



'ON THE BEACH'

Resources for a Mission and Outreach Event

SUITABLE FOR COASTAL CHURCHES

CALMING THE
STORM.



WELCOME

Welcome to this resources pack for Sailors' Society's Sea Sunday and on behalf of seafarers everywhere, I would like to thank you for your support.

This pack is being offered to coastal churches and provides an opportunity for you to offer an inclusive mission and outreach event around Sea Sunday

The aim is to allow as many people as possible to learn about the work of both seafarers and Sailors' Society and to raise vital funds to support seafarers in need. It is also to provide an opportunity for you, as a church family, to reach out to your local community and visitors to your area.

The 2022 Sea Sunday theme is: 'Calming the storm'.

We have taken our inspiration from Matthew's telling of the story of Jesus calming the storm, reminding us not only of the power of faith but of the unpredictability of life and how storms can beset all of us.

As the leading charity for the welfare and well-being of seafarers and their families worldwide, we help calm the storms facing the world's 1.89 million seafarers.

Storms can be global – like the war in Ukraine, record tsunamis and hurricanes or the aftermath of the Covid pandemic.

Or they can be individual - sickness, unemployment, bereavement, the simple stress of being away from your family.

But when seafarers face a storm in their lives, they know Sailor's Society is here for them 24/7. Our helpline and chaplains, revolutionary e-learning app, and our ground-breaking Peer-to-Peer Support Groups are there- whenever and wherever they need to talk or share or be heard. And our Crisis Response Network, welfare and education grants are available for when the storm gets really bad.

We can also calm some of the storms before they start – leading the way with our pioneering Wellness at Sea programme, which supports seafarers through the challenges of life at sea.

We have been there, through the storms, for more than 200 years, providing spiritual, welfare and educational support to seafarers.

Sea Sunday is officially marked on the second Sunday in July, but you can celebrate anytime in the year that works for you. We hope this special outreach service will provide you with ideas for a different type of service and we are delighted to connect with you to bring hope and transformation into the lives of seafarers and their families.

Thank you once again and God bless,



Sara Baade
CEO Sailors' Society





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RESOURCES FOR A MISSION AND OUTREACH EVENT

SUITABLE FOR COASTAL CHURCHES

Today, church outreach goes beyond the normal routine of attending church. Churches have become more creative in their mission. We all know that it is one thing to invite a friend to church, but it is much easier to invite a friend to a community activity. As a coastal church, you have the perfect venue to celebrate Sea Sunday 2023 with old and new friends alike. A beach or quayside picnic is the perfect time to invite your community and visitors to a low-pressure social activity where people can be outside, enjoying conversation, fun activities and, of course, food.

It is also the perfect opportunity to highlight the work of Sailors' Society with seafarers and their families as part of a celebration of Sea Sunday that is open to all.

Eating together.

Plan your picnic.

Set the food out on tables and lay out rugs and chairs in groups to encourage people on the beach to join you.

Start with a simple Grace.

Activities

Create a timetable of activities in advance that is available for everyone to see on the day, so they know what is happening when.

This pack has a series of activities for all the family that you can pick and choose from.

Worship

Plan the time of worship towards the end of this event when everyone has got to know each other.

An all-age talk and prayers as well as suitable hymns are available in this pack.

Remember

- A suitable venue such as a public beach or quayside (if you are holding this at the latter you may need to seek permission from a local authority)
- Bring a portable sound system for announcements and background worship music
- Bring and share picnic
 - Make sure the food is labelled for potential allergies*
- Children's seaside buckets and spades/or cardboard boxes for the ship building competition.
- Binoculars or telescopes
- Rugs, chairs and tables
- Material for family activities and crafts (see below and don't forget water and hand sanitiser for hand washing)
- Posters advertising the event, location and time
- Collection buckets or boxes clearly marked 'Sailors' Society'
- Rubbish bags or bins

For the interactive prayers:

Ship prayers

Make paper ships either from the template at www.sailors-society.org/seasunday23 or create a simple folded paper ship.

Wave prayers

Have blue and green wavy strips of paper to hand, children can write their prayers along the waves and stick them on a big collage.

Pebble prayers

Pebbles if your beach does not have them readily available.

SEA SUNDAY FAMILY ACTIVITIES

PLEASE ENSURE ADULTS SUPERVISE ALL ACTIVITIES

FOR ALL THE FAMILY

The Big Ship Build competition

- Sign up family 'teams' (the key is to involve all ages in this)
- Then, using buckets and spades, get them to create a ship out of sand on the beach
- If you are on the quayside, you can bring some cardboard boxes along and get them to make their ship out of these
- The best ship wins a prize

How many ships can you see at sea?

- Using binoculars or a telescope, look out to sea and count how many ships you can see.
- Now try to think of all the things that might be on board the ships.
- What comes to us by sea?

If you are by a harbour count the boats moored there, or the ones coming in or out, but still ask the questions about the big ships.

GET EVERYONE INVOLVED

If you have the space, why not play a game? You will need the sound system for this and make sure you invite anyone to play along.

Port and Starboard

This is a game based on the theme of a ship captain and their crew and would act as a good introduction to the theme of seafarers.

One person is the captain, the rest are crew members. The captain (leader) gives out one of the set orders listed below. The crew (children) then do the matching actions.

- **Port:** Everyone runs to the left of the playing area or room
- **Starboard:** Everyone runs to the right of the playing area or room
- **Bow:** Everyone runs to the front of the playing area or room
- **Stern:** Everyone runs to the back of the playing area or room
- **Man overboard:** Children lie on their back and wobble arms and legs in the air
- **Captain's coming:** Children salute and shout "Aye aye captain"
- **Climb the ladder (or climb the rigging):** Children pretend to climb a ladder
- **Crow's nest:** Put hands above eyebrows and look out to sea
- **Sweep the decks:** Children pretend to clean the floor
- **To the lifeboats:** (If you have a group of players) Get into groups of three, hold hands and sit down
- **Boat sinking:** All children sit down as fast as they can.
- **Make up some actions of your own!**

Drip, Drip, Storm

This is not for the faint-hearted! Play this the same way as you would Duck, Duck, Goose, but have a small cup of water. The person who is 'up' drips a tiny bit of water onto each person's head saying 'drip.' When they decide who they want to be chased by, they say 'storm' and pour what is left in the cup on the chosen person's head!

SEA SUNDAY FAMILY ACTIVITIES

PLEASE ENSURE ADULTS SUPERVISE ALL ACTIVITIES

GET CRAFTY

A craft station is fun for children (and adults) who might not want to play more active games.

Moving boat picture

You will need: two pieces of paper, a lolly stick, scissors, felt pens.

- Draw a line on the paper to show the top of the waves
- Cut partway across the line but not to the edge of the paper
- Colour below blue
- Make the sky above cloudy and draw the rain
- Cut out a boat shape and colour it in
- Stick it to the lolly stick
- Put the stick through the slit in the paper and move the boat

Make a ship

You will need: copies of the cut-out boat on our website, pens or paints, scissors, glue.

- Colour in the boat shape on the paper
- Carefully cut out the boat by cutting along the outside lines
- Bend the cut-out boat at the internal lines
- Bend the small flaps in and using glue or tape stick them to the long sides to make the boat
- Take the boats down to the sea and sail them

Wave sticks

You will need: a straw or small stick, magazines, tape.

- Select colourful pages of the magazine
- Cut out thin strips of coloured paper from the magazine
- Stick the strips onto one end of the stick
- Run around, swirling the stick round to make waves

PRAYER TIME

You may want to have a more formal prayer time or include some simple activities that allow interaction during this time.

Pray for:

- Seafarers
- Seafarers' families
- Family and friends
- The community
- Those who have travelled here for holidays

More formal prayers can be found in the Worship Resources pack here: www.sailors-society.org/seasunday

CRAFTY PRAYERS FOR THE WHOLE FAMILY

Ship prayers

Create several ships (from the template at www.sailors-society.org/seasunday) or create a simple folded paper ship by:

- Folding a sheet of paper in half
- Then fold the corners into the centre making a triangle
- Fold the bottom edges up to create a boat

Have these available for people to write a prayer on.
Put the boats in the water.

Wave prayers

Have blue and green wavy strips of paper to hand, children can write their prayers along the waves and stick them on a big collage.

Pebble prayers

Get the children to collect pebbles or provide them.
Drop a pebble into the water and say a prayer.

SHORT ALL-AGE TALK SUITABLE FOR A MISSION AND OUTREACH EVENT CELEBRATING SEA SUNDAY 2023

You can either gather the children together to tell them this story or open it up to everyone to listen.

'Calming the storm.'

Our gospel story tells us about a day when Jesus and his disciples found themselves in the middle of a big storm.

Do you remember a really big storm?

Maybe the wind blew and blew really hard, and the rain came down and down, making a noise on the roof and by the sea the waves crashed onto the shore.

Shout

And it was so noisy you had to shout to be heard!
Could you sleep through it?

In a normal voice

Well, Jesus slept through the storm he and the disciples found themselves in.

Can you imagine that?

You can tell this story yourself or get others to help you act it out...

They were on a boat in the sea of Galilee when a great storm blew up out of nowhere.

And the waves buffeted the boat, and the wind blew...

(Get the children and grown-ups to rock as if they were in a boat and make the sound of the wind).

And it rained...

(Wiggle fingers up and down to illustrate rain).

The disciples were afraid - but Jesus still slept...

Jesus stood up and commanded the wind, "Be quiet!"

(Get everyone to stop making a noise).

And he said to the waves, "Be still!"

(Get everyone to stop rocking).

Jesus calmed the storm down completely.

The disciples were no longer afraid of drowning because the wind

died down and the sea was calm.

But you know what? This story was retold and retold and retold and then written down in the Gospels, and not just to show what power Jesus had over the storm in the sea of Galilee.

No, it was to let us know that Jesus has the power to calm the storms in our lives.

And by storms, we mean the things that make us afraid or sad. And sometimes he does this by sending people to help make things better.

Today is Sea Sunday and today we say thank you to seafarers.

Seafarers are people who work on really big ships. Some work on the decks in all weather, and others oversee steering the ship or keeping the engine running.

These ships help bring us almost everything we buy and use, like cars, phones, clothes, and food. All coming by sea from other countries.

But this means that seafarers can be at sea for many months.

Do you remember when Covid meant you were trapped in one place unable to get out and see friends? – well for seafarers being at sea is like lockdown.

They aren't with any of their families and they are at sea so often they can't get a signal or Wi-Fi so they can't Facetime, or even text family and friends.

They miss seeing their families and birthdays go past without them being at home.

Would that make you unhappy or sad? – It makes seafarers unhappy and sad.

So, as well as facing real storms, scary storms with huge waves that can make even their huge ships roll about, huge storms that are very frightening for those on board a ship...

As well as facing those storms, seafarers face the sort of storms we can recognise from our own lives.

SHORT ALL-AGE TALK SUITABLE FOR A MISSION AND OUTREACH EVENT CELEBRATING SEA SUNDAY 2023

Sadness, fear, loneliness.

And their families are also facing storms in their lives. Many are very poor, some must travel across the sea to get to school, others do not have easy access to doctors or hospitals.

But remember I said that Jesus sends people to help calm the storms?

Well, seafarers are lucky because they have Sailors' Society.

Sailors' Society helps seafarers and their families cope with the storms in their lives.

It can help them with the aftermath of real storms that can cause shipwrecks - it can help them get back home safely. It can help them when they are attacked by modern-day pirates who try to kidnap or kill them and also help their families back home during these terrible times.

Its Crisis Response Team is just a call or a message away and can even help financially in a crisis.

But it can also help with the things in seafarers' lives that can make them feel like they are in a storm. Whether that is being away from home or not being able to contact their family. They have a helpline and chaplains that live all over the world and speak lots of different languages seafarers can call or message 24 hours a day or night.

And as sometimes it is better to talk to someone just like you – they also run WhatsApp groups where seafarers can talk to each other, and not only share problems, but funny stories to cheer each other up.

But the best way to help seafarers with their mental health is to teach them about all the things that might make them sad or worried and all the ways they can help themselves and their fellow crew members to feel better.

But because learning can be boring, Sailor's Society has created a fun, interactive e-learning App, with games and quizzes, where seafarers can learn how to take care of themselves.

It also runs special training to help seafarers cope with being away from home for so long and helps the families of seafarers when things go wrong while the seafarer is away at sea.

Seafarers are often forgotten about because they work at sea, but they have a really hard job. Sailors' Society is helping seafarers because they want to show them God's love and care and help calm the storms in their lives.

So, remember Jesus can calm the storms in our lives, however big or small. We shouldn't be like the disciples, surprised by Jesus and what he can do for us.

And we shouldn't be surprised when he sends that help by other people... like when Sailors' Society helps seafarers with the storms in their lives.

Or when he asks us to help those people by supporting their work.

We can help support Sailors' Society and we are doing so today by giving them the collection from today's service. But we could also make them our Link Charity for the Year. And we could all do our bit, by making individual donations or planned giving.

We can also share their stories with others spreading the word by following the Society on social media.

And today we give thanks for seafarers and the work of Sailors' Society in their lives and thank the Lord that He is with us calming the storms in all our lives.

Amen.

MUSIC

Here are just a few song suggestions you could use that fit with our Sea Sunday theme. These could be played through your sound system as background music, or you could invite people to join in with a time of singing.

Don't forget to print out the words if you do this.

Hymns:

Eternal Father Strong to Save
Author: William Whiting (1860)
Tune: MELITA (Dykes)

Dear Lord and Father of Mankind
Author: John Greenleaf Whittier (1872)
Tune: REST (Maker)

Will your Anchor Hold in the Storms of Life
Author: Priscilla J. Owens
Tune: WILL YOUR ANCHOR HOLD
Tune: GALILEE (Jude)

Amazing Grace
Author: John Newton (1779)

Worship songs:

Jesus Calms the Storm
www.youtube.com/watch?v=abDzMnlybqs

Praise you this Storm
www.youtube.com/watch?v=MgpaULjZO18

Eye of the Storm
www.youtube.com/watch?v=Qlow_JkOpiw

Children's songs:

Jesus Calms the Storm
www.youtube.com/watch?v=Z8pKd-qk9x

He's got the Whole World in his Hands
This is the Day the Lord has Made
Our God is so Big

HOW CAN YOU HELP CALM THE STORMS IN THE LIVES OF SEAFARERS?

You can practically support seafarers in several ways:

Support Sailors Society with a virtual gift:

Whatever the occasion a Sailors' Society virtual gift isn't just a heart-warming present, it could be a lifeline to a seafarer in need. www.sailors-society.org/gift

Give:

The generosity of our donors means we can transform the lives of seafarers and their families through practical, emotional and spiritual welfare support. You can give towards this work in several ways:

Your Sea Sunday collection:

Many churches choose to take up a collection and donate to Sailors' Society after marking Sea Sunday. If you would like gift aid envelopes for your congregation please contact us on 023 8051 5950.

Making Sailors' Society your Link Charity:

Many churches nominate a charity to link to. Some do this annually, others for an indefinite period. They hold fundraising events specifically for their Link Charity or set aside part of their charitable giving to donate to them. We would be delighted to be your Link Charity and can provide a range of fundraising materials as well as offer speakers and other resources.

Individual Giving:

There are two ways you can do this:

- You can donate online at www.sailors-society.org/give
- Or write a cheque made out to Sailors' Society and post to:
Sea Sunday, Sailors' Society, 74 St Annes Road, Southampton, SO19 9FF

And of course, don't forget to include seafarers in your prayers.

YOUR DONATION CAN PROVIDE A LIFELINE FOR SEAFARERS IN NEED. HERE'S HOW YOUR DONATION CAN HELP:

£20

could help pay our helpline costs for a morning

£55

could help pay for counselling sessions for a seafarer in crisis

£75

could help pay for a seafarer's emergency medical treatment





sailors-society.org/seasunday



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