



JULY
2021

Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

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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.

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



KØGE, DENMARK

The Port of Køge is one of Denmark's oldest ports and the first to welcome Stella Maris Nordic when we started in January 2021. The first ship visits in the Port of Køge were in Christmas 2020. National Director, Deacon David Noval, reports that the collaboration with the Port of Køge works perfectly to everyone's satisfaction - not least the seafarers.

The Port used to lie further inland in the past, but there have been maritime activities in Køge for thousands of years. However, Køge has greater aspirations and doubled the size of Port of Køge between 2007 and 2017, which was the largest construction project Køge has ever seen. The project involved expanding Port of Køge by adding 2,300 metres of new wharf space, a water depth of 9.5 m, and a new

47.5-hectare site for commercial activities plus a unit terminal. A total expansion of 725.000 m². Køge is an active and dynamic port, with lots of traffic and further growth expected in the future.

The expansion allows Port of Køge to receive ships up to 200 m LOA and 30 m wide. The Port is equipped with modern facilities – wet and dry loading, bulk goods, tankers, and other types of shipping.

The city of Køge was first recognized as an official market town in 1288. The city suffered during the wars between Denmark and Sweden (1643–1720). The battle of Køge Bay took place on 4 October 1710. Denmark had 26 ships of the line and 5 frigates with 1808 guns, and Sweden had 21 ships of the line and several frigates with 1512 guns. The Danish ship

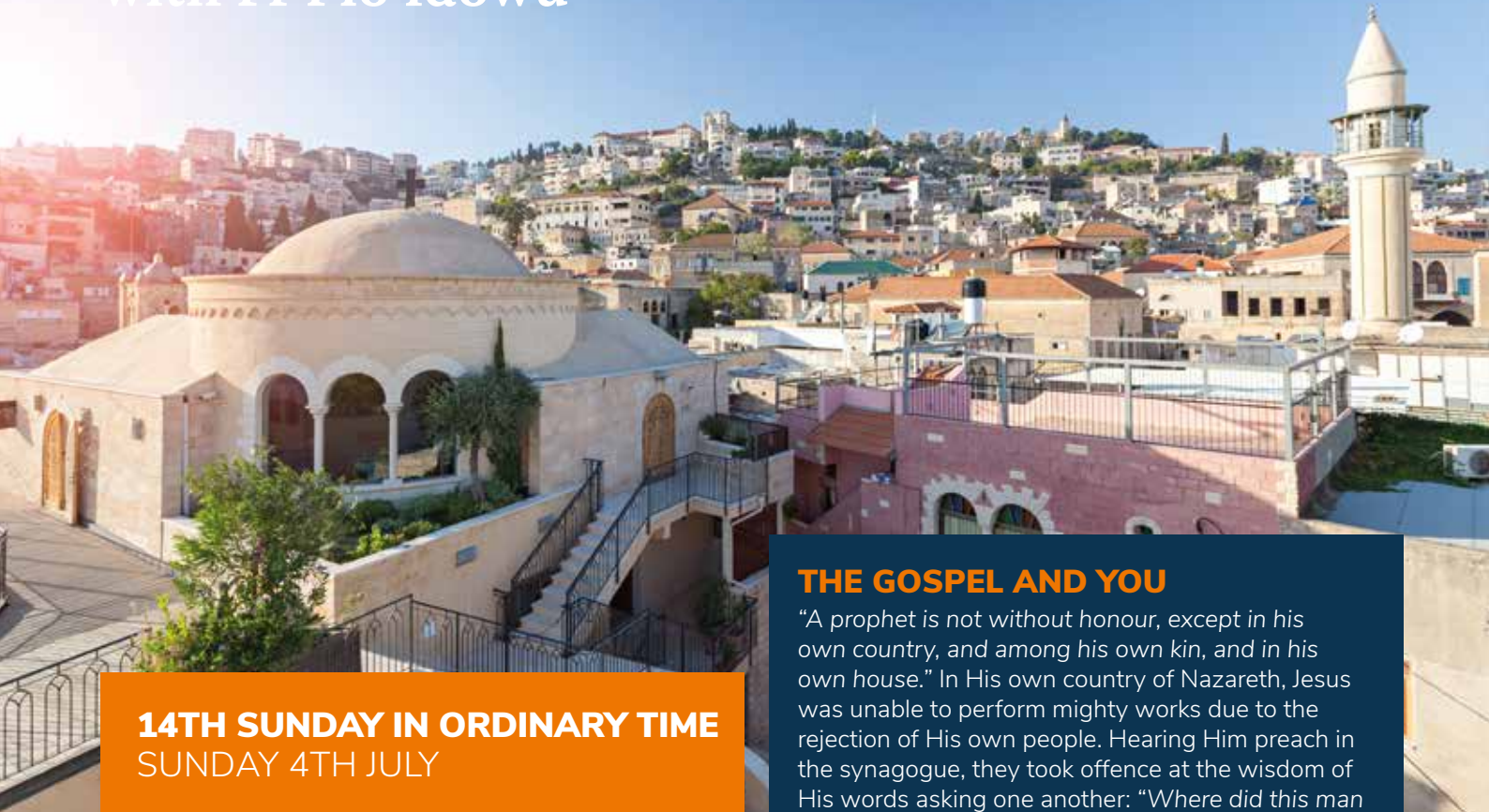
Dannebrog exploded and of the 550-man crew only 9 survived. The Swedish ships Tre Kronor and Prinsessan Ulrika Eleonora ran aground. Because of the weather the battle could not continue. However, the Swedish fleet managed to sink and capture a Danish convoy of transport ships that were supposed to embark a Russian invasion force in Danzig. The action in Køge Bay checked those Russian invasion plans of Sweden.

In 1807, the town and surrounding area was the scene of the Battle of Køge between British and Danish troops. Køge remained a small town until the late 19th century, when industrial development and population growth began. Today, Køge form the core of the 18th most populous urban area in Denmark.



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Sunday at Sea with Fr Pio Idowu



14TH SUNDAY IN ORDINARY TIME
SUNDAY 4TH JULY

GOSPEL MARK 6:1-6

Jesus came to his own country;
and his disciples followed him.
And on the sabbath he began to teach in the synagogue;
and many who heard him were astonished, saying,
“Where did this man get all this?
What is the wisdom given to him?
What mighty works are wrought by his hands!
Is not this the carpenter, the son of Mary
and brother of James and Joses and Judas and Simon,
and are not his sisters here with us?”
And they took offence at him.
And Jesus said to them,
“A prophet is not without honour, except in his
own country,
and among his own kin, and in his own house.”
And he could do no mighty work there,
except that he laid his hands upon a few sick people
and healed them.
And he marvelled because of their unbelief.
And he went about among the villages teaching.

**“In many ways Christ has
blessed us and continues
to do so.”**

THE GOSPEL AND YOU

“A prophet is not without honour, except in his own country, and among his own kin, and in his own house.” In His own country of Nazareth, Jesus was unable to perform mighty works due to the rejection of His own people. Hearing Him preach in the synagogue, they took offence at the wisdom of His words asking one another: “Where did this man get all this? What is the wisdom given to him? What mighty works are wrought by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?”

“Familiarity breeds contempt” is a well-known proverb and this was surely the case of the inhabitants of Nazareth who had watched Jesus grow. Before coming to Nazareth as an adult, Jesus had already gained the reputation of a prophet and miracle-worker. But by calling Him the carpenter, His own townsmen made reference to His lowly birth and humble parentage and manifested their envy and scepticism. Their rejection and unbelief prevented Jesus from working miracles in their midst.

Nothing can limit the power of Christ who does whatever He wills. But faith in Him is a necessary condition for His power is to be effective in our lives. Many today do not experience the saving power of Christ because they do not believe in Him. The unbelief we speak of here is of those who come to know Christ but then reject Him out of pride.

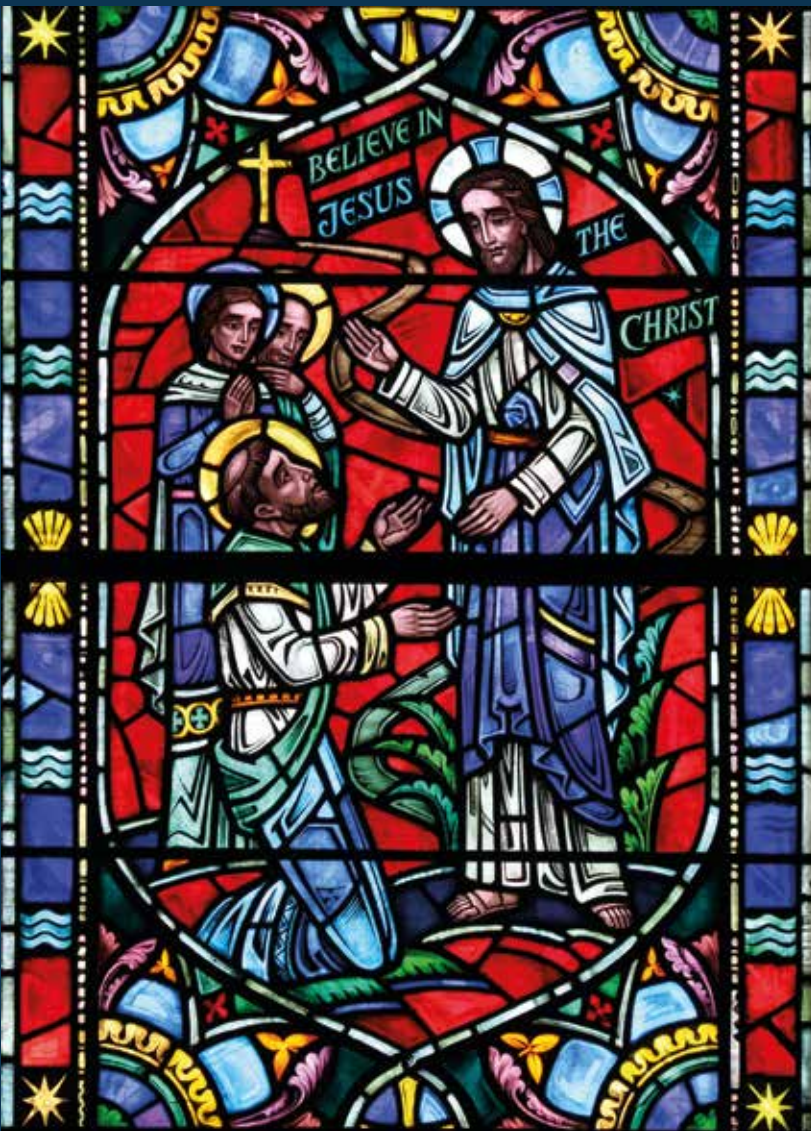
In many ways Christ has blessed us and continues to do so. But the graces He sends us will not be effective in our lives if we are not well disposed. Humility opens our hearts and disposes us to receive well the graces God wishes to send us. Let us ask Mary, the humble Virgin of Nazareth to help us obtain the grace of humility.

15TH SUNDAY IN ORDINARY TIME

SUNDAY 11TH JULY

GOSPEL MARK 6:7-13

Jesus called to him the Twelve, and began to send them out two by two, and gave them authority over the unclean spirits. He charged them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not put on two tunics. And he said to them, "Where you enter a house, stay there until you leave the place. And if any place will not receive you and they refuse to hear you, when you leave, shake off the dust that is on your feet for a testimony against them." So they went out and preached that men should repent. And they cast out many demons, and anointed with oil many that were sick and healed them.



THE GOSPEL AND YOU

"Jesus called to him the Twelve, and began to send them out two by two, and gave them authority over the unclean spirits." The apostle is one who is sent off as an ambassador or envoy for the purpose of conveying a message. The Twelve apostles were sent off as representatives of Christ, to preach His Gospel and to invite men to repentance. To help them fulfil their mission He gave them power to work miracles and to cast out demons.

He also gave them very clear instructions: "He charged them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not put on two tunics." These instructions meant that they were to carry out their mission in a spirit of complete detachment and with absolute trust in divine providence. Jesus and the Apostles practised the ideal of evangelical poverty which is today lived by members of the religious orders who take the vow of poverty.

They were also to avoid moving from house to house but to stay in one place, not allowing room for human respect. Most certainly, they would face rejection, but they were not to become discouraged instead "... shake off the dust that is on your feet for a testimony against them."

Every baptised Christian is sent out to be an ambassador of Christ, to give witness to Him, to preach His Gospel and to call men back to repentance. Sometimes this can be difficult especially when rejection comes from those who are closest to us. But Christ asks us to put our complete trust in Him and never to give in to discouragement. The Christian disciple must never allow human respect to dictate his or her actions. The Christian must proclaim the Gospel clearly and simply as the only means of eternal salvation.

"Every baptised Christian is sent out to be an ambassador of Christ."

16TH SUNDAY IN ORDINARY TIME

SUNDAY 18TH JULY

GOSPEL MARK 6:30-34

At that time:

The apostles returned to Jesus,
and told him all that they had done and taught.

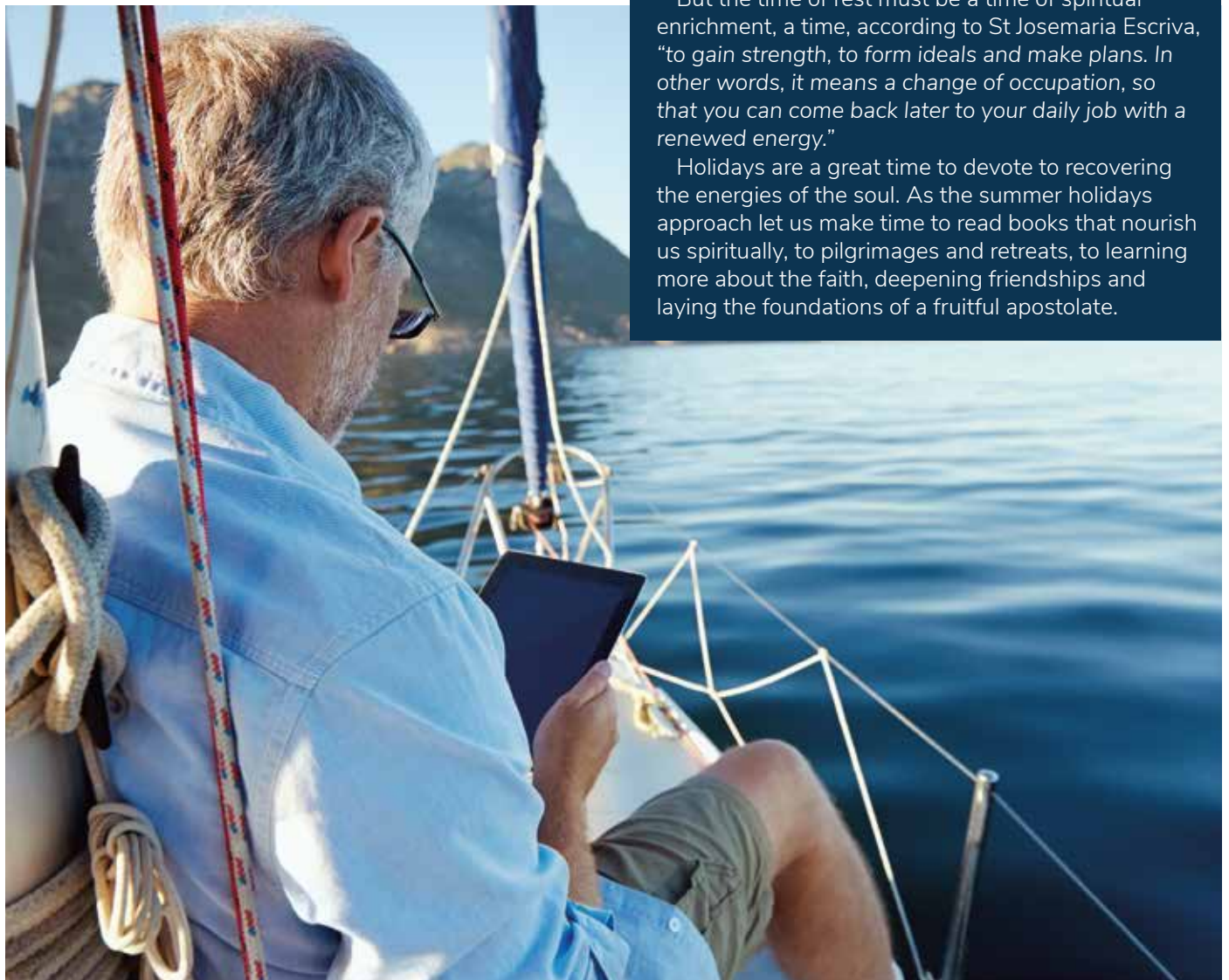
And he said to them,
"Come away by yourselves to a lonely place, and rest
a while."

For many were coming and going,
and they had no leisure even to eat.

And they went away in the boat to a lonely place by
themselves.

Now many saw them going, and knew them,
and they ran there on foot from all the towns,
and got there ahead of them.

As he landed he saw a great throng,
and he had compassion on them,
because they were like sheep without a shepherd;
and he began to teach them many things.



THE GOSPEL AND YOU

The apostles had just returned from their missionary journey and full of enthusiasm, they told Jesus all that they had done and taught. And Jesus, ever so solicitous for the physical as well as the spiritual wellbeing of His disciples, said to them: "Come away by yourselves to a lonely place, and rest a while." St Mark the Evangelist explains why Jesus wanted His disciples to rest: "For many were coming and going, and they had no leisure even to eat."

The Book of Genesis teaches the importance of balance between work and rest and Pope St John Paul II affirmed that "Man ought to imitate God both in working and also in resting, since God Himself wished to present His own creative activity under the form of work and rest." Even the disciple of Christ who must work tirelessly for the salvation of souls must also find time for rest so as to be more effective in the apostolate. It is the will of God that we take care of our own physical and spiritual wellbeing. And in fact, St Augustine says: "See how much God loves us, my brethren, because when we rest, it is really He who rests!"

But the time of rest must be a time of spiritual enrichment, a time, according to St Josemaria Escriva, "to gain strength, to form ideals and make plans. In other words, it means a change of occupation, so that you can come back later to your daily job with a renewed energy."

Holidays are a great time to devote to recovering the energies of the soul. As the summer holidays approach let us make time to read books that nourish us spiritually, to pilgrimages and retreats, to learning more about the faith, deepening friendships and laying the foundations of a fruitful apostolate.

17TH SUNDAY IN ORDINARY TIME

SUNDAY 25TH JULY

GOSPEL JOHN 6:1-15

At that time:

Jesus went to the other side of the Sea of Galilee, which is the Sea of Tiberias.

And a multitude followed him, because they saw the signs which he did on those who were diseased.

Jesus went up into the hills, and there sat down with his disciples.

Now the Passover, the feast of the Jews, was at hand.

Lifting up his eyes, then, and seeing that a multitude was coming to him, Jesus said to Philip, "How are we to buy bread, so that these people may eat?"

This he said to test him, for he himself knew what he would do.

Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little."

One of his disciples, Andrew, Simon Peter's brother, said to him,

"There is a lad here who has five barley loaves and two fish;

but what are they among so many?"

Jesus said, "Make the people sit down."

Now there was much grass in the place; so the men sat down, in number about five thousand.

Jesus then took the loaves, and when he had given thanks,

he distributed them to those who were seated; so also the fish, as much as they wanted.

And when they had eaten their fill, he told his disciples, "Gather up the fragments left over, that nothing may be lost."

So they gathered them up and filled twelve baskets

with fragments from the five barley loaves, left by those who had eaten.

When the people saw the sign which he had done, they said,

"This is indeed the prophet who is to come into the world!"

Perceiving then that they were about to come and take him by force to make him king,

Jesus withdrew again to the hills by himself.

"Everyone ate and had their fill, and the leftovers were sufficient enough to fill twelve baskets."

THE GOSPEL AND YOU

The multitude that followed Jesus had greatly increased "because they saw the signs which he did on those who were diseased." The desire to be blessed by him made them leave their homes and affairs and forget their own personal needs. But the Lord was ever mindful of their material and spiritual wellbeing and for this reason, upon seeing the large multitude, He said to Philip: "How are we to buy bread, so that these people may eat?"

St John tells us that Jesus knew what He was going to do. He only asked the question to test Philip. Philip's answer did not offer any hope: "Two hundred denarii would not buy enough bread for each of them to get a little." Two hundred denarii was the equivalent of the wages of a labourer working six days a week for eight months. Andrew's offer of a lad with five barley loaves and two fish was also not encouraging but was enough for Jesus.

He commanded that the people be made to sit down, and He blessed the loaves and fish which were then distributed to the five thousand men. Everyone ate and had their fill, and the leftovers were sufficient enough to fill twelve baskets. This miracle of the multiplication of the bread is a prefiguration of the mystery of the Holy Eucharist in which Our Lord gives Himself as food for the nourishment of soul and body.

But this miracle also teaches the important lesson of trust in God whenever we encounter difficulties in the Christian life. Our human efforts may be wholly inadequate in surmounting difficulties just as the five loaves and two fish. But this is all that Christ needs, our weak human efforts in order to work miracles of grace and sanctification. We must have faith in Him and never be discouraged because His grace will always supply for what is lacking in human nature.



Dengue Fever:

is a viral infection spread by mosquitoes. It is widespread in many parts of the world and is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas



- The virus responsible for causing Dengue, is called dengue virus (DENV). There are four DENV serotypes, meaning that it is possible to be infected four times.
- Mosquitoes bite during the day, usually early in the morning or in the early evening before dusk.
- Infection is usually mild and passes after about 1 week without causing any lasting problems. But in rare cases it can be very serious and potentially life threatening.
- There is no specific treatment or widely available vaccine for Dengue, so it is important to avoid being bitten by mosquitoes when visiting an area where the infection is found.
- The global incidence of Dengue has grown dramatically in recent decades. About half of the world's population is now at risk and there are an estimated 100-400 million infections each year.

Health risks

- Dengue causes a wide spectrum of disease. This can range from subclinical disease where people are not aware of infection to severe flu-like symptoms.
- Although less common, some people develop severe Dengue, which can be any number of complications associated with severe bleeding, organ impairment.
- Severe Dengue has a higher risk of death when not managed appropriately. Severe Dengue affects most Asian and Latin American countries and has become a leading cause of hospitalization and death among children and adults in these regions.

Symptoms

- Symptoms usually develop suddenly, about 5 to 8 days after you become infected. The symptoms normally pass after about 1 week, although you may feel tired and unwell for several weeks afterwards.
- Symptoms include a high temperature, feeling hot or shivery, severe headache, muscle/joint pain and pain behind eyes.
- Symptoms can also include a widespread red rash, tummy pain and loss of appetite
- In rare cases Dengue can be very serious and potentially life threatening. This is known as severe Dengue or Dengue haemorrhagic fever. People who have had Dengue before are thought to be most at risk of severe Dengue if they become infected again.
- Signs of severe Dengue can include severe tummy pain with swollen tummy, vomiting blood and bleeding gums or bleeding under the skin

Treatment

There is no cure or specific treatment for dengue. Treatment is directed primarily at relieving the symptoms. If you get infected by the virus:

- Take plenty of rest
- Drink fluids to prevent dehydration. If you're currently abroad, if possible, only drink bottled water from a bottle that was properly sealed
- Take medicine such as acetaminophen or paracetamol to reduce fever and pain.

- Do not take aspirin and other non-steroidal anti-inflammatory drugs until Dengue can be ruled out to reduce the risk of bleeding.
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.
- You should start to feel better after 1 week, although it may take few weeks to feel your normal self again. Get medical advice if your symptoms persist.
- For severe Dengue, medical care by physicians and nurses, experienced with the effects and progression of the disease, can save lives.

Prevention

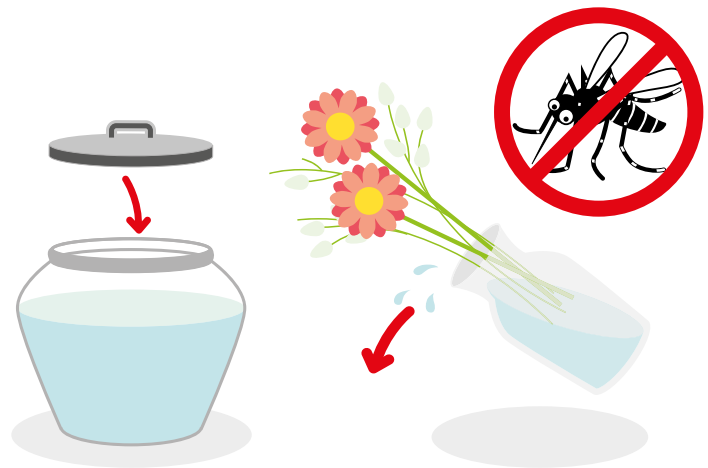
The best way to prevent dengue and other diseases that are transmitted by mosquitoes is by preventing mosquito bites when you travel to one of the infection countries:

- Use insect repellent. Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Wear loose but protective clothes- mosquitoes can bite through tight-fitting cloths. Trousers, full sleeve and preferably light-coloured that cover as much of the body are the best.
- Use physical barriers such as screens, closed doors and windows and sleep under mosquito nets.

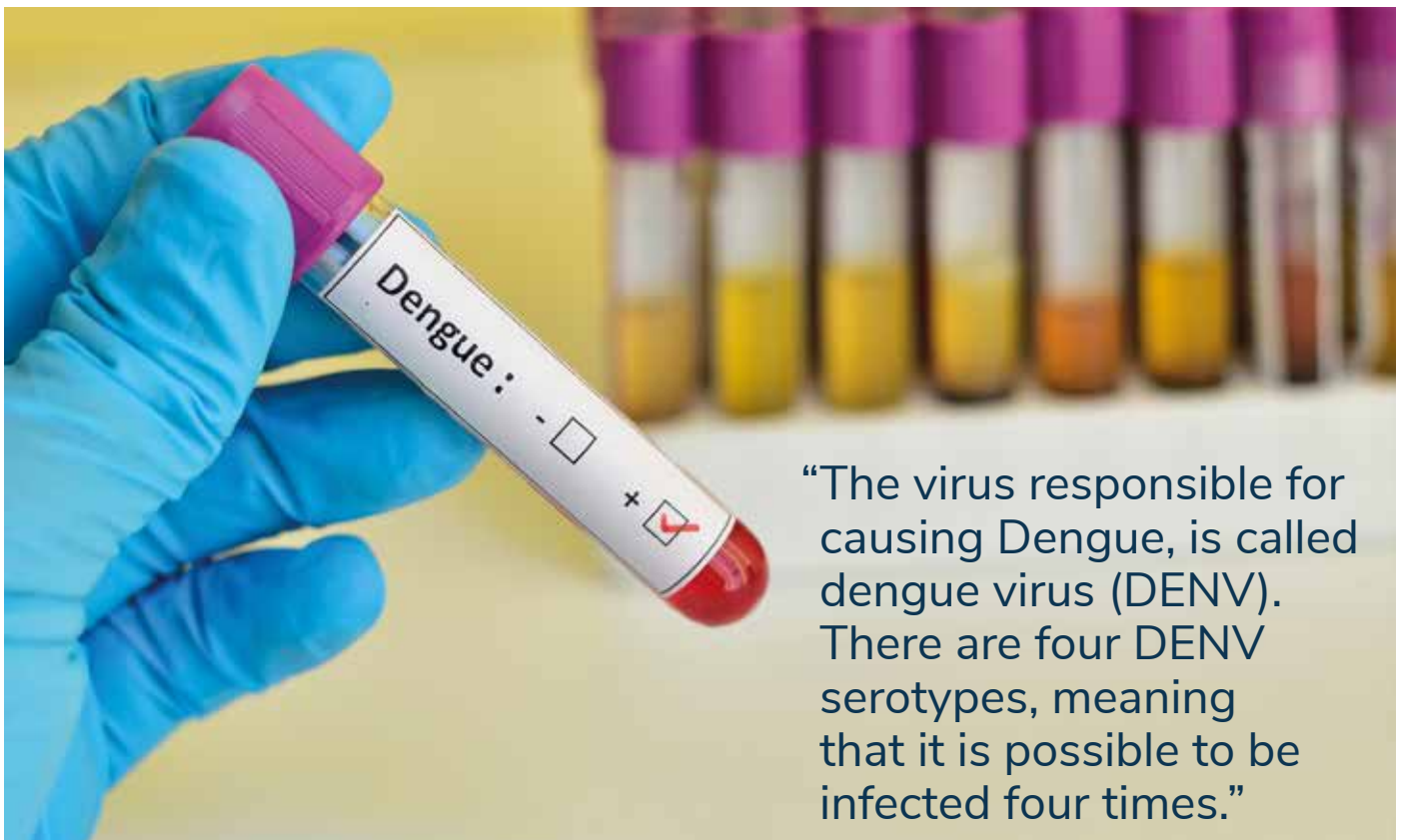
Additional health information to transport workers who travel in between countries

Dengue fever infection rates vary in different parts of the world. Many transport workers travel beyond national boundaries. If you are in a country, where there is an outbreak of Dengue; you need to be extra careful and protect yourself.

As medical advancement is always happening the ITF will periodically update this information, as necessary. You can also keep yourself updated on Dengue infection from the WHO website.



“Empty, clean or cover containers that hold water – such as buckets – so that places where mosquitoes can breed are removed.”



“The virus responsible for causing Dengue, is called dengue virus (DENV). There are four DENV serotypes, meaning that it is possible to be infected four times.”



BLESSED CARLO ACUTIS AND SOCIAL MEDIA

By Fr Michel Remery

BLESSED CARLO ACUTIS – 1991-2006 – ITALY – FEAST: 12TH OCTOBER

Many saints would have jumped at the chance to have an instant way to communicate God's Truth with millions of people. Today we are privileged to have that sort of communication at our finger tips via the internet, so how can Catholics take advantage of it? One young computer geek who is now on his way to canonisation illuminates the way ahead for us, with the wonderful example of his life. Carlo Acutis may have only been 15 when he died, but he lived a life of holiness and took advantage of his skills with computers to tell people about God, by creating a comprehensive catalogue of Eucharistic miracles.

HOW DO I AVOID AN ADDICTION TO SOCIAL MEDIA? CAN I SERVE GOD ON MY COMPUTER?

Carlo was a computer geek. He was born in London, England, and grew up in Milan, Italy. His great passion was computers, and he had a vast knowledge of programming. He created websites, designed leaflets and edited films or comics. He also found time to do volunteer charity work in an orphanage and with elderly people. He loved to joke and laugh, but also tried to treat everyone well. The most important thing for him was: **'To always be close to Jesus, that's my life plan.'**

From an early age, he had a **great devotion to the Eucharist and tried to attend Mass every day**, first surprising his parents, then taking them with him. He called the Eucharist **'my highway to heaven.'** Before or after Mass he prayed in front of the tabernacle, where the sacrament of the Eucharist is preserved. He also had a **great love for Mary, and often prayed the rosary.** Probably this is why, in 2006, he was able to accept his diagnosis of acute leukemia with such faith and calmness. In his prayer, he offered his pain to God for Pope Benedict XVI and the Church. He died a few days later at the age of 15.

ADDICTION

There are various reasons why social media can be addictive, for example:

- You can feel obliged to interact because of real or presumed peer pressure.
- With so much going on online, it is easy to fear missing out on something.
- A 'like' can make you feel good, but the lack of it can make you uncertain.
- Seeing others on an outing without you can make you feel excluded.
- Comparing yourself to others can boost your self-esteem, but the contrary is also true.

Do you notice that most of these reasons are **linked to your ego and your self-image?** It is good to realise who and what you are in yourself, and in the eyes of God, before comparing yourself with others. Carlo said: **'All people are born as originals but many die as photocopies.'** You are unique, so a comparison with other people only brings you part of the way. Be yourself! When you are happy with the way God created you, you will look at yourself, the world — and social media — in a different way. It is easy to spot what you could have had, but much more gratifying to look at all you are and have right now.

URGENT OR IMPORTANT?

Another point Carlo made is that we spend so much time on superfluous things, while often forgetting what is really important — your relationship with God, or visiting someone who is lonely, for example. Reacting on social media seems urgent, for your phone gives you notifications all the time. **But is it really that important?** Only you can answer that question. Considered calmly, you might have wanted to spend some of the time you used to check out new posts or interact online differently. Be happy with who you are, without comparison with others, and choose consciously how you use your time. Your computer skills can be of great use for proclaiming the gospel online.

NOT ONLY GEEKS

Carlo had a great desire to share his faith with others. For example, **he built a website about Eucharistic miracles.** He used his computer skills and experience with modern means of online communication to speak of the love of God online. You can do the same — in your very own way. Every Christian is called to help share the faith with others, wherever you are. **When you spend a lot of time online, it is only logical to speak of the faith there too.** You can like, share and retweet contributions by others, for example by Pope Francis, Tweeting with GOD (or even CTS). Or share an impressive quote by your favourite saint, like those in the app Online with Saints. Be inventive, for social media develops so quickly that your input is very much needed. What contribution can you give right now?

'I believe many people do not really understand the value of Holy Mass. Because if they were to realise the great treasure that the Lord gave us — offering himself as our food and drink in the Holy Eucharist — they would go to church every day to participate in the fruits of the Sacrifice which is being celebrated there. And they would renounce so many superfluous things!'

[Carlo Acutis, www.carloacutis.com]

A PRAYER TO THE BLESSED VIRGIN OUR LADY OF MOUNT CARMEL



O most beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me this my necessity. O Star of the Sea, help me and show me herein you are my Mother.

O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to succour me in this necessity; there are none that can withstand your power.

O, show me herein you are my Mother, O Mary, conceived without sin, pray for us who have recourse to thee.

Sweet Mother, I place this cause in your hands.



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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