

## Deutsche Seemannsmission support of seafarers dignity

### Hope and peace in troubled times

**We are passing through difficult times. People around the world are feeling rudderless and adrift. There's conflicting information about the Coronavirus (COVID-19) pandemic, not just about health. People losing work, feeling frightened, being isolated at home, worried about their loved ones and wondering about getting basic supplies.**

**We all must make ethical decisions in this pandemic. Here in Germany "Should I take that second pack of toilet paper for my family, or leave it for the next?" Even if toilet paper is not so important in the actual situation.**

**Should essential workers stay home to protect themselves or should they work to maintain the basic condition of life?**

**Responses are varied. Some people are responding with shock or panic, some are desperate and hopeless others seem to be ignoring the situation. Most people have never experienced this type of crisis before.**

**The Coronavirus (COVID-19) can infect anyone, rich or poor, white or black, Italian, Indian, American or Filipino, the captain or a OS (ordinary seaman), a doctor or a cleaner, do not choose race, color or gender.**

**No plague or injury can do more damage than acts of bad character. Our character is the key of a god life. Your health and your money can be taken away from you at any time but no one can take your character from you.**

**We were created to support each other. It's particularly important at times of global emergency help each other. It's time to leave indifference and individualism. It is more than ever a time of solidarity.**

**Demonstrating good character might involve not hoarding scarce goods such as toilet paper. It might mean not taking all the pasta and rice for yourself and leaving none for others. It might mean self-isolating not just for your own protection but to protect others.**

**"Wherever there is a human being, there is an opportunity for a kindness," "we are waves of the same sea, leaves of the same tree, flowers of the same garden." said Seneca.**

**Take the chance and transform your life, transform yourself in a better person. You must understand that difficult times will come in your life. It is not the first time and it will not be the last that a pandemic strikes and frightens all humanity. What you can do however is decide what you're going to do in this difficult times. Life is 10% what happens to you and 90% how you react to it. So you must decide to make a commitment to face it and deal with it because at the end of difficult times you can celebrate a victory.**

**What is holding you back in this difficult times of Coronavirus?**

**It may be fear, hopelessness, lack of peace, depression, economical problems, isolation, lack of money. Whatever it is identify it. You know, you can get over it, you can overcome these difficulties, maybe not alone. Maybe it is time to accept that you need help, that you cannot do everything alone. If you cannot deal alone with your actual situation look for help. Maybe you can send an e-mail to some one that you know, maybe you can contact some one by Facebook or Telephone. If that all is not possible trust in God. He is in control of everything and will not let you fall deeper than in his hands or He will give you wings to fly. Put your life and all your worries in the hands of God, trust him and be sure He will help you.**

**Your mental health is important as it guides every other aspect of your life. Your physical life, your spiritual life becomes better when you maintain a healthy mental state.**

**Changes in your live will not appear like a miracle, you're not going to be lucky or win the lottery but if you work hard and you don't give up then you will succeed. You can be guaranteed that you will have a breakthrough from that situation you're dealing with right now and if ever you fail dust yourself off and try again.**

**In the 1920s, a journalist asked Thomas Edison how it felt to fail 1000 times in his attempt to invent the incandescent lightbulb. He replied, "I didn't fail 1000 times. The lightbulb was an invention with 1000 steps."**

**That is the strength of will power and the desire to never quit when failing. What is amazing is that there exists that phenomenal willpower in every single human. You can go at it alone or you can go at it with companionship. There's an old African proverb that says: "If you want to go fast go alone if you want to go far go together".**

**Take care of your self, take care of some one else nearby or far away from you, say words of encouragement, say words and have attitudes of peace and love, Promote hope in these difficult times that we are going through and if you can't do anything let others take care of you.**

**We, the Deutsche Seemannsmission, are here to help you in everything possible. We have a online support (DSM Care) go in: <https://dsm.care> - you can chat with a chaplain, explore our stations and download DSM pdf.**

**We select a song for you: "You Raise Me Up" - cover by COLOR MUSIC Children's Choir.**

**Open the link down:**

**<https://www.youtube.com/watch?v=TRcIEMgppK8>**

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