



Fall/Winter 2023

Canadian MOTHERS' UNION

National Newsletter



The joy and pain of family life



Bishop Emma Ineson reflects on how much family means to us in so many different ways

Recently I had the honour of visiting a women's prison in the area where I serve as a bishop. Speaking with some of the inmates, I heard the often-harrowing stories of why these women had ended up behind bars, and what they most missed about life on 'the outside.' Without fail, family featured in both parts of the conversation. Broken and dysfunctional family life often contributed to the problems that led them to prison. Yet the thing they missed most were also their families,

especially their children.

Our founder, Mary Sumner, put families, in all of their complexity, at the centre of her work and mission. She believed that Christian faith should lie at the centre of family life, and that society was only ever as strong as the families that formed its bedrock. She said, 'a true home should be a lighthouse, shedding its quiet beams far and wide.' The shape of family life has changed a great deal since Mary Sumner set up her 'Union of Mothers' in 1876 -

more working mothers, cohabiting couples, couples from different countries and nationalities, single-parent families, same-sex parents, adoptive parents, extended families and carers of different kinds. And yet the same is true now as then; family life is full, invariably filled with great joy, and often its fair share of difficulty and challenge.

As we approach Christmas, we remember that Jesus was born into an earthly family, whose experience encompassed a fair share of both

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President's Message

Fall greetings to all Mothers' Union Members and Friends of Mothers' Union.

Over the last several months you probably heard many references to the 'Biblical-type' weather that we were having and the resulting fires and floods that many experienced across our country. It was, for many, a time of sadness and grief. However, we have weathered the fire, wind, rain, flood and pestilence. As we look at some of the destructive results, we also see the bright green of new growth shining through. Our earth is a living organism, and it moves and breathes with us as we heal and grow in the shelter of our Creator God. I am reminded of the popular hymn *On Eagles Wings* based on Psalm 91, a hymn that I heard for the first time at a wedding. It is a hymn for living.

Most, if not all, branches took a break over the summer to spend more time with family and friends, to find time for relaxation and refreshment and to recharge their batteries. Sometimes summer can be more hectic than our regular routines but as is often said, a change is as good as a rest!

I hope your batteries are recharged! Now that we have mostly learned to 'live with Covid', branches are feeling comfortable and happy to meet in-person once again.

As you meet, I encourage you to be ever mindful of MULO – Mothers' Union, Listening, Observing, and Acting. Listening to what is happening in your neighbourhood, province, country and the world; observing what the needs are and deciding what your branch/church can do to help bring about change, one step at a time. You will find stories of change, large and small, in this issue.

Mothers' Union is against all forms of violence and abuse and MU members work around the globe to address the issues of Gender-Based



MARY STONE, PRESIDENT,
CANADIAN MOTHERS' UNION

Violence.

As always at this time of year our attention turns to the 16 Days of Activism Against Gender-Based Violence, November 25 – Dec 10. People always ask me to remind them of the dates, a good way to remember is that the first day of the observance is exactly one month before Christmas Day! As we know, gender-based violence needs attention all year long, but having specific dates provides a framework for media, organizations and groups to bring light and awareness to the horrendous and sad situations endured by many in our society – experiencing acts of violence based on your gender. As demonstrated many times by Jesus and required of us as Christians, we need to speak up for those who cannot speak for themselves.

Worldwide Mothers' Union has many resources on their website to help branches decide how they might participate during those 16 days and bring attention in their churches and communities to gender-based violence. The theme continues to be "No more 1 in 3" with the added slogan for this year being RISE UP against domestic abuse. Respond, Inform, Support, Empower and Unite, Pray. This is

symbolized by a flying dove.

Creating an origami peace dove is one of the resources. This could be a great activity for branches to make and then to display them during the 16 Days.

<https://www.mothersunion.org/>

A project of the current Mothers' Union Canadian Council has been to update the Mothers' Union Handbook. Much has changed in our MU world since the last update and our handbook needed to reflect that. One important aspect is the addition of a new coordinator position called *Advisor on Gender-Based Issues*. The particulars of the position are described in this issue. We are pleased that Lone Member, Shara Golden, has agreed to fill this role for the rest of this term.

The Diocese of Nova Scotia and Prince Edward Island Mothers' Union is very excited to be hosting our Canadian Mothers' Union National Conference in June of 2024. It will have been 8 years since we have been together in person at a national gathering. I hope as many people as possible are planning to attend. It will be a 4-night vacation, with all your meals prepared and no dishes to do! The committee is planning workshops and speakers that will inspire and educate you, opportunities for worship and prayer, fun bus trips and time to share, meet old friends and make new ones! We can't wait to see you!

As time continues to fly by so quickly, may I take this opportunity to wish you each a contemplative Advent and a joyous Christmas as we once again celebrate the birth of our Lord Jesus Christ.

"...now may the God of hope fill us with all joy and peace in believing, that we may abound in hope in the power of the Holy Spirit. Amen"

Treasurer's Report

Canadian Mothers' Union Financial Statement January 1 – September 30, 2023 by Dawn Skene, Treasurer		
Bank Balance	January 1, 2023	\$43,829.35
Receipts	Dues – 2024 (1 member)	\$35.00
	Dues – 2023 (308 members)	\$7,878.00
	Dues – 2022 (1 member)	\$18.25
	Travel Fund	\$305.68
	NCFE	\$98.00
	MAMD	\$568.04
	Parenting Program	\$33.60
	MSH	\$287.57
	General Donations	\$469.95
	Lady Day	\$1,136.00
	Northern Parenting	\$50.00
	Government of Canada – GST/HST rebate 2022, 2017	\$348.74
		\$11,228.83
Expenses	Newsletter envelopes and postage	\$1,411.89
	Materials from England	\$430.48
		\$1,842.37
Bank Balance	September 30, 2023	\$53,215.81
<p>The bank balance does not include the Sarah Marshall Trust Fund (NCFE) in the amount of \$4,000.</p>		
Allocation of Funds		
General Account		\$23,619.72
Dues		\$10,472.25
Travel Fund		\$1,710.02
NCFE		\$194.25
MAMD		\$858.04
Northern Parenting		\$11,354.34
Rev Debbie Strickland Fund		\$1,699.00
Overseas Fund (Lady Day)		\$1,136.00
Parenting Program		\$1,860.61
MSH		\$311.58
Total		\$53,215.81
<p>Total paid up members for 2023 – 396 Total paid up members for 2024 – 1</p>		

Canadian Mothers' Union National Newsletter

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PAUL SHERWOOD, Editor
Mary Stone, President

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For Spring edition, by Feb 1st.
For Fall edition, by Sept. 1st.

Opinions expressed do not
necessarily reflect the views of the
editor, the Canadian Mothers' Union or
any representative thereof, except where
expressly stated. All material subject to
editing.

Chaplain's Message

Going to a Conference? Why would I?

On a Cursillo weekend, I heard an image that has stuck with me. I was reminded of it this week as I started up the fireplace for the first time this Fall. As the first burning logs settled into place, I saw that one piece had fallen to the side and was gradually going out! I put on my insulated gloves and picked it up and moved it back into the flaming pile. It a few seconds it was glowing red and flaming again.

Sometimes, over time, our Christian "flame" begins to smolder and gradually goes out! This seems to happen when we experience some set back in our life – an illness, a death, a move, a loss of church family... This past year has been a difficult one for many.



Bishop Susan Moxley

Sometimes God is like my insulated glove, nudging us back into the rest of the fire! Sometimes God acts through our Mothers' Union sisters

to nudge us back into the fire. The MU conference might be the fire! It might be the place where you experience God's love and Christian community in a new way.

Maybe **Canadian Mothers' Union Conference - "Hope All Things" – June 2024** is your call from God to reignite the flame of the Holy Spirit within you for your benefit and for the building up of the Kingdom of God!

As the Graham Kendrick song says, "Let the flame burn brighter, in the heart of the darkness..."

See you at the Conference!

+Sue

NCCF – A thank you note from the Diocese of Athabasca

Dear Lynda Viau,

Thank you so very much for your generous gift of \$1000.00 from the Canadian Mothers' Union.

Things are incredibly tight, but we continue in God's service.

On July 1st our small church was set on fire, then two weeks later the building was broken into and my husband's Deacon's stoles and black cassock were stolen, along with all of the communion vessels and some prayer books.

Yet we know God will use this for good. If the fire department

had been five minutes longer, there would be no church building left. Also during the fire the rope to the bell in the steeple caught fire. Instead of it burning the belfry the rope stopped burning half way up and dropped away. We know God has work for us to do, and your gift will help us to pay for the necessities so that we can concentrate on that work.

Thank you so much again.

God bless and keep you all,

Kathryn Pederson

"Hope All Things" National Conference 2024

**all information is required & will not be shared with others*

Full Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Emergency contact information (Full name, Phone, Relationship):

Type of Membership (**circle yours**):

Branch Member / Lone Member / Council Member / Guest / Other: _____

If you are a branch member, provide your branch location and number: _____

How many years have you been a member? _____

Will you be bringing your Mothers' Union travel banner and stand? **Yes / No**

What is your voting designation?

Delegate / Not a delegate / Designate Proxy

If you are a designate proxy for a voting delegate, please provide their full name: _____

Which mode of transportation will you be using to attend the conference? Car / Plane / Bus / Train / Other

Once you arrive in Halifax, should you require assistance getting to Mount Saint Vincent University, please provide your travel details so we can arrange to pick you up (date, time, location, etc.):

When departing, if you require assistance and/or a drop off, please provide your travel details so arrangements can be made (date, time, location, etc.):

If you are driving to the conference, please provide your licence plate number (for parking registration requirements):

Advise us of any dietary considerations you require: **None / Vegetarian / Vegan / Gluten-free / Dairy-free / Allergy:** _____

Select your banquet dinner entrée (**circle your selection**):
Salmon / Chicken / Vegetarian

If there is any other information we should know about to ensure you have a comfortable and safe stay, please provide us with more details: _____

Advise us of any mobility considerations you will require during the conference (**including tour**): _____

**rooms will be assigned on a first come first served basis; every room provides you with your own bedroom (twin bed) and free WIFI; there is limited availability for the Single & Double rooms; ALL prices are in Canadian Dollars and per person*

Select your room accommodation below (**circle your selection**):

Room	Cost	Details
Single room	\$600 per person	1 bedroom, shared public bathroom (on floor)
Double room	\$525 per person	2 bedrooms, shared public bathroom (on floor)
Double room	\$575 per person	2 bedrooms, 1 private bathroom (in suite)
Quad room	\$525 per person	4 bedrooms, 2 private bathrooms (in suite), kitchenette, sitting area

If you selected a Double or Quad room, please advise whom you will share your room with: (**should we not receive any information, we will assign someone to the shared room**):

Select the tour* you will be attending while at the conference (**circle your selection below**):

**spaces are limited; ALL prices are per person and Canadian Dollars*

Tour	Cost	Details included
Annapolis Valley	\$85 CAD per person	Bay of Fundy, Wolfville, wine tasting, full day bus transportation, guide
South Shore	\$70 CAD per person	Peggy's Cove, Mahone Bay, Lunenburg, full day transportation, guide
Downtown Halifax	Free	Self-guided (recommendations can be provided)

Select your method of payment:

Indicate your full amount: \$ _____ CAD

Less deposit: \$ 125.00 CAD

Outstanding amount owed: \$ _____ CAD

Please confirm the following:

To attend the conference, you are required to pay the full amount (for your selections) no later than April 30, 2024*, or a late fee of \$100.00 CAD will be applied to your total amount owing.

Please acknowledge your acceptance of this requirement by circling below:

YES / NO

Cooking 101 – Fall 2023

Fall is such a wonderful time of celebrations. We look back at this past summer and wonder if Mother Nature was bored and sent us such a mixed bag of weather during the past few months. Maybe God was letting us know that regardless of how smart our technology has grown, he is still in control.

Writing this article, I look back at my mom's generation and how the different occupations were very respectful of nature. The sailors, fishermen and farmers all watched the weather to stay safe as they earned a living for their families. As children we were taught to fill the bathtub and other containers for water in case the power went out. Now we remember to charge our cell phones and other electronics so not to lose connection with the world.

Autumn is the time to return to our routines, meetings, school and leisure activities. We have a new issue of our Mothers' Union newsletter which celebrates everything until the spring, so I have lots to celebrate until then!

Events to celebrate on my radar include a siblings Birthday Party, Thanksgiving, a trip to Ireland, Remembrance Day, Advent, Christmas, Mothers' Union meetings and cooking for these events.

This issue I will share a cake recipe from my mom's cookbook. When I moved out on my own, my mom sat and wrote her recipes in a notebook for me, that was 45+ years ago! They are basic good recipes and the ingredients are typically in the pantry. I do modify with non-dairy ingredients when needed and so far, the recipes still work.

Comfort food is a molasses cake with a brown sugar sauce.

ALICE KENNEDY,
PAST PRESIDENT MOTHERS' UNION



PHOTO BY CHARMIE777

Molasses Cake

½ cup shortening

½ cup white sugar

1 cup molasses

1 egg

Blend the above together:

2 ½ cups flour

2 tsp. baking soda

½ tsp. salt

1 tsp ginger

1 tsp nutmeg

1 tsp cinnamon

½ tsp cloves

Mix together dry ingredients then blend with wet mixture. Once mixed together add 1 cup boiling water and mix until the batter is nice and smooth.

Bake at 350 for about 45 minutes or until toothpick tests clean.

Brown Sugar Sauce

2 cups water

1 cup brown sugar

2 tbsp. cornstarch

1 tbsp. vanilla

1/8 cup margarine

In a saucepan, whisk the brown sugar and cornstarch together then add the water and bring to a boil until the mixture is thickened. Remove from the heat and add the vanilla and margarine. This recipe will work if doubled.

A partnership in caring



BY MARY STONE

It is so hard to get out from under the spell of addictions. The women at the live-in Marguerite Center in Nova Scotia are well aware of this. There are usually a dozen women at the center being helped, guided and empowered to overcome their addictions. There are programs and staff that provide the women with 24-hour support at this live-

in facility. One of the benefits of the Marguerite Center is that the clients do not have to pay anything. In most situations they do not have sufficient funds anyway.

What the clients do need to bring with them is a desire to change the way they have been living and to turn their lives around.

The Parish of French Village Mothers' Union has partnered with St Luke's United Church for 7 years in offering a once-a-month, full-day program for these women.

The women come to St Luke's for a day away from their routine at the center, to relax. Our goal is to provide a feeling of welcome and nurturing, without judgment. The Marguerite Centre women, as well as the volunteers, leave their troubles at the door for their time together. The feeling of a special "family" gathering is the focus of our days together with shared activities, discussions,

presentations, hugs and wonderful meals.

We have covered everything from practicing mindfulness to belly dancing, from learning new craft skills to spending a day at the beach! Aside from our parish volunteers, many members of the wider community willingly agree to do presentations. As a result, they become informed of the Marguerite Center and what it offers to these women who are working to improve their lives and the lives of their families.

In total, volunteers and clients, we usually have 20 -25 people at these monthly events. We get as much pleasure and satisfaction from our days together as do the women. We feel privileged to participate in this program, to partner with St Luke's United and to see the women change as they gain confidence.

... continued from Front Page

joy and pain. Mary, Joseph and their new baby, Jesus, with their wider family – Elizabeth, Zechariah and John – all appear in the story. For Jesus' mother Mary especially, family life must have been filled with both happiness and delight, and with pain and anxiety. I wonder how she felt as she cradled her newborn in her arms, as she watched him grow, as she wondered at his insight and wisdom. No wonder we're told that 'Mary treasured up all these things and pondered them in her heart' (Luke 2.19). But Mary also knew that the baby she bore, raised and loved was the one who would achieve great and wonderful things for God and, in so doing, would suffer and die. As Simeon said to her in the

temple 'A sword will pierce your soul also' (Luke 2.35).

Christmas is a time for focusing on family. It's when many of us travel to see wider family members and enjoy being together to open presents, go to carol services, and eat our bodyweight in chocolate and mince pies.

This Christmas I'll be enjoying spending quality time with our first grandchild, our granddaughter Amelie, now nine months old, and her parents. At Christmastime we give thanks for the gift of our families, of different shapes and sizes, backgrounds, joys and challenges, hopes and fears. The late Archbishop of Cape Town, Desmond Tutu, said 'You don't choose your family. They are

God's gift to you, as you are to them.' Christmas is a good time to celebrate and give thanks for this gift, amongst all the others we are given.

Family life: rarely straightforward in Jesus' day, in Mary Sumner's time, or now. Filled with joy and blessings, the basis of society, and yet also full of the realities of life.

I pray for you and your family, whatever its shape and size, whatever challenges you face and delights you enjoy. May you know the love of Jesus in the midst of it all, this Christmas and always.

CONTRIBUTED FROM CONNECTED,
MOTHERS' UNION MEMBERSHIP MAGAZINE
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AUTUMN 2023

New position: Gender-based issues advisor

"Mothers' Union campaigns around the world, through our 4 million members in 83 countries, for an end to gender-based violence carried out most often against women and girls because of their gender." Worldwide Mothers' Union.

In support of the campaign to end gender-based violence, the Canadian Mothers' Union has established a new position on Canadian Council called **Advisor on Gender-Based Issues**.

We are pleased that Lone Member Shara Golden of the Diocese of Fredericton has taken on this new role.



Shara Golden

The Advisor on Gender-Based Issues:

- Keeps informed of the Worldwide Mothers' Union focus on gender-based issues and actions;
- Keeps abreast of gender-based issues in Canada via related

websites such as, Women's Inter-Church Council of Canada, Canadian Women's Federation, White Ribbon Campaign;

- Provides information and resources pertaining to gender-based issues to Canadian Council;

- Recommends advocacy actions and/or projects to Canadian Council that can then be recommended to branches;
- If possible, and with the support of the Worldwide Mothers' Union, attends the UNCSW meetings online or in person;
- Reports to Canadian Council on results of UNCSW meetings, if attended;
- Sources out or writes an article related to gender-based issues for the Canadian Mothers' Union Newsletter;
- Once it is established, monitors the Advocacy page on the Canadian Mothers' Union website for up-to-date links and information and reports to Canadian Mothers' Union website manager .

Shara Golden - Advisor on Gender-based Issues, was installed as a member of the Gladstone-Blissville Branch of the Mothers Union on March 25, 1990.

She has held many positions with Mothers' Union in Canada. She was Vice President of Canadian Council of the Mothers' Union for two terms (2004-2008) and (2016-2020); Vice-President, Diocesan Council of the Mothers Union, and held many positions with her branch.

Shara has also attended the United Nations Commission on the Status of Women (CSW62) held annually at the United Nations headquarters in New York City. In 2018, she attended in person for the second week as a member of the World Wide Mother's Union team. Since then, she followed several CSW sessions on-line.

A member of the Anglican Church of Canada since 1966, Shara grew up to become involved in her parish and diocese. Her parish lost their Vestry Clerk to retirement and Shara was asked if she would be willing to take it on. She agreed and from there she was elected as a delegate to Diocesan Synod. She has had several opportunities to serve her Lord through Provincial Synod and General Synod. Later she was a member of their Councils. One of her favourite terms was being on the Pensions Committee for Council of General Synod.

She has been officially retired since 2011. Shara worked 18 years for the New Brunswick Labour Board, followed by seven years of conciliation and mediation work with the Department of Labour. At the New Brunswick Human Rights

Commission and as an Education Officer, she visited schools and gave sessions on issues relating to human rights. When employers/employees violated the NB Human Rights Act, she gave mandatory training sessions on the particular ground (race, colour, national origin, ancestry, place of origin, creed or religion, age, physical disability, mental disability, marital status, family status, sex, sexual orientation, gender identity or expression, social condition, and political belief or activity).

Shara is married to Greg and they have two grown sons, Gerad (Tanya) and Joel. Their family includes their beloved yellow Lab, Moxie



Elizabeth Court – Conference Coordinator

I joined Mothers' Union in 1996 at the Church of the Holy Spirit in Dartmouth and have held several offices since then. As well as branch positions, I have served on Canadian Council three times and enjoyed getting to know the other Council members each time. The seven Biennial and National Conferences I've attended have all presented opportunities for learning and sharing in worship and workshops, meeting other members and enjoying the conference experience overall. I'm looking forward to welcoming everyone to the 2024 National Conference, Hope All Things.

I work full-time as a Configuration Management Specialist for a defence contractor. Steve and I have been married for 32 years and we're fortunate to have our children, Charlotte and Evan, living nearby. In my spare time I enjoy cooking, papercraft, reading, singing, kayaking and traveling. I have planned some social events at my workplace and assisted with planning the 2014 Biennial Conference in Halifax, so when Mary asked if I would be the Conference Coordinator, I thought it sounded like a fun challenge that matches some of my skills. I am happy to have such a supportive committee to help with the many tasks involved in planning the conference and ensuring everything runs smoothly when we gather in June.



Dawn Marie Griffith-Snyder - Literature and Marketing Table

Hello and greetings to all Mothers' Union Members of our great country of Canada. I am going to give you a little knowledge about myself; so, you will know me a little better when you come to the Literature and Marketing Table at the 2024 Conference at Mount Saint Vincent University. I am an alumnus of Mount Saint Vincent University having completed a Bachelor of Childhood Studies there. I have been happily married for 27 years and counting. My husband Lloyd is a retired Aerospace Telecommunications and Information Systems Technician with 36 years service in the RCAF. My son Johnathon is 25 years old and serves in the Canadian Reserves as a Combat Engineer. He is currently in his second year of Construction Carpentry at NSCC in Halifax.

I became a member of Saint Francis by The Lakes Anglican Church in 1997. My son Johnathon was born on January 10, 1998. I was enrolled in the Saint Francis by The Lakes Branch of the Mothers' Union on Mothering Sunday in 1998. In 2003, I began making the Saint Francis by The Lakes Baptismal Banners. I am still presently making the banners for the Saint Francis by

the Lakes Mothers' Union. In 2006, my dear friend the late Ann Gray convinced me to join the Mothers' Union Diocesan Council as the Literature and Marketing Secretary. The position entailed placing orders with Mothers' Union Enterprises in London, England for merchandise to sell to our membership. The marketing part of the position is to function as a liaison with private companies like Fundy Textiles for branded products bearing the Canadian Mothers' Union logo. From 2012-2016 I was a member of the Canadian Mothers' Union Council, filling the position of CMU Literature and Marketing Secretary. In 2014 my husband Lloyd became a Diocesan Member of the CMU and later became a member of the Saint Francis by The Lakes Branch.

The Covid pandemic was not good for the Canadian Mothers' Union. We all missed the fun and experience of Rallies and the National Conference. Since the pandemic, the costs of purchasing merchandise from MUE in England has increased along with the costs for shipping items to Canada. In addition, as orders are now delivered by shipping companies like Fed Ex, UPS, etc. and delivered to my door, we now also pay duties and fees when our shipments clear Canadian Customs. As a result, the cost to our membership has also increased. I would like to thank all our members in advance for their understanding. If there is a particular item you would like to see with the CMU logo on it, please forward your suggestions to me. I look forward to seeing you all at the Conference in 2024.

DAWN GRIFFITH-SNYDER.

*When a believing person prays, great things happen.
James 5:16 (NCV)*



Emmanuel Mothers' Union front row: Betty Bowdridge, Allan Johnson (guest), Sharon Ledger
 Back Row: Rev. Bert Chestnut (guest), Emma Garnet (guest), Betty Armstrong (guest), Diane Parsons, Sandra Lavers, Alecta Jollimore, Shirley Hayden, Mary Wilkie (Original Member), Lillian Durant, Rev. Michelle Turnbull, Brenda Kirby, Shirley LeBlanc, Liz Mahoney and Carol MacDonnell. Photos by Treena MacDonald

Emmanuel Mother's Union celebrates 60 years

BY MICHELLE BULL

Sixty years ago, Mary Wilkie had a visit from Rev. Bev Strople. He told her about the Mothers' Union and asked if she'd be interested in starting a group at Emmanuel Church in Spryfield. She said no. She had no time, as she was expecting her sixth child. However, as she learned more about it, she decided to go ahead.

She and the other young Moms found the group a wonderful support. They learned a lot about parenting skills, too. It became an important part of Mary's life, and she continues to be involved to this day. She was even the Canadian President for four years. Vivian Collier is the only other charter member still living, and she is also still involved as much as she is able to be.

Mothers' Union was started by Mary Sumner in England in 1876. The purpose was to support the

young moms in her parish. Today it has grown all around the world. Mothers' Union members are active in 84 countries and their mission has expanded to be an international Christian movement supporting families and communities all over the world, regardless of their faith or background. They work to end violence, poverty and injustice and support healthy family life.

The group at Emmanuel Anglican Church is still going strong with 18 members. Barb Patterson is the current president. She and Mary gave a talk during the May 21 service on the history and purpose of Mothers' Union. Then they enjoyed a celebration luncheon.

Today the group still gives each other mutual support and love, sharing time together. They have guest speakers to learn about issues affecting family life today. They also support various groups such as Mission to Seafarers, and they promote the 16 Days for Action

Against Gender Based Violence in the fall.

The parish is proud to celebrate 60 years of the Mothers' Union here in Spryfield.



Photo: Mary Wilkie, original member and Barb Patterson, co-branch leader.



Photo: Mary Stone, Gael Page, Rev Katie Taylor-Flynn, rector, Dianne Grant, Bertha Galpin, Laura Sharpels, Dianne Cutler, Judy Dow-Clark, Irene Spargo, and Mary Anne White

40 years and counting...

BY MARY ANNE WHITE, HISTORIAN,
ST JAMES MOTHERS' UNION

Our Mothers' Union branch at St James, Armdale began our 40th Anniversary celebration with a Sunday Service in January 2023.

Throughout our 40th year, we highlighted our Mothers' Union activities: on Lady Day, on Mothering Sunday and during Missional Moments at the end of the church service where parishioners talk about things related to the mission of the church. The focus of our branch is

on activities related to outreach. We support several groups, such as Joan's Table, Mission to Seafarers, PWDRE, Northern Clergy Family Fund, a local School Breakfast Program, the Food Bank and Phoenix House. Most of the contributions towards these funds have come from the proceeds of homemade jam that we make and sell. We have been making jam since 2000. And we have been planting and tending a garden on the church property, with help from The Club Inclusion, a group that meets at St. James that has

programs fully accessible to youth and adults who have different abilities and challenges.

Our jam making is at the top of our list of our most memorable times together. Most of the members contribute their time to this activity, with many also providing components for the jam (including fruits from their gardens). It is a very satisfying day of fellowship, hard work and great results, sometimes more than 150 jars of jam.

Appreciating the global economy, one box at a time...

When we look around at all the things that we own, use and consume, we don't usually think about where they came from or how they got here. Statistics tell us that over 80% of our goods come by ship. The Mission to Seafarers provides help and support to the 1.89

million crewwomen and men who face danger every day to keep our global economy afloat. The Mission to Seafarers centers are operating in 200 ports across 50 different countries providing practical and emotional support when needed. At this time of year, many Mothers' Union members show their

appreciation to the seafarers that enter our ports by filling shoeboxes with toiletry items, treats, and warm accessories for our weather. It is a small way to say thank you to them for the life that they live at sea in order to supply us with all the goods that we often take for granted.

Gender Based Violence: good news of action from Canada



SHARA GOLDEN - ADVISOR ON
GENDER-BASED ISSUES

Our World Wide Mothers Union, on its web page, recently announced it's new campaign for this year... "RISE UP against Domestic Abuse" to raise awareness about domestic abuse. The campaign was launched on September 22, 2023.

"Our aim is to make sure that activism against domestic abuse and gender-based violence happens 365 days a year and not just during the 16 Days of Activism campaign in November and December."

The letters of RISE UP stand for:

- Respond
- Inform

- Support
- Empower
- Unite
- Pray

Our Canadian federal government mirrors the concerns of Mothers' Union. On November 25, 2022, the Honourable Marci Ien, Minister for Women and Gender Equality and Youth, (WAGE) reported that, "the Government of Canada is committed to advancing gender equality through policies and programs that are compatible with Canada's international obligations and take into account sex, sexual orientation, and gender identity or expression."

In particular, the department will focus on the following **four** priority areas:

- Preventing and addressing gender-based violence (GBV);
- Strategic action and engagement to address systemic barriers to gender equality;
- Facilitating Gender-Based Analysis (*GBA Plus) throughout federal government decision making processes; and
- Supporting community action to advance gender equality and support economic security and prosperity.

(*GBA Plus is an analytical process that provides a rigorous method for the assessment of systemic inequalities, as well as a means to assess how diverse groups of women, men, and gender diverse people may experience policies, programs and initiatives.)

The federal government action plan includes a \$539.3 million investment over five years to support Canadian provinces and territories as they work to end gender-based violence.

On December 9th, 2022, the Department of Women and Gender Equality Canada (WAGE) began accepting applications for a new program of funding to prevent and address gender-based violence. This funding would be split into two streams: promising practices, and community-based research. Minister Ien directed eligible organizations to the Canadian website to get their applications ready!

WAGE's interventions will aim at reducing the prevalence of GBV in Canada and strengthening the GBV sector to improve the support and services for people impacted by GBV. The plan, in its framework

of **five pillars**, will see WAGE continue to work closely with partners to:

- Provide support for victims, survivors and their families;
- Address prevention;
- Provide a responsive justice system;
- Implement Indigenous-led approaches; and
- Provide social infrastructure and an enabling environment.

This announcement is among a series of bilateral agreements that have been or will be signed between the federal government and provinces and territories.

In addition, The Canadian Government will run its annual campaign for **16 Days of Activism Against Gender-based Violence 2023**; this campaign runs from November 25 (International Day for the Elimination of Violence Against Women) to December 10 (International Human Rights Day). The theme for 2023 is **Listen. Learn. Act.** It addresses the key steps to tackling gender-based violence (GBV). The campaign encourages people to wear purple on November 25, to share campaign posts or to create their own using the hashtag **#16Days**, and learn more about GBV.

There are bilateral agreements worked out between each province and territory and the federal government.

And, sadly, the rise in gender-based violence resulting from the pandemic really has not slowed down in Canada.

As we can see, as Canadian members of Mothers' Union, we can be thankful to our Lord for allowing us to be part of these enhancements to the Gender Based-Violence strategies of our great Country of Canada.

We must remember that many of our MU sisters in our world do not have this blessing.

An online search uncovered which countries of the world it is most dangerous for women to live. See below as they are ranked starting with the worst; a "Y" beside the name means we have members living there.

1. Afghanistan - (Y)
2. Syria - (unsure)
3. Yemen - (unsure)
4. Pakistan - (Y)
5. Iraq - (Y)
6. South Sudan - (Y)
7. Chad - (Y)
8. Democratic Republic of Congo - (Y)
9. Sudan - (Y)
10. Sierra Leone - (Y)

Since Saturday, October 7th, 2023, we can now add Israel, Gaza, Lebanon and other countries surrounding the middle East to this list - for such a time as this. Some factors make a country dangerous for women:

- Widespread poverty driving women to early marriage or sex work.
- Political instability.
- Prevalence of armed conflict.
- Inadequate access to education and healthcare.
- Discrimination against marginalized groups, such as ethnic or religious minorities.
- Systemic corruption.
- Patriarchal culture.
- Weak legal frameworks that fail to protect women.
- Widespread poverty driving women to early marriage or sex work.
- Political instability.
- Lack of economic opportunities.
- Limited representation of women in political and decision-making roles.

A prayer for RISE UP

God of justice, peace and compassion,

Heavenly Father, Creator and sustainer of all,

We thank you that you gave yourself, your own Son, to give every person the opportunity to turn from darkness to the light of your presence and love.

We know that all those who endure cruelty and abuse are precious in your sight, that no tear falls without your knowledge and love, and we ask that they would know your presence, strength, comfort and wisdom – even in their fear, confusion and pain.

We commit ourselves, those who have experience of abuse, those whose loved ones have experience of abuse and those of us who enjoy safety and peace in our relationships – to RISE UP against domestic abuse in all its forms.

We pray –

for your compassion as we seek to RESPOND –

for your wisdom as we become better INFORMED –

for your gentleness as we try to SUPPORT –

for your strength as we hope to EMPOWER –

and the mark of your Holy Spirit that UNITES us together to work and PRAY unceasingly, until situations change and freedom, life and love is restored to all.

In your dear and powerful name we cry out to you together. **Amen**

(A prayer from World Wide Mothers' Union)

World Wide Mothers Union provides excellent resources on their website for our members to explore the various areas of domestic abuse and how to deal with it. Visit <https://www.mothersunion.org/riseup>.

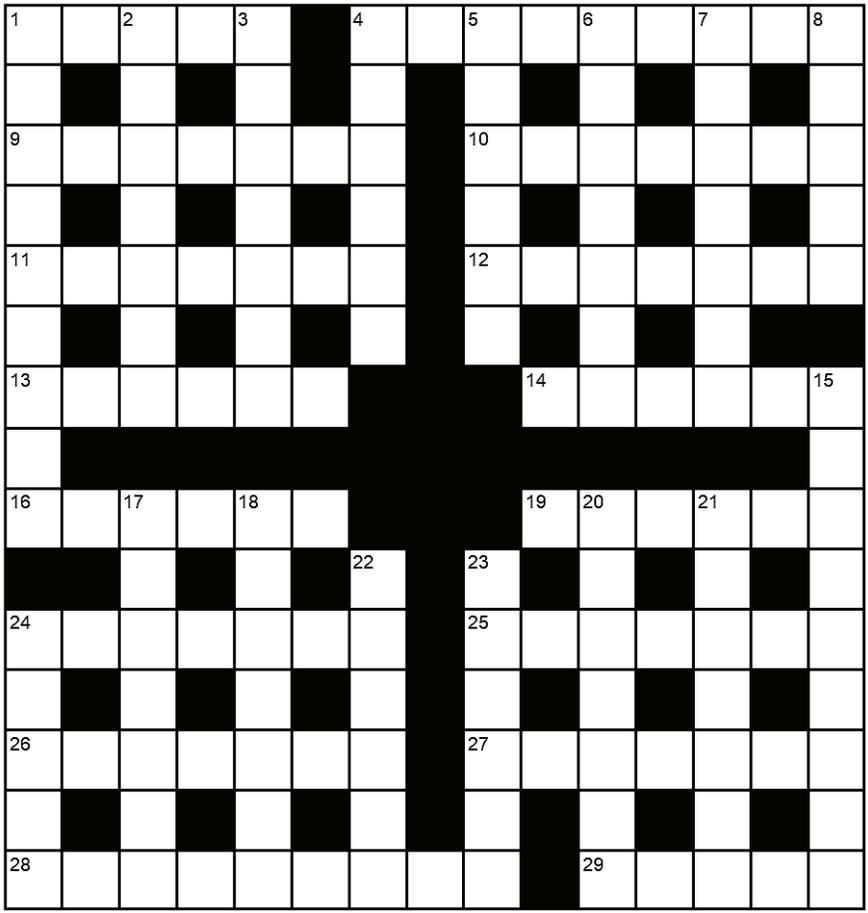
Bible Crossword

Fall '23

by Maureen Yeats



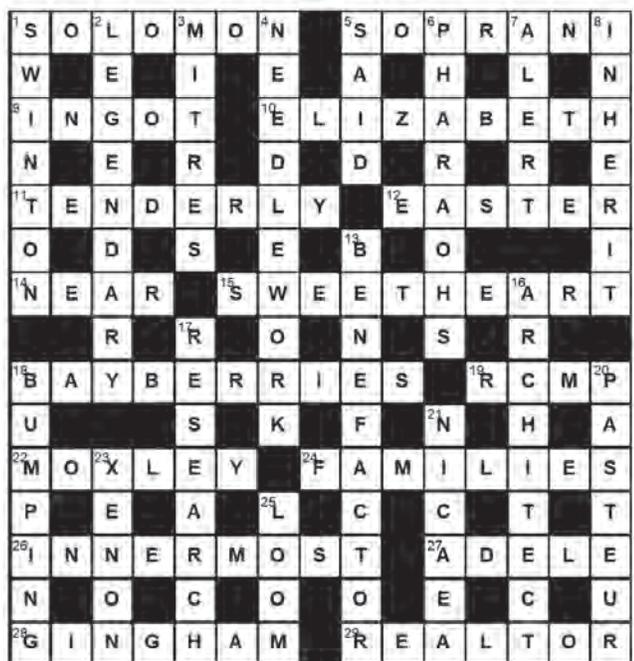
Maureen Yeats is a long-time member of the Cathedral Church of All Saints in Halifax, NS. She has been creating crossword puzzles for The Diocesan Times newspaper for more than 10 years.



Fall 2023 Clues

- ACROSS:
- 1- South Asian country with Mothers' Union branches (5)
 - 4- "Are you so quickly persuading me to become a _____?" (Acts 26:28) believer in Jesus (9)
 - 9- "What must I do to inherit _____ life?" (Mark 10:17) everlasting (7)
 - 10- Braided loaf of bread (7)
 - 11- Having made and left a valid will (7)
 - 12- Alloy of mercury with another metal (7)
 - 13- Enrico _____, Italian opera tenor (1873-1921) (6)
 - 14- Rich abundance (6)
 - 16- City where first Canadian Mothers' Union branch was established (6)
 - 19- Harriet _____, founder of first Canadian Mothers' Union branch (6)
 - 24- City where 2024 Canadian Mothers' Union Conference will be held (7)
 - 25- Henri _____, French artist (1869-1954) (7)
 - 26- Place of storage for military arms (7)
 - 27- Pierre _____, past Canadian Prime Minister (7)
 - 28- Female ballerinas (9)
 - 29- African country with Mothers' Union branches (5)

Spring '23 Crossword Complete



- DOWN:
- 1- Exactly the same (9)
 - 2- Bureau with drawers for clothing (7)
 - 3- Plants that flower and die after one year (7)
 - 4- "For many are _____ but few are chosen." (Matt. 22:14) invited (6)
 - 5- _____ prejudice, bias against people with different skin colour (6)
 - 6- Act of saturating with water (7)
 - 7- Not permitted by law (7)
 - 8- Old Testament minor prophet (5)
 - 15- Character in Italian commedia dell'arte (9)
 - 17- Birgit _____, Swedish opera singer (1918-2005) (7)
 - 18- Breaking of a law (7)
 - 20- Goes faster than (7)
 - 21- Cause to go astray (7)
 - 22- "Righteousness _____ a nation." (Prov. 14:34) elevates in rank (6)
 - 23- Metalworkers (6)
 - 24- "Go and tell John what you have seen and _____." (Luke 7:22) learned by listening (5)

ONLINE Conference Registration

Dear Mothers' Union Members,

I am excited to be sending you the online registration form for our National Conference and Meeting in June 2024. Please circulate this to all of your members who use email.

The registration form will also be in the upcoming newsletter.

Details about speakers and workshops will be sent at a later date once they are confirmed.

Please note that all who submit their forms before Feb 15 will have their name placed in a draw. The winner will have their conference fee reduced by \$125.00.

<https://forms.gle/8bgGUADbBTcXHN28>

Blessings and peace

Mary

Treats in Thunder Bay MU

The Mothers' Union Branch in Thunder Bay, treats themselves to a dinner out in June as our wind up and in Dec as our Christmas party. We like to take a break from the organizing, cooking, set up and clean up to just enjoy being together. On June 8, 2023 we returned to a place that seems to have become our favourite one, a local hotel.

They give us a private room, at no extra cost and allow us to pick off the menu, and best of all we get the

same waitress every time. We have become very fond of her and she of us. We can comfortably have 30 people in the room and our group numbers are 17-20, so we invite a friend or two, it is like a bridge that encourages them to perhaps join our group. Our church no longer has an ACW, so we now invite all those ladies, and other ladies in the congregation to join us.

This year we had 3 last minute cancellations but in the end, there were 27 of us, 13 members and 14

guests. We had a wonderful evening full of laughter, fun and fellowship, there was even a sing along this year. The ladies are so pleased to be asked to join us we have been told over and over by many of them that they thoroughly enjoyed themselves, and you know they cannot wait to do it again! The evening was a blessing for all of us, gathering in fellowship in God's love.

LYNDA VIAU, BRANCH LEADER

Gender-based violence Prayer

Compassionate God,
may those experiencing all forms of violence
be given courage, hope and the means
to break free from their abuse.

Lord Jesus,
be with those who work to support
survivors of gender-based violence.
May they be given abundant resources
of money, knowledge and time.

Merciful God,
bless those working with perpetrators
of gender-based violence.
May they be helped to bring about
lasting transformation of lives.

We pray for all to follow Christ's example
of treating women with equality and respect.
We pray for the dawn of a better world
where justice and peace may flourish.
Amen



Photo: MU member Kathy Lucking and staff at an orphanage in the highlands of Madagascar.



Photo: The orphanage in the highlands of Madagascar.

From Nova Scotia and Prince Edward Island MU to Madagascar

In the midst of smoke and evacuations from wildfires, we went ahead with our Spring Rally at St. James' Halifax on June 4, 2023. It was our first in-person Rally since COVID, and we were all so excited to gather for worship, fellowship and to raise funds for schools on the other side of the globe.

The worldwide MU has been encouraging members to push back on period poverty in places where women and girls face discrimination over a natural part of every woman's life. In the Diocese of NS and PEI, sanitary products are readily available at schools, food banks and shelters to which MU branches often donate. So, from this position of privilege, we cast our net wider to see where there might be a real need.

Kathy Lucking, a school teacher currently living in Nova Scotia, first volunteered at an orphanage in the highlands of Madagascar, off the coast of Africa, in the Indian Ocean in 2007 at the suggestion of an MU member.

She was struck by the number of children who seemed destined to repeat a cycle of malnutrition and poverty because their families couldn't afford to send them to school. So, she returned home and established the charity <https://www.madagascarschoolproject.com/> to provide funding. The initial orphanage grew into one school, then two. At each stage, the needs of the community determined the next steps. Which included digging wells for drinking water, planting community gardens to feed the children, installing solar panels to provide energy for computers, cell phones and other technology. The school is thriving and the surrounding community benefits tremendously.

After two years of Covid, Kathy was able to return to Madagascar to see how everyone was doing. The cost of food had risen dramatically, and people were going hungry so they established a meal program for breakfast and lunch as families could only afford one meal a day. Members of the wider community

often come to the schools seeking medical and other help. Recently, it was noted that many elderly were going hungry, so they are now each provided with 7 cups of rice a week. She was delighted to hear of their recent initiatives: Raising chickens, fish, gardens, vermiculture, building shelters and sharing teaching methods.

Some of our branches fundraised for the project and individual members donated as well so that we raised about \$1700 which is earmarked to provide sewing machines and materials for the girls to sew their own sanitary pads. This will allow them to attend school during their periods. We hope that this project will grow to provide products for the larger community, allowing women to work with dignity and confidence.

Kathy was so impressed by the work of the Mothers' Union, she has decided to join our Trinity Branch in Liverpool, Nova Scotia!

MAXINE SIMPKIN, MU PRESIDENT,
DIOCESE OF NS&PEI



From left to right: Susan Watson, Kathleen Snow, Diane Radford, Bonnie Greenwood, Joanne Barfitt, John DosSantos, Michele Leblanc, Lilian Ketch, and Susan Colpitts-Judd.

Jubilee tea and a Jubilee tree

The Cathedral branch of the Mothers' Union in the Diocese of Fredericton, hosted a Queen's Platinum Jubilee Tea in June of 2022. Although it was not a fundraising event, we did however, receive donations. After covering our expenses, we decided we wanted to use the balance of the funds to commemorate the Queen's Jubilee in a lasting way.

The Queen's Green Canopy initiative was launched to encourage people to "Plant a tree for the Jubilee" to mark her 70 years on the throne. It was subsequently extended to give the opportunity to plant trees in the Queen's memory.

When we heard of this project, we all agreed that this would be the perfect memorial to our beloved Queen Elizabeth II.

After consultation with Eric Hadley, a member of the Cathedral Property Committee, and with help from other members of the Guild of Saint Joseph, our Jubilee Sugar Maple was planted on the corner of Brunswick and Church Streets on May 12, 2023.

Prior to our May 17th meeting, many of our Mothers' Union members gathered around our tree, a blessing was read, and a group photo was taken. A cold wind had picked up and almost blew us all away, so a re-shoot took place on a sunny and warm May 23rd.

Much appreciation is extended to Eric Hadley, Gary Barfitt, Harry Palmer, and Ashley Swim for delivering the tree from the nursery and planting it for us. Thanks to Gary Barfitt and Bill Robinson for taking the photos.

The Prayer:

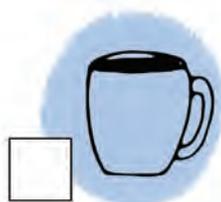
Almighty God, we come before you this day in humility and gratitude as we seek your blessing on the life of this Sugar Maple tree, which is planted to remember our Sovereign Lady and Patron Queen Elizabeth II. May this tree take root in this soil, drawing from its water and nutrients, so it may grow and prosper, bringing beauty in its leaves offering shelter to birds and insects and enriching this place with its presence and life. And we ask this in the name of Our Lord Jesus Christ.

Amen.

SUBMITTED BY BONNIE GREENWOOD

Self Care Checklist

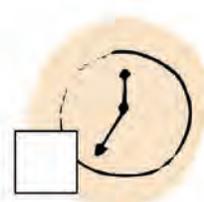
be kind to yourself



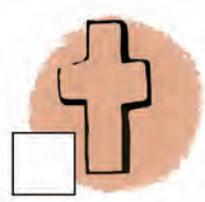
Drink a comforting drink



Write to someone you love



Take time out



Speak with God

Wake up – it's Advent!

"Yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary." (Isaiah 40:31)

In significant ways, the recent (and-yet-still-with-us) pandemic has distorted our sense of time. Months seem to fly by, while days and weeks drag on and on. It can feel like an uphill slog at times, leaving some of us unsettled, perhaps even discouraged. Facing another season of spending more time indoors, we may wonder how to revitalize our outlook on life. St. Peter dares us to *"always be ready to give an account for the hope that is in you"*. (1 Peter 3:15) Celebrating our faith with meaningful traditions will not only soothe our souls, but will also strengthen our resolve to take that dare.

How desperately we need Advent! Its themes of love, joy, peace and hope awaken in us the promises we know to be true. While the temptation and the pressure to conform to the world around us may be strong, the blessings of Advent are manifold. This brief, four-week season, which marks the beginning of the Church's liturgical calendar, is a kind of spiritual oasis, an invitation to be counter-cultural! There are several Advent traditions we might consider embracing anew.

THE ADVENT CALENDAR (the one with little doors to open and scripture passages to read – not so much the ones that tempt us with chocolate, enticing though they be!) is one tradition which cultivates a daily holy habit of prayer and reading.

THE ADVENT WREATH, familiar in many of our churches, can be adapted for home use, and become a focal point at meal time or used in conjunction with the "Home Prayers" in the Book of Alternative

Services, p. 687. Gathering boughs, pinecones, rosehips and other natural materials to craft a wreath of your own can be a contemplative practice – a solitary or communal one.

REMEMBERING THE ADVENT SAINTS AND OTHER FAITHFUL FOLLOWERS: Reading and reflecting on the lives of the saints whose feast days fall within the season of Advent and learning the stories of other faithful followers (non-fictional and fictional) can help us consider how we express our faith. Among the saints are John of Damascus (Dec. 3) Nicholas of Myra (Dec. 6), Lucy (Dec. 13) John of the Cross (Dec. 14).

To remember those whom I call "Faithful Followers", read about Martin the Cobbler (based on a story by Leo Tolstoy) or The Fourth Wiseman (from a story by Henry Van Dyke); either would make for a good Advent book study, or family discussion. The children's author and illustrator Tomi de Paola has a library of stories and legends, many of which are available at the public library. These are also great conversation starters and though they are mostly legends and fictitious, there's a moral to their story and thoughtful insights as we consider our contribution to the world in this Holy Season. Among my favourites by de Paola are The Friendly Beasts, The Legend of the Poinsettia, The Night of Las Posadas, Our Lady of Guadalupe, and the Legend of La Befana – all stories of the love of God revealed in the Incarnation.

CHRISMONS: The early Christian community used a variety of monograms to symbolize Christ. Chrismons are Christian monograms, or symbols depicting the various titles attributed to Jesus Christ. The name "Chrismon" is derived from combining two words:

CHRIS + MONogram. Modern Chrismons were introduced in 1957 at the Ascension Lutheran Church in Danville, Virginia. Frances Spencer, church member and volunteer, decorated her church's tree with finely stitched white and gold Chrismons. Since then, preparing the symbols throughout Advent and adorning evergreens with Chrismons has become a world-wide tradition. Chrismons can be elegant: cross-stitched on white Aida cloth with golden thread, or, though less ornate but equally beautiful, made of white felt and gold glitter. Either way, learning the stories behind the symbols can be an informative – and fun! family or parish activity.

Find out more here: <https://www.whychristmas.com/customs/chrismons>

As the world hurtles toward another overly secularized holiday, we are beckoned to pause, become aware of our surroundings. Advent invites us to 'wake up', to be attentive to the stories, signs and symbols that led, and which continue to lead, the people of God from the prophecies of sages to an obscure village stable. In the two millennia since, the simple message of that story has been garbled, warped by a commercial sentimentality where Santa Claus has become more central than the Christ whose natal day we are preparing to celebrate.

How desperately we need Advent! As we rub pandemic sleep from our eyes, may we see that everything, from our seasonal preparations to the prophetic words echoing across the centuries, contains the power to awaken us to the true work of this holy season: the transformation of the world.

REV. FRANCES DROLET-SMITH

St John the Evangelist Mothers' Union celebrates 50th anniversary



Photo left: Rev Nicola Cumin-Fish, rector, wearing the Mothers' Union stole made by Daphne Gabriel; Marsha Park, branch leader, Gerry Connor, founding mother of St John the Evangelist Mothers' Union.

Photo below: Current members of the Mothers' Union, St John the Evangelist



Goodbye to our Mothers' Union friends

Janice Elizabeth Jackson, October 9, 2023



Janice was a devoted and committed Mothers' Union member for 33 years. She held several branch positions in the Parish of French Village, Nova Scotia and was Branch Leader at the time of her unexpected death. From 2012 – 2016 she was Vice-President of Canadian Mothers' Union. Janice was a Licensed Lay Minister, server, head of the St. James Altar Guild, treasurer of the St. James Anglican Church Women, on the Diocesan Board of the ACW, a participant in the Diocesan Connectors Program, and so much more. Many in the Diocese of NS & PEI and beyond cherished the Monday prayer and grace that she sent out weekly since

the beginning of the pandemic. She loved her God and her church and served them willingly and quietly. Janice will be lovingly remembered and greatly missed by all who knew her.

Verna Dottin, September 24, 2023

Verna was an active and devoted Mothers' Union member at Trinity Memorial Church in Verdun, Quebec. Verna served for many years as Mothers' Union Representative for the Diocese of Montreal. She participated in the Parenting Program Facilitator training in 2012. She and her husband migrated from Barbados to Montreal where she worked at the Royal Victoria Hospital. She was the mother of 2 sons and then 5 grandsons. May she rest in Peace and rise in Glory.

Valda Mary Wiseman, October 10, 2023

Valda, originally from Newfoundland, was a long time Mothers' Union member in the parish of St Luke's, Dartmouth, Nova Scotia. She and her husband Doug were an integral part of church life at St Luke's and touched the hearts of many. Her Mothers' Union friends will miss her greatly.

Heather Skanes, 2023

Heather was a long-standing member of St. John the Evangelist Mothers' Union, in Middle Sackville, in the Diocese of NS & PEI.

Jean Mary O'Brien, March 13, 2023



Jean was an active member of the family at The Church of the Apostles (St. James and St. Matthias), Guelph, Ontario. She adored being a part of this community and it was here she was able to share her passion for being involved in the Mothers' Union and for singing with the choir.

SUBMITTED BY GINNY McEWEN
HISTORIAN

Self Care Checklist

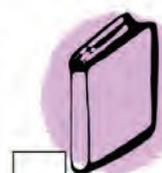
be kind to yourself



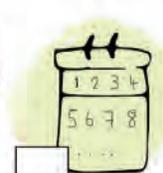
Find peace in prayer



Eat well



Read a good book



Make future plans



New Online Branch: Shown in the Photo Ginny McEwen, Maxine Simpkin, Celia Dodds, Norma Lawton, Cheryl Rhodes, Janice Harvey, Katharine Myers, Coleen Lewis, Paul Sherwood, Bishop Sue Moxley, Mary Stone, Sandra Sullivan and Daphne Hinds. Present at the meeting but absent from the photo was Shara Golden. Regrets from Ruth Corston and Sue Johnson

New online MU branch formed

Members and friends of Mothers' Union gathered on October 24, 2023 to create the first online branch in Canada! This is truly a new form of branch which spans the whole country from British Columbia to Nova Scotia across five time zones.

Participants had met informally for the previous year, holding monthly meetings with diverse programs and some invited speakers. With an average of 8 to 10 people in attendance each month, it became apparent that there was potential to formally become a branch... a groundbreaking event! CCMU President Mary Stone began the process of making it happen.

Our CCMU Chaplain, retired Bishop Sue Moxley, created a liturgy to establish the online branch and one of our regular participants, Jan Harvey from British Columbia, was enrolled as a Member of Mothers' Union.

Jan does not have a MU Branch in her area and was thrilled to be a part of our global organization. She was encouraged by those present to develop her idea of reaching out to members of her parish who were lonely and needed support. We look forward to hearing about the progress of her project going forward.

That is the beauty of the Online Branch whose name is yet to be decided; a welcoming community of like-minded people devoted to the Aims and Purpose of the Mothers' Union. We use the Zoom app to see each other, encourage each other and further the work of the Mothers' Union in a new and exciting way.

Any current MU Member, Lone Member or interested person is welcome to attend the online meetings, even if you have a branch. Our numbers are steadily growing as word spreads. If you

would like to visit a meeting or join the Online Branch, please contact Mary Stone at mucanpres@gmail.com

*In the photo: Ginny McEwen, guest, Riverview, NB, a Past Pres CMU
Maxine Simpkin, Online member, NS, Parenting Program Coordinator, CMU
Celia Dodds, guest, North Vancouver, BC, a Past Pres CMU
Norma Lawton, Online Member, Squamish BC
Cheryl Rhodes, Online Member, Deep River, ON
Janice Harvey, Newly Enrolled Online Member, West Vancouver, BC
Katharine Myers, Online Member, Deep River, ON
Coleen Lewis, guest, Dartmouth, NS
Paul Sherwood, guest, Tatamagouche, NS, CMU newsletter editor
Bishop Sue Moxley, guest, Hammonds Plains, NS, CMU Chaplain
Mary Stone, Online Member, Boutilliers Pt, NS, CMU President,
Sandra Sullivan, Online Member, Dartmouth, NS
Daphne Hinds, Online Member, Montreal, PQ,
CMU Lone Member Coordinator
Online Members missing from the photo: Shara Golden, Tracy, NB, CMU Advisor on Gender Based Violence Issues; Ruth Corston, Thunder Bay, ON; Sue Johnson, Diocese of Niagara, ON;*



Photo: The Mothers' Union members gathered at the Fredericton Rally

Mothers' Union rally draws 50 members

ARTICLE AND PHOTO BY GISELE MCKNIGHT

The annual rally day of the Mothers' Union was held April 29 at Christ Church Cathedral with 50 members in attendance.

Archbishop David Edwards preached, telling those gathered that the role of a Christian is to reflect the image of God in the world.

During his time as rector at Stone Church in Saint John, one of his most pressing desires was to tackle the issue of youth homelessness.

"At Stone Church, we asked every high school in Saint John, 'how many youth in your high school are in danger of homelessness?'" he said. "They all came back with the same answer: 200."

Most weren't actually homeless, and some didn't realize they were homeless. They were couch surfing, staying with friends, leaving home because they were kicked out by a step-parent who didn't like them, or leaving because they couldn't get along with their parents.

"Youth homelessness is a hidden issue in our province," he said.

The solution is shelters that provide a bed plus the programs and supports to help them get back on track, get back in school, find a job, learn life skills, learn how to

cope and so on. The Beacon Cove (formerly Safe Harbour) youth shelter uses this model. It was built on land where St. James Anglican Church once stood.

"Therefore, Mothers' Union, I am challenging you to ask how you can advocate around youth homelessness."

"If we look at the man on the cross, his heart is broken for these kids," he said.

GENDER-BASED VIOLENCE

Members Shara Golden and Susan Colpitts-Judd (co-president) gave a presentation on gender-based violence using the Silent Witness project as the illustration.

The Silent Witness Project's aims are to remember the women murdered by their intimate partner, to create awareness of family violence and to promote action to help women coping with violence and spur communities and governments to action. One of the ways they remember is with the silhouette program – life-sized wooden cut-outs of the women murdered in New Brunswick. There are 34 silhouettes of the 50 women murdered since 1990 here, with more planned. There were five silhouettes set up in the Cathedral for the presentation.

A list of the 50 women was read during the presentation.

"Each of these silhouettes represents a woman who once lived among us – a mother, a daughter, a sister, an employee," said Shara.

There are many ways to become involved: supply the wood and paint; offer translation services; advocate for change; support the families involved.

"All of it creates awareness, which is what we are doing today," said Susan. "Although these women are now silent, we have learned they have a strong voice."

SPEEDY CONVERSATIONS, MU JEOPARDY

Co-president Joanne Ham led the afternoon program, which began with "speedy conversations." This was an effort to help members better get to know each other. They were asked to go table to table to have a short chat with whoever they found there, using questions provided.

The second activity was MU Jeopardy. Joanne tested each team's knowledge on Mothers' Union trivia and the morning's presentation, with

The collection of \$729 will be shared with Northern Clergy Family Fund and Mary Sumner House.



Top Photo :Mothers' Union members - Helen Brown, Ruth Sawlor, Kae Webster, Ethel Nelson, Dawn Skene and Linda Green

Bottom Photo: The poppy netting at the Church of the Holy Spirit



Remembering our veterans

Oakwood Terrace Nursing Home in Dartmouth, Nova Scotia began a Poppy Project to honour our Veterans. Residents, staff, family and friends sewed, crocheted and

made felt poppies. These were then sewn onto netting for display on Remembrance Day at Sullivan's Pond in Dartmouth.

This year there will be 7,000 poppies on display. Members of the Church of the Holy Spirit Mothers' Union are shown sewing poppies onto the netting.



St John's Mothers' Union members at the 40th Anniversary, PEI September 24, 2023

40th anniversary in PEI

Parish of Milton, Prince Edward Island

Beginning in 1983 with a small gathering of three mothers with young families, we are now a united group of fourteen putting our faith into action.

All who attended the St. John's Milton Homecoming Service in September enjoyed our 40th Anniversary Celebration. The worship service began with the congregation praying in unison the Mother's Union Prayer, followed by a brief history read by Leah-Jane Hayward. Leah-Jane was

recognized with a bouquet as our only founding member.

Following the service, the celebrations continued in the church hall when we socialized with a potluck luncheon for all. Our Mothers' Union group provided the desserts consisting of a special cake, cupcakes, and cookies. A display of our Mothers' Union historical material, photo albums and literature were available for all to peruse. Having the church family participate in our

celebrations gave the occasion a special meaning.

Now with a membership of fourteen, we have remained a dedicated group, coming together sharing, and growing, and building relationships. It is with hope that we pray to continue, as we honour our motto – Christian Care for Families Worldwide – reaching out, doing what we can to make a difference.

PHYLLIS FORD, CO-BRANCH LEADER

Canadian Mothers' Union Names National Council 2021-2024

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NEW WESTMINSTER:
Celia Dodds,



Give them Wings \$25
 In Aipo Rongo, Papua New Guinea, residents are often cut off from basic communication services by the challenging terrain. Likewise in Canada's North. In spite of this, trainers have been prepared and will be able to train facilitators who will hold a Flourishing Families parenting gathering when they are able and travelling is possible.

Literacy for Life \$30

\$30 can help bring a family out of poverty. In the Democratic Republic of Congo, Masika fled her home due to rebel attacks. Joining a Mothers' Union literacy circle has given her a new confidence, insight and agricultural knowledge. She is eager to share what she has learned.



Money Matters \$40

In rural Tanzania, the Mothers' Union Saving and Credit Program has helped enable Monica, a mother of three, to build her own food shop and expand the range of produce she sells through the savings she has accumulated. The members develop confidence



in their ability to start their own businesses. Jeanne in Buhiga Diocese, Burundi, has learned the skills to run and grow her own business. Starting with literacy, training, and a loan, she and her family now have a house, cows, food, clothes and schooling for their children. She gives contributions back to her church and answers all the questions of her neighbours.

Start or Continue a Project \$50

Need money to buy a coffee urn so you can start a neighbourhood coffee morning?? Or shelves to store food bank items? Or to buy tools and supplies to start a community garden? A grant from the Rev. Debbie Strickland Fund will encourage branches across Canada to begin or expand an ongoing project that will make a difference in their community.



Women Leading the Way \$60

Campaigning against Female Genital Mutilation in Sebei, Uganda, has empowered girls in urban areas to pursue education without fear. Women are openly talking about the issue, educating their communities and leading the way to a brighter future. In Burundi's Buye Diocese, Sylvia is having a new lease on life. Through her Mothers' Union Literacy program, she accessed counselling, which helped her communicate better with her husband & look after her own health. Today she is the leader in her household, running a business and earning respect.



**Gifts of Perseverance
 Make a Mother's Day 2023**

Mothers' Union has over 4 million members in 84 countries across the world who seek to serve people in their communities through outreach projects and various programs. Members work hard, offering Christian care for families, regardless of faith or background.



With the purchase of these gifts, you can help more women and girls live in safety and respect.

Since Make a Mother's Day was launched in 2007, more than \$2 million has been given to help support moms and families all over the world.

A gift will help them keep on persevering.

Card Order Form 2023	Price	Qty	Card (Yes/No)	Total
Poultry Raising	\$10			
Flourishing Families	\$10			
Dealing with Disasters	\$15			
Safe Spaces	\$20			
Give Them Wings	\$25			
Literacy for Life	\$30			
Money Matters	\$40			
Branch Projects	\$50			
Women Leading the Way	\$60			
Total				

Money from the gifts in red goes toward work in the North. Money from the green gift goes to the Rev. Debbie Strickland Memorial Fund for Branch Projects.

Make cheques to the Canadian Mothers' Union. Send with this form to Dawn Skene, 109 Dorothea Dr., Dartmouth, NS B2W 2E7 or E-transfer to dawn.mutreasurer@gmail.com. Include name, address, postal code, & email address, please. Individuals will receive a tax receipt.

For card delivery, email ethel.nelson@gmail.com with the card or cards required along with name, address and postal code. You can ask for a greeting for any occasion on the card front, e.g., You're Special, Happy Birthday, With Sympathy, Happy Anniversary, etc. Cards with Christmas Blessings, Just for You at Christmas, etc., will have a 'Christmas' picture on the front.



Ducks, Chicks and Geese

\$10.00 Back by popular demand!

Now that villages have the poultry, they are learning animal husbandry, improving their methods of all kinds of poultry raising and building suitable houses. This enables them to provide food for their families, to share eggs and skills with their neighbours, and maintain a sustainable form of income, improving the entire community.

Flourishing Families \$10



Nurturing our children as they grow can be challenging. Our Passionate about Parenting workbooks are being upgraded to reflect the needs of our northern communities and is called Flourishing Families. Our facilitators have been trained to create friendly, safe environments, giving parents and grandparents the opportunity to talk and learn from one another, to develop their parenting skills and contribute to the stability of family life.

As a result, she and her community have been growing sweet potatoes – which do not need much water – in times of famine caused by drought.

Anne-Marie attended reproductive healthcare and family planning training, and her confidence has opened up new doors. Malaria is a huge problem in her community, and many people don't know that it's mosquito-borne. Anne-Marie has learned how to prevent them breeding in people's homes, by keeping water covered, and shares her knowledge. "I'm a community facilitator at the healthcare centre. Now I can help treat people who have malaria symptoms. We work hand-in-hand with the dispensary and hospitals, and I provide advice on care."

Safe Spaces \$20

Mothers' Union in Uganda are responding to the growing threat



of gender-based violence in their communities. By creating safe spaces where survivors of abuse can come forward and speak openly about their traumas, the essential healing process can begin through our presence. It is from within members' deep-rooted community presence that they can advocate against harmful practices which enable and perpetuate violence against women and girls, leading to a better future.

Dealing With Disasters \$15



\$15.00 can start a resilience project. Manantena is a participant in a Madagascar resilience project, which gives tools to deal with the impact of natural disasters.

Canadian Mothers' Union Wave of Prayer (January – December)						
	January	February	March	April	May	June
1 st to 5 th	All Branch Chaplains	Diocese of NS and PEI St. John the Evangelist Lower Sackville, NS	Canadian Mothers' Union Parenting Program Trainers and Facilitators	Canadian Conference Coordinator Elizabeth Court	Diocese of Fredericton St. Paul's Hampton, NB	Archbishop Linda Nicholls Primate of Canada
6 th to 10 th	Canadian Historian Ginny McEwen	Diocese of Fredericton St. Mary's, York Fredericton, NB	Canadian President Mary Stone	Canadian Past Presidents	Diocese of NS and PEI Parish of French Village Upper Tantallon, NS	Diocese of NS and PEI Church of St. Andrew Cole Harbour, NS
11 th to 15 th	PWRDF	All Diocesan Members	Diocese of Fredericton Trinity Church Sussex, NB	Diocese of Niagara Church of the Nativity Hamilton, ON	Canadian Mothers' Union Parenting Program Participants	Mothers' Union Diocesan Councils
16 th to 20 th	Diocese of NS and PEI Parish of Musquodoboit, NS	Diocese of Algoma St. Paul & St. Thomas Thunder Bay, ON	Diocese of New Westminster St. James' Vancouver, BC	World Wide President Sheran Harper	Mothers' Union Members in the Diocese of the Arctic	Diocese of Fredericton All Saints Marysville, NB
21 st to 25 th	Canadian Secretary Gael Page	Diocese of Montreal St. Paul's Montreal, PQ	Canadian Newsletter Editor Paul Sherwood	World Earth Day	Canadian Chaplain Rev Bishop Sue Moxley	Mothers' Union On Line Branch
26 th to 31 st	Diocese of New Westminster St. Mary the Virgin Vancouver	All Lone Members	Diocese of NS and PEI St. John's Halifax, NS	Diocese of NS and PEI St. John the Baptist North Sydney, NS	Diocese of Fredericton St. Mary & St. Bartholomew Saint John, NB	Policy and Advocacy Coordinator Shara Golden
	July	August	September	October	November	December
1 st to 5 th	Diocese of Niagara St. Alban the Martyr Glen Williams, ON	Diocese of NS and PEI St. Luke's Dartmouth, NS	Diocese of Fredericton St. John the Baptist Riverview, NB	Canadian Mothers' Union Parenting Program Coordinator Maxine Simpkin	Indigenous Archbishop of Canada Christopher A. Harper	Diocese of NS and PEI All Saints Bedford, NS
6 th to 10 th	Diocese of Fredericton Christ Church Cathedral Fredericton, NB	Diocese of Toronto All Saints Collingwood, ON	Canadian Lone Members' Coordinator Daphne Hinds	Mothers' Union Diocesan Presidents	Diocese of Niagara St. Matthew on the Plains Burlington, ON	Zone B Trustee Kathleen Snow
11 th to 15 th	Anglican Church Women National President Rosemarie Kingston	Canadian Literature and Marketing Coordinator Dawn Snyder	All Branch Leaders	Canadian Treasurer Dawn Skene	National ACW Prayer Partner Diocese of Caledonia British Columbia	All Branches in Abeyance
16 th to 20 th	Diocese of NS and PEI St. John's Milton, PEI	Diocese of NS and PEI Church of the Holy Spirit Dartmouth, NS	Mothers' Union Diocesan Chaplains	Diocese of NS and PEI St. James' Armdale, NS	Canadian Northern Clergy Familles Fund Coordinator Lynda Viau	Diocese of Ottawa St. Mark's Ottawa, ON
21 st to 25 th	Genny The Canadian Link Coordinator	Diocese of NS and PEI Holy Trinity Liverpool, NS	Diocese of British Columbia St. Peter's Quamichan, BC	Immediate Canadian Past President Alice Kennedy	Diocesan Representatives	Diocese of NS and PEI St. Francis by the Lakes Lower Sackville, NS
26 th to 31 st	Diocese of Fredericton Parish of Richmond Richmond, NB	Canadian Vice President Lillian Ketch	National Day for Truth and Reconciliation Sept 30	Diocese of NS and PEI Emmanuel Spryfield, NS	All persons suffering from Gender-Based Violence and Discrimination	All members worldwide