

# Stella Maris

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**Apostleship  
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Supporting Seafarers Worldwide

Stella Maris (Apostleship of the Sea) 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 339 ports with 227 port chaplains 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

## The Good Life The Importance of a Good Night's Sleep

We all like to have a good night's sleep, we feel better when we do and we certainly feel much worse when we do not.

Proper sleep, however, is not just a matter of personal comfort: it is vital to a person's physical and mental well-being and the most effective weapon against the onset of fatigue. Research and experience has shown us time and time again that persons suffering from the effects of fatigue are more likely to make mistakes which can lead to accidents, injuries and loss of life.

This is particularly true on ships, where crew are engaged in both physically and mentally demanding work, at times in dangerous situations and having to fulfil work rosters that are tight and demanding for all on board.

### The regulations for hours of work and rest

Following the Maritime Labour Convention [MLC] 2006, which came into force on 20th August 2013, the standards for [A] maximum hours of work and [B] minimum hours of rest, under Title 2, are:

- A** no more than 14 hours in any 24 hours period and no more than 72 hours in any seven day period; or
- B** at least ten hours in any 24 hour period; and at least 77 hours in any seven-day period.

### What is really needed?

Studies have shown that it is not merely rest that the human body requires, but the key is sleep. And again, it is not just any form of sleep over a period of time that counts: the Seafarer, like everyone else, needs proper, continuous and uninterrupted sleep for 7 to 8 hours in order to be properly rested. When, due to watch-routines, a seafarer must sleep twice in a 24 hour period, the total amount of sleep required increases to 8-9 hours.



### Guidelines for achieving quality sleep

- **Bedding:** An uncomfortable bunk does not lend itself to good quality sleep. It is important to provide good quality mattresses and pillows.
- **Temperature:** The best sleep will be achieved if the temperature is maintained between 18° and 22°C (65° – 72°F)
- **Light:** Ensure cabins can be darkened effectively [Black-out blinds are inexpensive and will improve sleep quality, particularly for crew required to sleep during daylight hours]
- **Noise:** Excessive noise will obviously affect sleep quality and continuity. Try to minimise noise in the vicinity of sleeping crew by segregating watch-keepers cabins and considering crew who may be sleeping when planning work in the vicinity of crew cabins.
- **Preparation:** The contact with bright screens such as computers and televisions should be avoided for at least 60 minutes prior to sleeping. Whenever possible, a period of relaxation should be allowed between completion of a duty period and sleeping.
- **Nourishment:** Going to sleep hungry should be avoided, but sleeping immediately after eating can also have a negative impact on the quality of sleep.

Edited by: Nikita Lulla, Claims Assistant, Skuld Hong Kong  
This article was originally published in the skuld.com loss prevention bulletin

# Sunday at Sea

2nd June 2019 – 7th Sunday of Easter

Commentary by Fr Colum Kelly

**Gospel** John 17:20-26

Jesus raised his eyes to heaven and said: 'Holy Father, I pray not only for these, but for those also who through their words will believe in me. May they all be one. Father, may they be one in us as you are in me and I am in you, so that the world may believe it was you who sent me. I have given them the glory you gave to me, that they may be one as we are one. With me in them and you in me, may they be so completely one that the world will realise that it was you who sent me and that I have loved them as much as you love me. Father, I want those you have given me to be with me where I am, so that they may always see the glory you have given me because you loved me before the foundation of the world. Father, Righteous One, the world has not known you, but I have known you, and these have known that you have sent me. I have made your name known to them and will continue to make it known, so that the love with which you loved me may be in them, and so that I may be in them.'

**The Gospel and You**

Jesus prays for one central gift – unity. "That they be one as we are one" It will be through this evidence of loving unity that the mission to the world can be effective. For only if this loving union of followers is obvious, can the world know and believe that the Father has sent Jesus. The whole effectiveness of the Mission of Jesus into the world, depends on the love of disciples for one another.

Our response to this deep desire for unity expressed by Jesus should be to do everything humanly possible to bring about the unity and oneness of the Church of God. It has always been God's Will that

His Church, His children, be unified – made one by His Spirit.

The basis of unity and oneness is a genuine care and deep concern for the complete well-being of all God's people. We cannot see or touch God in our zeal to serve Him, to love Him – but God has given us plenty of people to love in His place.

Often we do not live up to Christ's clear instruction. Our world is divided in so many ways. The world's resources are not shared amongst all who share a common humanity. Wars, fuelled by greed, destroy the homes of many who are poor and unable to compete in the face of such despair. People wander from their homelands in search of peace only to find more hostility.

But what can we do in the face of so much hopelessness. Our prayers are often for peace and unity for the world but do our actions show us in a different light. Fortunately God does not ask us to transform THE world but asks that we make a difference in OUR world – our homes, our ships.

So maybe we could begin in our own small world and do all we can to ensure those in OUR world can share the love called for by the Father, through Jesus.

It's a beginning.



# Pentecost Sunday

9th June 2019

**Gospel** John 14:15-16,23-26

Jesus said to his disciples: 'If you love me you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever. 'If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own; it is the word of the one who sent me. I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you.'

**The Gospel and You**

The feast of Pentecost is often considered to be the birthday of the Church. The day when the disciples, filled with the Spirit, left behind the fears and rushed out onto the streets to proclaim the wonderful news of the risen Lord.

This event is recorded in the New Testament book known as The Acts of the Apostles. At some point, Peter, one of the leading followers of Jesus, stood up and preached his first sermon. He interpreted the events of that morning in light of a prophecy of the

Hebrew prophet Joel. In that text, God promised to pour out his Spirit on all flesh, empowering diverse people to exercise divine power. This would be a sign of the coming "day of the Lord"

This was a momentous event. For the first time in history, God began to do what he had promised through Joel, empowering all different sorts of people for ministry. Whereas in the era of the Old Testament, the Spirit was poured out almost exclusively on prophets, priests, and kings, in the age of the New Testament, the Spirit would be given to "all people." All would be empowered to minister regardless of their gender, age, or social position.

Each of us needs to ask: Am I serving God through the power of the Spirit? Am I exercising the gifts of the Spirit in my life, both in the church and as I live for God in the world or on my ship?

In the Gospel today John reminds us that God's Spirit can be seen to be alive in us if we love others as God has loved us. That is the real test of our response to the God who loves us and calls us to follow him. And Pentecost is a time to renew our commitment to fulfilling our crucial role in the ministry of God's people in the world.

## Am I exercising the gifts of the Spirit in my life?



## Sunday of the Most Holy Trinity

### 16th June 2019

**Gospel** John 16:12-15

Jesus said to his disciples:  
'I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'



The Gospel and You

Glory be to the father, to the son and to the holy spirit. The God who is, who was and is to come. This prayer that we recite many times in our daily worship, tells us of the wonderful mystery of the Blessed Trinity, whose feast we celebrate today. One God yet three persons. How do we understand that? We don't.

The Trinity is not belief in three gods. There is only one God, and we must never stray from this. This one God exists as three Persons.

Some have tried to give human illustrations for the Trinity, such as H<sub>2</sub>O being water, ice and steam (all different forms, but all are H<sub>2</sub>O). On ships we have the trinity of Master, Chief Mate and Chief Engineer, a trio not always making us think of Godly things!

But no illustration is going to be perfect and we limit the beauty of the Trinity if we try to bring it down to terms that fit our limited thinking.

So in our day to day lives, how does the Trinity help our understanding of God? God, by definition, is beyond imagination, beyond language. The Christian belief that God is a Trinity helps tell us how rich the mystery of God is, and how our experience of God is always richer than the language we use to try to describe God.

In today's gospel Jesus tells us as much.

"I have so much more to tell you but you cannot bear it now". There is a depth to the Divine that our limited minds cannot take in.

So let us not spend too much time agonising over the meaning of Trinity, but rather rejoice in the God of love revealed in the Son and continued in the Spirit that lives amongst us in the confusion of our lives.

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

The Trinity is not belief in three gods. There is only one God, and we must never stray from this. This one God exists as three Persons.

## Sunday of the Most Holy Body and Blood of Christ (Corpus Christi)

### 23rd June 2019

**Gospel** Luke 9:11-17

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd.

They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.



The reception of Holy Communion on board is celebrated with great joy but is a rarity.

The Gospel and You

This last meal Jesus shared with his disciples stood out in their memory, and captured the imagination of subsequent generations of disciples, because of what Jesus said and did at that meal. He gave them himself in a way he had never done before, and in a way that anticipated the death he would die for them and for all, on the following afternoon. In giving the disciples himself in the form of the bread and wine of the meal, he was declaring himself to be their food and drink. In calling on them to take and eat, to take and drink, he was asking them to take their stand with him, to give themselves to him as he was giving himself to them.

In today's gospel we hear of the miracle of the five thousand, in some ways a lead up to the institution of the Eucharist. Here, against all odds, Jesus feeds so many with so little and the people don't really understand. So too at the Last Supper there would have been a lack of understanding about what Jesus was doing and the implications of that for generations to come. God promising to feed us not just bodily sustenance but enliven our hearts and minds with the guarantee of his presence among us.

On ships that presence may be hard to find. In some ports a priest may come on board to celebrate mass, or a Minister of the Eucharist take a Communion service. The reception of Holy Communion is celebrated with great joy but is a rarity. The crew have to find the presence of God in other ways, through prayer and reading. Their faith must be strengthened to realise that the Lord is present to them every moment of the voyage, in ways that may not always be obvious.

Against all the odds, as with the five thousand the Lord is fully present in all our needs. May our eyes and hearts be open to recognise and welcome that presence.

# Solemnity of St Peter and Paul

## 30th June 2019

### Gospel Matthew 16:13-19

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.'



### The Gospel and You

The feast of Sts Peter and Paul is one of my favourite feasts because it teaches a very simple truth.

In our service of the Lord, we don't all have to be the same.

Let me explain. Here we celebrate two of the great Apostles of the early Church. Both, in their own ways, were vital in the spread of the Gospel. They were united in their desire to call people into a belief of the Jesus who had died and risen again. But their understanding of who could become members of that new Church differed widely and brought them into confrontation. Peter believed that only members of the Jewish community were worthy to become believers. Paul, on the other hand, felt that non-Jews were eligible to join the new community of believers.

They rarely met and when they did their basic differences dominated proceedings.

But despite all that separated them, The Lord called them to be his main messengers in the early Church. In today's gospel, Jesus makes it clear that Peter is to be leader of the group of followers, upholding all he had been taught. Paul was to be a leader of a different kind. Charismatic and ever ready to question old ways and seek new forms of bringing people into contact with the Risen Lord.

So we don't all have to be the same, but we must use the gifts and personality we have been given to bring something of God's love into dark places. Neither should we think that if people are different from us that somehow they are less able to spread the love of God in our world.

One last thought. If you were to choose either of these as master of your ship, who would it be? Peter, a bit staid and rule conscious, but would get you there?

Or Paul, much more open to new ideas, who might cut corners, stand up to authority on your behalf but also get you there in the end?

...we must use the gifts and personality we have been given to bring something of God's love into dark places.

# Port Focus: Barcelona, Spain



Barcelona is the capital of the Spanish region of Catalunya and one of the most beautiful cities in Europe. It is home to FC Barcelona one of the top soccer teams in the world and their famous Camp Nou Stadium which regularly holds over 100,000 fans! One man has left his mark on Barcelona more than any other, the eccentric genius architect Antoni Gaudi. Gaudi was a man of deep Catholic faith and his greatest project, the church of La Sagrada Familia (the Holy Family) which was started in 1882 is still unfinished though the building is scheduled to be completed in 2026.

The Port of Barcelona is one of the most important ports in the Mediterranean and the premiere European Port for cruise ships. In 2018, 9,038 ships called there (3,040 ferries, 2,337 Container ships, 1,199 car carriers, 971 tankers, 829 cruise ships, 554 cargo ships and 108 bulk carriers). The port has 22 kilometres of wharfs.

In the Stella Maris seafarers centre chapel (pictured) Mass is celebrated every Sunday at 1030. Apart from this, the most important liturgical feasts such as Easter and Christmas are celebrated. In the chapel there are Bibles in a range of languages for seafarers.



If requested in advance, Masses can also be organized on board ships.

### Seafarers' Centre Facilities

- The team consists of 3 full-time and 1 part-time employee + 35 volunteers.
- A three-storey building near the commercial port, with accommodation for 32 people, a club with games and a shop, chapel, and a small basketball court.
- A seafarers' centre for cruise ships crews in the cruise ship terminal.
- 2 x 9 seater vans for transportation of seafarers.

Every day, ships are visited in the morning and in the afternoon (between 16:00 and 23:00) and a free shuttle bus service is offered.

Stella Maris also runs a Centre for Seafarers Rights, composed of three lawyers, available to assist and advise seafarers who may be in need of help.

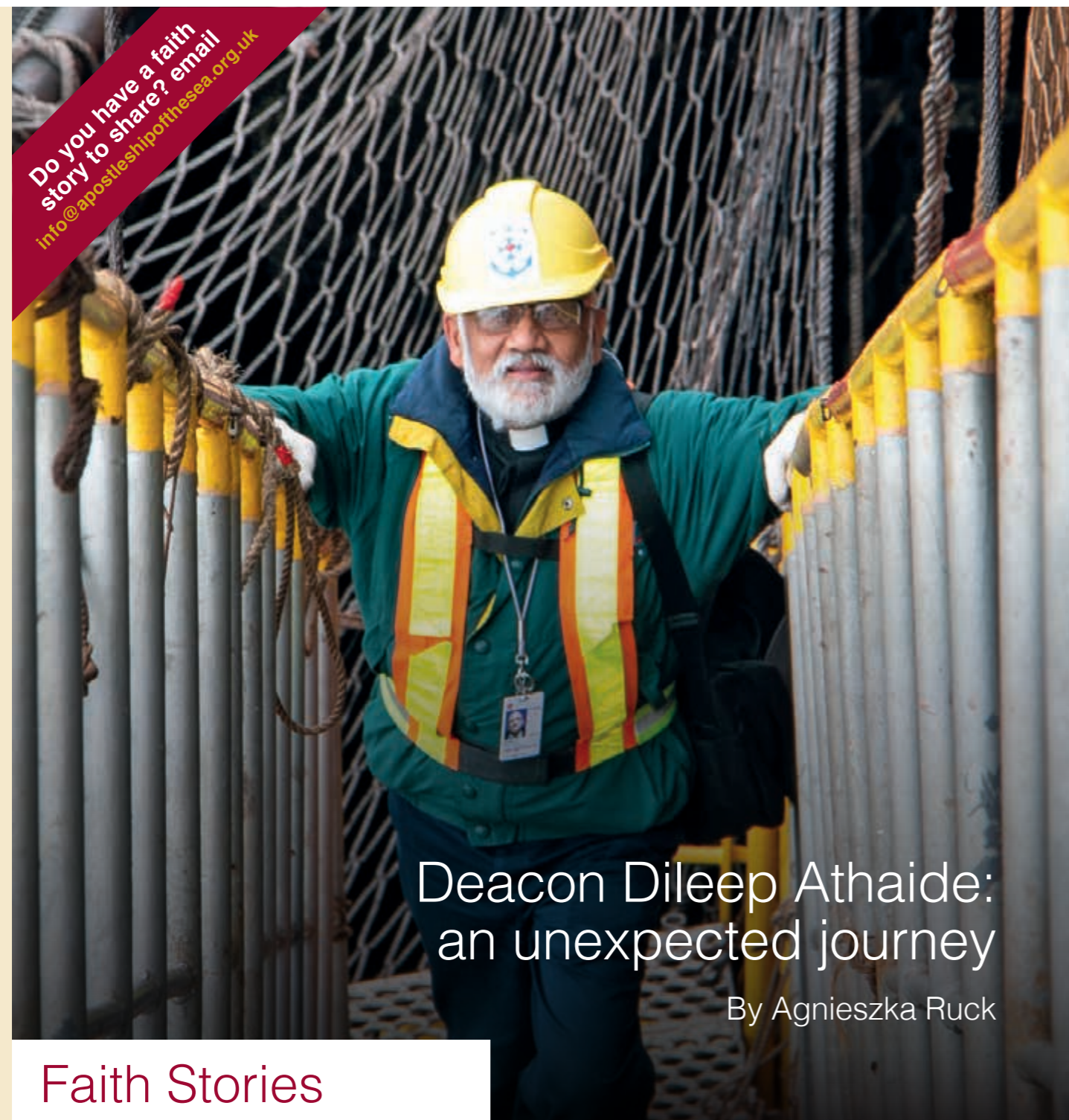


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### See the Barcelona Stella Maris centre videos here:

www.youtube.com/watch?v=WJVI9iP7ITl  
www.youtube.com/watch?v=4c3oTpg0dxA



## Deacon Dileep Athaide: an unexpected journey

By Agnieszka Ruck

### Faith Stories

Spending his free time on cargo ships wasn't exactly Deacon Athaide's retirement plan. A man of many interests, Deacon Athaide has been a geologist, professor, labour leader, and even a thoroughbred horse owner. Chaplaincy came as a surprise.

Born in a devout Catholic suburb of Bombay, India, Athaide was deeply rooted in his faith from a young age. He would pray the Rosary with his family every day, but didn't consider becoming a priest and had never heard of permanent deacons.

He was 14 years old when his family emigrated to Canada in 1964. "Montreal was super Catholic at the time. We came to a Montreal where, if you were five minutes late for church, you couldn't find a seat."

At the age of 18 Athaide went directly into first-year engineering at McGill University. He changed gears in his second year when he discovered a love for geology after taking a single course on the subject, completed a geology degree at McGill, then moved to British Columbia in 1971 for graduate studies at UBC.

There, once again, he found a vibrant Catholic community thanks to the Basilian priests at St. Mark's College and the Catholic young adults he ministered to between classes.

## "Five years ago, I never would have imagined I would do this port ministry, and yet it seems so natural to me"

As a graduate student, he also discovered he loved to teach, and earned a teaching certificate. He spent the next few decades teaching geology and adult basic education at Capilano University and UBC.

Athaide had a heart for service. When he noticed a trend of young adults travelling overseas to do mission work, he founded the *Communitas International Volunteer Society*. The registered Canadian charity sent volunteers to a developing country for one year at a time, and it was while travelling with his organization that he met his wife. "I didn't go looking for a wife, and neither was she looking. We were older; I was 34 and she was 29."

He and Malvina, a nurse, raised three children. When their youngest was only 7 years old, Malvina was diagnosed with ovarian cancer. She died in 2004.

In 2011, Archbishop J. Michael Miller released a letter to announce he was restoring the permanent diaconate in the Archdiocese of Vancouver. Permanent deacons, he wrote, would have a theology degree and run a variety of parish and other ministries, including being allowed to officiate at marriages and funerals and preach homilies.

Athaide, a member of Sacred Heart Parish in Delta, talked to his pastor about it. "I remember him saying: 'Go for it!' It seemed to be a natural kind of thing and a great opportunity. I had lost my wife seven years prior, and I got to a stage where I realized I'm probably not going to get married again. It seemed like a natural opportunity."

He registered and spent four years in formation through the Permanent Diaconate program at St. Mark's College. He became one of the first permanent deacons ordained in the local Church in 2015.

After his ordination, Athaide was given the mission of reaching out to seafarers. It's been a long, unexpected journey, but one he finds incredibly rewarding.

"Five years ago, I never would have imagined I would do this port ministry, and yet it seems so natural to me," said Deacon Athaide, who boarded 260 ships and met 5,500 crew members in 2018 alone.



Nearly every day he finds himself donning a hard hat, reflective vest, and steel-toed boots, chatting with security guards who recognize his white collar; and climbing high ladders into cargo ships.

"It's only three years that I've been doing this, but it feels like 10 years – in a good way. For seafarers, it's a paradox. In order to look after their families, they leave their families." They may make anywhere from US\$ 12,000 to 150,000 a year, but even those on the lower end of the scale are grateful for the job, since it's often more than they would make back at home.

Still, the work can be incredibly isolating. Being stuck on a ship several storeys high, thousands of kilometres from home, and at times waiting an entire month to set foot on land, is a daily challenge for seafarers. "The pastoral and the practical needs are all intertwined. It's through the practical means that they open up and you get a relationship."

Whenever he meets a crew member, Deacon Athaide asks: "How are you? Is everything okay?" The response is often "fine," but he's ready to listen, say a prayer, and offer consolation any time a serious situation arises. In just three years, several have.

"About six months ago, a chief cook died a day before coming here." The man, practically in sight of the port, had run out of critical medication too soon. Another time, a chief engineer had a heart attack and died at sea, also one day before his Vancouver arrival.

In both cases, Deacon Athaide offered to bless the ship with holy water and prayed for the men who were traumatized after the deaths. "If they were at home, they would be at Mass with their family, with their kids," he said.

"That's why I like to wear my collar. It's that comfort level, and it reminds them if they have forgotten that they can still practise their faith."

An estimated 50 per cent of seafarers are not Catholic; he does not hesitate to offer a listening ear or free pastries, and is surprised and pleased when they ask for prayer, too.

"Port ministry is not just saying Mass on a ship, much like how campus ministry isn't just saying Mass in the campus chapel or prison ministry is saying Mass in the prison. It is a pastoral ministry."

"I feel so blessed. When I do stuff with the seafarers, they are so grateful. And I think: who is ministering to whom? At the end of the day, I am so tired, but it's a good feeling."

*Adapted from an Article Originally published in the March 2019 issue of the B C Catholic.*



Hail, Queen of Heaven,  
the Ocean Star,  
Guide of the wanderer here below,  
Thrown on life's surge,  
we claim thy care,  
Save us from peril and from woe.  
Mother of Christ, Star of the sea  
Pray for the wanderer,  
pray for me.

Amen



**Apostleship  
of the Sea**

Supporting Seafarers Worldwide

