Welcome! The Pope invites people of good will to come together and pray:
That politicians, scientists and economists work together to protect the world’s seas and oceans.

Getting started:
Choose a comfortable place. Recollect yourself in the presence of God and thank Him for your surroundings, for the vastness of God’s creation and the way we are immersed in his work.

Short story:
Oceana Inc. is an independent charity which partners with researchers, non-governmental organizations, the federal government, Indigenous Peoples and the fishing industry to study sensitive marine habitats and advocate for their protection. Set out in 2001, the Oceana family includes organizations in Brazil, Belize, Chile, the European Union, Peru, the Philippines and the United States. Oceana organizations work in their regions to educate the public about ocean conservation issues and to raise the profile of ocean conservation with decision-makers.

On their recent expedition to Malta as part of their project ‘Life BaĦar’, an Oceana’s vessel ‘Ranger’, crossed paths with a threatened loggerhead sea turtle that was dragged by a fishing line. Diver Aarón Sáenz jumped in to free it. Rescuing a turtle wasn’t planned, but new marine protections were on the agenda. The expedition surveyed sensitive ocean habitats, like seagrass beds, reefs and underwater caves, to expand existing marine parks around Malta. As a result of this project, more than 35 percent of Maltese waters will now be protected.

Visit https://lifebahar.org.mt/ for more information.

Time to reflect:
How aware are you of the human impact on the world’s seas and oceans? Are you aware of the human exploitation of the seas and oceans? Are you aware of the intricate way our seas and oceans are connected to our daily lives?

Let us pray:
Dear Lord, help us open our minds to the impact we as a human race are having on our seas and to help us overcome our resistance to change our current way of life.

Inspiration:
A Christian who doesn’t safeguard creation, who doesn’t make it flourish, is a Christian who isn’t concerned with God’s work, that work born of God’s love for us. Pope Francis

Hands on:
I challenge myself to do my part in helping with the conservation of our seas, the habitats it provides and all creatures living in it. I challenge myself to only consume sustainably caught fish, to stop using single use plastics which often end up in our seas and to take an active role in the cleaning of beaches and the foreshore.