



SEPTEMBER
2020

Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

Inside

Port Focus

Aberdeen, UK

Sunday at Sea

with Fr Pio Idowu

The Good Life

Tuberculosis

Growing in Faith

Sacramentals – Holy Water



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.



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

ABERDEEN, UK



➤ **According to the Guinness Book of Records, the Aberdeen Harbour is the oldest existing business in Great Britain established in 1136 by David I King of Scotland.**

Aberdeen the oil capital of Europe has seen the port transform over a period of almost 900 years into a modern state-of-the-art facility. The Harbour Board is currently undergoing the largest marine infrastructure development in the UK, construction of the new South Harbour will allow the much larger vessels which are being seen in the industry berth locally.

Over its many years in operation has seen many change from being the leading whitefish port in Scotland and one of the main trawling venues in Britain after Hull and Grimsby to currently being the major North Sea oil port in the UK with over 40 vessels daily operating the fields as far afield as the West of Shetland.

The port also caters for the Ferries that service the Orkney and Shetland isles and the many cargo vessels and cruise vessels that arrive in the northeast.

These days 'time is money' and even more so in the shipping industry, therefore seafarers have less time to take ship leave, this is why it is so important for the port chaplain and his three ship visitors to bring the Church to the vessels so they are available daily, working from their vehicles.

The Roman Catholic Church 'St Peter's' is 0.3 kilometres away from the Port or a 5-minute walk. The Local Port Chaplain Deacon Doug Duncan has an association with St Peter's Church, previously the permanent deacon there, his close relationship with the Parish Priest ensures that not only communion services can be held but Masses can also be celebrated on board when requested.

Union Street, the main City Centre and shopping area is only 0.3 kilometres from the port and one of the main shopping malls and supermarkets is within 0.5 kilometres. The main bus and train terminals are also within a 5 minute walk.

The local port chaplains' vehicle is used to transport seafarers to local venues or on shopping trips. Mobile MIFI units are available with all the necessary telephone top ups, reading and religious materials along with clothing and other practical and spiritual necessities.

Aberdeen has one of the largest Hospitals in the Grampian area, located on the Foresterhill site in Aberdeen, with around 900 inpatient beds. The local chaplain is often involved in visiting injured seafarers particularly fishermen which the International Labour Organisation classifies as one of the most dangerous professions.



Stella Maris Aberdeen, Fraserburgh & Peterhead

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Sunday at Sea with Fr Pio Idowu



**TWENTY THIRD SUNDAY
IN ORDINARY TIME**
6 SEPTEMBER 2020

GOSPEL MATTHEW 18:15-20

At that time:

Jesus said to his disciples,
"If your brother sins against you,
go and tell him his fault, between you and him alone.
If he listens to you, you have gained your brother.
But if he does not listen,
take one or two others along with you,
that every word may be confirmed
by the evidence of two or three witnesses.
If he refuses to listen to them, tell it to the Church;
and if he refuses to listen even to the Church,
let him be to you as a Gentile and a tax collector.
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.
Again I say to you,
if two of you agree on earth about anything they ask,
it will be done for them by my Father in heaven.
For where two or three are gathered in my name,
there am I in the midst of them."

THE GOSPEL AND YOU

In the Gospel for this Sunday, Our Lord teaches us the importance of fraternal correction. "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother."

Fraternal correction is the duty we all have, as private individuals, to admonish and reprove our neighbour whenever he or she is in error. It can be a painful process, and most times we all avoid it. But it must be done because not only is it an act of charity, because we seek the other person's good, it is also a divine command for Our Lord Himself said: "If your brother sins against you, go and tell him his fault..."

Charity demands that we should correct the fault of others as sweetly as possible and in private. Only when this fails may one have recourse to a public reprimand if necessary.

It is useful to pray about it first. If Christ is within us, then we will know how to help each other in true Christian charity. When we possess true love within our hearts it will be impossible for us to hurt our neighbour. Our only desire would be to seek his spiritual good.

**TWENTY FOURTH SUNDAY
IN ORDINARY TIME**
13 SEPTEMBER 2020

GOSPEL MATTHEW 18:21-35

Gospel Matthew 18:21-35

At that time:

Peter came up and said to Jesus,

"Lord, how often shall my brother sin against me, and I forgive him?

As many as seven times?"

Jesus said to him,

"I do not say to you seven times, but seventy times seven.

"Therefore the kingdom of heaven may be compared to a king

who wished to settle accounts with his servants.

When he began the reckoning,

one was brought to him who owed him ten thousand talents;

and as he could not pay,

his lord ordered him to be sold,

with his wife and children and all that he had, and payment to be made.

So the servant fell on his knees, imploring him,

'Lord, have patience with me, and I will pay you everything.'

And out of pity for him

the lord of that servant released him and forgave him the debt.

"But that same servant, as he went out,

came upon one of his fellow servants

who owed him a hundred denarii;

and seizing him by the throat he said,

'Pay what you owe.'

"So his fellow servant fell down and pleaded with him,

'Have patience with me, and I will pay you.'

He refused and went and put him in prison till he should pay the debt.

"When his fellow servants saw what had taken place, they were greatly distressed,

and they went and reported to their lord all that had taken place.

Then his lord summoned him and said to him,

'You wicked servant!

I forgave you all that debt because you pleaded with me;

and should not you have had mercy on your fellow servant,

as I had mercy on you?'

And in anger his lord delivered him to the jailers, till he should pay all his debt.

So also my heavenly Father will do to every one of you,

if you do not forgive your brother from your heart."

THE GOSPEL AND YOU

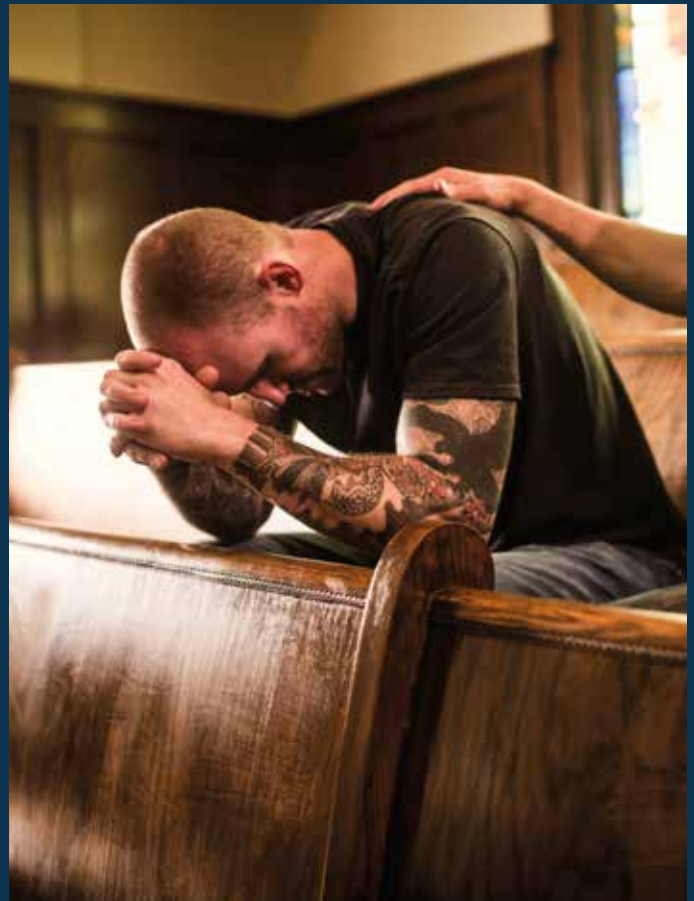
Today's Gospel is a follow-up to the Gospel of last Sunday. Peter seeks precision on the issue of reconciliation and asks the question: "*Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?*"

Peter thought he was making a generous offer because he knew how much the Jews were given to revenge. But it wasn't enough for Jesus, who replied: "*I do not say to you seven times, but seventy times seven.*" In other words, our forgiveness must be without limits, continuous. As many times as my brother shall offend me, so many times must I be ready to forgive him.

This is a teaching difficult for many to put into practice. Sometimes, the pain we have suffered from others reaches down into the depth of the soul that it is almost impossible to forget.

Yet, the Christian soul must always be ready to forgive, for this is the condition for obtaining God's pardon for ourselves. In the '*Our Father*', Jesus teaches us to pray: "*...and forgive us our trespasses as we forgive those who trespass against us.*"

When we find it difficult to forgive the wrongs of others, let us reflect on God's mercy towards us. In spite of our utter sinfulness, God has always been merciful to us. And in imitation of God's mercy, we too, must always be willing to forgive one another.



**TWENTY FIFTH SUNDAY
IN ORDINARY TIME**
20 SEPTEMBER 2020

GOSPEL MATTHEW 20:1-16

At that time:

Jesus told his disciples this parable:

"The kingdom of heaven is like a householder who went out early in the morning to hire labourers for his vineyard.

After agreeing with the labourers for a denarius a day, he sent them into his vineyard.

And going out about the third hour he saw others standing idle in the market place;

and to them he said,

'You go into the vineyard too, and whatever is right I will give you.'

So they went.

"Going out again about the sixth hour and the ninth hour, he did the same.

"And about the eleventh hour he went out and found others standing;

and he said to them,

'Why do you stand here idle all day?'

"They said to him, 'Because no one has hired us.'

"He said to them, 'You go into the vineyard too.'

"And when evening came, the owner of the vineyard said to his steward,

'Call the labourers and pay them their wages, beginning with the last, up to the first.'

"And when those hired about the eleventh hour came,

each of them received a denarius.

Now when the first came,

they thought they would receive more;

but each of them also received a denarius.

And on receiving it they grumbled at the householder, saying,

'These last worked only one hour, and you have made them equal to us who have borne the burden of the day and the scorching heat.'

"But he replied to one of them,

'Friend, I am doing you no wrong;

did you not agree with me for a denarius?

Take what belongs to you, and go;

I choose to give to this last as I give to you.

Am I not allowed to do what I choose with what belongs to me?

Or do you begrudge my generosity?'

So the last will be first, and the first last."



THE GOSPEL AND YOU

The parable of the householder is an invitation to missionary activity. There are many souls who do not yet know Christ. And these souls need to be invited to work in the Lord's vineyard.

In the labourers hired early in the morning, we recognise cradle Christians. While the other labourers, hired at various times during the day, represent those other souls, who later on in life, encounter Christ personally and give their lives to Him.

We should be grateful to God for the work of evangelisation that missionaries everywhere continue to carry out for the good of souls, inviting them to come and work in the Lord's vineyard.

But working in the Lord's vineyard is nothing else than winning souls for Christ. This is a duty incumbent on every Christian as members of God's household. St Gregory the Great says: "Each one should examine themselves to see how energetically they are working in the vineyard of the divine Sower. Perhaps we have not dedicated everything we have to the service of the Lord. The people who really work for him... are those who are anxious to win souls and bring others to the vineyard."

As people of the sea, we meet persons from different walks of life. There is great opportunity for apostolate, great opportunity to give witness to the Christian faith. May our good example inspire others to love Christ more and to give their lives to Him.

**TWENTY-FIRST SUNDAY
IN ORDINARY TIME**
27 SEPTEMBER 2020

GOSPEL MATTHEW 21:28-32

At that time:

Jesus said to the chief priests and the elders of the people,
 "What do you think? A man had two sons; and he went to the first and said, 'Son, go and work in the vineyard today.'
 "And he answered, 'I will not'; but afterward he repented and went.
 "And he went to the second and said the same; and he answered, 'I go, sir,' but did not go.
 Which of the two did the will of his father?"
 They said, "The first."
 Jesus said to them, "Truly, I say to you, the tax collectors and the harlots go into the kingdom of God before you. For John came to you in the way of righteousness, and you did not believe him, but the tax collectors and the harlots believed him; and even when you saw it, you did not afterward repent and believe him."

**"Doing God's Will is
the key to eternal life"**

THE GOSPEL AND YOU

Once, the Venerable Archbishop Fulton Sheen said: "I am only certain there will be three surprises in Heaven. First of all, I will see some people whom I never expected to see. Second, there will be a number whom I expected who will not be there. And – even relying on God's mercy – the biggest surprise of all may be that I will be there."

The doing of God's Will is the key to eternal life. This is the lesson we learn from the parable of the two sons. Obedience to God's Will requires a lot of humility and self-sacrifice. And the Master Himself gave us the supreme example of obedience.

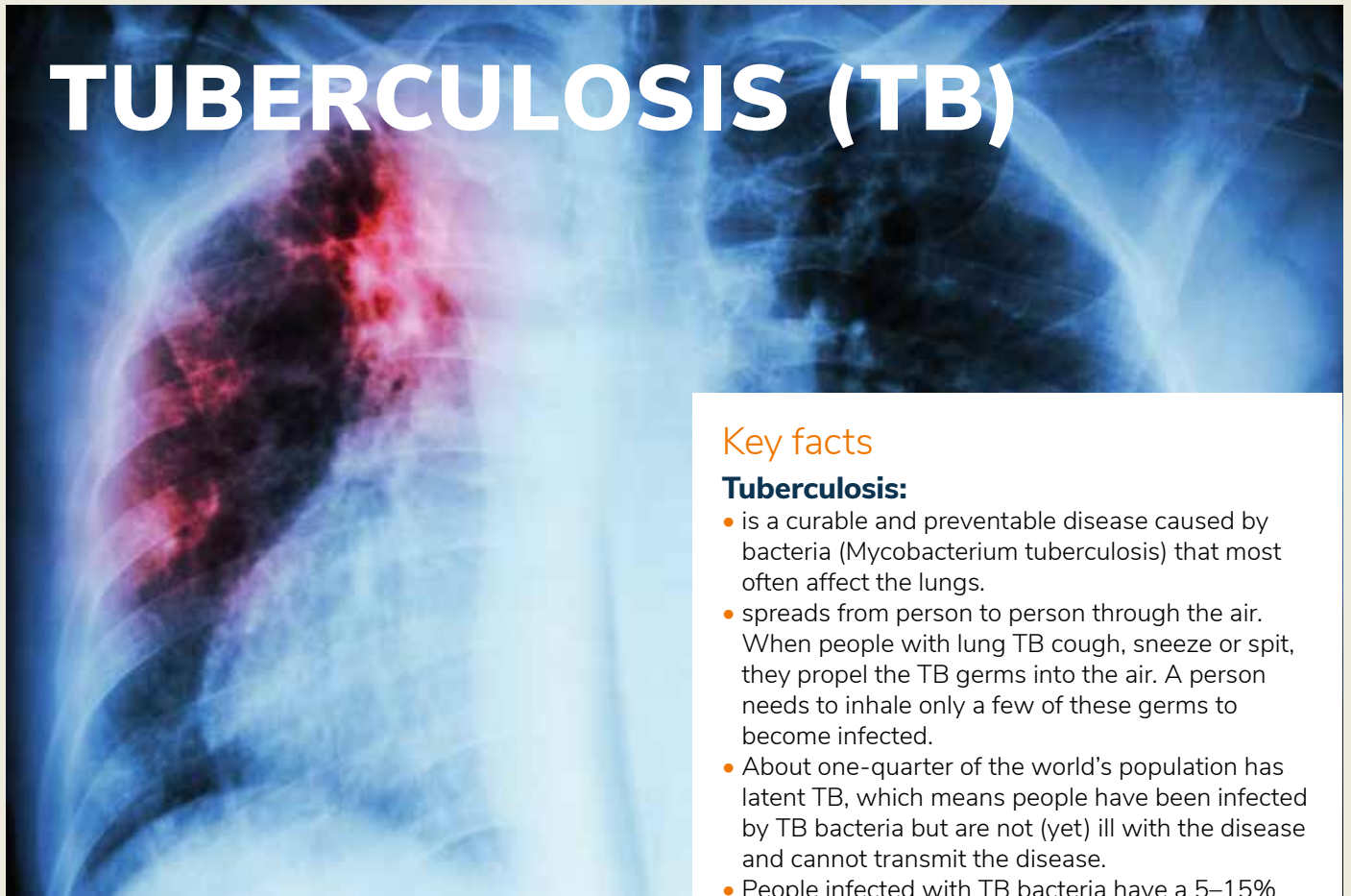
St Paul, in his Letter to the Philippians tells us that in obedience to the Father, the Second Person of the Most Holy Trinity, humbled Himself by taking up our human nature in order to suffer the most horrible death of the Cross.



But as a result of this supreme act of obedience, Jesus Christ is now exalted above all creation and every living thing must bend the knee before Him in adoration. In imitation of Christ, if we learn not to place limits on our obedience to God, we will eventually share in His glory.

This is the secret of all holiness and those in heaven lived by this principle.

TUBERCULOSIS (TB)



➤ **Tuberculosis (TB) is a curable and preventable disease, which mainly spreads from person to person through the air. Tuberculosis predominantly affects adults in their productive years. However, all age groups are at risk.**



Key facts

Tuberculosis:

- is a curable and preventable disease caused by bacteria (*Mycobacterium tuberculosis*) that most often affect the lungs.
- spreads from person to person through the air. When people with lung TB cough, sneeze or spit, they propel the TB germs into the air. A person needs to inhale only a few of these germs to become infected.
- About one-quarter of the world's population has latent TB, which means people have been infected by TB bacteria but are not (yet) ill with the disease and cannot transmit the disease.
- People infected with TB bacteria have a 5–15% lifetime risk of falling ill with TB. Persons with compromised immune systems, such as people living with HIV, malnutrition or diabetes, or people who use tobacco, have a higher risk of falling ill.
- In 2018, an estimated 10 million people fell ill with TB worldwide and a total of 1.5 million people died from TB in 2018 (including 251 000 people with HIV).
- TB can be diagnosed easily through rapid test called, Xpert MTB/RIF®. The test simultaneously detects TB and resistance to rifampicin, the most important TB medicine.
- People living with HIV are 19 (15-22) times more likely to develop active TB disease than people without HIV. HIV and TB form a lethal combination, each speeding the other's progress.

Health risks

- Tuberculosis mostly affects adults in their productive years. However, all age groups are at risk. Over 95% of cases and deaths are in developing countries.
- People who are infected with HIV are 19 times more likely to develop active TB .
- The risk of active TB is also greater in persons suffering from other conditions that impair the immune system. People with undernutrition are 3 times more at risk.
- Alcohol use disorder and tobacco smoking increase the risk of TB disease by a factor of 3.3 and 1.6, respectively.

Symptoms

Symptoms of TB disease depend on where in the body the TB bacteria are growing. TB bacteria usually grow in the lungs (pulmonary TB). Symptoms of TB disease in other parts of the body depend on the area affected.

TB disease in the lungs may cause symptoms such as:

- a bad cough that lasts 3 weeks or longer
- pain in the chest
- coughing up blood or sputum (phlegm from deep inside the lungs)

Other symptoms of TB disease are:

- weakness or fatigue
- weight loss
- no appetite
- chills
- fever
- sweating at night

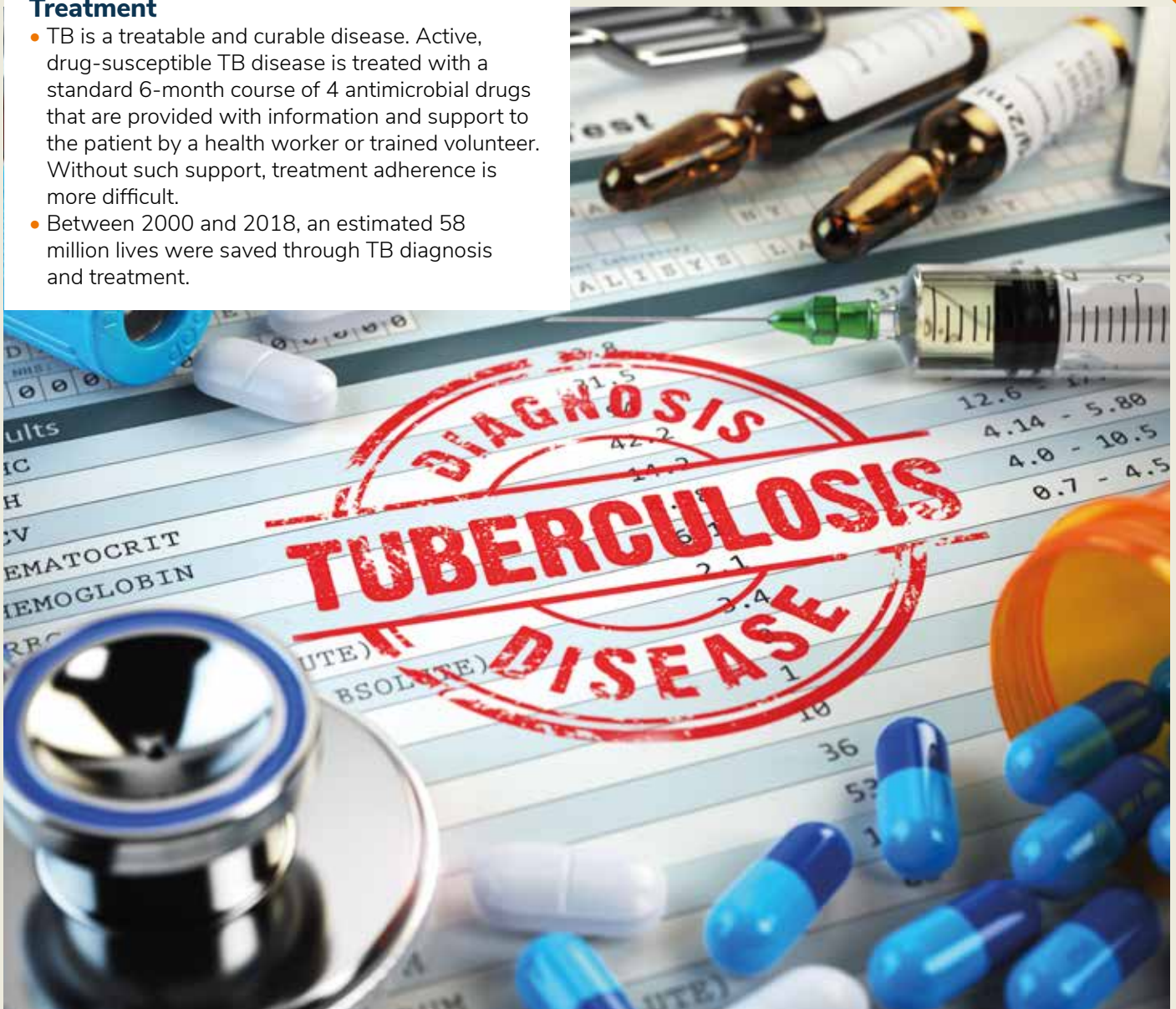
Treatment

- TB is a treatable and curable disease. Active, drug-susceptible TB disease is treated with a standard 6-month course of 4 antimicrobial drugs that are provided with information and support to the patient by a health worker or trained volunteer. Without such support, treatment adherence is more difficult.
- Between 2000 and 2018, an estimated 58 million lives were saved through TB diagnosis and treatment.

Prevention

- BCG vaccine offers excellent protection among children against the disseminated forms of TB. But protection against pulmonary TB in adults is variable.
- TB drug treatment for prevention also known as chemoprophylaxis can reduce the risk of a first episode of active TB. Many people who have latent TB infection may never develop TB disease. But some people with latent infection are more likely to develop TB disease than others like people with HIV infection or other immune deficient conditions; People who became infected with TB bacteria in the last 2 years and People who were not treated correctly for TB in past. If you have latent TB infection and you are in one of these high-risk groups, you should take medicine to prevent developing TB disease.
- Preventing TB transmission in households.

(Courtesy of the International Transport Workers' Federation)





SACRAMENTALS

HOLY WATER

What is a sacramental?

Sacramentals are things and actions through which the Church conveys a blessing. Some of these will be very familiar to most Catholics, like objects such as rosaries or holy medals, or common gestures such as the Sign of the Cross or genuflection.

A Reminder of Baptism

Holy water is one of the most common sacramentals and can easily be kept on board ship. Like food, water is essential to our earthly life. It is also one of the principal symbols of our Christian faith. Water is used above all in baptism, through which we become Christians and our life of faith begins.

A Biblical Sign

Throughout the whole history of salvation, water has been a sign of God's saving power. We might think of

the description of Creation in the Book of Genesis, when God's Spirit 'moved on the waters' (Genesis 1:1). Again, later in Genesis the great flood is a symbol of God's power to make an end of sin, and to give humanity a new beginning: Noah's ark, afloat on the waters, symbolises the Church in which we are saved and faith itself, which is bestowed to us upon the waters of baptism (Genesis 6:14). In the Book of Exodus we hear how God led his chosen people through the Red Sea, bringing them to the Promised Land and wiping out their enemies (Exodus 14:28). In the New Testament as well, water is a powerful sign of God's salvific action – seen for instance at the moment of Christ's own Baptism in the Jordan, the beginning of his public ministry (Mark 1:9). Later, blood and water will flow from his side on the Cross (John 19:34) – which the Fathers of the Church see as symbolising the sacraments, flowing from the Heart of the Saviour.

Holy water

Given all this rich imagery, it is little wonder that the Church uses water frequently. It is not only essential to baptism, but, blessed in another form, it becomes holy water. This holy water will in turn be used by the ministers of the Church in performing many other acts of blessing. It can also be used by the faithful for their own private devotions.

Although it is distinct from the water used in baptism, holy water is nevertheless related to it. Ideally, holy water should be blessed on a Sunday, the day of Resurrection, recalling the Easter ceremonies when the font is solemnly blessed and catechumens baptised. In the Extraordinary Form of the Roman Rite, the principal Mass of every Sunday begins with the *Asperges*, or sprinkling of holy water, accompanied by the words of Psalm 50: 'washed by thee I shall be whiter than snow' (or in Eastertide, by the words of Psalm 117: 'I saw water flowing from the right side of the temple'). This is also an option in the Ordinary Form. Similarly, we will always find stoups (bowls) of holy water just inside the doors of a Catholic church: this too is a reminder of our baptism, through which we entered the Church of Christ. Whenever we enter a church, therefore, we should dip the fingers of our right hand in the holy water and make the Sign of the Cross – not hurriedly and carelessly, but reverently, reminding ourselves of the great gift of faith.

Water used in blessings

How else can holy water be used? As noted above, it is often used by priests and deacons in performing

many blessings – for example, blessings of homes, of cars, wedding rings etc. Lay people can also take holy water home with them to use in private devotion. Most churches will have some form of urn or jug where you can easily obtain holy water – it should be taken home in a clean bottle or other vessel used only for that purpose. Once at home, you can place your holy water in a stoup, similar to that in church. Some Catholics like to have a stoup near their front door, to bless themselves on going in or out. Others like to have it near their bed, and bless themselves before going to bed: this is a particularly nice form of devotion for children.

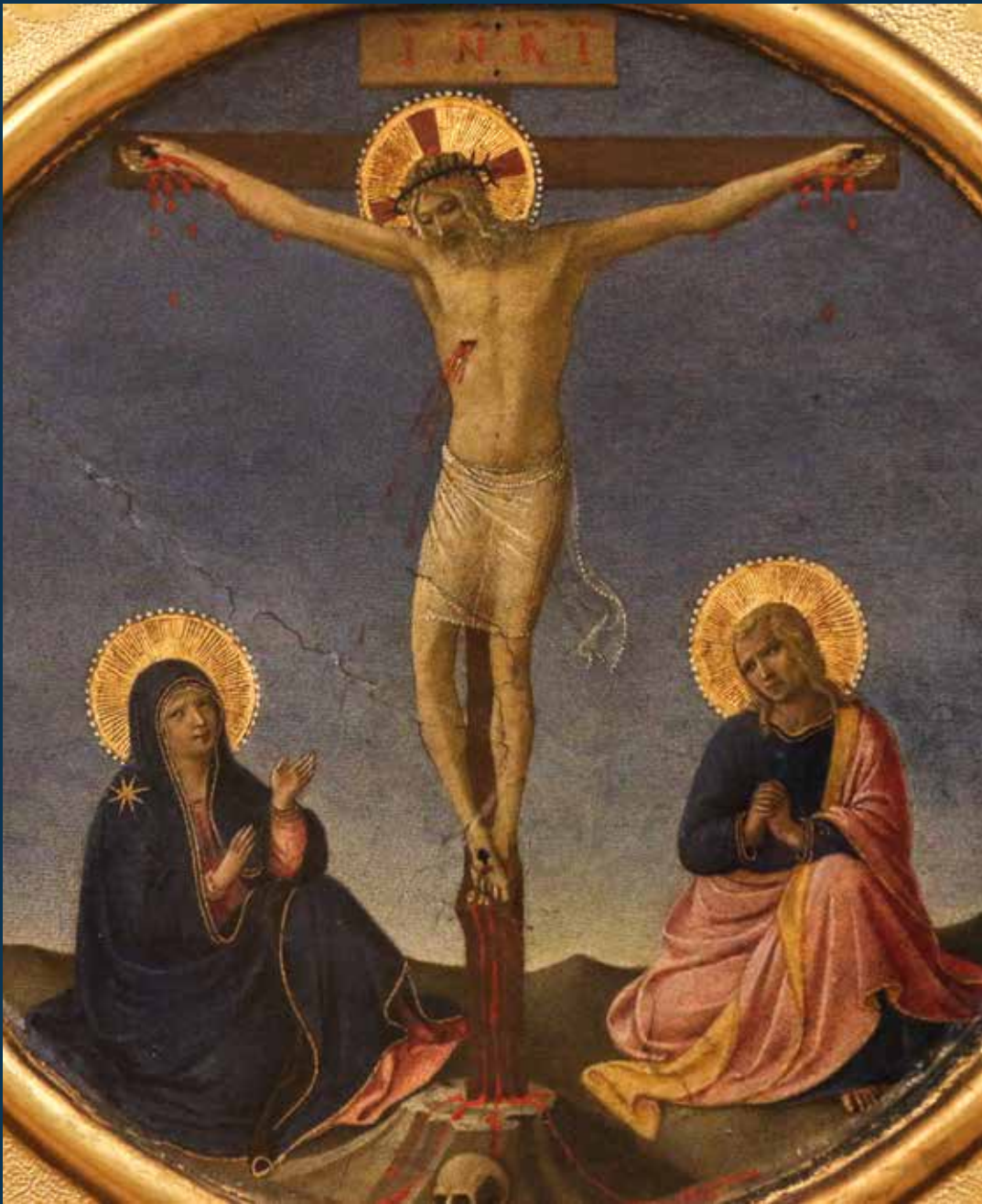
Traditionally salt is added to holy water, to keep it pure and clean for longer. However, if holy water begins to go green, it can of course be poured away: however, you should dispose of it reverently, and always pour it onto clean ground.

Water from Shrines

In a separate category we can place water brought from recognised shrines, such as Lourdes. This is not strictly speaking 'holy water' since it has not been blessed, other than by being in contact with a sacred site. Nevertheless, it can count as a sacramental – and can be used for private devotion in the same way as the holy water described above.

An extract from 'Sacramentals' by Fr Richard Whinder
© Catholic Truth Society www.ctsbooks.org





Prayer Before a Crucifix

O good and dearest Jesus,
I kneel before You.
With great sorrow and grief
I look upon your five wounds
and think about them.
With all my heart
I ask You
to place in my heart
more faith, hope and charity.
Give me a true sorrow for my sins
and a strong will to do better.

Amen



STELLA MARIS

