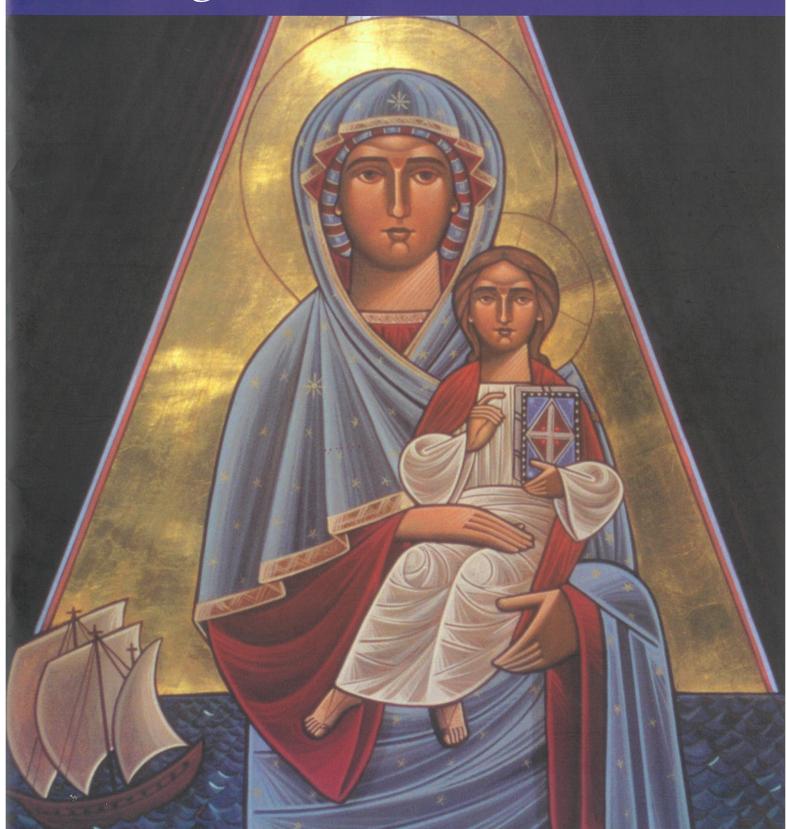
## Apostleship of the Sea A



## Stella Maris Liturgical Resource Booklet





## Supporting Seafarers Worldwide

First edition published in Great Britain, 2006

Feast authorised by the Congregation for Divine Worship and the Discipline of the Sacraments, in a Decree signed by +Francis Cardinal Arinze, Rome, 2 February 2005

Imprimatur: + Tom M Burns SM, Bishop in Ordinary to Her Majesty's Forces and AOS Bishop Promoter for England & Wales, 11 February 2006, the Feast of Our Lady of Lourdes

Scripture passages taken from the Jerusalem Bible, published by Darton, Longman and Todd Ltd © 1966, 1967 and 1968

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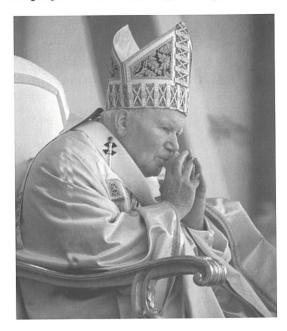
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# From the Apostolic Letter Motu Proprio 'On The Apostleship Of The Sea'

Pope John Paul II, 31 January 1997



Our Lady Star of the Sea

"Stella Maris ('Star of the Sea') has long been the favourite title by which seafaring people have called on her in whose protection they have always trusted: the Blessed Virgin Mary. Jesus Christ, her Son, accompanied his disciples in their boat, helped them in their labours and calmed the storms. Thus the Church also accompanies seafarers, taking care of the specific spiritual needs of those who for various reasons live and work in the maritime world."

The 'People of the Sea'

Seafarers are "those who are actually serving on merchant ships or fishing boats, and those who have undertaken a voyage by ship for any reason". People of the sea are "seafarers and maritime personnel, their spouses, children and all those who live in a maritime person's home, even if he is not currently a seafarer (for example, pensioners, and those who work on a permanent basis with the Apostleship of the Sea).

"The chaplains and authorities of the Apostleship of the Sea will do their utmost to enable people of the sea to have easy recourse to the necessary means for living a holy life, and will recognise and promote the mission which all the faithful, and particularly lay people, exercise in the Church and in the maritime world according to their specific state."

## A message from the AOS Bishop Promoters in Great Britain

Dear friends,

The Apostleship of the Sea provides the outreach of the Catholic Church to all seafarers. It now has an active presence in some 100 countries around the world, but has its origins in Scotland, from where it was founded in 1922.

Ninety-five percent of all the goods we use and consume on a daily basis come to us by sea. However, seafarers themselves work for nine months away from home suffering loneliness, depression, dangerous working conditions, spiritual deprivation and exploitation. AOS deploys port chaplains and ship visitors to provide pastoral and practical assistance to seafarers, in the name of Christ and his Church.

Our Lady Star of the Sea, or *Stella Maris*, has long been the title under which seafarers have called on the Virgin Mary for her motherly intercession. She is also the patroness of AOS. Early in 2005, Cardinal Francis Arinze, Prefect of the Congregation for Divine Worship and Discipline of the Sacraments, authorised the insertion of a Feast of Our Lady, Star of the Sea (*'Stella Maris'*) on the last Thursday of September in the proper of the Calendar of the Bishopric of the Forces in Great Britain and for all those associated with the Apostleship of the Sea (AOS). This date is also marked around the world as World Maritime Day.

In order to facilitate the marking of this feastday, and to promote devotion to Our Lady Star of the Sea, AOS has put together the relevant texts and a variety of other liturgical and devotional resources in this booklet.

As the Bishop Promoters for AOS in Great Britain, we strongly encourage priests and people to use these resources. The Mass may be said as a votive Mass of Our Lady on Saturday, or on any appropriate day that is not a Sunday or other solemnity, and perhaps most appropriately on the Stella Maris feastday itself. The other prayers and resources can be used at any time.

We do hope you will appreciate this resource, and pray to Our Lady Star of Sea that she may intercede for seafarers and us all.

Yours in Christ our Lord, and in the name of Mary,

Rt Rev Thomas M Burns SM Bishop in Ordinary to HM Forces

+ Tom M Burns

AOS Bishop Promoter, England & Wales

Rt Rev Peter A Moran Bishop of Aberdeen

AOS Bishop Promoter, Scotland

+ John a. Moran



## Accompanying letter in support of the decree establishing the *Stella Maris* feastday



CONGREGATIO DE CULTU DIVINO ET DISCIPLINA SACRAMENTORUM

Prot. n. 2229/03/L

Rome, 2 February 2005

Your Excellency,

This Congregation for Divine Worship and the Discipline of the Sacraments gratefully acknowledges your kind letter in which you request the insertion of a Feast of Our Lady, Star of the Sea, into the proper Calendar of the Bishopric of the Forces of Great Britain and of the Apostolate of the Sea, on the last Thursday of September each year, as Your Excellency has requested.

This Dicastery appreciates your solicitude for the members of the armed forces and for the seafarers entrusted to your pastoral care, and it is pleased to accede to your request by means of the enclosed Decree.

With every prayerful good wish, I am

Devotedly yours in Christ,

Francis Card. Arinze

Prefect

(Enclosure)

His Excellency,
The Most Reverend Thomas M. Burns, S.M.
Bishop in Ordinary to H.M. Forces,
AGPDO, Middle Hill,
Aldershot GU11 1PP
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+ During Southern



# Decree establishing the celebration of the Stella Maris feastday



CONGREGATIO DE CULTU DIVINO ET DISCIPLINA SACRAMENTORUM

Prot. 2229/03/L

## ORDINARIATUS MILITARIS MAGNAE BRITANNIAE; APOSTOLATUS MARIS

Instante Excellentissimo Domino Thoma Mattheo Burns, Episcopo Ordinario Militari Magnae Britanniae necnon Promotore Apostolatus Maris in eodem territorio, litteris die 23 mensis novembris 2004 datis, vigore facultatum huic Congregationi a Summo Pontifice IOANNE PAULO II tributarum, perlibenter concedimus ut celebratio Dominae Nostrae Stellae Maris in Calendarium proprium eiusdem Ordinariatus supradictique Apostolatus Maris inseri valeat postrema feria quinta mensis septembris, ita ut cum die v.d. World Maritime Day coincidat, gradu Festae quotannis peragenda.

Contrariis quibuslibet minime obstantibus.

Ex aedibus Congregationis de Cultu Divino et Disciplina Sacramentorum, die 2 mensis februarii 2005.

(Franciscus Card. Arinze

Praefectus

## Apostleship of the Sea of the United States of America

**AOS-USA** 



December 13, 2007

My Dear Brothers and Sisters in AOS Ministry:

I am so pleased to be able to present to you this beautiful liturgical resource book prepared by the Apostleship of the Sea - Great Britain.

In 2005, a new translation of the Mass of the Blessed Virgin Mary, *Stella Maris* was approved by the Congregation for Divine Worship and the Discipline of the Sacraments for use in Great Britain. Our then Bishop Promoter, the Most Reverend Curtis Guillory, S.V.D., D.D. asked that the same indult be extended for the Church and the Apostleship of the Sea in United States. On March 21, 2006, the congregation acceded to this request.

The Administrative Board of the Apostleship of the Sea of the United States of America would like to thank AOS-Great Britain for producing such a rich liturgical resource. Besides having the Mass of the Blessed Virgin Mary, *Stella Maris*, it also has the propers for the Liturgy of the Hours, the Novena to Our Lady, *Stella Maris*, and a rich collection of prayers and other spiritual resources.

We hope and pray that you will be able to use this booklet in your parish, Diocese and Seafarers' Center, especially on *Sea Sunday*, and when Mass is celebrated on board ship.

Yours in Christ Jesus

Fr. Sinclair Oubre, J.C.L.

President

#### **Diocese of Beaumont**

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February 7, 2006

His Eminence Cardinal Francis Arinze Congregation of Divine Worshop And the Discipline of the Sacraments Vatican City States **EUROPE** 

Your Eminence:

I write, following a recent decision of the United States Conference of Catholic Bishops, taken on November 14, 2005, to designate May 22<sup>nd</sup> of every year as a Day of Remembrance and Prayers for Mariners and People of the Sea in the Dioceses of the United States of America.

In my capacity as Bishop Promoter of the Apostleship of the Sea for the Dioceses of the United States of America, I trust in Your Eminence's kind assistance in regard to this important ministry. Having learned of your Eminence's recent approval of texts for the Mass of The Blessed Virgin Mary, Star of the Sea for the Bishopric of the Forces of Great Britain and the Apostleship of the Sea (Prot. 2229/03/L), I write to seek approval of the same texts, which I enclose, for those priests who minister to mariners and people of the sea in the territory of the United States of America.

If I may provide any additional information in regard to this request, I would be pleased to do so. In the interim, asking for your Eminence's prayers for those who sail the seas, I remain,

Sincerely in Christ,

Most Reverend Curtis J. Guillory, S.V.D., D.D.

Bishop of Beaumont Bishop Promoter

Apostleship of the Sea USA

CJG/gfs Enclosure

Copy to: Most Reverend William S. Skylstad, President USCCB

Most Reverend Donald W. Trautman, Chairman on Liturgy, USCCB

Most Reverend Gerald R. Barnes, Chairman on Migration and Refugee Services, USCCB



## CONGREGATIO DE CULTU DIVINO ET DISCIPLINA SACRAMENTORUM

Prot. N. 221/06/L

Vatican City, 21 March 2006

Your Excellency,

The Congregation for Divine Worship and the Discipline of the Sacraments is pleased to forward to you the Decree permitting the use of the Latin and English text for the Mass *The Blessed Virgin Mary, Star of the Sea* which is already approved for the Military Ordinariate of England and Wales and the Apostleship of the Sea in the same country.

With prayerful best wishes, I am,

Sincerely Yours in Christ,

( + Albert Malcolm Ranjith ) Archbishop Secretary

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Enclosures

His Excellency
The Most Rev. CURTIS J. GUILLORY, SV.D., D.D.
Bishop of Beaumont
Bishop Promotor
Apostleship of the Sea
U.S.A.



Prot. N. 221/06 /L

ET DISCIPLINA SACRAMENTORUM

#### BELLOMONTENSIS

Instante Excellentissimo Domino Curtis J. Guillory, Episcopo Bellomontensi, Promotore Apostolatus Maris apud Conferentiam Episcoporum Civitatum Foederatarum Americae, litteris die 7 februarii 2006 datis, vigore facultatum huic Congregationi a Summo Pontifice BENEDICTO XVI tributarum, perlibenter concedimus ut textus latinus et anglicus Missae et Lectionarii in honorem Beatae Mariae Virginis, v.d. "The Blessed Virgin Mary, Star of the Sea", qui pro Ordinariatu Militari Magnae Britanniae: Apostolatus Maris, confirmatus est (die 4 iunii 2005, Prot. N. 229/03/L), adhiberi valeat.

In textu imprimendo inseratur ex integro hoc Decretum, quo ab Apostolica Sede petita confirmatio conceditur. Eiusdem textus impressi duo exemplaria ad hanc Congregationem transmittantur.

Contrariis quibuslibet minime obstantibus.

Ex ædibus Congregationis de Cultu Divino et Disciplina Sacramentorum, die 21 martii 2006.

Franciscus Card. Arinze )

( + Albertus Malcolm Ranjith ) Archiepiscopus a Secretis



## The Office of Readings

## The Second Reading

A reading from the writings of St Bernard of Clairvaux

#### Depend upon the star, call upon Mary

Let us say a few words on this name, *Stella Maris*, which means star of the sea, and which is appropriately accorded to the Virgin Mother. Fittingly is she compared to the stars, since just as a star gives light without burning itself out, so the virgin gave birth to her son without stain to herself. As a star's light does not lessen its own brightness, so neither does the Son lessen the Virgin's wholeness. She is therefore that noble star rising from Jacob which casts light over the whole world; whose splendour shines to the heavens and reaches down into the deep; which crosses the earth, warming spirits rather than bodies; fostering goodness and purging sins.

And so I say that she is that bright and distinguished star to be raised above this vast ocean, sparkling with merit, shining with character. Whoever you may be, grasp that, as this age runs its course, you are tossed on the waves by gales and storms more than you walk upon dry land; do not turn your eyes from the beam of this star if you do not wish to be swamped by the storm! If the waves of temptation engulf you, if you are running onto the rocks of adversity, depend upon the star, call upon Mary. If you are thrown about on the waves of pride or ambition, speaking ill of others or jealousy, depend upon the star, call upon Mary. If anger or greed or the cares of the flesh batter your soul's boat, depend upon Mary. If you are unsettled by the hideousness of your sins, troubled by a bad conscience, terrified by the horror of the final judgment; if you are beginning to be dragged down into the pit of sadness, into the abyss of despair, reflect upon Mary. In danger, in distress, in doubt, reflect upon Mary, call upon Mary. Let her not leave your lips, let her not leave your heart and do not abandon your dealings with her if you wish to gain the object of your prayer.

Following her, you will not stray; praying to her, you will not despair; reflecting upon her, you will not go wrong. With her taking your hand, you will not fall down; with her protecting you, you will not fear; with her

leading you, you will not grow weary; with her favour, you will accomplish; and thus you will learn for yourself how truly it is said: *And the Virgin's name was Mary*.

But now, having paused for a moment, let us all who are passing through this life gaze upon the brightness of such a light. For in the words of the Apostle, *It is good for us to be here*, and it is pleasing to contemplate in silence that which many words fail to explain.

#### Responsory

V/. Virgin mother of Christ, you brought to birth the very likeness of God; shining star of the sea, watch over and protect us. \* As you give birth and rejoice, the hosts of heaven sing praises.

R/. Pray to God for us, O Virgin Mary. \* As you give birth...

## **Morning Prayer**

## Benedictus antiphon

Seas and running streams, O bless the Lord: springs of water, O sing to the Lord, (alleluia).

## **Evening Prayer II**

## Magnificat antiphon

This star is like a blazing fire, which shows the King of kings as God (alleluia).

## Mass of the Blessed Virgin Mary, Stella Maris

## Entrance antiphon

A great portent appeared in heaven: a woman clothed with the sun, with the moon beneath her feet, and on her head a crown of twelve stars.

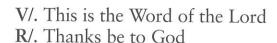
(Apocalypse 12,1)

**Opening Prayer** 

Lord God, Redeemer and inspiration of souls, in the Blessed Virgin Mary, Star of the Sea, you have provided a light in the storm; by her favour and prayer, grant that we may set a course through these times to reach our safe haven in heaven with you. We ask this through our Lord Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

## First Reading – Wisdom 14:1-7

A reading from the book of Wisdom 'You have established a steady path through the waves' Again, someone else, taking a ship to cross the raging sea, invokes a log even frailer than the vessel that bears him. No doubt that ship is the product of a craving for gain, its building embodies the wisdom of the shipwright, but your providence, Father, is what steers it, you have opened a pathway even through the sea, a safe way over the waves, showing that you can save, whatever happens, so that even without skill a man may sail abroad. It is not your will that the works of your Wisdom lie idle, and hence men entrust their lives to the smallest piece of wood, cross the high seas on a raft and come safe to port. Why, in the beginning even, while the proud giants were perishing, the hope of the world took refuge on a raft and, steered by your hand, preserved the germ of a new generation for the ages to come. For blessed is the wood which serves the cause of virtue.



## Psalm 106 (107)

R/. Trust in the Lord, for his mercy endures for ever.

Let them say this, the Lord's redeemed, whom he redeemed from the hand of the foe. and gathered from far-off lands, from east and west, north and south.

Some wandered in the desert, in the wilderness, finding no way to a city they could dwell in. Hungry they were and thirsty; their soul was fainting within them.

Then they cried to the Lord in their need and he rescued them from their distress and he led them along the right way, to reach a city they could dwell in.

Let them thank the Lord for his love, for the wonders he does for men. For he satisfies the thirsty soul; He fills the hungry with good things.

## Gospel Acclamation (Nm 24:17)

A star shall come out of Jacob, and a sceptre shall rise out of Israel.

## Gospel – Luke 1:26-38

'Behold, you will conceive and bear a son'

V/. A reading from the holy Gospel according to Luke R/. Glory to you, Lord

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you' the angel answered 'and the power of the Most High will cover you with its shadow. And so the child will be holy, and will be called the Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible for God.' 'I am the handmaid of the Lord.' said Mary 'let what you have said be done to me.' And the angel left her.

V/. This is the Gospel of the Lord R/. Praise to you, Lord Jesus Christ



[You might like to use the suggested bidding prayers on page 26 of this booklet.]

## Prayer over the Gifts

Accept, Lord, these gifts which we offer. As we honour the Virgin Mary, Star of the Sea, grant us the never-failing light of the word and example of your only Son to guide our steps.

We ask this through Christ our Lord.

Amen.

#### **Preface**

V/. The Lord be with you.

R/. And also with you.

V/. Lift up your hearts.

R/. We lift them up to the Lord.

V/. Let us give thanks to the Lord our God.

R/. It is right to give him thanks and praise.

Father in heaven, almighty and eternal God, it is our duty and our salvation, always and everywhere to give you thanks through your beloved Son, Jesus Christ.

Salvation is in his name alone. Before his rule every knee shall bow, in heaven, on earth and under the earth.

In your kind providence you have established that the name of the Virgin Mary should be celebrated among the faithful, to look to her as a star shining in the firmament, calling upon her in danger, and flying to her embrace in their needs.

And so we join the angels and saints in proclaiming your glory as we say:

Holy, Holy, Holy . . .



Communion antiphon

We saw his star rising in the East, and we have come to pay homage to the Lord. (cf. Matthew 2,2)

**Closing Prayer** 

You have nourished us, Lord, with this sacred banquet as we celebrate the Blessed Virgin Mary, Star of the Sea. With the light of Mary to guide us, may we come to enjoy the splendour of your only Son. We ask this through our Lord, Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen



As we participate in this Novena, we are sharing in a prayer of intercession for seafarers, who bring us 95% of the goods we use and consume every day. We will never know the full impact of our prayers on their lives; but we do know that we are committing their lives into the hands of God who is far more aware of their needs than we will ever be. Through our intercession we seek to help the seafarer carry his Cross and become closer to God, his loving Lord and companion through life. We also try to grow closer to God ourselves.

Suggestion on how to pray the Novena

- 1. The intention for this Novena is for the spiritual and practical wellbeing of international merchant seafarers and their families. The prayer should be said over nine consecutive days. One suggestion is that it might be prayed within a parish community to end on the feastday of Our Lady *Stella Maris* (the last Thursday in September) although it can be prayed at any time of year.
- 2. Begin each day's prayer by making the sign of the Cross, saying, "In the name of the Father, and of the Son, and of the Holy Spirit, amen."
- 3. Then read the short Scripture passage and the following meditation. This should be followed by a short period of silent reflection.
- 4. Then pray Pope John Paul II's prayer to Our Lady Star of the Sea:

Mary, Star of the Sea, light of every ocean, guide seafarers across all dark and stormy seas that they may reach the haven of peace and light prepared in Him who calmed the sea. As we set forth upon the oceans of the world and cross the deserts of our time, show us, O Mary, the fruit of your womb, for without your Son we are lost. Pray that we will never fail on life's journey, that in heart and mind, word and deed, in days of turmoil and in days of calm, we will always look to Christ and say, 'Who is this that even wind and sea obey him?' Our Lady of Peace, pray for us! Bright Star of the Sea, guide us! Our Lady, Star of the Sea, pray for seafarers, pray for us.

5. Conclude by praying either the Short Litany to Our Lady Star of the Sea, or the Hail, Holy Queen, the Memorare or the Salve Regina (see 'Traditional Marian Prayers' on page 21), followed by the sign of the Cross.

## Day One: Mary – Star of the Sea (Stella Maris)

"All those joined in continuous prayer, together with several women, including the mother of Jesus..." (Acts 1:14)

When Jesus ascended into heaven, his disciples became confused and wondered why Jesus had left them. Afraid to be seen in public, they locked themselves away in the Upper Room. At that time the loneliest person must have been Mary who was now separated from her only son. Her main concern was not her own loneliness, but the disciples and their lack of courage and conviction. She joined them in the Upper Room and, through her faith and prayer, inspired the disciples to open their hearts to be filled with the power of the Holy Spirit.

Seafarers are in some ways like the disciples. They are shut away from the rest of society. They do not have the support of an organised Christian Community to help them when they are at sea, especially when they become discouraged or experience loneliness. As we begin this Novena to Our Lady Star of the Sea, let us pray that Mary will share in our prayer of intercession for seafarers and their families.

## Day Two: Mary - Mother of Families

"He then went down with them and came to Nazareth and lived under their authority... and Jesus increased in wisdom, in stature, and in favour with God and man." (Luke 2:51-52)

When we think of the Holy Family we conjure up a picture of a loving household that experienced little in the way of difficulties. This image could not be further from the truth. They knew terror and fear as they fled from Herod's soldiers. However, reading the Gospels we become aware that Jesus was not adversely affected by such experiences because he was blessed with loving parents whose hearts were receptive to God through prayer. It was because of such openness that Jesus grew in wisdom and stature.

In the world of shipping it is not uncommon for seafarers to sign contracts that keep them away from their families for 12 months. When their day's work is over, unlike shore-workers, the seafarers cannot go home to relax in the company of their families. When they eventually go home they are, in some instances, strangers to their own children. Let us pray that Mary will be present in the families of all



seafarers, teaching them how to strengthen the bonds of love that unite them.

## Day Three: Mary - Mother of Sorrow

"Get up, take the child and his mother with you, and escape into Egypt – and stay there... Herod intends to do away with the child." (Matthew 2:13)

The joy that Mary experienced at the birth of Jesus was short lived when an Angel appeared to Joseph in a dream and warned him of the impending danger to the child's life. That same night they fled to Egypt until it was safe to return. Herod, angry at being thwarted, ordered all male children under the age of two to be killed. We can be sure that Mary's heart was filled with sorrow when she heard of Herod's cruel deeds, and that she would have spent time in prayer, interceding for the dead children and their families.

Seafarers know that their way of life often leaves them at the mercy of the elements. Sadly, the sea has claimed the lives of many seafarers, depriving families not just of a breadwinner, but a husband, a father, a brother, a son...

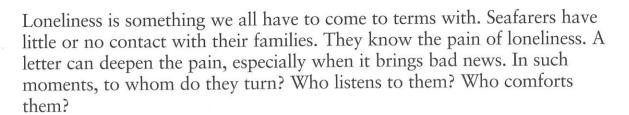
Let us pray that Mary, Star of the Sea, will guide seafarers safely to their destination and comfort families who mourn the loss of a loved one.

## Day Four: Mary - Comforter of the Lonely

"Near the cross stood Mary his mother..." (John 19:25)

Mary was completely dedicated to supporting Jesus as he proclaimed the Kingdom of God. However, there were times when Jesus seemed to reject the authority of his Mother and caused her pain. One such occasion was when Joseph and Mary searched frantically for Jesus, who had been missing for three days. He did not apologise but said instead, "Did you not know I must be busy with my Father's affairs?" (Luke 2: 49) Their pain was summed up in the following verse, "They did not understand what he meant."

Mary continued to let her life be shaped by his. Her dedication brought her to Calvary, to the foot of the Cross on which he died. At that moment she was a very lonely woman, but still a woman of Faith.



Let us pray that seafarers will have the courage to share their loneliness with God, and know that Mary is always interceding for them and their families.

## Day Five: Mary - Mother of Justice

"The hungry he has filled with good things, the rich sent empty away..." (Luke 1:53)

Life in Nazareth, where Mary lived, could never be described as dull or uneventful. The surrounding districts were governed by the Romans, who made life difficult for the people by demanding high taxes. These were collected by publicans (i.e. tax-collectors) who were noted for their dishonesty. As the taxes became more burdensome the people began to revolt against the Romans. Members of this movement were called Zealots and they were not afraid of killing Roman soldiers.

When Mary said "Yes" to becoming the Mother of Jesus, she knew that his birth would herald a new era of peace and justice in which the downtrodden would no longer be oppressed, but filled with good things.

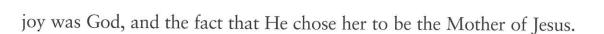
Today many seafarers from the Third World are forced to work long hours in return for small wages. Furthermore, the living conditions on some ships can only be described as sub-human.

Let us pray that Mary, Mother of Justice, will intercede for all seafarers who hunger and thirst for justice and truth.

## Day Six: Mary - Mother of Joy

"My soul glorifies the Lord, my spirit rejoices in God my saviour." (Luke 1:46)

When the Angel appeared to Mary he greeted her with the words, "Rejoice so highly favoured! The Lord is with you." The source of Mary's



Many people take seafarers for granted and are not even aware of the thousands of ships that visit the UK every year. Yet these ships bring all the products we need to guarantee a comfortable lifestyle.

Let us pray with Mary in thanksgiving for the dedication of seafarers in serving us.

## Day Seven: Mary - Mother of Hope

"His mercy is from age to age..." (Luke 1:50)

When Elizabeth greeted Mary with the words, "Of all women you are the most blessed" (Luke 1: 42), she responded by proclaiming the Magnificat. The Magnificat is a collection of the Old Testament verses expressing the hope of the poor and downtrodden that God will fulfil the promises he made to their ancestors.

The spontaneity of this prayer reveals Mary's love of Scripture that blessed her with the knowledge that God loves all men and women and wants them to share in his Kingdom.

The seafarer is like the poor and downtrodden of the Magnificat. He is forced to live on the fringe of society, arriving in ports around the world lonely, tired and spiritually deprived.

Let us pray with Mary that seafarers will not be condemned to live in isolation but will find genuine friendship as they journey throughout the world.

## Day Eight: Mary - Blessed Mother

"Blessed art thou among women" (Luke 1:42)

Mary was indeed blessed by God when she was chosen to be the Mother of Jesus. She shared her blessedness with Jesus and he grew daily in stature and wisdom, winning favour in the sight of God and man. The example that Jesus received from his mother inspired him to be gentle, obedient, humble and honest. Mary also encouraged Jesus to develop a prayerful heart that was always open to the will of his Father.

Let us pray for seafarers' wives who, in their absence, are the anchors of family life. May they be blessed with the gentleness and strength of Mary, the most blessed of all women.

## Day Nine: Mary - Woman of Faith

"Do whatever he tells you..." (John 2:5)

Whilst at the Wedding Feast of Cana, Mary became aware that the wine had finished long before the celebration was due to end. She did not want the young couple to be embarrassed and so she brought their plight to the attention of Jesus. Mary knew that the Grace of God was active within Jesus and that he could help the young couple to avoid shame and embarrassment. So she simply said to the waiters, "Do whatever he tells you..." Jesus responded by working his first miracle in public.

We can be certain that Mary continues to intercede for our needs in the same way.

This Novena is a response to Mary's concern for seafarers who need the strength and support of our faith and prayers. Let us pray that seafarers will acknowledge that God is present to them at all times and not just in time of trouble and danger.

## **Traditional Marian Prayers**

## Short litany to Our Lady Star of the Sea

Our Lady, Star of the Sea	Pray for us
Our Lady, Mother of Families	Pray for us
Our Lady, Mother of Sorrow	Pray for us
Our Lady, Mother of Justice	Pray for us
Our Lady, Mother of the Lonely	Pray for us
Our Lady, Mother of Joy	Pray for us
Our Lady, Mother of Hope	Pray for us
Our Lady, Blessed among all Women	Pray for us
Our Lady, Mother of God	Pray for us
Our Lady, Help of Christians	Pray for us

#### Let us pray:

Father, give your people the joy of continual health in mind and body. With the prayers of the Virgin Mary to help us, guide us through this life to eternal happiness in the life to come.

We ask this through Christ our Lord. Amen.

## Hail Holy Queen

Hail, holy Queen, Mother of Mercy: hail our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us: and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet virgin Mary.

R/. Pray for us O holy Mother of God.

V/. That we may be made worthy of the promises of Christ.

## The Memorare

Remember, O most loving Virgin Mary, that it is a thing unheard of, that anyone ever had recourse to your protection, implored your help, or sought your intercession, and was left forsaken. Filled, therefore, with confidence in your goodness, I fly to you, O Mother, Virgin of virgins. To



you I come, before you I stand, a sorrowful sinner. Despise not my poor words, O Mother of the Word of God, but graciously hear and grant my prayer.

## Salve Regina

Salve Regina, mater misericordiae: vita, dulcedo, et spes nostra, salve. Ad te clamamus exsules filii Hevae. Ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte. Et Iesum, benedictum fructum ventris tui, nobis post hoc exsilium ostende.

O clemens, O pia, O dulcis Virgo Maria. Amen.

## Hymn: Hail, Queen of Heaven

Verse 1
Hail, Queen of heav'n, the ocean star.
Guide of the wand'rer 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.

Verse 2
O gentle, chaste, and spotless Maid,
We sinners make our prayers thro' thee.
Remind thy Son that He has paid
The price of our iniquity.
Virgin most pure, Star of the sea,
Pray for the sinner, pray for me.

Verse 3
Sojourners in this vale of tears,
To thee, blest advocate, we cry.
O, pity our sorrows, calm our fears.
And soothe with hope our misery.
Refuge in grief, Star of the sea,
Pray for the mourner, pray for me.



## Joyful Mysteries

The Annunciation: We pray that, just as the Good News was announced to the Virgin Mary by the Archangel Gabriel and she responded by saying 'yes' to God, so also may seafarers hear and respond to the Good News and recognise God's loving plan for their lives.

The Visitation: Pondering on Mary's journey across the hill country of Judaea to meet her kinswoman Elizabeth, we pray that, through her prayers, seafarers may safely complete their journeys across the waters of the sea and return safely to their friends and family.

The Nativity: We pray for all seafarers whose wives are expecting a baby, and especially for those who are not able to be present for the birth of their child. May they share some of the joy of the birth, and may they be kept safe until they are able to return home.

The Presentation of Jesus in the Temple: Just as Simeon gave thanks to God for recognising in the child Jesus the salvation promised to his people, we pray that seafarers, their families and all those who care for them may draw strength and encouragement from the True Light that enlightens all peoples.

The Finding of the Child Jesus in the Temple: Just as Mary and Joseph loved and protected the child Jesus, searching for him and finding him in his Father's house, so may all seafarers be held in Mary and Joseph's protective intercession and travel safely back to their own homes.

## **Luminous Mysteries**

The Baptism of the Lord: Just as Jesus's glory as the Son of God was publicly revealed at the time of His baptism in the Jordan, so may all who care for seafarers be given the courage to proclaim the truth of the Gospel by their example of loving service.

The Wedding at Cana: Knowing how much Marriage is valued by Jesus, who worked His first miracle at a wedding feast, we pray that all married seafarers who are separated from their spouses may receive and respond to the grace they need to remain true to their marriage vows.

The Proclamation of the Kingdom: Jesus proclaimed a kingdom based on justice and love, and so we pray that the international shipping industry may base itself on these values and so respect the human dignity of all seafarers.

The Transfiguration: As the Lord revealed Himself in His true nature on the mountain, so may Christ also reveal Himself as a true friend and companion to seafarers in the midst of their isolation.

The Institution of the Eucharist: We pray that Catholic seafarers, who are separated from their parish communities for up to 12 months at a time, may be enabled to receive the Eucharist during their travels, and may grow in their love and devotion to Jesus who, in the Blessed Sacrament, speaks to them heart to heart.

## Sorrowful Mysteries

The Agony in the Garden: As Jesus prepared for His passion and death, dreading what lay ahead, He gained strength from turning to His Father in prayer and submitting Himself to his Father's will. We pray that seafarers too may find strength in prayer when they are lonely, depressed or fearful onboard ship.

The Scourging at the Pillar: Bruised and bleeding, Jesus submitted Himself to pain in order to save sinners. We pray that seafarers who are undergoing any type of trial or pain, especially the pain of separation from loved ones back home, may find solace in the unconditional love of God.

The Crowning with Thorns: Jesus was crowned with the sufferings of the world, yet His kingdom was not of this world. We pray that seafarers may remember their heavenly home and receive the grace to avoid becoming over-burdened by the troubles and concerns of this world.

The Carrying of the Cross: As Jesus carried His cross to the place of his death, he fell three times and got back up again. We pray that seafarers may never despair when loneliness or temptation strikes, but may pick themselves up again with the help of Jesus who understands their concerns.

The Crucifixion: As Our Lord stretched out His arms on the cross to embrace all of humanity, so may society reach out to seafarers and recognise them as members of the one human family redeemed by Christ.



#### Glorious Mysteries

The Resurrection: We pray that seafarers, their families and all who care for them may come to share the joy of all Christians in the resurrection of Jesus, and that they may find hope amid any adversity in Christ's victory over death.

The Ascension: We pray that seafarers who are lonely and missing loved ones back home may take heart from the words of Jesus's promise before He ascended into heaven that He would be close to us forever, even to the end of time.

The Descent of the Holy Spirit: We pray for an outpouring of the Holy Spirit on all those who work within the international maritime industry: that those in authority may have the courage to stand up for the rights of seafarers, and that seafarers may find Christ in the trials and tribulations of their daily life at sea.

The Assumption: Just as God preserved Mary's body from physical corruption, may He also give seafarers the grace to remain free from moral and spiritual corruption as they spend up to 12 months away from home on the high seas, and to return home unharmed.

The Coronation of Our Lady and Glory of all the Saints: We pray that all people who work at sea, and all those who are close to them or care for them, may set their sights on the rewards of heaven and the glory of the saints, and that Our Lady Stella Maris, Queen of Heaven, may intercede for them with her Divine Son who is King of all our lives.

## Suggested bidding prayers for Mass

Celebrant's introduction

Having welcomed the Word of God in faith, let us offer our prayers to God.

Prayer intentions

Let us pray for the Church, for our Holy Father Pope Benedict, for our bishops, priests and deacons, and for those who serve as chaplains or ship visitors for the Apostleship of the Sea. Lord hear us.

Let us pray for all who govern us, that God may grant them wisdom and compassion. We pray today that governments and international bodies may enact laws that promote the welfare of seafarers, whose rights and dignity are so often violated by a global industry focussed on the pursuit of profit. Lord hear us.

Let us pray for all those on the margins of society: the poor, prisoners, the unborn and the elderly. We pray especially for seafarers who work far from their homes and families, for those who are sick or have been injured in accidents onboard ships, and for those who are ill-treated and frightened. Lord hear us.

Let us pray for our own community and for everyone living in our area, especially for anyone who is in need. We remember all seafarers and their families, and ask God to comfort those who feel lonely and far from loved ones. Lord hear us.

Let us pray for a deeper devotion to Our Lady among all Christians, especially under her title of Star of the Sea, or Stella Maris. Please pray that seafarers may find comfort and protection as they invoke her intercession. Lord hear us.

We pray for all those who have died, especially members of our own family and community, and for all those lost at sea over the last year as they worked to bring us the goods we use and consume every day. Lord hear us.

Celebrant's concluding prayer

Father, in your mercy, accept the prayer we make for ourselves and our neighbours, especially those who work at sea.

We make our prayer through Christ, our harbour of peace. Amen



#### Leader's introduction

I am going to read you a story from the Bible about Jesus and his disciples on a small boat in the middle of a storm.

## Bible reading (Luke 8: 22-25, paraphrased)

One day Jesus said to his disciples, "Let's go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. Then a storm started, and the waves became so big that the disciples were worried that their boat might sink.

The disciples went and woke Jesus, saying, "Master, Master, we're going to drown!" Jesus got up and scolded the wind and the raging waters; the storm subsided, and all was calm.

"Where is your faith?" Jesus asked his disciples. In amazement the disciples said to one another, "Who is this? He commands even the winds and the water, and they obey him."

#### Themes

- Jesus loves seafarers he himself travelled by boat
- Seafarers are often lonely, frightened and feel far from home, just like the disciples in the boat
- But just as with the disciples, Jesus protects seafarers
- Just as our mothers love us, so Jesus's mother, Our Lady, loves seafarers and prays for them. She is sometimes called 'Star of the Sea' because seafarers look to her
- Seafarers are really important because they bring us so many things e.g. clothes, food, etc.
- Christians help seafarers when they arrive in Great Britain from far away by giving them warm clothes, talking to them, making them feel loved again
- You can help by praying for them



## Some questions to pose

 Where does your food come from? (shop/choose a food that comes from overseas - almost everything you have came by ship)

How long is a seafarer away from home? Up to nine months (one school

year)

• How might we love seafarers as Jesus wants? Pray for them, asking that Jesus may protect them and keep them happy • What things might seafarers ask Jesus for? (To get home soon, not to

feel lonely, friendship, ability to go to Mass, etc.)

• Have you ever been on a ship? (ferry/cruise/relative works at sea)

• What was it like?

## Final prayer

Lord Jesus, we pray for all people who work in boats on the sea, and especially those who are feeling frightened, lonely and far from home. Please keep them safe and let them know that you love them and are close to them.



#### Who are we?

The Apostleship of the Sea (AOS) is an international organisation founded in Scotland in 1922 to provide port-based support for vulnerable seafarers. In Great Britain it is a registered charity, wholly dependent on voluntary donations, and an official agency of the Catholic Church.

#### Why are we necessary?

Ninety-five percent of all goods we use and consume are transported by sea. However, the conditions of seafarers are hidden from us. Typically recruited from Third World countries where wages are lower, seafarers work away from home for nine to 12 months at a time, suffering loneliness, depression, dangerous working conditions, spiritual deprivation and exploitation.

## How have the needs of seafarers changed?

Globalisation, plus the drive for greater profit combined with technological advances, have changed the face of the international shipping industry radically in recent decades. Ships have got larger, ports have moved down river away from town centres with shops and facilities, and turnaround times have been reduced dramatically. Crew numbers have also become smaller, and seafarers have increasingly been recruited from developing world countries where wages are lower. Many ship owners have registered their ships under so-called flags of convenience to avoid stringent regulatory controls, sometimes adversely affecting seafarers' conditions of service and welfare.

#### What do we do?

AOS deploys Port Chaplains and ship visitors who welcome seafarers to our shores and provide for their pastoral and practical needs – regardless of creed or nationality. We work ecumenically with other Christian welfare societies to provide drop-in centres within ports where seafarers can relax, contact loved ones back home and pray. We also work collaboratively with other industry bodies, the government and the Holy See to promote justice for seafarers at the national and international level.

#### Where do we do it?

AOS now has a permanent presence in nearly every port in Great Britain, from Aberdeen to Plymouth, and continues to expand. Increasing numbers of volunteers in ports around the country serve as ship visitors or support the work of AOS in many ways.

## Why do we do it?

We recognise seafarers as our brothers and sisters. We stand alongside them, seeking to promote their dignity as human beings in a globalised industry that often disregards their needs. We also acknowledge that the contribution of seafarers to our daily lives, and the economic health of our nation, is immense.



# The icon of Our Lady Star of the Sea, Stella Maris

In order to promote devotion to Our Lady, and awareness of the needs of seafarers, the Apostleship of the Sea has commissioned Dr Stéphane René, an internationally renowned iconographer and Coptic deacon, to paint an original icon of Our Lady Star of the Sea in the Neo-Coptic style.

The Star of the Sea, or 'Stella Maris' in Latin, is the most ancient of titles for Our Lady. It has been a premise since the time of Our Lord that the equivalent phrase of 'Our Lady' in the Aramaic language of that day meant pilot, leader or guide – someone who could navigate through the sea or the desert by the stars and lead people to safety. The stars were and are used as a guide to safety and to new life. The sea covers all the earth and symbolises all the people of the earth. Our Lady was therefore identified from the very earliest days of the Church as the guiding light to her son, Our Lord, for all the people of the earth.

The icon is set in the context of the night and reflects the difficulties of life sensed more deeply at night and perhaps also of the times of the 'dark night of our souls'. The triangles are symbols of fire, which in turn are symbols of the Spirit.

The star is Sirius, the largest and most brilliant star in the heavens. A major star of navigation but also known in mythology as the God Star or the Dog Star that leads. This star was (and is) an object of great worship in many cultures around the world. In the Middle East the rising of Sirius in the heavens in June coincided with the annual floods of the Nile, upon which the lives of the ancient Egyptians depended. The visible circulation of the minor stars Sirius A and Sirius B around Sirius itself were also part of this worship culture and form the basis of the Star of David symbol.

The Virgin and Child are positioned in the upward pointing triangle of the Spirit - linking to Sirius the lead star of navigation Mary is herself the Star which illuminates our inner darkness and leads our souls to her divine Son.

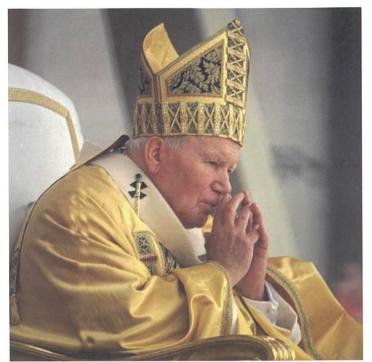
The sea has always been the most feared element of nature bßecause of its enormous power to sustain life or destroy. We are powerless and insignificant in the midst of its rage. Yet in its benign aspect the sea is a source of untold beauty and nourishment for mankind. The sea is therefore a metaphor for life and its perils, but also for its wondrous joy and beauty. The worldwide ocean also represents all the peoples of the world.

The four fish are a reference to the four Gospels, and ultimately "Jesus Christ Son of God and Saviour". On account of the fact that the initial letters of this title in Greek spell the Greek word for 'Fish', the fish-symbol became a kind of code-word for Christ. The boat in the background is a symbol of the individual soul of the believer on the spiritual path. This boat of life can be navigated safely by turning to Christ as guided by Our Lady star of the Sea, the star of our life. The boat is also an image of the Church - navigating through time, through life and to the promised land.

Our Lady is depicted standing on the moon, again an object of worship in ancient religions. The image also recalls the verse in Revelation Chapter 12: "And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars.



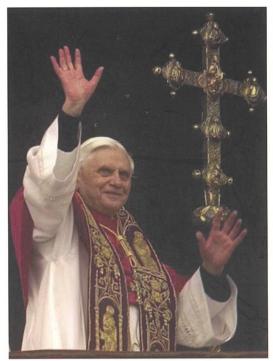




"My thoughts go out to all who work at sea, and I pray that they may be able to live with dignity and security."

Pope John Paul II

Message for World Maritime Day 2004



"With regard to the personnel who carry out the Church's charitable activity on the practical level... more than anything, they must be persons moved by Christ's love, persons whose hearts Christ has conquered with his love, awakening within them a love of neighbour."

Pope Benedict XVI Deus Caritas Est, no.33



Supporting Seafarers Worldwide

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