



# Worship Resources Pack

**CALMING THE  
STORM.**



## WELCOME

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

Our 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 us all.

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 or hurricanes and 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. Whether you have two minutes or an entire service to highlight Sea Sunday, 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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You can find resources for an outreach family picnic here [sailors-society.org/seasunday](https://sailors-society.org/seasunday)

# CHURCH SERVICE OUTLINE

'Calming the storm' - a service outline to celebrate Sea Sunday 2023.

## Gathering to worship

Those gathered say together the words printed in bold.

### The greeting

The minister/worship leader may say:

Let us worship together.

**Amen.**

This is the day that the Lord has made.

**We will rejoice and be glad in it.**

The sea is yours, O God, and you made it. Psalm 95:5

### Opening prayer

**Lord, direct our thoughts this Sea Sunday to all those who serve at sea.**

Be with seafarers, Lord, on all their voyages, to cheer them and keep them safe in all dangers. Let nothing afloat or onshore cut them off from you.

Bless all on board their ship, whatever their responsibility.

Help them to be good shipmates and bring them back again safely to their homes and to those who long for their return, through Jesus Christ, our Lord.

**Amen.**

**A hymn or worship song(s) may be sung.**

**The Collect/prayer of the day may be said.**

### A time of confession/saying sorry to God

The minister declares God's forgiveness.

## Hearing and responding to the word of God

### Readings

Psalm 107:23-30

The Pilot's Psalm

**A hymn or worship song(s) may be sung.**

### The Gospel

Matthew 8:23-27

**Sermon or all-age talk**

**Affirmation of faith**

### Prayers/Intercessions

Followed by:

**The Lord's Prayer**

**A Communion/Eucharist may be celebrated here.**

## Going out to serve God

**A hymn or worship song(s) may be sung.**

### Blessing

Lord God, be the ship that holds us in the sea of life.

Be the rudder that keeps us on the straight course.

Be the outrigger that supports us in times of great testing.

May your Spirit fill our sails to carry us through each day,

and keep our bodies strong so that we may paddle steadfastly on in the voyage of life.

**A suitable blessing may then be given in the name of the Father and Son and Holy Spirit.**

**Amen.**

**A 'sending out' by the Minister ends the service.**

You might use:

For those at sea, for those in port and for those of us at home, go in peace to love and serve the Lord.

**In the name of Christ.**

**Amen.**

# SUGGESTED PRAYERS/INTERCESSIONS

## Prayer pointers/meditations:

Pray for God's blessings upon all seafarers as they tirelessly transport so many of our daily goods. Remember the sacrifices made by seafarers who give up a lot to give us so much. Think about where your reliance is placed when it comes to the struggles and strains of life. Are your feet firmly fixed on the Rock or do they waver?

## For seafarers

Almighty God, we remember those whose lives are lived on your great oceans. For those who go down to the sea in ships, we give thanks; they enrich our lives at great personal cost. May they daily feel the strength of your protection, the warmth of your presence and the love of your relationship as they seek the hope of safe passage.

## Remembering seafarers' families

Loving Father, we pray for solace for families awaiting the return of seafarers; allow your grace and peace to dwell in their homes and their hearts until they are reunited with their loved ones. Banish fear and pain and uncertainty from their lives, that they may be blessed with hope for safe return and joy at the reunion.

## For the shipping industry

All-powerful God, we lift the shipping industry to you; those who build, those who own, those who manage, those who operate ships to support the trade of the world. We thank you for every company that cares for those who go to sea on its ships. Lord, let your righteousness pervade every being so that all who work at sea are blessed by safe working conditions, good food and just rewards for all their efforts. Let justice wash over this industry like the powerful waves of your ocean and turn the hearts of those who are exploiting seafarers today. Preserve the dignity of those who do not work for responsible and just employers, that they may be rewarded with your love and protection.

## For those on whom the seafarer depends

We give thanks, O Lord, for those who protect those that work on the sea, providing rescue services and safe havens. Today we remember the work of the Royal National Lifeboat Institution, the Maritime and Coastguard Agency, Trinity House, the Royal Navy, and maritime trade unions. We rejoice that the work of these, and other organisations around the world, gives great comfort to those who are at times in danger, exhausted, injured, exploited and afraid on the sea.

## For harmony on board

Holy Spirit, may you join the crews of every ship that sails the oceans, bringing peace and harmony to your children. May your presence counsel the downhearted, heal the sick and bind together seafarers of all nationalities, cultures and faiths so that they can live in harmony despite their differences.

## For Sailors' Society

Sovereign Lord, we thank you for laying the needs of seafarers upon the hearts of your people and giving them such a vision for the Society more than 200 years ago. We thank you that this vision still provides Christian care for seafarers around the world, irrespective of their religious faith, nationality and background. We ask for your blessing on the work of Sailors' Society today, providing 24/7 practical, emotional and spiritual welfare support that transforms the lives of seafarers and their families. And we thank you that you have given the Society such a heart for seafarers. We offer our prayers for continued success in its work and for all that is done for seafarers in the name of Jesus Christ.  
Amen.

# HYMNS AND WORSHIP SONGS

## 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

### **I the Lord of Sea and Sky**

Author: Daniel L. Schutte (1981)

Tune: HERE I AM, LORD

### **Jesus Call us O'er the Tumult - Alexander**

Author: Cecil Frances Alexander (1852)

Tune: GALILEE (Jude)

### **Amazing Grace**

Author: John Newton (1779)

Tune: NEW BRITAIN

### **When the Storms of Life are Raging, Stand by Me**

Author: Charles Albert Tindley (1905)

Tune: WHEN THE STORMS OF LIFE ARE RAGING (Tindley)

### **When Through the Torn Sail**

Author: Reginald Heber (1827)

Tune: SULLIVANS

### **When the Storms of Life Surround Me**

Author: Richard W. Adams (2006)

Tune: NETTLETON

## Worship songs:

### **Jesus Calms the Storm**

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

### **Praise you in this Storm**

<https://www.youtube.com/watch?v=MgpaULjZOI8>

### **Eye of the Storm**

[https://www.youtube.com/watch?v=Qlow\\_JkOpiw](https://www.youtube.com/watch?v=Qlow_JkOpiw)

## Children's songs:

### **Jesus Calms the Storm**

### **He's got the Whole World in His Hands**

### **This is the Day the Lord has made**

### **Our God is so Big**

# SERMON FOR SEA SUNDAY 2023

## 'Calming the storm'

The story of Jesus calming the storm is repeated across three of the Gospels. It is of course in Matthew, but also in Mark 4:35-41, and Luke 8:22-25.

They are all accounts of the same story but give us different perspectives on what was going on. And, as with all Gospel stories, there are many layers of theology, context and messaging there for us to learn from and apply to our own lives.

It is also ideal reading for this Sea Sunday as we spend time thinking about seafarers and the many storms that beset them.

Typhoons and large storms can shipwreck even the largest container vessel, as happened off Reunion Island in the Atlantic. When engine failure, left the ship adrift and it was picked up by the storm and thrown onto the rocks. Luckily, the crew were rescued from their vessel, but they bore the scars of their trauma.

The sort of trauma that must have beset the disciples. Those among them who fished the sea of Galilee were well aware of the power of the storm that whipped up there and how a small wooden fishing vessel could easily be submerged, taking the lives of those on board.

In Hebrew culture, large bodies of water were the home of Leviathan – the embodiment of chaos – only God could control the sea and the evil within it.

And so, by calming the storm, by controlling the evil within it, Jesus proved his divinity.

And, it would not have gone unnoticed amongst the Jews, that this act mirrored exactly the words of Psalm 107 - our Old Testament Reading for this morning:

*Then they cried out to the LORD in their trouble, and He brought them out of their distress.*

*He calmed the storm to a whisper,  
and the waves of the sea were hushed.*

*They rejoiced in the silence,  
and He guided them to the harbour they desired.*

So, Jesus was also fulfilling the Psalmist's prophesy. But there is of course more to this passage than just this theological context. When Jesus calms the storm, we are encouraged to have faith that He will be with us in the middle of all the storms of our lives.

Recently there seems to have been a lot of those doesn't there! The legacy of Covid still haunts us, with its isolation and the fear and loss it brought with it. More recently, the war in Ukraine with the knock-on effect of rising energy and food prices see financial and safety worries added into the mix.

But if we are struggling, imagine what it must be like for a seafarer.

I'll quote from our Psalm again:

*Others went out to sea in ships, conducting trade on the mighty waters. They saw the works of the LORD,  
and His wonders in the deep.*

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

This means that seafarers can be at sea for months, their jobs vary. Some work on the decks in all weather, others are officers, bridge staff overseeing the navigation from port to port, and others still are engineers maintaining and running the huge engines that power these mighty vessels.

Many come from the poorest areas of the world.

So low wages, long hours and separation from family. Birthdays, anniversaries - even deaths go past without them being at home. At sea often they can't get a signal or Wi-Fi, so they can't Facetime, or even text family and friends.

# SERMON FOR SEA SUNDAY 2023

## 'Calming the storm'

So, as well as facing real storms, scary storms, they face the storms of isolation, loneliness, depression, anxiety over finances and, more recently, with the war in Ukraine, the safety of family members.

And their families are also facing storms in their lives.

Seafaring communities along the Black Sea have been devastated by the war, and other large seafaring communities around the world, such as in the Philippines, have faced the issues of poverty, poor health care and a lack of accessible schooling for years.

But, if there is one thing, we have all learnt from the recent global crises, it is that not only is God with us, but he answers our prayers and often he does this through the work of others who have heard his call.

And for seafarers, those prayers are often answered by Sailors' Society.

### How?

You may like to introduce the work of Sailors' Society below.

### Sailors' Society

Sailors' Society is here for seafarers 24/7 in lots of different ways, providing them with things that they need to weather the storms that beset them.

For more than 200 years, as an international maritime charity, Sailors' Society has been transforming the lives of seafarers and their families. The charity works to provide practical, emotional and spiritual welfare support to the world's 1.89m seafarers, regardless of background or faith.

More than a quarter of seafarers struggle with depression and even before they board their first ship, over 57% of maritime cadets surveyed showed signs of anxiety. They need help with their mental health and welfare.

Long contracts at sea, thousands of miles away from families and friends, left many feeling isolated and stressed means it isn't surprising that mental health issues are rife. And without help, miles from home, trapped at sea for many it proves just too much to bear – sadly, the Society receives multiple reports of suicides.

That is why it is so important that seafarers know Sailor's Society is here for them 24/7.

When the really big storms hit – piracy, kidnap, redundancy, shipwreck and more recently war – Sailor's Society is a call or message away with its amazing Crisis Response Network - 37 crisis responders around the world offer practical and emotional help, following traumatic incidents. The charity also gives out emergency welfare and educational grants.

But sometimes the storms are smaller but equally as devastating - relationship problems, separation anxiety, health or money worries. If that's the case seafarers can call or instant message our global helpline and chaplaincy teams. They speak a variety of languages and are available whenever a seafarer needs to talk – day or night, anywhere in the world. And it's not just limited to one call – often contact can continue for days and weeks until the seafarer is referred to a counsellor, medical professional or feels able to cope.

But we also know that sometimes seafarers just want to talk to someone who also shares their life at sea and Sailors' Society helps with that.

Seafarers can talk to other crew through Sailors' Society confidential Peer-to-Peer Support Groups. These popular WhatsApp groups give seafarers the chance to share problems and issues through support groups that can sustain them through multiple voyages. As well as general groups, there are female-only, family and cadet support groups as well as ones for those caught up in the long-running conflict in Ukraine. Overseen by a Sailors' Society moderator, there are nearly 80 groups running at the moment.

But Sailors' Society also knows that helping seafarers to understand how to prepare for good mental health while at sea, helps to take away many of these smaller storms and that's why this year it launched a one-stop-shop E-learning App for seafarers.

It gives every seafarer had the opportunity to take their own wellbeing into their own hands empowering all ranks to look after their own and others' wellbeing.

# SERMON FOR SEA SUNDAY 2023

## 'Calming the storm'

It's free, interactive and really fun to use; and most importantly, available on and offline so seafarers can learn at their own pace whenever they have the time.

And, through the Society's pioneering Wellness at Sea programme, it is able to offer a complete circle of care for seafarer wellness and welfare. Starting with conferences for cadets and then continuing with bespoke wellness training packages for companies that start at pre-departure and can continue throughout a seafarer's career.

So, Sailors' Society is doing everything it can to calm the storms in seafarers' lives.

Our Gospel story highlights the need for true faith and the seafarers' adaption of the 23rd Psalm reminds us not only of their needs but their faith that help will be provided:

*Even though I sail amid the thunder and tempest of life, I will dread no danger, for you are near me.  
Your love and your care, shelter me.*

Sea Sunday not only highlights the needs of our seafarers. Sea Sunday also allows us to learn about how many of these needs are being answered through the work of Sailors' Society.

However, while our Lord answers prayers through the work of those He calls, when it comes to seafarers that is not exclusive to the maritime charities alone.

We too are called to help calm the storm.

The collection today can go to Sailors' Society to help with its work, but we can do more.

Individual giving, considering the Society as a Link Charity. These too are possibilities.

God is with us, even in the middle of a storm.

He is with seafarers on their ships. He is with their families back home. He is with Sailors' Society in all its work.

*Even though I sail amid the thunder and tempest of life,  
I will dread no danger, for you are near me.  
Your love and your care, shelter me.  
You prepare a harbour before me in the homeland of eternity. You anoint the waves with oil, and my ship rides calmly.  
Surely sunlight and starlight shall favour me on the voyage I take,  
And I will rest in the port of our God forever.*

**Amen.**

# ALL-AGE TALK

## Aim of short talk:

To explain the work of Sailors' Society in helping seafarers cope with some of the storms in their lives, while encouraging people that Jesus has the power to calm all the storms in our lives.

## Main themes:

Seafarers, Sailors' Society, Jesus, Storms, Trust, Faith, Help

## Biblical references:

Matthew 8:23-27

## 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.

# ALL-AGE TALK

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.

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.**

# 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](http://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](http://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](https://sailors-society.org/seasunday)



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