

# > Sea Sunday 2026 Resources



Seafarers and fishers play a vital role in all our lives, but they often work in difficult and dangerous conditions. Conflicts around the world are increasing risks to their safety, especially for crews travelling through regions such as the Strait of Hormuz. Many also face abandonment by employers, long separations from family, stress, and poor mental health.

Stella Maris (formerly known as Apostleship of the Sea) is the maritime charity of the Catholic Church. Its chaplains and ship visitors provide practical help and pastoral care to seafarers and fishers in the UK and around the world. Please encourage your parish to stand alongside them so they always have someone to turn to in times of need. Invite your parish to support Sea Sunday on **Sunday 12 July** (or another suitable date) by praying for seafarers and giving online or through the collection at Mass.

**Please help your parish support Sea Sunday. Instructions for before, during and after Sea Sunday can be found on page 6. Information for Collection Counters can be found on page 7.**

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 13:1-23



The Parable of the Sower is one of the most well-known teachings of Jesus' recorded in the Synoptic Gospels. He delivered this parable beside the Sea of Galilee, a significant location for His ministry. The setting is described as Jesus sitting in a boat while a large crowd gathered on the shore, eager to hear His teachings. In the New Testament, the sea often serves as a setting for revelation and transformation.

It is by the Sea of Galilee that Jesus calls His first disciples, inviting them to become "fishers of men". In that moment, their lives are changed forever as they leave behind certainty and follow a new path of mission and service.

At times, the sea also represents the unknown, the depths of human emotion, or the forces of nature that are beyond human control. The sea is often a metaphor for the journey of life, full of challenges but also opportunities for growth.

The life of a seafarer is a mix of hard work, long separations from family and the resilience to face unpredictable seas. A typical contract for those who call the ocean their workplace lasts several months, often with limited internet access, while working in shifts around the clock. It is a profession built on discipline, sacrifice, and the hope of a better future for one's family.

Life as a seafarer is not always smooth sailing. Isolation, exhaustion, anxiety, and uncertainty can weigh heavily on those who work far from home and community. This is why the work of Stella Maris is so important.

Through chaplains and ship visitors, Stella Maris offers pastoral, practical and spiritual support, friendship, and a listening ear to seafarers and fishers in ports around the world. A simple visit can remind someone that they are not forgotten. A conversation, a prayer, or help contacting family can become a source of hope in difficult times.

In today's Gospel the seed must die before it comes to life, and it is helped with the rain and the sun. Those at sea must leave family and home in order for their loved ones to remain.

This Sea Sunday we too can play our part as the Sowers of the seed by putting our faith into action by supporting the seafarers who grace our shores.



# > 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.

LORD, HEAR US.

We pray especially for seafarers and all those affected by conflicts around the world, particularly in the Persian Gulf, the Red Sea, Ukraine and Israel and Palestine.

LORD, HEAR US.

Let us pray for all those who feel abandoned, neglected or exploited, both in our own communities and among seafarers and fishers around the world.

LORD, 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.

We pray for Pope Leo 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.

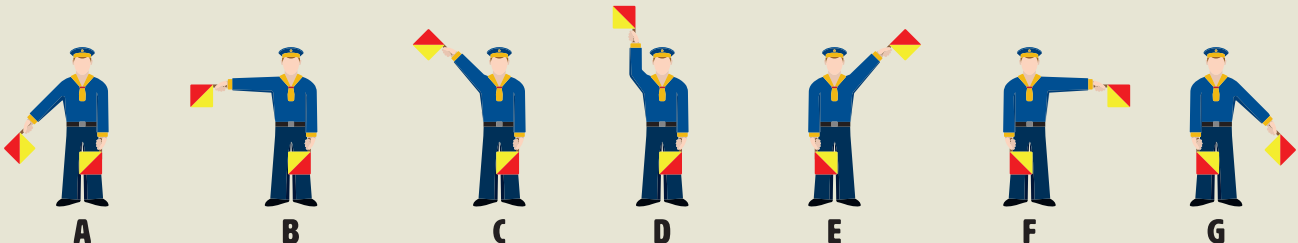
We pray for all who have died, especially members of our own family and community, and for all those lost at sea.

LORD HEAR US.

We ask Our Lady, Star of the Sea, to intercede for us: Hail Mary, full of Grace...

## Children's Resources

Enclosed in this pack is a children's activity sheet. You can download additional copies of it from our website. 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)



# > Appeal Talk

## Sea Sunday 2026



Good morning/afternoon/evening everyone

My name is \_\_\_\_\_ and I am here on behalf of Stella Maris, the official maritime charity of the Catholic Church, which you may also know as the Apostleship of the Sea.

Firstly, I would like to thank you for your generosity each year during Sea Sunday. Your donations reach thousands of seafarers and fishers. Without it, Stella Maris simply couldn't do this vital work.

Most of us will go home today, sit at a table, and speak to the people we love.

For thousands of seafarers, that simple moment doesn't exist.

They can spend months at sea, moving from port to port, often unable to step ashore. Communication with home is limited. When something goes wrong, they are far from everything and everyone familiar.

And today, many seafarers are working in even more difficult circumstances, travelling through areas of conflict and instability like the Straits of Hormuz and the Red and Black Sea, facing risks most of us will never experience.

In today's Gospel, Jesus speaks of seed being sown generously. The work of Stella Maris is like that sowing. Each visit, each conversation is a seed planted in a life that is often hard, isolated, and unseen. You may never meet the people who benefit, but your support helps that seed take root.

I'd like to tell you about a seafarer called Renars.

Renars was taken suddenly ill while working on board. He was rushed to hospital in a foreign country, where he was told he needed an urgent heart transplant. He was alone. His family were thousands of miles away, frightened and unsure if they would see him again. Luckily a Stella Maris chaplain was there and they began visiting Renars every day.

They sat with him through long, uncertain hours. They prayed with him. They helped him understand what was happening and reassured him that he was not facing this alone. Just as importantly, they supported his family from a distance, keeping them informed and offering comfort.

Those daily visits became a lifeline. Renars later said that the presence of the chaplains that gave him hope, the sense that someone was walking this road with him.

This is just one story. Over the past year, Stella Maris supported more than 100,000 seafarers in UK ports, and many more worldwide. This is what your support makes possible.

Every donation helps Stella Maris chaplains be there, on ships, in ports, and in hospitals. Offering care, friendship, and hope to people who would otherwise be alone.

Thank you Fr\_\_\_\_\_ for your invitation to speak here today. Thank you all for your time and may God bless your kindness and generosity.

# > 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 to give the appeal in person, 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 5th & 12th July

Seafarers and fishers play a vital role in all of our lives, but they often work in difficult, hazardous conditions. Sea Sunday is Sunday 12th 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 19th 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 during Mass 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 for 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 hand them out as people arrive
- Check that the reader, volunteer or Parish Priest has the appeal text to read towards 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 of the A4 poster) and fill in the amount your parish raised.
- Put the thank you announcement in your newsletter the week after Sea Sunday.

# > Information

## For Collection Counters



Please take up the second collection in support of Stella Maris on Sea Sunday, 12th July 2026 (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 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 **your church postcode** 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

However you choose to return your collection, please send us the tear-off paying-in slip provided on the cover letter, the feedback form on the back of the pack, and 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 2026 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: 020 7901 1931

## 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: \_\_\_\_\_