

OUR LADY,



STAR of the SEA

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*Hail Mary,  
full of grace, the Lord is with you!  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.*

*(Litany)*

## **HOLY MARY**

**MOTHER of GOD,**

*STAR of the SEA,*

*QUEEN of the HOLY APOSTLES,*

*QUEEN of SEAFARERS,*

*QUEEN of FISHERS,*

*QUEEN of FAIR WINDS,*

*QUEEN of FOLLOWING SEAS,*

*QUEEN of the UNIVERSE,*

**PRAY FOR US**

*sinners, now and at the hour of our death.*

*Amen.*



**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.**

**[The prayer of Saint Pope John Paul II to Our Lady Star of the Sea]**



**MESSAGE OF HIS HOLINESS POPE FRANCIS  
FOR THE 2020 WORLD DAY OF VOCATIONS  
(The Last Two Paragraphs)**

**Even amid the storm-tossed waters, then, our lives become open to praise. This is the last of our vocation words, and it is an invitation to cultivate the interior disposition of the Blessed Virgin Mary. Grateful that Lord gazed upon her, faithful amid fear and turmoil, she courageously embraced her vocation and made of her life an eternal song of praise to the Lord.**

**Dear friends, on this day in particular, but also in the ordinary pastoral life of our communities, I ask the Church to continue to promote vocations. May she touch the hearts of the faithful and enable each of them to discover with gratitude God's call in their lives, to find courage to say "yes" to God, to overcome all weariness through faith in Christ, and to make of their lives a song of praise for God, for their brothers and sisters, and for the whole world. May the Virgin Mary accompany us and intercede for us.**

*Franciscus*

Confer:  
MESSAGE OF HIS HOLINESS POPE FRANCIS  
FOR THE 2020 WORLD DAY OF VOCATIONS

MESSAGE OF HIS HOLINESS POPE  
**FRANCIS**  
FOR THE CELEBRATION OF THE  
**54th WORLD DAY OF PEACE**  
1 JANUARY 2021

**A CULTURE OF CARE AS A PATH TO PEACE**

**9. There can be no peace without a culture of care**

**At a time like this, when the barque of humanity, tossed by the storm of the current crisis, struggles to advance towards a calmer and more serene horizon, the “rudder” of human dignity and the “compass” of fundamental social principles can enable us together to steer a sure course. As Christians, we should always look to Our Lady, Star of the Sea and Mother of Hope. May we work together to advance towards a new horizon of love and peace, of fraternity and solidarity, of mutual support and acceptance.**

*Franciscus*

# STORMY SEAS



**PAIN:**

**A Storm.**

**GRATITUDE:**

**In the same boat.**

**Reflect the good Lord's Passion.**

**ENCOURAGE:**

**Pray, hope, and don't worry.**

**PRAISE:**

**Live the song of Mary, Our Lady, the Star of the Sea  
(cf. Luke 1:46-55).**

# Have hope, an anchor of the soul, set and secure.

(confer Hebrews 6:19)



Stained glass in Mater Christi Chapel, Astoria NY / Diocese of Brooklyn.

In the midst of this storm  
I cast my anchor  
toward the throne of God,  
the anchor that is the lively home in my heart.  
(Saint Paul Le-Bao-Tinh, Vietnamese Martyrs)

# STILLA MARIS

## A Drop of the Sea\*

The Blessed Virgin Mary has various titles and here are two:

STELLA MARIS - the Star of the Sea.

STILLA MARIS - a Drop of the Sea.

Perhaps would be useful to study about Eusebius of Caesarea, Saint Jerome, the given name Miriam, the name of Mary, Ave Maria, Stella Maris, and confer Saint Faustina's Divine Mercy in My Soul (*Diary*, 432) and in other places.

Be immersed in fathomless Divine Mercy  
like a drop of water in the ocean.

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**HOLY MARY,  
a Drop of the Sea,  
pray for us.**

**This recalls from Romano Guardini's *The Human Experience*:**

“A mere drop” (...) “the infinite sea of silence” - has a value of “quietness”.  
So, here is the sea of divine mercy, also as in the book: *The Mercy Ocean*.

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\* Some biblical scholars have seen in it the Hebrew words mar (bitter) and yam (sea). This first meaning can refer to Mary's bitter suffering at the cross and her many tears of sorrow.

Another interpretation of the word mar renders Mary's name to mean "drop of the sea" and St. Jerome rendered it in Latin as stilla maris, which was later changed to stella (star) maris. This accounts for a popular title for Mary as "Star of the Sea".

Furthermore, perhaps study for the Pole Star (Polaris, North Star, polar star, polestar), which was related with earlier Marian veneration.

~ ~ ~  
**Our Lady, Star of the Sea  
is a spiritual compass  
in our voyage of life.**  
~ ~ ~



### OUR LADY of MOUNT CARMEL

The veneration of Our Lady of Mount Carmel, often is associated with the devotion of her title Stella Maris.

**The Brown Scapular holding here, has the Carmelite's coat of arms, which includes stars.**

**Perhaps, a star there recalls the relationship with Our Lady, Star of the Sea; as we know the sanctuary Stella Maris in Mount Carmel, in the Holy Land.**

~ ~ ~

# **The MOTHER of GOD**

**is the source of all her titles.**

**These “lifesaver” and “beacon”  
are catalysts for devotion to her.**

**The Magi from the East followed the Child’s star.  
We would recall, that Child honors His earthly parents.  
The Mother of God, her Child is the One, God.  
Her has a title STAR of the SEA - see *Stella Maris* in Latin.**

**Mary’s light is a spiritual compass.**

**Her light reflects this:**

***“The light shines in the darkness,  
and the darkness has not overcome it.” (Romans 1:5)***

**Her light even as too dim one points to her Son,  
the Light of the world (John 8:12).**

**In our lives,  
we become overwhelm  
in the waves of our lives, even the worst storms, her Son  
is the safe harbor with His divine mercy.**

**We look to her as a lifesaver for us.**

**Our Mother is a beacon  
beckons to:**

**The lamp is the Lamb.**

**“The lamp is the Lamb” (Revelation 21:23).**

# A BEACON of HOPE

The Cross is like a beacon that point out the port to ships that are still afloat on stormy seas. It is the sign of the hope that does not let us down; and it tells us that not even one tear, not one cry is lost in God's saving plan.

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Confer: Francis, Bishop of Rome, General Audience, March 31, 2021

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Saint Bonaventure noted that Our Lady, the Star of the Sea: “guides to a landfall in heaven those who navigate the sea of this world in the ship of innocence or penance.”

~ ~ ~

Mary, Our Lady, the Star of the Sea

is a beacon and a lifesaver in our stormy seas. Her light is a confidence to stay sailed to God's plan, even seen or unseen, in times over the clouds and or through mists of the fog of troubles.

May OUR LADY be with you!



BLESSED BE GOD
all ways and always

