

JULY - SEPTEMBER
2025



Stella Maris

SUPPORTING SEAFARERS AND FISHERS AROUND THE WORLD

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Dom Henry
Wansbrough OSB

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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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NEED HELP?



Please scan the
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us via WhatsApp
or SMS on
+44 7883 303529

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

MOMBASA KENYA



Port of Mombasa and Stella Maris Services

Stella Maris Mombasa serves the Port of Mombasa, which is the largest port in East Africa and serves seven countries in the region. Renowned for its efficiency, the port has become a vital hub for maritime traffic. It features nineteen deepwater berths, including six for container ships, with the remainder serving tankers, bulk and breakbulk cargo, and dhows. Specialized berths are designated for specific cargo such as bulk grains, soda ash, clinker and coal.

Recently, the port has seen a rise in cruise ship arrivals, boosting Kenya's tourism sector and contributing positively to the national economy.

Key Services Offered by Stella Maris

Stella Maris provides a range of practical, welfare and pastoral services to support seafarers, including:

- Ship visits to crews
- Support for local and abandoned seafarers
- Welfare services such as shopping, transport, SIM cards, gifts (including for Christmas and Easter), newsletters, and more
- Pastoral care including Mass, prayers, sacramentals, and faith materials
- Home visits to seafarers' families
- Celebrating Sea Sunday
- Collaborations with stakeholders, including a memorandum of understanding with the Kenya Maritime Authority

- Capacity building for fishers through training under the Fishers' Safety Project supported by IFFS
- Public engagement and advocacy through community forums and social media

Impact and Support

The donation of a van by the Clarkson Foundation through Stella Maris UK has greatly enhanced the transport capacity of Stella Maris, enabling more efficient service delivery and improving organizational visibility. This increased support has led to a 60% rise in ship visits – a strong indicator of the church's care for seafarers, offering them renewed hope and encouragement. This aligns with the Jubilee Year 2025 theme: Stella Maris – Pilgrims of Hope to the Marginalised.

Through ongoing partnerships, Stella Maris has also hosted visitors from military vessels who have supported local initiatives such as Mahali Pa Usalama, a rescue centre for children.

STELLA MARIS MOMBASA KENYA

Catholic Archdiocese of Mombasa
PO Box 84425 Mombasa-80100
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Working Hours

- Weekdays (Monday – Friday): 8:00 AM – 5:00 PM
- Saturday: 8:00 AM – 12:00 Noon

The Church Year at Sea

3 JULY

SAINT THOMAS, APOSTLE

St Thomas (first century), called 'the twin', is chiefly remembered for doubting the reality of the resurrection until he saw the Lord for himself. Once he was satisfied, he made a heartfelt profession of faith: 'My Lord and my God.' St Thomas, who probably suffered martyrdom as a result of preaching the Gospel in India, comforts us when our faith is weak, encourages us to persevere and demonstrates that 'every doubt can lead to an outcome brighter than any uncertainty' (Benedict XVI).



14 JULY

SAINT CAMILLUS DE LELLIS, PRIEST

St Camillus de Lellis (1550-1614) was born in Buccianico (Italy), and spent his youth as a soldier of fortune. Left penniless through gambling, he eventually found employment at a hospital for incurables in Rome. Influenced by St Philip Neri and others, he was ordained a priest by Thomas Goldwell, the last of the old English Catholic bishops. In 1584 St Camillus founded the Servants of the Sick (Camillians), who wore a red cross on their chests and vowed to serve the sick, even at the risk of their lives.



16 JULY

OUR LADY OF MOUNT CARMEL

This feast honours the Blessed Virgin as patroness of the Carmelite Order. It later came to be associated with a supposed vision of St Simon Stock, said to have taken place on 16 July 1251. Wearing the 'Brown Scapular', a symbol of the Carmelite habit, is a sign of trust in Mary's maternal help, especially at the hour of death.



24 JULY

**SAINT SHARBEL
MAKHLUF, PRIEST**

St Sharbel or Charbel (1828-1898) was born in Bekaa-Kafra (Lebanon) and became a Catholic Maronite monk, taking his vows at the monastery of St Maron, Annaya. From 1875 he lived as a hermit, with the Holy Eucharist as the source and summit of his life, and his reputation for holiness spread far and wide. He died on 24 December 1898, having suffered a stroke while celebrating Mass.



26 JULY

**SAINTS JOACHIM AND
ANNE, PARENTS OF THE
BLESSED VIRGIN MARY**

SS Joachim and Anne were the parents of the Blessed Virgin Mary and the grandparents of the Lord. They remind us that the Word truly became flesh in a particular family. Our devotion to them is an extension of our love of Mary and her divine Son.

POPE LEO'S PRAYER INTENTIONS FOR JULY**FOR FORMATION IN
DISCERNMENT**

Let us pray that we might again learn how to discern, to know how to choose paths of life, and reject everything that leads us away from Christ and the Gospel.

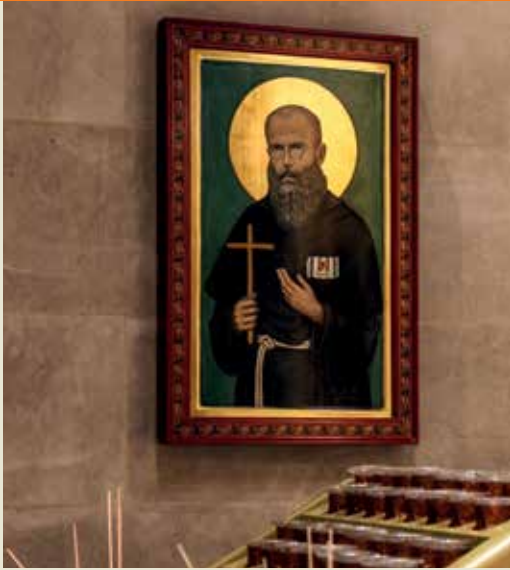
4 AUGUST**SAINT JOHN VIANNEY,
PRIEST**

St John Mary (Jean-Baptiste-Marie) Vianney (1786-1859) was born at Dardilly, near Lyons (France) and, despite finding his seminary studies difficult, was ordained a priest and spent forty-two years as Curé (parish priest) of Ars. Despite encountering much opposition, he reformed the parish, spent hours in the confessional and centred his life on the Holy Eucharist. Pius XI declared him patron of parish clergy.

**6 AUGUST****THE TRANSFIGURATION OF THE LORD**

The Transfiguration of the Lord on Mount Tabor came to strengthen the faith of the disciples, for trying times lay ahead: the Son of Man would be put to death and all that the human eye could see was weakness, humiliation and suffering. Beyond the shame of the cross, however, is the light and glory of Easter, and it is this that the Transfiguration reveals. It shows the disciples, and us, Christ's divinity – he who is Light from Light - and anticipates the glory of Heaven.





14 AUGUST

SAINT MAXIMILIAN MARY KOLBE, PRIEST AND MARTYR

St Maximilian Kolbe (1894-1941) was born near Łódź (Poland) and joined the Conventual Franciscans. Marked by an ardent devotion to the Blessed Virgin, who had appeared to him as a child, he set up the Militia Immaculata, preached Marian consecration and founded monasteries in Niepokalanów (Poland) and Nagasaki (Japan). Eventually imprisoned by the Nazis in Auschwitz, he offered himself in exchange for a father who was to be starved to death. St John Paul II canonised him in 1982 and proclaimed him the patron of the 'suffering' twentieth century.

15 AUGUST

THE ASSUMPTION OF THE BLESSED VIRGIN MARY

The Solemnity of the Assumption is, in some ways, the paramount feast of Our Lady, since it commemorates her passing, body and soul, into glory in Heaven, where she stands beside her Son 'in garments of gold'. Though the dogma of the Assumption was only defined in 1950, it was widely believed by the earliest Christians. The Blessed Virgin truly leads the way; she fulfilled her vocation in humility and, given her Immaculate Conception, the grave was no place for her body. Where she is now, we one day hope to be.

23 AUGUST

SAINT ROSE OF LIMA, VIRGIN

St Rose (1586-1617) was born in Lima (Peru). Influenced by the example of St Catherine of Siena, she lived a life of prayer and penance and joined the Third Order of St Dominic. The first canonised saint from the Americas, she is venerated as the patron of Latin America and the Philippines.

POPE LEO'S PRAYER INTENTIONS FOR AUGUST



FOR MUTUAL CO-EXISTENCE

Let us pray that societies where co-existence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.

3 SEPTEMBER

SAINT GREGORY THE GREAT, POPE AND DOCTOR OF THE CHURCH

St Gregory the Great (540-604) belonged to a Roman patrician family and served as a magistrate before embracing the monastic life. He acted as papal legate at Constantinople and was elected Pope in 590. He tightened Church discipline and liturgical practice, reorganised the lands belonging to the Holy See and sent St Augustine to convert the Kingdom of Kent. He is consequently called the 'Apostle of the English' and, thanks to his theological and pastoral writings, is a doctor of the Church.



8 SEPTEMBER

THE NATIVITY OF THE BLESSED VIRGIN MARY

Nothing is known for sure about the details of the Blessed Virgin's birth. Even her parents, traditionally known as St Joachim and St Anne, are not mentioned in Sacred Scripture. Today's feast originated in the East, probably during the sixth century, and was later introduced to the West. A French legend tells of a man hearing angels singing on the night of 8 September and being told that the Virgin Mary had been born on that night. Her earthly birth is celebrated (like that of St John the Baptist) because it announced to the world the coming of Jesus, the beginning of the New Covenant.

9 SEPTEMBER

SAINT PETER CLAVER, PRIEST

St Peter Claver (1580-1654) was born at Verdú in Catalonia (Spain) and entered the Society of Jesus. In 1610 he was sent to Colombia and began his life's work among the slaves. He cared for them and baptised more than 300,000 during his thirty-three years of tireless ministry.

14 SEPTEMBER

THE EXALTATION OF THE HOLY CROSS

The Feast of the Exaltation of the Holy Cross commemorates the rescue of the relic of the True Cross by Emperor Heraclius in 629 after it had been captured by the Persians; it also marks the original dedication of the Church of the Holy Sepulchre, where relics of the Cross were kept, in 335. The Feast celebrates the Cross, the instrument of our salvation, and is in many ways an extension of Good Friday. The Cross is a great and powerful sign of God's love for us – a love stronger than death – and also a daily reality in our lives: the only true path to holiness.



15 SEPTEMBER

OUR LADY OF SORROWS

This feast originated as a memorial of the Seven Sorrows of Mary, most of which were linked to the events of Good Friday, when she stood at the foot of the cross. We remember that the Blessed Virgin had to live through the personal tragedy of seeing her Son die. She had a unique share in our redemption, offering her Son's life to the Lord, trusting that it was part of his plan.

POPE LEO'S PRAYER INTENTIONS FOR SEPTEMBER



FOR OUR RELATIONSHIP WITH ALL OF CREATION

Let us pray that, inspired by St Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.

Lectio Divina – a short introduction

How to link up with Jesus and with God if you can't get to Mass? Read the Word of God in scripture. It is like a letter from home, written specially for you – and God is writing to you. Perhaps light a candle to show God's presence. Take a short passage, perhaps the Sunday gospel. Put yourself in the presence of God, open yourself to God, for God is all around you. What is God writing to you about? What is Jesus saying to you? Imagine the scene. You are one of the disciples, listening and watching. Ask Jesus what he means for you. Read the passage again, until it enters your heart. It may help to do this with others, to share with them and learn from them what Jesus is saying to them. Always end with a blessing, a sign of real friendship for your brothers and sisters and a prayer for each one's needs.



Feed my Sheep

SCRIPTURE READING – JULY 2025

– John 21.1-17

When they had finished breakfast with the Risen Christ on the shore of the Lake, Jesus said to Simon Peter, 'Simon son of John, do you love me more than these?' He answered, 'Yes, Lord, you know that I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He replied, 'Yes, Lord, you know that I love you.' Jesus said to him, 'Look after my sheep.' Then he said to him a third time, 'Simon son of John, do you love me?' Peter was hurt that he asked him a third time, 'Do you love me?' and said, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep'.

REFLECTION

To have a new Pope – and a North American who has spent many years in South America – is a reminder that we, all over the world, form one society and one family, all brothers and sisters who draw our salvation from the Lord Jesus. We can thank the Lord for the loving apostolate of Pope Francis, his openness and sincerity, even to his glorious last morning, when he could scarcely raise his hand to bless as he toured St Peter's Square in Rome. We do not yet know how Pope Leo's fresh inspiration will shape and inspire the Church, but it is a reminder that the same Spirit guides all Christians all over the world to care for one another, whatever our different races, languages, colour, position. We all work together to follow Christ and to help one another to bring his light to shine on those in need. Let us pray that he may bring justice and, above all, peace to all his followers, with the same passionate love which bound St Peter to his Master.

SCRIPTURE READING SEPTEMBER 2025

John 14.26-28

Anyone who loves me will keep my word, and will be loved by my Father,
And we shall come and make a home in that person.
Peace I leave to you, my own peace
I give you, not as the world gives do I give to you.
Do not let your hearts be troubled or afraid.
You heard me say: I am going away and I am coming to you.
If you loved me you would be glad that I am going to the Father, for the Father is greater than I.
I have told you this now, before it happens,
so that when it does happen you may believe.

REFLECTION

It is astonishing that Jesus at his Last Supper, just before he goes out to be unjustly condemned to the turmoil of an agonizing death, should leave behind this bequest – no, this command – of peace. Even more astonishing is the failure of ourselves, his followers, to achieve peace. Wars, strife, even religious strife, everywhere. Seafarers and other travellers have a unique opportunity to bring Christ's peace. We can share this widely with others, such as Muslims and others who profess to share our ideals. When you enter a room does this bring peace or unrest? Is it a genuine peace, even though won at a price of our own comfort or dignity, or is it a peace only to my advantage?. Christ came not to be served but to serve, even at the cost of his own death for us. How can we offer to others that inestimable gift of peace? For Christ is with us.

The motto, Stella Maris, means 'Star of the Sea'. Mary brings peace with her mother's love. Does Christ's peace shine in our heart with that clear and steady beam of stars and moon, unruffled, unshaken and reliable?



Bringing Christ's Peace

The Maritime Labour Convention: Shore Leave

➤ **The Maritime Labour Convention, 2006 (MLC), adopted by the International Labour Organisation (ILO), is often described as the “Seafarers’ Bill of Rights.” It sets out internationally agreed minimum standards for working and living conditions on board ships and has been ratified by more than one hundred countries, covering over 90% of the world’s fleet.**

The Convention protects seafarers’ rights across a wide range of areas, including hours of rest, wages, repatriation, accommodation, medical care, and access to shore leave. It’s designed to ensure seafarers are treated fairly, with dignity and respect, wherever they work.

However, as Stella Maris regularly sees, challenges remain, and many seafarers still

face unnecessary barriers when trying to access these rights.

Adequate rest and access to shore leave

Stella Maris chaplains and ship visitors regularly meet seafarers who describe having to choose between going ashore or catching up on much needed rest. Both are essential to wellbeing and safety, but for many, taking both isn’t possible.

Some seafarers are denied shore leave for unclear “operational” reasons, such as being asked to stay on board to receive supplies despite already working long shifts. Others, stuck in port for weeks during repairs, are expected to keep working without a break ashore. They are often exhausted and demoralised when we meet them.





It is vital to remember that shore leave isn't a luxury. It provides a crucial break from the pressures of life at sea and can help prevent isolation, stress and burnout.

Recent data from the ITF Seafarers' Trust and World Maritime University (2025) shows how widespread the problem is. More than one in four seafarers had no shore leave at all during their last contract. Of those who did, nearly half said they were ashore for less than three hours.

The issue extends beyond shore leave; fatigue is another concern. An earlier ITF study found seafarers working an average of 74.9 hours per week—far above the global average of 43. Many reported they were unable to consistently meet the MLC's minimum rest hour requirements.

What's Changing? Upcoming amendments to the MLC in 2027

In April 2025, the ILO's Special Tripartite Committee agreed to several amendments to the MLC, which will come into force in December 2027. These changes aim to strengthening protections and improving day-to-day life for seafarers. Key updates include:

1. Recognition as Key Workers

Seafarers will be formally recognised as key workers. Governments will be expected to take steps to support seafarers' movement, particularly in times of crisis. This includes ensuring access to shore leave, repatriation, crew changes, and medical care ashore, regardless of the ship's flag.

2. Right to Shore Leave

A new regulation clarifies that seafarers have the right to shore leave without

discrimination. Denial of leave on grounds such as public health or safety must be justified, and seafarers can request written explanations. The amendment also aims to remove unnecessary visa barriers and administrative delays.

Further Action on Rest Hours and Fatigue

Although no new rest hour rules were approved in 2025, the ILO committed to reviewing current standards under the MLC and STCW Convention. This includes:

- Developing practical guidance to help governments enforce rest hour regulations;
- Supporting flag and port State authorities with better monitoring tools;
- Recommending future reforms to the ILO Governing Body and IMO Maritime Safety Committee

These are welcome developments but more work lies ahead. Until stronger enforcement is in place, seafarers and welfare organisations must remain alert to unsafe working practices.



Know Your Rights and Seek Support

The MLC is a powerful tool, but only when its protections are enforced. If you are being denied rest or shore leave, or working beyond safe limits, you do not have to face it alone. Speak with your union, report concerns to port authorities, or contact your local Stella Maris port chaplain.

Your right to adequate rest and the chance to go ashore are not privileges, they are essential to your health, safety, and dignity at sea.

Financial help and training



➤ **Ukrainian seafarers and their families are encouraged to join a free financial resilience training programme set up by Stella Maris UK and Stella Maris Ukraine.**

The course helps Ukrainian maritime workers and their families take control of their finances and prepare for the future. Since its launch last year, around two hundred people have taken part, and many more are expected to benefit.

Course participants will learn useful practical and helpful ways of personal and future financial planning, and managing

income, expenses and savings, among many other topics.

The course covers a wide range of practical topics, such as:

- How money works.
- Financial planning & budgeting.
- Psychology of money.
- Expense management & financial habits.
- Loans and banking products.
- Renting vs buying a home
- Investment basics.
- Financial security, insurance, and retirement planning.

for Ukrainian Seafarers

Run by Stella Maris Ukraine, the initiative is supported by the Ukrainian Catholic University, the Business Incubator Group Ukraine, and other partners. Stella Maris UK is funding half the cost of delivery, helping to ensure that the programme remains free and widely accessible.

With the potential to support up to 150,000 Ukrainian people in the maritime sector including their families, the training aims to improve financial confidence now and equip households with the tools needed to rebuild when peace returns.

Stella Maris UK CEO Tim Hill said: "Focusing on post-conflict skills is a powerful way to encourage seafarers and their families to engage in other training and activities by giving them hope of a brighter future."

Stella Maris Ukraine Odesa Port Chaplain Fr Alexander Smerechynskyy said: "It will go a long way towards helping to rebuild the lives of thousands of seafarers and their families devastated by the war. It will also give their morale and confidence a boost looking ahead to the future."

Ukrainian seafarers and their families interested in the programme can read more at the dedicated website page here: <https://stellamaris.org.ua/kurs-finansova-obiznanist/>

They can also contact Stella Maris Ukraine directly at ukraine@stellamaris.org.ua or fill out a form on their website: stellamaris.org.ua



Pope Francis on the Sacred Heart of Jesus



➤ Pope Francis died on Easter Monday after twelve years as Pope. One of the most important ways that Popes carry out their mission to encourage and confirm the faithful is by writing encyclical letters. Pope Francis's final encyclical 'Dilexit Nos' was all about the beautiful devotion which brings us closer to the loving heart of Jesus. He meditated upon the Sacred Heart of Jesus and its meaning for all of us. Here are twenty important quotations from his letter that will help us discover the importance of a deeper relationship with the Sacred Heart of Jesus.

1. "All of us need to rediscover the importance of the heart." (2)
2. "Keep your heart with all vigilance, for from it flow the springs of life." (4)
3. "Instead of running after superficial satisfactions and playing a role for the benefit of others, we would do better to think about the really important questions in life." (8)
4. "In this 'liquid' world of ours, we need to start speaking once more about the heart and thinking about this place where every person, of every class and condition, creates a synthesis, where they encounter the radical source of their strengths, convictions, passions and decisions." (9)
5. "At the end of our lives, [the value of the heart] alone will matter." (11)
6. "The inmost core of reality is love." (16)
7. "In the heart of each person there is a mysterious connection between self-knowledge and openness to others." (18)
8. "The heart is also capable of unifying and harmonizing our personal history, which may seem hopelessly fragmented, yet is the place where everything can make sense." (19)
9. "Only the heart is capable of setting our other powers and passions, and our entire person, in a stance of reverence and loving obedience before the Lord." (27)
10. "The heart of Christ is 'ecstasy', openness, gift and encounter." (28)
11. "Only by letting God's love work within us can we hope to heal the world's imbalances, which ultimately begin in the human heart." (29)
12. "The Lord knows the fine science of the caress. In his compassion, God does not love us with words; he comes forth to meet us and, by his closeness, he shows us the depth of his tender love." (36)
13. "It is essential to realize that our relationship to the Person of Jesus Christ is one of friendship and adoration, drawn by the love represented under the image of his heart." (49)
14. "Whatever the image employed, it is clear that the living heart of Christ – not its representation – is the object of our worship." (50)
15. "In contemplating the heart of Jesus, we encounter not just a symbol but a relationship, one that calls us to trust, dialogue, and friendship." (51)
16. "Christ is the wounded stag, wounded when we fail to let ourselves be touched by his love." (69)
17. "The whole of the Christian life is like a great pilgrimage to the house of the Father." (71)
18. "The Holy Spirit at work in Christ's human heart draws him unceasingly to the Father." (76)
19. "Christ's heart invites us to return to the Father's love, which is the source of every authentic love." (77)
20. "The heart of Jesus Christ embodies all God's declarations of love present in the Scriptures." (101)





The Heart's Longing for

James Matthew Wilson

➤ **2025 is the 1700th Anniversary of the Council of Nicea where the Bishops of the Catholic World composed the Creed or statement of faith that we still say at Mass today. When we recite the Nicæa Creed, we say, "I believe in one holy, catholic and apostolic Church." What does this mean?**

I believe in one, holy, catholic and apostolic Church.

Most people tend to think of the purpose of their lives and what constitutes "happiness" as entirely up to the individual's tastes or feelings. So much is this the case that a young woman once asked me a most curious question about heaven: "When we die and go to heaven," she asked, "does each of us experience whatever we personally like the

most? You have your bliss in heaven, and I'll have mine?"

Far from being a way of imagining heaven, what she was describing would be the very essence of hell. To be turned in upon our own desires to the exclusion of all else would be hell. It would not be ecstasy, which means a going-out-of-oneself, but solitude and solipsism. Speaking of hell, Pope Benedict XVI once observed that it "denotes a loneliness that the word love can no longer penetrate and that therefore indicates the exposed nature of existence in itself". Alone in the dark, the child most desires a hand to hold. What we most desire is communion, and we can envision no true heaven that isolates rather than unites us with others.

This instinctive desire for union is bound up with the most ancient of philosophical

and religious questions. Reality is in some sense "one", but in what sense exactly?

God is one, and yet he creates: he causes creation to be and, in calling it to be in itself, he causes it not to be God. God is eternal and must be, but all that is not God is contingent and brought into being by his act of creation. God's act of creation puts all things in being, including time and the scattering winds of history.

God as creator is the first, the most fundamental, thing we know about him. To gather back to himself all that he has created, all that has been set in being, cast out, and scattered on the vicissitudes of time, God answered the primordial act of creation with two acts that bring creation to fulfilment.

First, he sent his son into the world to redeem all things from the loneliness of sin and recall them to their creator. Christ commands "Abide in me, and I in you", for "I am the vine, you are the branches"

of love to him; we would otherwise be swallowed in an abyss of oneness, no longer branches but simply reduced to the vine. G.K. Chesterton made this point nicely when he wrote: "But...this separation between man and God is sacred, because this is eternal. That a man may love God it is necessary that there should be not only a God to be loved, but a man to love him." The eternal communion of that love is the Church herself, where we, the members of the body, are united to Christ, the head.

Because this journey to communion is still a state of pilgrimage, the Church must be recognised by four qualities that vouchsafe her integrity and guide her life.

Comprehending all the universe, the Church is one: one in practice of faith (CCC 815), and one as a society and government (CCC 816).

She is holy, not because her members are without sin, but because the entrance into communion with the Body of Christ is the only shattering of loneliness and only path to becoming one with the holiness of Christ (CCC 827).

She is catholic, or universal, insofar as the Church is the regathering to himself of all that God has made. All persons are called, but indeed all creation as well, for, as St Thomas Aquinas writes, every existing thing is good through its assimilation to God, who is goodness itself (*Summa Theologica*, I.6.4).

Finally, she is apostolic: the Church is founded on the Apostles and, through the abiding presence of the Holy Spirit of whom the Church is the temple, she remains "in communion of faith and life with her origin" (CCC 863).

All four of these qualities are outward indications of the abiding presence of the Holy Spirit, who unveils Christ to us and makes possible our communion with him as one body. They have sometimes been regarded as tests of the true Church, but are better understood as the effects of the indwelling of the Spirit. They are signs of the communion we seek with our deepest longing.

Communion

(Jn 15:4-5). Soon after, he prays to the Father "that they may all be one, even as you, Father, are in me, and I in you, that they also may be in us" (Jn 17:21).

Second, to be made one with Christ is not to cease to be oneself, but to enter into communion with him. It is to become a member of his body, and his body is the Church. St Paul teaches that "we, though many, are one body in Christ" (Rm 12:5). To the Corinthians, he repeats that, just as "all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptised into one body – Jews or Greeks, slaves or free – and all were made to drink of one Spirit." (1 Co 12:12-13)

The difference between creator and creation is never to be overcome, specifically because God sees it as good that we should be at all and that we should be ourselves. Only in so remaining can we be reconciled to him and stand in permanent relationship

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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