

Gospel Meditation

Matthew 11:25-30

There are times when many of us feel overburdened in our daily life. There can be so many demands, so much to do.

For seafarers, life at sea can be extremely challenging. They are often far from their families and loved ones for long periods of time, working long hours, and facing the threats of accidents, piracy, and harsh weather conditions. And when they come into port in a foreign land, they know no one.

Amid these challenges, Stella Maris provides a beacon of hope and support to seafarers. Its chaplains and volunteers offer the hand of friendship and listen to the concerns of the seafarers they meet. They help seafarers to contact their families back home, take them to Mass, or arrange for a priest to come on board, provide transport to local shops, and help to resolve problems of missing pay or sub-standard conditions.

Just as Jesus offers rest to those who are burdened and weary, Stella Maris offers refuge and support to seafarers who are facing the challenges of life at sea. Its chaplains and volunteers are the hands and feet of Jesus in this world, bringing comfort to seafarers.

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