



**Points of Interest:**

- NAMMA
- Wish List and Fast Glance Stats
- Piracy Petition
- Center for Student Missions
- Online Giving & Facebook

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## Reflections from NAMMA 2011 : Care for the Caregiver

### Overwhelmed and lonely

- ...overworked and sleepless nights
- ...working jobs that take us far from home and loved ones
- ...always taking on the 'fixer' role—

Healthcare professionals would characterize these as symptoms of an unhealthy/unbalanced life. Yet the seafarers aboard the vessels we visit know this life well. It is the life they live every day working on the seas. This week, a Chief Cook told me that he works 12 hours a day, 7 days a week, and in his 12 years at sea he has been home only 12 month!

—You mean in 12 years you have been home for a total of one year?

Yes, Mum. But that's okay—that's life at sea. It's part of my job.

And it can be part of our jobs too—especially those of us in the care giving field. Maritime Chaplains are not exempt.

June 25-28<sup>th</sup> Maritime Chaplains from Canada, United States and the Caribbean gathered at the annual **North American Ministry Association (NAMMA) Conference** that took place this year in the Port of Oakland, California. Our conference

theme was 'Caring for the Caregivers: How Chaplains Take Care of Themselves and One Another.'

The Reverends Ryan Marshall, Gail Avery and Loring Carpenter from Seafarer's Friend attended the conference. During one of our plenary, the Maritime Chaplains collaboratively created a Power Point presentation strategizing useful ways to prevent '**Care Giver Burnout.**' Here is some of our collective wisdom—(more will be included in next month's E-New):

- Recognize the small things you do that make things good for you
- Try to find someone to give you perspective
- Schedule retreats and quiet days
- Note boundaries and prepare with intentionality before boarding a ship
- Get away from desk and go down to ships to focus on what the real purpose is
- Get into the unexpected with openness
- Set aside one hour without phone calls
- Be honest with yourself and what is going on in your body
- Sleep, exercise, eat well
- Who is responsible for fund raising? Every one's responsibility!

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## At a Fast Glance and Our Wish List

### June 2011 SHIP STATISTICS

	BOS- TON	PORT- LAND	PORTS- MOUTH	TOTAL	YTD Total
Ships Visited	31	20	7	58	280
Ship Visits	23	31	11	65	404
Seafarer Contacts	220	169	175	564	3383
Van Rides	9	0	7	16	166
Seafarers Transported	27	0	25	52	493

### SEAFARER'S FRIEND WISH LIST

- \* Van Signage (\$250)
- \* Bibles (\$15-\$35 each)
- \* Back Packs (2 @ \$50)
- \* Hard Hats (6 @ \$50)
- \* New Exhibit/Display for Conferences (\$400)

WISH LIST NOTE: *Items needed have very specific specifications. Please call before making any donation of equipment.*



We take the role of Chaplaincy seriously, as we listen to the heart of a seafarer, look into his soul, and provide a bridge to God that will unburden him if even for a moment.

### CSM Volunteers Help Out Seafarer's Center

Thanks to the **Center for Student Missions (CSM)**, a group from Kentucky spent a week of service helping various Ministries in Greater Boston. Each day, they travel to various mission sites assisting them in any way they can. Some of the mission sites are churches, after-school program for children of Chinese Immigrants.

They helped us, at **Seafarer's Friend**, prepare the back office for renting, maintenance such as painting, hanging pictures,, and assisting in cleaning, organizing, rearranging furniture and office supplies. They have been a world of help to us.

**Thank you Kentucky and CSM!**



### Online Donations and Web Connections



*Summer is usually a difficult time for churches and NPO's as giving is often less — people are more tuned to vacations and traveling more. Yet all continue their mission, and in our ports, ships continue to bring fuel so necessary to our travel. SF continues to bring care and hospitality to the seafarers who sacrifice much for our everyday comfort and joy.*

*The need for your financial support also continues. We have made it easier to support this mission no matter where you are — we again accept online donations through PayPal. Just visit our website and click : [Donate!](#) The rest is easy.*

*You can also receive news, browse pictures, and read about news affecting seafarers all around the world on our new [Facebook!](#); along with the e-news.*



#### NAMMA: Care for the Caregiver (from Pg. 1)

No margin, no mission.

- Encourage board to give leads/contacts for philanthropy

The Plenary facilitator summed up the conference well:

'When I first saw the harbor all I saw were ships. Now I see people.'

May we, as caregivers, never loose sight why we serve in maritime ministries.



*The Rev. Gail Avery  
Port Chaplain, Portsmouth NH—Seafarer's Friend  
NAMMA Board member—Anglican/Episcopal denominational representative for Canada, The United States and the Caribbean*

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**INVITE US TO YOUR CHURCH OR GROUP THIS FALL!**



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### **A Visit Worth Remembering**

For two weeks, as part of Boston University School of Theology Contextual Education, three Russian seminarians and Dr. Sergei Nikolaev visited several sites to see various ministries that are happening around Boston. They had a ship visit in one of the Irving ships, Great Eastern, to experience a specialized ministry together with Seafarer's Friend port chaplain, Rev. Nizzi Digan. The incoming 3rd Officer had a wonderful time speaking in his native language with folks from Russia. The ship visitors commented, 'This is our first time to be in the ship and it is a blessing to be with the crew. We never thought ministry can happen even in the port.' For the 3rd Officer, the ship visit was a much needed time to share his thoughts and reflections learning from a maritime academy in Russia and actually doing what he learned.' This was a visit worth remembering!



Left to right: Seminarians Zhanna, Jenya, Artyr, 3rd Officer incoming, Dr. Sergei Nikolaev (President of Moscow Theological Seminary of the United Methodist Church, 3rd Officer outgoing, and Rev. Nizzi Digan.



Left to right: Dr. Sergei Nikolaev, the President of **Moscow Theological Seminary of the United Methodist Church**, Jenya and Zhanna who are both seminarians together with Rev. Nizzi Digan, port chaplain and the Chief Cook at Great Eastern, an Irving tanker fuel ship from Canada.

We want to tell the story of these strangers in our midst, of God's provision and care that most every seafarer has experienced, and of a community that exhibits amazing faith in the midst of often heart-breaking experience. **Invite us to speak to your church or group, preach, or lead workshops.** Call or email today to find a date.