

go down to the sea. . .

Psalm 107 23-30

I love the sea, well I enjoy looking out to sea, even watching the sea as a storm gathers. I recall looking out over the small harbour at Puerto del Carmen, Lanzarote as boat owners secured their small boats or took refuge on the opposite side of the island as they heeded the storm warning. From the security of the balcony, I watched the storm gather strength and crash over the harbour walls. The sounds and the wind were exhilarating, seeing the power and strength of the waves.



Ehud Bino - Creative Commons Attribution 2.5
PikiWiki Israel 23352 Geography of Israel.

In another occasion I remember being by the Sea of Galilee, although it is a fresh water lake some 700 feet below sea level. The lake is known by a number of names Lake Tiberias or Kinneret are two of the alternative names. The lake is tidal and has four tides a day. I was in a boat as the water became restless and the waves getting higher and starting to be like the words from Psalm 107 where 'They reel to and fro, and stagger like a drunken man' v 27. Fortunately, we were soon on dry land.

The sea can be calm with only a gentle sway, the tides come and go but then it changes. The sea becomes mysterious and forbidding, a dangerous place to be. It is hard to escape the influence the sea has on civilisations. The Jews called what we know as the Mediterranean Sea Yam Gadol, the Great Sea, the Romans called it 'Our

Sea' and the Turks called it the 'White Sea' (Gülsün Sağlamer 2013)

The Mediterranean Sea is a symbol of creativity, of the search for the meaning of life and for wisdom, and of the love of people and nature. This sea has always been an environment that has bred outstanding people who have made remarkable contributions to the development of history in philosophy, art, music, literature, science and technology.

'The Mediterranean Sea: Cradle of Civilization' published in the United Nations Chronical. Gülsün Sağlamer 2013

The Mediterranean Basin extends to Southern Europe, Western Asia and North Africa.



A reconstruction of a Mediterranean cargo ship.

It was made at the Museum of Ancient Seafaring in Mainz, Germany.

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Time for a break!



Slowly pour out a glass of water

Hear the water as it flows into the glass.

Find your favourite space for this time of prayerful reflection

Place the glass of water on a table and light a candle.

Slow down, breathe calmly, be comfortable and relax.

Our reading from **Psalm 107:** 23-30

New King James Version

Those who go down to the sea in ships,
Who do business on great waters,
They see the works of the LORD,
and His wonders in the deep.
For He commands and raises the stormy wind,
Which lifts up the waves of the sea.
They mount up to the heavens they go down
again to the depths; their soul
melts because of trouble.
They reel to and fro, and
stagger like a drunken man,
and are at their wits' end.
Then they cry out to the LORD in
their trouble, and He brings
them out of their distresses.
He calms the storm, So that its
waves are still.
Then they are glad because
they are quiet;
So He guides them to their
desired haven.

Stormy Seas with Whitecaps
(Not the Mediterranean Sea)
William Trost Richards 1904 –
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Let us pause and reflect on the words from the Psalm and the differing images of the and recall your own memories of the sea.



Mediterranean Blue wave

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With the words from Psalm 107 and the images in our mind let us think of those stormy times in our lives.

✚ How did you weather the storm of your life? Offer to the Lord your thoughts about your stormy times.

✚ Bring before the Lord those you know who are experiencing a stormy time praying that they may find a refuge.

✚ Rejoice in the calmer times in your life when you felt peace.

Prayer

As I immerse myself in this day,
Lord, uphold me, and keep me afloat.

Help me to trust you
when I am out of my depth,
unsure of the edge
and feeling vulnerable.

Help me the pace this day
by the heartbeat of your love.

For the end of the day

As I immerse myself in sleep.

I commend my spirit
into the ocean of your love.

Let me relax my body and rest in you.
Help me to trust that you will hold me,
and those I care about,
above the worries of this day.

Keep us safe this night
and let us not be overwhelmed
by anything other than your love.

(Barbara Glasson Reflections on the Water 2020)

When asked about how to pray Jesus gave these simple but profound words, so let them be our prayer:

Our Father, who art in heaven, hallowed be Thy name;
Thy kingdom come; Thy will be done;
on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil. Amen

Our closing hymn 'Eternal Father . . . '

 **YouTube** https://youtu.be/5dVGZFlfGOs?si=iyD_lgn-NJ5CykUZ

Lord, pour your Spirit upon us in a gracious, healing way. Make us agents of reconciliation as we live and may we bring a blessing to those we meet. Let us go in peace to love and serve the Lord. Amen

Fr Derek Akker

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(Derek is a retired Anglican Parish Priest and a member of the congregations of All Saints & St James. Prior to his ordination he was accredited as a Methodist Preacher in 1968 and served within the Methodist Church until returning to the Anglican Church in the mid 1980's)

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Parish of Kirklees Valley, Bury, (All Saints, Elton & St James, Woolfold) - In the Diocese of Manchester

Image - Impact of a drop of water. Featured picture, Picture of the year, Picture of the day
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