

Little Boats Big Prayers

A prayer boat activity pack
for Sea Sunday



Every day seafarers and fishers from all over the world arrive in our ports to bring us all of the things we need. But being at sea can be hard. The weather can get stormy with giant waves, and they can be away from their families for months at a time. When they arrive in port they don't know anyone nearby, and often they do not speak the same language. Sometimes, they might feel lonely or scared.

Question

What kind of help do you think seafarers might need?



Stella Maris chaplains are a friend for seafarers, they help them with mobile phone top-ups to call their families, warm clothes in the winter, or arranging for them to go to Mass. Sometimes they help them with more serious problems, like finding a doctor when they are sick, or making sure their employer pays them and treats them properly.

Create your prayer boat

You can help too! Your prayers can be like beacons of hope, guiding them through rough waters and letting them know that they're not alone.

Step 1.

Write a prayer on your paper

Think about your answers to the first question - how do you think your prayers could help seafarers and fishers with what they need? Maybe you would like to pray for calm seas, a friend to welcome them, or to get them back home safely to their loved ones.

You will need:

- A pen
- A piece of paper (This worksheet would work well!)
- Colouring pens
- If you decide to make a display of boats, a hole punch and some string or ribbon would be helpful.

Did you know?

- Ships bring more than 90% of everything we use
- There are around 1.9 million seafarers around the world
- Being a seafarer is one of the most dangerous jobs in the world
- Lots of ships still don't have internet so seafarers have to wait until they get to shore to call their families

Step 2.

Fold your boat

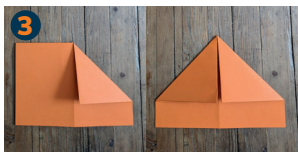
Here are our step-by-step instructions for folding your piece of paper into an origami boat.



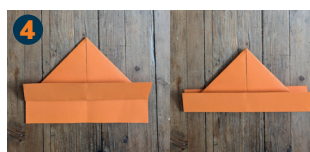
Fold paper in half, then open it up again.



Fold in half downwards. Keep it folded



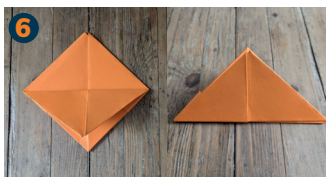
Fold the top corners downwards, lining them up with the centre fold.



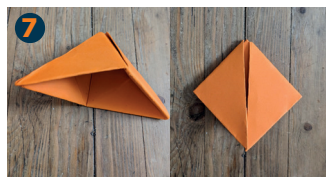
Take one layer of the bottom flap and fold it upwards. Do the same to the otherside.



Place your thumbs into the opening at the bottom and slowly open it up. Keep pulling until the paper is flat again.



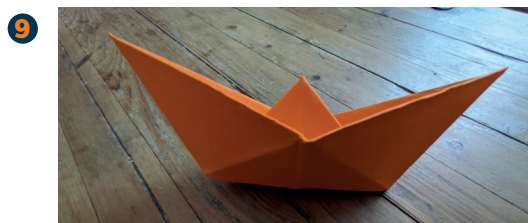
Fold front layer up to top & do the same to the back.



Place your thumbs into the opening at the bottom and slowly open it up like you did last time.



Gently pull the top parts of the model outwards, making a boat shape.



Pinch along the bottom to make a fold on each side. Then open out slightly to make a boat shape.

Display your boats

When your boats are ready, why not create a display of boats in your church? There are lots of interesting ways you can make a display, you could make a garland of boats by using a hole punch and linking the boats together with string, or cut some cardboard into a circle and hang the boats from it to make a mobile. However you decide to arrange your display, you will be helping to raise awareness about the welfare of seafarers and fishers.

We would love to see a photo of your boats displayed in your church. You can email a picture to us at info@stellamarismail.org or tag us on Facebook [@stellamarisorg](https://www.facebook.com/stellamarisorg)



My prayer for seafarers and fishers...

