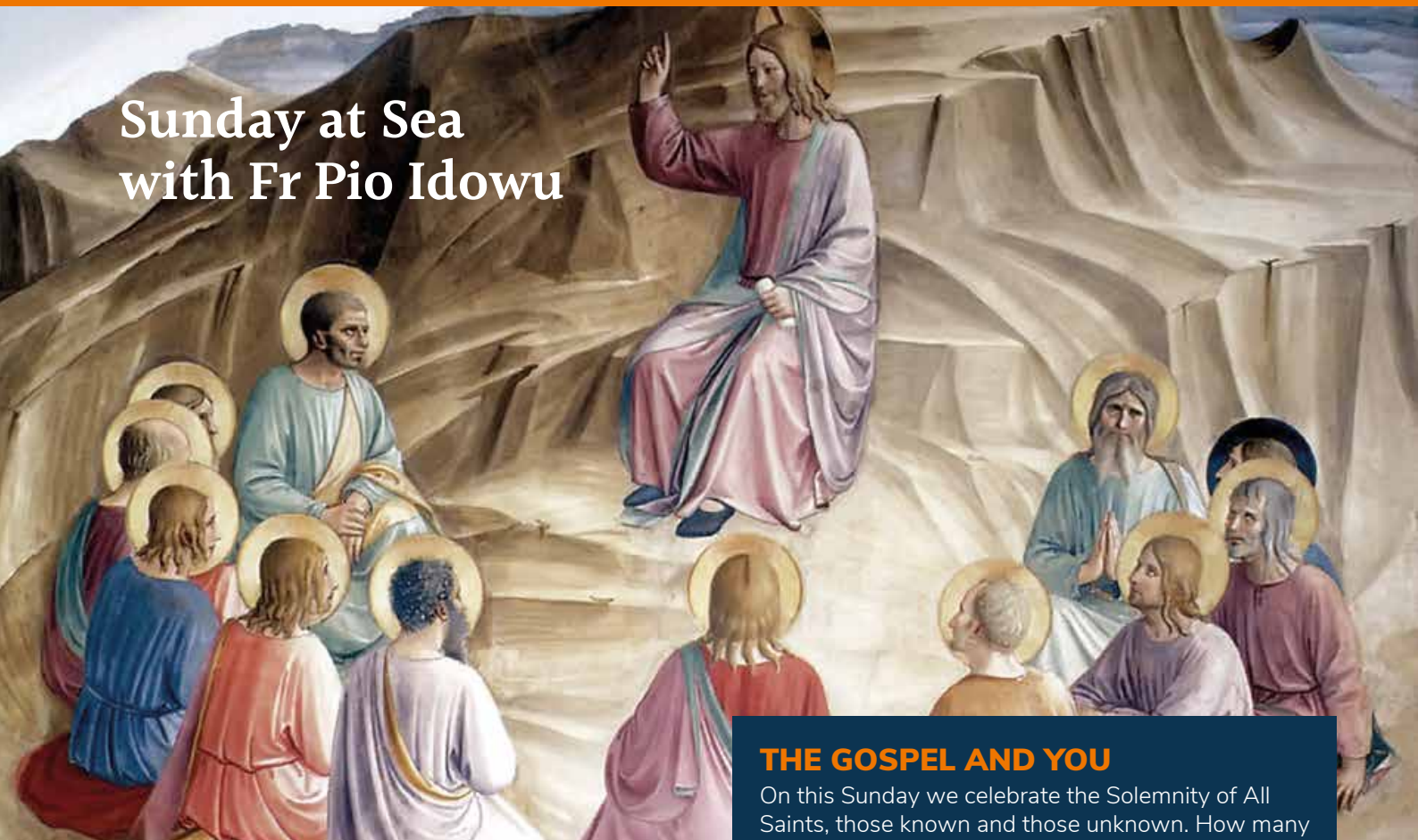
**Facebook:** Stella Maris Brasil-Tiplam Santos / Stella MARIS Santos-Brasil  
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**Opening Times:** Mon. to Sat. 12:00 to 00:00 he (12pm to 12 midnight) Sun. 16:00 to 00:00 hr (4pm to 12 midnight). Closed on Brazilian holy days.

**Port Chaplain:** Fr. Samuel Fonseca Torres, cs –

**Email:** samufonto@hotmail.com **Mobile:** +55. 13. 99772-1191

# Sunday at Sea with Fr Pio Idowu



## SOLEMNITY OF ALL SAINTS 1ST NOVEMBER 2020

### GOSPEL MATTHEW 5:1-12A

At that time:  
 Seeing the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying:  
 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
 "Blessed are those who mourn, for they shall be comforted.  
 "Blessed are the meek, for they shall inherit the earth.  
 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.  
 "Blessed are the merciful, for they shall obtain mercy.  
 "Blessed are the pure in heart, for they shall see God.  
 "Blessed are the peacemakers, for they shall be called sons of God.  
 "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.  
 "Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account.  
 Rejoice and be glad, for your reward is great in heaven."

### THE GOSPEL AND YOU

On this Sunday we celebrate the Solemnity of All Saints, those known and those unknown. How many saints are there in heaven? The Book of Revelation speaks of "a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands" (Rev 7:9). On this day, the Church invites us to honour this immense multitude of men and women who now enjoy eternal beatitude in heaven.

The Beatitudes propose way of life that is totally different from world's. In fact, they summarise the entire preaching of Christ who came to teach men the way that leads to heaven. And according to the Catechism of the Catholic Church, the Beatitudes are the fulfilment of all "the promises made to the chosen people since Abraham" (CCC 1716).

Apart from being a way of life, the Beatitudes also promise a blessedness which is not of this world but of the next. The eight Beatitudes are a declaration and a promise of eternal blessedness to those who faithfully live the Christian Life, in obedience to Christ, the Divine Master. And those who live by the Beatitudes will find true happiness, even in this life.

As the Catechism of the Catholic Church says, "The beatitude of eternal life is a gratuitous gift of God. It is supernatural, as is the grace that leads us there" (CCC 1727). But it is a gift which God wishes to bestow on each person without distinction. Holiness is not for the privileged few. Holiness is for everyone. But since our human nature is weak and unable to persevere in that which is good, we must ask for the gift of holiness in prayer. And God, who created us for heaven will answer our prayer.

**THIRTY-SECOND SUNDAY  
IN ORDINARY TIME  
8TH NOVEMBER 2020**

**GOSPEL MATTHEW 25:1-13**

At that time:

Jesus told his disciples this parable:

"The kingdom of heaven shall be compared to ten maidens

who took their lamps and went to meet the bridegroom.

Five of them were foolish, and five were wise.

For when the foolish took their lamps,

they took no oil with them;

but the wise took flasks of oil with their lamps.

As the bridegroom was delayed,

they all slumbered and slept.

"But at midnight there was a cry,

'Behold, the bridegroom! Come out to meet him.'

"Then all those maidens rose and trimmed their lamps.

And the foolish said to the wise,

'Give us some of your oil, for our lamps are going out.'

"But the wise replied,

'Perhaps there will not be enough for us and for you;

go rather to the dealers and buy for yourselves.'

"And while they went to buy, the bridegroom came,

and those who were ready

went in with him to the marriage feast;

and the door was shut.

Afterward the other maidens came also, saying,

'Lord, lord, open to us.'

"But he replied, 'Truly, I say to you, I do not know you.'

"Watch therefore, for you know neither the day nor

the hour."

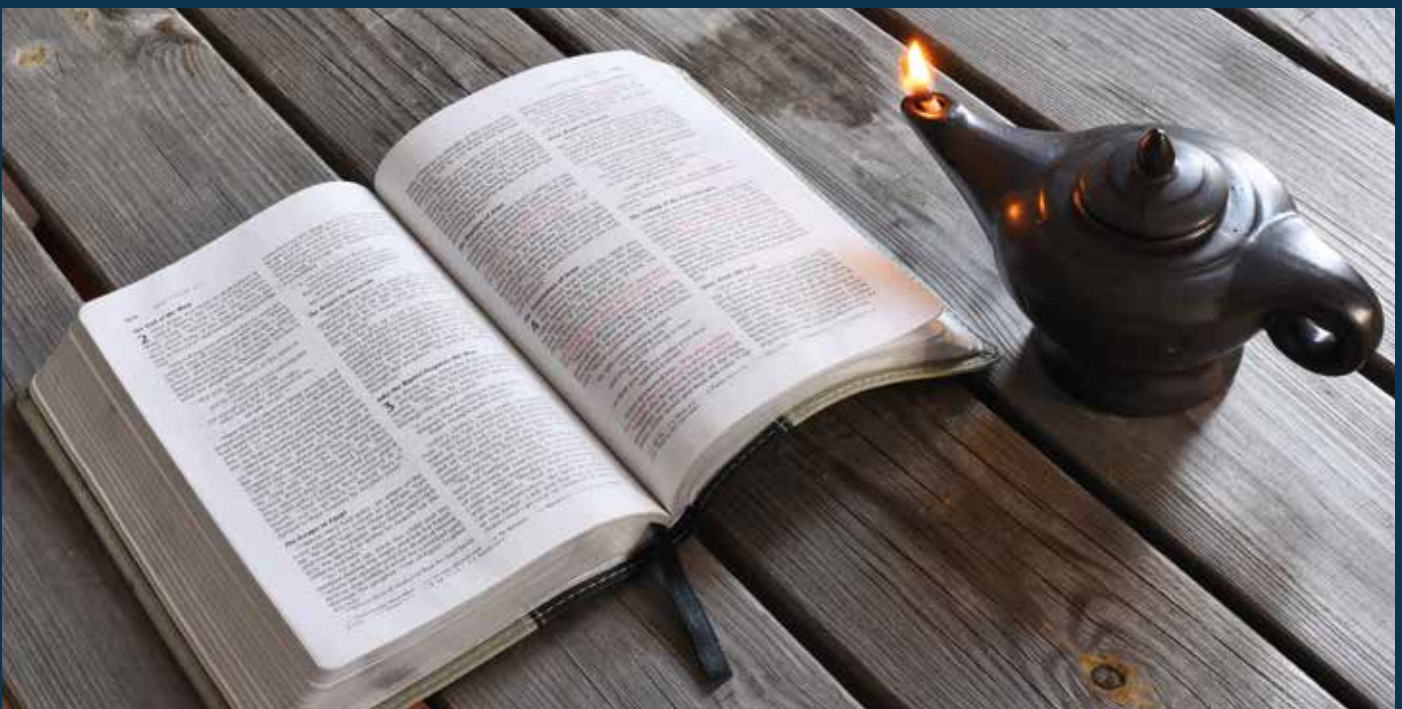
**THE GOSPEL AND YOU**

St Dominic Savio lived a very short time, in fact he died at the age of fourteen after having spent about two years in the oratory founded by St John Bosco. One day, while Dominic was playing football with the other boys of the oratory, John Bosco, who was present, put this question to them: "What would you do if you had only one hour left to live?" Dominic replied, "I would continue playing football." Dominic Savio was able to give such an answer because he was prepared for death.

The Parable of the Ten Virgins reminds us of the need to be always prepared. This is the admonition given to us at the end of the Gospel reading: "Watch therefore, for you know neither the day nor the hour." That we shall die one day is absolutely certain but what we do not know are the circumstances of our death. Therefore, we must always be vigilant and ready to meet the Lord whenever He shall come.

To be ready to meet the Lord, one must be in the state of grace. Grace is the oil that keeps the lamp of faith burning. Therefore, it is necessary to frequent the Sacraments for Christ said: "He who eats my flesh and drinks my blood abides in me, and I in him" (John 6:56). It is also necessary to observe the Commandments as Christ once again says: "If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love" (John 15:10).

Let us learn to invoke always the intercession of the Blessed Virgin Mary. Each time we pray the Hail Mary we ask Her to come to our assistance in that that crucial moment which is the hour of our death. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.



## THIRTY-THIRD SUNDAY IN ORDINARY TIME 15TH NOVEMBER 2020

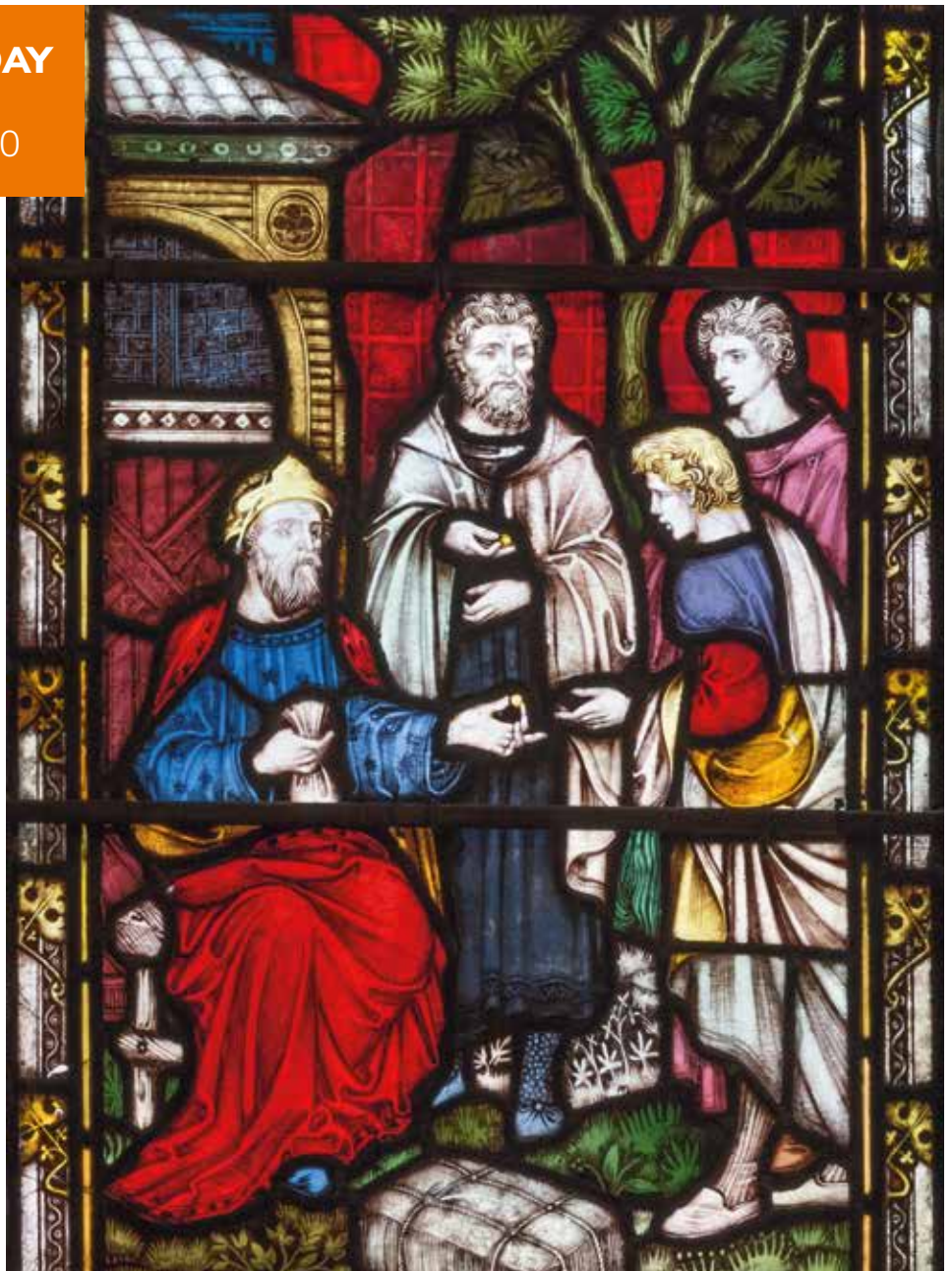
### GOSPEL

#### MATTHEW 25:14-30

At that time:  
Jesus told his disciples  
this parable:  
“A man going on a journey  
called his servants  
and entrusted to them  
his property;  
to one he gave five talents, to  
another two, to another one,  
to each according to his ability.  
Then he went away.

Now after a long time the master  
of those servants came  
and settled accounts with them.  
And he who had received the five  
talents came forward,  
bringing five talents more, saying,

‘Master, you delivered to me  
five talents;  
here I have made five  
talents more.’



### THE GOSPEL AND YOU

In the times in which Our Lord lived, a talent was a considerable sum of money. In fact, five talents would have made one exceedingly rich. Hence, in the master who distributes talents to his servants, we recognise God our Father who blesses us with the immense riches of His grace and love. By reason of His superabundant goodness, God bestowed upon man a share in His divine life, thus elevating man from the state of servant to that of children of God. St. John says: “See what love the Father has given us, that we should be called children of God; and so we are” (1 John 3:1).

Sanctifying grace is the greatest gift that God gives to the soul. St. Thomas Aquinas says that “The least grace outweighs all the riches of this world.” The gift of sanctifying grace is worth more than the most beautiful diamond in this world. Sanctifying grace confers on

the soul a divine adoption and a share in the very life of God. And according to St. Paul, if we are children of God, then we are also “*heirs of God and fellow heirs with Christ*” (Romans 8:17).

But along with this gift of grace comes also the duty and responsibility of nurturing and cultivating it so that it may yield and bear abundant fruit. Sanctifying grace is meant to increase and develop in our souls. Three things are necessary to bring about an increase of sanctifying grace and these three things are: the worthy reception of the sacraments, the performance of works which are supernaturally meritorious and fervent prayer which implores an increase of grace.

Filled with trust and confidence let us turn to Our Blessed Mother in prayer that She may intercede for us and never let us have the misfortune of losing the grace of God.

## THE SOLEMNITY OF OUR LORD JESUS CHRIST THE KING 22ND NOVEMBER 2020

### GOSPEL MATTHEW 25:31-46

At that time:

Jesus said to his disciples,

“When the Son of man comes in his glory,  
and all the angels with him,  
then he will sit on his glorious throne.  
Before him will be gathered all the nations,  
and he will separate them one from another  
as a shepherd separates the sheep from the goats,  
and he will place the sheep at his right hand,  
but the goats at the left.

“Then the King will say to those at his right hand,

‘Come, O blessed of my Father,  
inherit the kingdom prepared for you  
from the foundation of the world;  
for I was hungry and you gave me food,  
I was thirsty and you gave me drink,  
I was a stranger and you welcomed me,  
I was naked and you clothed me,  
I was sick and you visited me,  
I was in prison and you came to me.’

“Then the righteous will answer him,

‘Lord, when did we see you hungry and feed you,  
or thirsty and give you drink?

And when did we see you a stranger and welcome you,  
or naked and clothe you?

And when did we see you sick or in prison and visit you?’

“And the King will answer them,

‘Truly, I say to you,  
as you did it to one of the least of these my brethren,  
you did it to me.’

Then he will say to those at his left hand,  
‘Depart from me, you cursed,  
into the eternal fire prepared for the devil and his angels;

for I was hungry and you gave me no food,  
I was thirsty and you gave me no drink,  
I was a stranger and you did not welcome me,  
naked and you did not clothe me,  
sick and in prison and you did not visit me.’

“Then they also will answer,

‘Lord, when did we see you hungry or thirsty  
or a stranger  
or naked or sick or in prison, and did not  
minister to you?’

“Then he will answer them,

‘Truly, I say to you,  
as you did it not to one of the least of these,  
you did it not to me.’

“And they will go away into eternal punishment,  
but the righteous into eternal life.”

### THE GOSPEL AND YOU

Today, the Church celebrates the great feast of Christ the King, a feast dedicated to the universal sovereignty of Christ. The kingship of Christ embraces all created things, everything is subject to Him. And we human beings, by believing in the gospel, we become part of the Church of Christ which is the kingdom of heaven here on earth. So, to welcome Jesus, to believe in His word, to conform our lives to His teaching is the same thing as to acknowledge his sovereignty and kingship over our hearts.

When we are confronted with the message of Christ, we manifest one of two attitudes. One attitude that we can manifest is that of rejection. The second attitude is that of acceptance, of recognition. The Gospel of Christ will always provoke a response in man, and mind you, this response can never be one of indifference.

No one can remain indifferent to the Gospel of Christ. The Cross is the central point of the Gospel message of Christ. And the Cross is the throne of Christ, the throne from which he reigns. And before the Cross of Christ, one must make a conscious decision: are we going to reject this message of the Cross or are we going to accept it? Depending on the choice we make now, on the Last Day when Christ shall return in majesty, either we shall stand on His right, if we acknowledge Him as King, or we shall stand on His left, if we reject His kingship.

We have a powerful advocate in Mary, Queen of the universe. Christ does not reign in the hearts of men because men have not submitted themselves to the queenship of His Mother. Let us consecrate our hearts to Mary that through Her Christ may reign in our hearts and in the hearts of all men.



**FIRST SUNDAY OF ADVENT**  
27TH NOVEMBER 2020

**GOSPEL MARK 13:33-37**

At that time:  
Jesus said to his disciples:  
“Take heed, watch and pray;  
for you do not know when the time will come.  
It is like a man going on a journey,  
when he leaves home and puts his servants in charge,  
each with his work,  
and commands the doorkeeper to be on the watch.  
Watch therefore –  
for you do not know when the master of the house  
will come,  
in the evening, or at midnight,  
or at cockcrow, or in the morning–  
lest he come suddenly and find you asleep.  
And what I say to you I say to all: Watch.”

**“The Season of Advent  
reminds us to be vigilant  
by means of prayer, fasting  
and acts of charity.”**

**THE GOSPEL AND YOU**

The season of Advent is here, and it is a preparation for the coming of Christ. This coming of Christ has a two-fold meaning. First, it commemorates the birth of Our Lord more than two thousand years ago. Second, it looks forward to the future, when Christ shall come again, this time not as a helpless baby in a manger, but in glory as king and judge of the human race. Our life here on earth is a preparation for the Second Coming of Christ in glory to judge the living and the dead.

Do we await with eagerness these two-fold coming of Christ? Most of the time we are distracted by the preoccupations and worries of this life and we pay little or no attention to that which is most important. Our Lord in the Gospel warns us: “Watch therefore – for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or in the morning – lest he come suddenly and find you asleep. And what I say to you I say to all: Watch”.

The Season of Advent reminds us to be vigilant by means of prayer, fasting and acts of charity. Prayer obtains for us numerous graces that prepare us to receive Christ. Fasting or acts of penance helps us to remain vigilant and keep our attention focused on the real reason for life here on earth which is to love and serve God. Acts of charity are the good deeds we hope to present to Our Lord when we shall meet Him again at His coming.

Let us be vigilant, let us await with eagerness the coming of Christ. In this waiting we are not alone. Our Blessed Mother is with us. She waits with us and She prepares us so that on the day of the Lord’s return we shall be ready and shall have no fear.



# WHAT CAN WE DO FOR THE DEAD?



## ➤ There are many ways that we can intercede on behalf of those who have died.

We can pray for them. We can give alms to the poor on behalf of those who have died or do other works of penance for them. The greatest and most effective prayer and sacrifice that we can offer is that of Jesus Christ Himself in the Mass. There is a long and venerable tradition in the Catholic Church of having Mass said on behalf of the dead.

In accordance with time, place and tradition, popular devotions to the dead take on a multitude of forms:

- visits to the cemetery; in some places this is done in a community manner on 2 November. Such visits should be seen as deriving from the bonds existing between the living and the dead and not from any form of obligation, non-fulfilment of which involves a superstitious fear;
- membership of a confraternity or other pious association whose objects include “burial of the dead” in the light of the Christian vision of death, praying for the dead, and providing support for the relatives of the dead;
- suffrage for the dead through alms deeds, works of mercy, fasting, applying indulgences, and especially prayers like the rosary and remembering the dead at prayers before and after meals.

### Indulgences

The Catechism of the Catholic Church says the following about indulgences:

“An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven. The faithful can gain indulgences for themselves or apply them to the dead. (CCC 1471)

This can seem like unnecessarily technical language but it is the fruit of many centuries of thought about a practice which has sometimes been abused and criticised. Jesus who is God, more than paid for all the sins of humanity by his act of redemption on the cross. Therefore every human being can avail themselves of the effects of that

redemptive act. Jesus gave to the Church the authority to dispense that forgiveness of sins when he said to St Peter (Mt 18:18) “Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

Indulgences are an expression of that Communion of saints that exists within the Church, between Christ our head, the saints who are already in heaven, the souls in purgatory and us. Indulgences are a way for us to work together for each other inspired by the love that binds us together.

The Church wants as many people as possible to benefit from that ‘treasury’ of redemption which she administers, therefore she gives us many different ways to access that treasury. The different prayers and actions to which indulgences are attached are always connected to acts of penance and the sacrament of Reconciliation. We can only ask for the remission of the temporal punishments due to sin for us or for others by demonstrating that we ourselves are willing to detach ourselves from sin and be truly sorry for what we have done. This is demonstrated by prayers, acts of penance and most especially through the Sacrament of Reconciliation.

Indulged prayers such as the Rosary and many other types of prayers can be said for a plenary or partial indulgence ‘according to the usual conditions’. Those conditions are the following:

You must be a Catholic in communion with the Pope. It is necessary to be in a “state of grace”.

- have the interior disposition of complete detachment from sin, even venial sin;
- have sacramentally confessed your sins;
- receive the Holy Eucharist ;
- pray for the intentions of the Supreme Pontiff.

Plenary indulgences can only be gained once in a day.

# MANAGING WEIGHT AND OBESITY



➤ **Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. Body mass index (BMI) is a simple index that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m<sup>2</sup>). A person with a BMI of 30 or more is generally considered obese and BMI equal to or more than 25 is considered overweight.**

## Key facts

- Obesity is preventable by proper weight management.
- The worldwide prevalence of obesity nearly tripled between 1975 and 2016.
- In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.
- Obesity and overweight can lead to physical and mental health problems.
- Simple practical measures can help to manage weight.





### Why is managing weight important?

- Obesity increases the risk of cardiovascular diseases and stroke.
- Obesity and overweight increases the risk of type 2 diabetes;
- Musculoskeletal disorders, especially osteoarthritis – a highly disabling degenerative disease of the joints are more common among overweight people.
- Many of the cancers including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon are linked to obesity.
- Obesity and overweight can lead to gastroesophageal reflux, urinary stress incontinence and infertility.
- Obesity can also affect your quality of life and lead to psychological problems, such as depression, anxiety and low self-esteem.
- Sleep disturbance like apnoea and breathing problems are associated are commonly linked

### Reasons for obesity and overweight

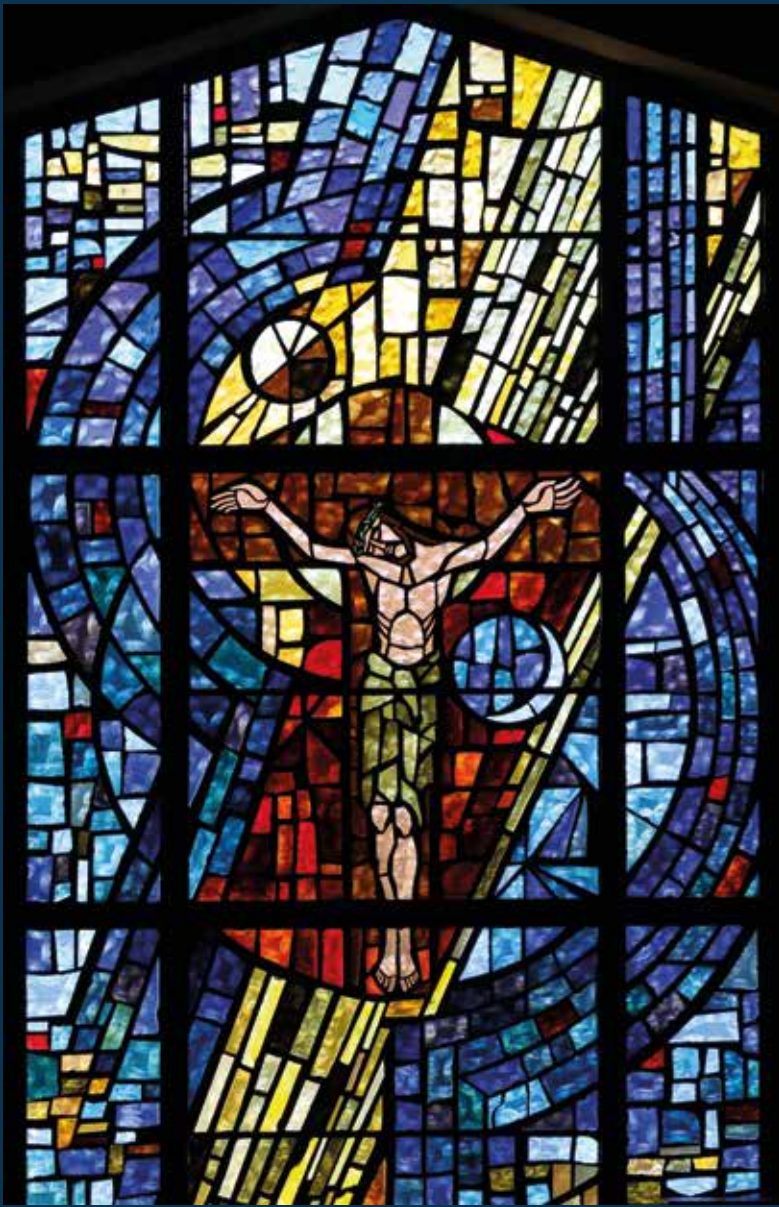
- Obesity does not happen overnight. It develops gradually over time, as a result of poor diet and lifestyle choices
- The fundamental cause of obesity and being overweight is an energy imbalance between calories consumed and calories expended due to increased intake of energy-dense foods that are high in fat and sugars.
- The average physically active man needs about 2,500 calories and woman 2000 calories a day to maintain a healthy weight.
- Lack of physical activity is another important factor related to obesity.
- Some rare genetic conditions that can cause obesity. There is no reason why most people cannot lose weight.
- Underlying medical conditions like underactive thyroid gland (hypothyroidism) may contribute to weight gain. However, if these conditions are properly diagnosed and treated, they should pose less of a barrier to weight loss.
- Certain medicines, including some corticosteroids, medications for epilepsy, diabetes and mental illness can contribute to weight gain.

### Practical tips for managing weight

- There is no single rule that applies to everyone, but to lose weight at a safe and sustainable rate of 0.5 to 1kg a week, most people are advised to reduce their energy intake by 600 calories a day.
- Swap unhealthy and high-energy food choices – such as fast food, processed food and sugary drinks (including alcohol) – for healthier choices.
- Eat at least five portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.
- Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose higher fibre or wholegrain varieties, such as whole-wheat pasta, brown rice or potatoes with their skins on.
- Cut down on saturated fat, which is found in many foods, such as fatty cuts of meat, sausages, butter cheese, processed food. When you are having meat, choose lean cuts and cut off any visible fat. Choose foods with unsaturated fats such as vegetable oils and spreads, oily fish.
- Avoid crash dieting. Trying to lose weight quickly by crash dieting carries number of risks including of new health problems, vitamin deficiency and so on.
- Engage in regular physical activity. Exercise greatly increases your chance of long-term weight loss.
- Behaviour modification program can help you make lifestyle changes, lose weight, and keep it off. Steps to take include examining your current habits to find out what factors, stresses or situations may have contributed to your obesity. It also includes setting realistic weight loss goals.
- Although variety of over-the-counter and prescription weight loss drugs are available, it is always better to consult a doctor or nutritionists before taking any of them.

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





## Prayer for the Dead

November is the Month When we Think especially of those who have gone before us marked with the sign of Faith. Pray for your loved ones, friends and colleagues who have died using the following prayer

### Eternal Rest

Requiem aeternam dona eis Domine,  
et lux perpetua luceat eis.

Requiescant in pace.

Amen.

Eternal rest grant unto him/her (them), O Lord,  
and let perpetual light shine upon him/her (them).

May he/she (they) rest in peace.

Amen.



STELLA MARIS