

# > Sea Sunday 2023 Resources

## Can you help to relieve the burden?



Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. The number of crews abandoned by their employers is still at a record high. Many are still being denied the right to leave their ships for even a short break away from the relentless noise and pressure onboard. Many are reporting more stress and poorer mental health.

Stella Maris is the maritime agency of the Catholic Church. Its teams of chaplains provide practical help and pastoral care to seafarers and fishers in the UK and around the world. Please encourage your parish to stand alongside seafarers and fishers so that they will always have a friend in port who they can turn to. Invite your parish to support Sea Sunday on Sunday 9th July (or any other date that suits your parish better) by praying for seafarers and giving online or to the collection at Mass.

**Please help your parish support Sea Sunday. Instructions for before, during and after Sea Sunday can be found on p5. Information for Collection Counters can be found on p6.**

In this booklet you will find resources to help your parish celebrate Sea Sunday this year including:

Gospel Meditation | Prayers of Intercession | Newsletter text | Appeal Talk | Parish Checklist

Thank you for your support.

# > Gospel Meditation

## Matthew 11:25-30



There are times when many of us feel overburdened in our daily life. There can be so many demands, so much to do.

For seafarers, life at sea can be extremely challenging. They are often far from their families and loved ones for long periods of time, working long hours, and facing the threats of accidents, piracy, and harsh weather conditions. And when they come into port in a foreign land, they know no one.

Amid these challenges, Stella Maris provides a beacon of hope and support to seafarers. Its chaplains and volunteers offer the hand of friendship and listen to the concerns of the seafarers they meet. They help seafarers to contact their families back home, take them to Mass, or arrange for a priest to come on board, provide transport to local shops, and help to resolve problems of missing pay or sub-standard conditions.

Just as Jesus offers rest to those who are burdened and weary, Stella Maris offers refuge and support to seafarers who are facing the challenges of life at sea. Its chaplains and volunteers are the hands and feet of Jesus in this world, bringing comfort to seafarers.



# > Suggested Prayers

## Of Intercession



### CELEBRANT'S INTRODUCTION:

Having welcomed the Word of God in faith, let us offer our prayers to God.

### READER:

Let us ask God to protect all seafarers and fishers, who work hard on the perilous sea, to bring us so many of the goods that we rely on in our daily lives. May they always feel the loving embrace of our Heavenly Father. Lord hear us.

(All) Lord graciously hear us.

Let us pray for all those who feel burdened by life and currently find themselves living in darkness. That they will soon experience God's solace and comfort and be moved to live in the Light of Christ. Lord hear us.

(All) Lord graciously hear us.

Lord Jesus, you are the way, the truth and the life. Give us the hope, faith and strength to follow you at all times, through all burdens, difficulties and obstacles that we might face. Lord hear us.

(All) Lord graciously hear us.

Let us pray for all those who feel abandoned, neglected or exploited, especially in our own community. Lord hear us.

(All) Lord graciously hear us.

Let us pray for Stella Maris and its mission to be the hands and feet of Christ, bringing love, kindness and compassion to all those who visit our ports and shores. Lord hear us.

(All) Lord graciously hear us.

We pray for Pope Francis and all who lead the Church: that, under the guidance of the Holy Spirit, they may continue to guide and shepherd us along the right, just and true path of faith. Lord hear us.

(All) Lord graciously hear us.

### CELEBRANT'S CONCLUDING PRAYER:

Father, in your mercy, accept the prayers we make for ourselves and our neighbours, especially those who work at sea. We make our prayer through Christ, our harbour of peace. Amen

## Children's Resources

You can download additional copies of our children's activity sheet online. We also have a range of other children's activities including colouring sheets and an option to write a message to a seafarer using semaphore flags at [www.stellamaris.org.uk/SeaSunday/Children](http://www.stellamaris.org.uk/SeaSunday/Children)



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E



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# ➤ Appeal Talk

## Sea Sunday 2023



Good morning/evening everyone

My name is [xxx] and I am here to speak about Stella Maris, formerly known as Apostleship of the Sea, the official maritime charity of the Catholic Church.

In today's Gospel we heard Jesus say 'Come to me, all you who labour and are overburdened, and I will give you rest.' Stella Maris has over 1,000 chaplains and volunteers in ports all over the world, who help seafarers and fishers when they are overburdened and in need of rest.

I'd like to share with you one recent story of how Stella Maris' work, supported by your prayers and generosity, can make a huge difference.

A ship arrived at Teesport in North East England last year with 22 seafarers on board. Two Stella Maris ship visitors conducted a routine visit, taking with them welcome packs and bags of clothing.

It transpired that the crew was under huge mental and physical strain. One confided that, during the voyage to Teesport from the USA, he had only been getting two hours sleep a night because he was so stressed and overworked. He was also concerned that the crew were no longer able to operate the vessel safely as they were all exhausted.

The Stella Maris team contacted the relevant authorities and a vessel detention notice was served that afternoon.

As a result, the seafarers were able to go ashore for the first time in many months and spent time relaxing at the seafarers' centre in the port. 11 of the crew were repatriated to the Philippines later that month.

Stella Maris' ship visiting can only happen because of your support - your generosity helps its chaplains and volunteers to support over 137,000 seafarers in ports around the UK and to reach 70,000 ships around the world.

Please donate today. Your generous contributions will help this work to continue and grow. They will be an expression of God's love, helping to bring rest to overburdened seafarers and fishers.

To donate, please:

- Text SEA to 70460 to donate £5; or
- Use the envelope provided, if you are a taxpayer, to make your gift go 25% further.

Without your support and prayers, Stella Maris would not be able to do the work it does on behalf of the Church. Thank you to Father [xxx] for allowing me to speak here today about this important, but often forgotten, ministry.



# > Social Media & Audio Appeal



Please consider mentioning Sea Sunday on your social media channels. We have included some guide text below. We have some images that you can download to include in your post at [www.stellamaris.org.uk/seasunday](http://www.stellamaris.org.uk/seasunday)

You can also share our other posts from [www.facebook.com/StellaMarisOrg](http://www.facebook.com/StellaMarisOrg)

**For Facebook:** Today is Sea Sunday, when the Church prays for all those who live and work at sea. Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. Today's second collection is for Stella Maris (Apostleship of the Sea), the Catholic Church's official maritime welfare agency. It supports seafarers both practically and spiritually. Stella Maris is dependent on voluntary donations, so please give generously. To donate, please visit [www.stellamaris.org.uk/donate](http://www.stellamaris.org.uk/donate) or text 'SEA' to 70460 to donate £5. Thank you.

**For Twitter:** Today @PARISHTWITTER celebrates #seasunday to remember & pray for seafarers, fishers & @StellaMarisOrg supporting them all over the world.

## Audio Appeal

On our website [www.stellamaris.org.uk/SeaSunday](http://www.stellamaris.org.uk/SeaSunday) we have an audio appeal for Sea Sunday.

If you do not have a speaker present, please play the audio appeal during the notices at Mass, before the second collection.



# ➤ Parish Newsletter

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## Paragraph for insertion



## Newsletter announcement for 2nd & 9th July

Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. In the last year, more crews have been abandoned by their employers than ever before. Many are still being denied the right to leave their ships for even a short break away from the relentless noise and pressure onboard. Many are reporting more stress and poorer mental health.

Sea Sunday is Sunday 9th July. It is when the Church prays for all those who live and work at sea. Your support will make a big difference to seafarers and fishers in need. You can donate in church, by visiting [www.stellamaris.org.uk/donate](http://www.stellamaris.org.uk/donate), or by texting 'SEA' to 70460 to donate £5. This collection is vital to enable Stella Maris to continue its important work, so please give generously. Thank you.

## Newsletter announcement for 16th July

Thank you for giving to Sea Sunday. Our parish raised £..... Your generous gifts will ensure that Stella Maris chaplains can continue to be a friend for seafarers and fishers in times of need. To find out more about how your support helps those who live and work at sea please visit [www.stellamaris.org.uk](http://www.stellamaris.org.uk)

## Parish Checklist

### Before Sea Sunday

- Confirm with the Parish Priest that there will be a second collection at the end of all Masses on Sea Sunday weekend.
- Ask one of the readers or another volunteer to read the appeal talk on Sea Sunday, if this is possible. Otherwise perhaps the Priest may be able to read the appeal or play the audio appeal.
- Please display the posters on your notice board as soon as possible
- Put the announcement in the parish newsletter, one the week before, one for Sea Sunday.
- If possible, include the intercessions for seafarers and the work of Stella Maris in the service.
- Pass on our children's activity sheet to the children's catechists.

### On Sea Sunday

- Make Gift Aid envelopes available around pews before people arrive for Mass, or have them available as people leave. (Prayer cards are available on request).
- Check the reader, volunteer or Parish Priest has the appeal text to read at the end of Mass, before the second collection

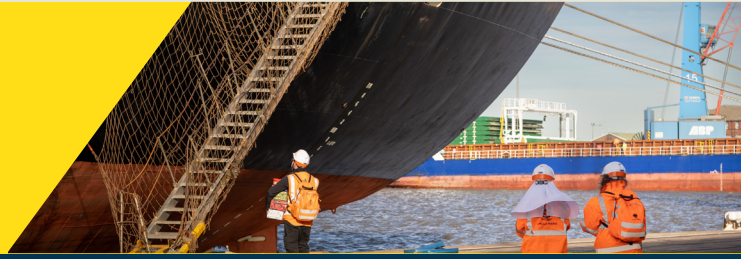
### After Sea Sunday

- Please send the collection by cheque, payable to 'Stella Maris', to Stella Maris, 39 Eccleston Square, London, SW1V 1BX, together with the Gift Aid envelopes, so the tax can be reclaimed.
- Please display the thank you poster (on the reverse) and fill in the amount your parish raised.
- Put the thank you announcement in your newsletter and e-newsletter the week after Sea Sunday.

# > Information

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## For Collection Counters



Please take up the second collection in support of Stella Maris (Apostleship of the Sea) on Sea Sunday, 9th July 2023 (or whichever date is best for your parish).

We have Gift Aid envelopes available (some are included) for your parishioners' use. Please contact us if you would like more Gift Aid envelopes. If your parish has their own contactless device (e.g. Dona, SumUp) you might be able to use this for your second collection for Stella Maris.

## Step-by-step instructions

- 1.** Once Mass has finished, please collect any completed Gift Aid envelopes and count the total money donated.  
**Note:** Please could you kindly check the donation within each Gift Aid envelope completed. If the amount enclosed is the same as stated on the envelope, please do not change it. However if the amount enclosed differs from the amount stated on the envelope, please write clearly on the envelope the amount that was enclosed.
- 2.** Please bank the cash and send us a cheque for the total amount made payable to **Stella Maris**. Alternatively, to make a bank transfer, please use the details below.  
**Please send the collection cheque as soon as possible to the Stella Maris office:**  
Stella Maris, 39 Eccleston Square, London, SW1V 1BX  
**Bank details for a bank transfer:**  
As the reference, please remember to use the code supplied in the cover letter so that we can correctly allocate this gift to your parish and thank you and your parishioners.  
Stella Maris  
Lloyds Bank Plc  
P O Box 1000  
BX1 1LT  
Sort Code: 30 90 69  
Account No: 35 63 02 60

Please remember to include the Gift Aid envelopes so the tax can be reclaimed



# > Feedback Form



Name of parish priest: \_\_\_\_\_

Name of parish contact (if applicable): \_\_\_\_\_

Name of parish: \_\_\_\_\_

Diocese: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Parish website: \_\_\_\_\_

We enclose a cheque for  from our 2023 Sea Sunday Collection

We enclose any completed Gift Aid envelopes

Please send your Sea Sunday collection and completed Gift Aid envelopes to:

Stella Maris  
39 Eccleston Square  
London  
SW1V 1BX  
Tel: 0207 9011931

## Becoming a Stella Maris Parish Contact

Is there someone in your parish who could be the Stella Maris Parish Contact? Perhaps they have a connection with shipping or the sea? Please suggest a parishioner who is willing to take on this role and let us have their contact details below (with their agreement).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_