



Fall 2022

Canadian MOTHERS' UNION

National Newsletter



What do Anne Murray and the Primate's World Relief and Development Fund have in common?



They both have their roots in the small town of Springhill, Nova Scotia.

Here are the facts:

1. In 1945 Anne Murray was born and subsequently raised in Springhill. She jumped onto the music charts in 1969 with her much loved song Snowbird, and the rest is history.
2. In October 1958, one of the worst North American mining disasters ever recorded occurred in Springhill, Nova Scotia. The incident was caused by

a “bump” or underground earthquake. 174 workers were trapped in the mines; of those, only 100 survived.

3. The tragedy moved Anglicans and other Canadians to respond with assistance for the stricken families. As a result of this, the church recognized the need for an efficient process to channel assistance quickly in situations of emergency.
4. In 1959, one year later, the Primate's World Relief Fund (PWRF) was established by the Anglican Church of Canada's General Synod, named for the Primate, or Archbishop of Canada.
5. In 1969, the PWRF evolved into the PWRDF (Primate's

World Relief and Development Fund) as they realized that deeper, long-term development needs were strongly connected to suffering caused by disasters worldwide.

Today PWRDF works with countries around the world where needs are greatest.

This past summer, Canadian Mothers' Union branches, through their Queen Elizabeth II Platinum Jubilee celebrations donated over \$3,000 to support the important work of the PWRDF.

For more information on the PWRDF project visit

<https://pwrdf.org/pwrdf-matches-donations-for-ukraine-with-four-other-humanitarian-responses/>

President's Message

Fall Greetings to all Mothers' Union members and friends. Much has happened in the world since the Spring edition of this newsletter, not the least of which was the celebration of the Platinum Jubilee of our Patron, Queen Elizabeth II on June 4. And then, sadly, came the announcement of her death on Sept 8th. We mourned with the rest of the world the loss of this marvellous woman, but also continue to celebrate her with wonderful memories of her life and accomplishments. She rests in God's peace, a good and faithful servant.

We also celebrate our own Mothers' Union members who have recently died; their collective contribution, impact and spirits will remain with us as we continue the work of Mothers' Union.

In this issue you will find much to celebrate - a letter of appreciation and encouragement from Sheran Harper, our Worldwide President; branches living out MULO; a new online Mothers' Union group; news of a Northern Clergy Families Fund recipient; a successful prayer project; some history; an Anglican Church Women's project which you, as a Canadian Mothers' Union member, have supported; and more.

Thank you everyone who contributed to this issue; we all love hearing about the work of Mothers' Union and how it transforms lives in big and small ways.

Something that we cannot celebrate in this issue is an easing in the pervasiveness of Gender Based Violence in our world today - not just the greater world, but right here in Canada, in our towns and communities. It is as rampant as ever! The statistics speak for themselves:



MARY STONE, PRESIDENT,
CANADIAN MOTHERS' UNION

- According to WHO "Around the world, almost 1 in 3 women, have experienced physical or sexual violence at least once in their lifetime."
- Approximately every 6 days, a woman in Canada is killed by her intimate partner.
- On any given night in Canada about 300 women and their children are turned away from shelters because they are full.
- and more...

You have read or heard of these statistics before, and we need to keep doing so, until people stop and listen and really heed the message. The *16 Days of Activism Against Gender Based Violence* runs from November 25 - Dec 10. Now is the time to consider what you, "in your small corner" can do to bring awareness and work for gender justice? How can we transform our communities to be examples of justice for all? - by our conversations, by our interest, by our actions, by our openness to learn, by education.

To begin, find a way to participate in the *Global Day 2022* Three Minutes of Silence as found in this issue.

You also will find a piece from the Worldwide Mothers' Union website that gives a brief outline of how the treatment of women evolved through the history of the bible in a patriarchal society. Where do we go from there?

Domestic violence and violence against women and girls happens 365 days of the year. Choose a meeting to start your discussion, invite a speaker to your meeting, and invite your community to come. Start small, drop that first pebble in the water and see where the ripples take you.

Take heart in our Canadian Mothers' Union theme, HOPE ALL THINGS. It reminds us that the constant beam of HOPE is there to guide us and is also there to reveal our work to others. Be brave, knowing that you are not alone.

As we will soon be into the season of Advent and then the joyous celebration of our Saviour's birth, I wish you all the blessings of both seasons; that your lives may be filled with anticipation, love and hope for the year ahead.

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. Romans 15:13

Some resources to inform and help you understand Gender Based Violence:

<https://www.mothersunion.org/global-day-2022>

<https://canadianwomen.org/>

<https://wicc.org/>

<https://www.whiteribbon.ca/>

Treasurer's Report

Canadian Mothers' Union Financial Statement

January 1, 2022 – September 22, 2022

Bank Balance	January 1, 2022		\$45,833.88
Receipts	Dues – 2022 (301 members)	\$5,784.75	
	Dues – 2021 (20 members)	\$423.50	
	Extra Newsletter	\$10.00	
	Travel Fund	\$154.00	
	Canada Helps donations	\$178.60	
	NCFF	\$419.40	
	MAMD	\$682.60	
	Northern Parenting	\$80.00	
	Lady Day	\$1,107.00	
	Parenting Program	\$480.00	
	MSH	\$18.00	
	Donations	\$275.00	
	Bank error	\$225.00	
			\$9,837.85
Expenses	Coordinator's Float	\$50.00	
	Refunded person for bank error	\$225.00	
	Returned PWRDF donation to Diocesan Council	\$20.00	
	Newsletter printing, envelopes and postage	\$845.25	
	Newsletter envelopes and postage	\$272.97	
	Website domain name renewal	\$15.99	
			(\$1,429.21)
Bank Balance	September 22, 2022		\$54,242.52
Allocation of Funds	General Acct	\$31,893.67	
	MSH (includes Dues \$6 x 460)	\$3,341.16	
	Travel Fund	\$1,289.34	
	NCFF	\$429.40	
	MAMD	\$1,096.60	
	Northern Parenting	\$11,304.34	
	Parenting Program	\$1,827.01	
	Rev Debbie Strickland Fund	\$1,699.00	
	Lady Day	\$1,362.00	\$54,242.52

*The bank balance does not include the Sarah Marshall Trust Fund (NCFF) in the amount of \$4,000.
Total number of paid up members for 2022: 433*

Submitted by Dawn Skene, Canadian Mothers' Union Treasurer

Canadian Mothers' Union National Newsletter

VOLUME 72 NUMBER 2

PAUL SHERWOOD, Editor
Mary Stone, President

Published twice yearly by the
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Spring and Fall.

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SUBMISSION DEADLINE:

For Spring edition, by Feb 1st.
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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 Report

By the time you read this, summer will have slid into fall and the home thermostat will have been switched from "COOLER" to "WARMER"! Many of us will be moving toward hibernation mode for the coming 4 months! Instead, could we be in "Remembrance" mode?

ADVENT

Remembering the call to faith, hope, joy and love
Remembering our slide into unfaithfulness, despair, sadness and hatred



Bishop Susan Moxley

CHRISTMAS

Remembering God almighty came to us in a human baby
Remembering that all children matter

WEEK BY WEEK

Remembering with bread and wine, "Do this for the remembrance of me." And we do, to strengthen us as those called to remember the Jesus of the past, so we can remember his promise to be with us now and into the future.

Amen! Alleluia!

Hello from a Lone Member!

Several years ago, Canon Jonathan Lloyd (from Wells, England), the newly appointed minister at St. Stephen's, West Vancouver, asked me if our parish had a Mothers' Union group. Sadly, I responded that we did not.

Thankfully, I was able to join the Canadian Mothers' Union as a Lone Member, and was pleased to receive informative newsletters by snail mail. Mary Stone sent me the latest issue online and I was happy to learn about the Queen's Platinum Jubilee with a fundraising Garden Party on June 4th, the Northern Clergy Families Fund, the Parents Supporting Parents Program, and the Make a Mother's Day Ethical Gift Campaign.

By way of the international website, I was able to learn about the work of Mothers' Union members in 84 countries to try and end violence, poverty and injustice - a daunting task!

On May 24th, I was invited to attend a zoom meeting with other Canadian Lone Members. It was a pleasure to meet online the Lone



Lone Member Jan Harvey

Members Coordinator Daphne Hinds who has kindly kept in touch with me on a regular basis. I was fascinated to learn that she had come to Canada (Montreal) from Guyana in 1991. It was also fun to meet Cheryl, our new coordinator, and Katherine (from Deep River), Ruth (from Sudbury), Shara (not far from Fredericton), Maxine (from Halifax), and Norma (from nearby Squamish). I am looking forward to our next meeting.

The other Lone Members reassured me that even though I don't have children or an immediate family, I can still be a member of the Canadian Mothers' Union! I was delighted to learn about Mary Sumner House in London, and have subsequently ordered the *Platinum Prayer Book* - a collection of prayers from members and friends of MU across the world. The prayers are grouped in seven themes inspired by Queen Elizabeth II's reign: Faith, Family, Hope, Joy, Love, Resilience and Service.

I'm grateful to all of the members of the Mothers' Union for working to transform our fragile world and - in the words of the Worldwide President Sheran Harper - to "create a future in which everyone can thrive."

JAN HARVEY

Editor's Note: If you are a Mothers' Union Lone Member and would like to attend the online Zoom meetings please contact davidcherylrhodes@gmail.com

Perth tries something different

Halfway around the world, in Perth Australia, a Mothers' Union group was struggling with the same issues that we have here in Canada. What follows is their story as published in Mia Mia, the Mothers Union Australia Newsletter.

BY KAYE HEALY, PERTH, PROVINCE OF AUSTRALIA

'OUR NUMBERS ARE DECLINING!' 'How can we encourage younger people to come to MU?' 'Why don't church women join our groups?' 'All of our members are aging!' 'We need someone to take over from us!' I am sure all of these comments and several more are very familiar to all of us. The challenge to be attractive to new and younger people is real. Our organisation is not alone in struggling to attract new members who want to join and become involved in what we do. There was a time when all women in church joined groups such as MU as a matter of course. This is no longer the case and of course church membership is also lower in many areas.

We all talk about the need to change what we do and how we do it to be more relevant to younger generations. However, we also have members who like the way we currently function. Many of our members have been in MU for years and enjoy the current model. They do not want to change! So, we have this ongoing stress between the two sides of the problem. We want to attract younger members but we also want to provide for our committed, aging members. Closely related to this is the fact that more women remain in the workforce for a lot longer than did previous generations. This means they do not have the time to join groups and participate in activities. It also means that they do not feel



the need for the social interaction, which previous women may have looked for.

A few years ago, we in Perth decided that we would try to replicate an idea being used in a couple of other dioceses by stepping outside of our current structures to run a series of workshops/seminars. Our main objectives are to support families and so we wanted our workshops to provide that support. We invited Simone and James Boswell from NSW to visit Perth and conduct 5 workshops over a period of 3 days around the topic of dealing with technology with children. Simone and James offered several alternative workshop topics, each with a slightly different focus. We asked each of our hosting branches to choose the topic they thought would attract people in their area. We asked 4 branches to host a workshop. These were spread around the metropolitan area to enable people to access a workshop reasonably easily. We also asked a large church that does not have an MU branch, but does have a lot of families attending, if they would be a host venue for us. They were very keen, appointed a coordinator and were able to attract a large number of families to the workshop. They chose to run the workshop on Friday evening as they felt this would suit their families. As a diocesan executive we spent

some time talking with branches about how the workshops would happen and encouraging them in their efforts to publicise their workshop or a workshop at a nearby church. Our members worked very hard and were able to attract members of playgroups or Mainly Music groups, families on the periphery of the church, families with no connection at all. Groups were persistent and creative in their advertising.

The Buswells arrived and 3 days of hard work (for them) began. Quite a lot of excitement and anticipation had built up and all branches managed to have a well-attended event. Comments from participants were very positive. Many asked if we would do another such event.

Our non-MU church asked us to make sure they were included in the next series of workshops that we ran. Everyone commented on how much they had learnt and how practical and down-to-earth Simone and James were. Several participants were able to have specific concerns answered and went away ready to try something new.

Did we achieve our goal? The goal of supporting families was achieved. Did this transfer to new members? Not really, but we did not expect that to happen after just one event. Our plan had been to hold a second series of workshops 18 months later. Although Covid and lockdowns interrupted that plan, many of our members are still keen that a similar series of workshops be offered again in the future. Do we see this as an alternative to our current structure? I think that we would see it as a parallel to what

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Cooking 101 –

Christmas traditions in the kitchen

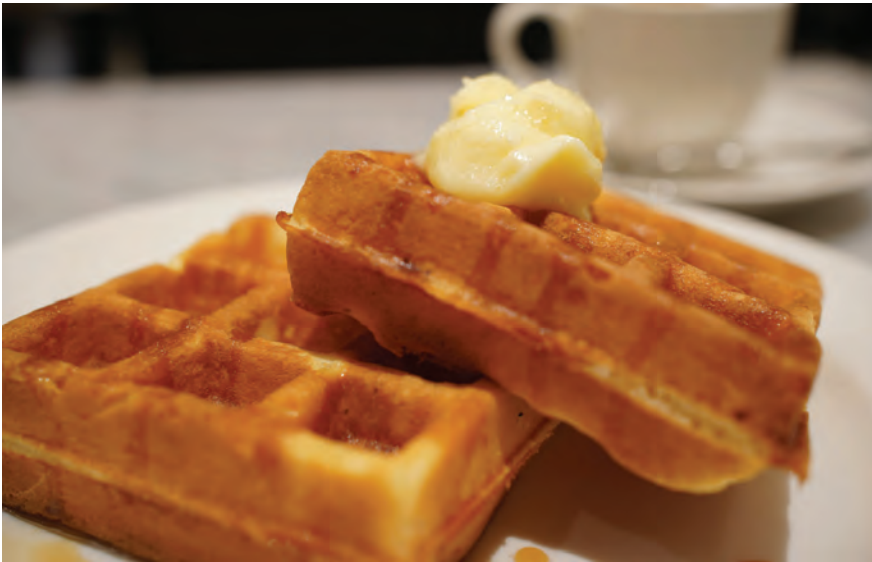


Photo: traditional Belgian waffles.

I thought I would write about one of our families Christmas food traditions. This is about our tradition of Belgian waffles.

My maternal grandmother came to Canada as a young girl from Belgium. She cooked my mom waffles for breakfast on a wood stove with a wood fire waffle iron. My mom made the waffles from as far back as I can remember. I don't like dairy, so I didn't eat them, but my siblings are all fans. Grammy's waffles has a cake texture and are golden brown on the inside. My mom made them at Christmas time and gave them as gifts to family and friends. The ingredients were all on ration during the 2nd world war, so they were a special treat.

Since my mom has passed, I now cook waffles during Advent to share with family and friends. My husband and daughters are big fans. I even made them gluten free for my daughter. They make a nice gift during the holiday season. Stored in a tin they will last several days with some people commenting they were

better a few days later. Growing up we never ate them for breakfast, they were the size of a cookie and mom served them with coffee or tea. Different people used different toppings; our British friends put jam on them.

The hard part is finding a waffle maker with a small grid. Sandwich makes which were popular had removable plates and the waffle plate was the perfect size. The later waffle irons have large grids that are not the best for a cookie size waffle.

Some Christmas mornings we use the recipe to make large waffles and add mashed strawberries and whip cream.

GRAMMY'S WAFFLES –
makes about 48 small waffles

INGREDIENTS:

- ½ lb unsalted butter (use butter if you can)
- 2 cups brown sugar
- 6 large eggs
- 1 tsp. vanilla
- 2 ½ cups flour

INSTRUCTIONS:

Use 1 heaping tsp. baking powder (I follow mom's lead and use a dessert spoon and have it heaping)

Melt the butter and add the brown sugar. This would all have been done by hand in Grammy's day, but I use my beaters on low. Add the eggs one at a time beating after each egg. Next add the vanilla.

I start the dry ingredients with 1 ½ cups of flour (I use Robin Hood unbleached flour), add the baking powder and blend it together. The cooking shows use a whisk to blend the dry ingredients. Once I add the dry ingredients to the batter, I add the remainder of the flour or until the batter is suitable for the waffle iron.

The waffle iron is on hot, and the first batch is usually the trial run. Sometimes they might stick so I have shortening ready to grease the waffle plates. My husband is my taste tester. Mom's notes say a tsp for small and a tbsp for large. I adjust as I cook. Also, I often chill the batter overnight which makes spooning the batter out easier.

I have a lovely memory of my Grammy at her kitchen table with a large cup of coffee and saucer. She would pour some coffee in the saucer and dip whatever our snack was in the coffee. These are good memories which I hope to create with my gift of her waffles at Christmas time.

Enjoy the upcoming seasons - Thanksgiving, Advent and Christmas!

Blessings to you all! I hope you try Grammy's Waffles!

ALICE KENNEDY

Literature and marketing trial run

Remember when you looked forward to getting the mail everyday? It wasn't just junk mail and bills. You'd often get a letter from a friend or family member in another place, or a postcard from someone traveling, or maybe a get-well card. Nowadays these are, more often than not, sent in a text or an email with photos attached. Maybe, now, you only check your mailbox once a week or so, expecting the usual flyers and requests for donations.

Imagine going to the mailbox one day and finding a hand written envelope, what could this be? Who could it be from? Imagine that it is a Thinking of You card from someone you haven't seen in a while, someone who cares enough about you to send a card. What a lovely thought!

You can be that person who sends someone a card to lift their spirits, to show them they are in your thoughts, to let them know you care. Mothers' Union has absolutely beautiful cards for many occasions to show that you care about someone. On the back of each card is a short note explaining how the sale of these cards supports the work of Mothers' Union around the world.

Sending these cards is a wonderful way to "...reach out as God's Hands..." touching another person and supporting Mothers' Union work.

You or your branch can order a set of selected cards from our Literature and Marketing Coordinator Dawn Snyder. Dawn orders cards directly from Mary Sumner House in the UK. She will send them to you at

cost plus postage. Before ordering a supply of cards, she would like to do a trial run.

Dawn has created 7 card packages, containing 4 sympathy cards, 2 birthday cards, 1 thinking of you card and 3 Christmas Cards – a total of 10 cards for \$22 plus shipping.

Below is a sample of some of the cards.

If you would like to order a package, please email Dawn at thegreatgazoo3@msn.com. Give her your complete mailing address.

After Dawn receives your order, she will calculate the shipping cost and email you the total amount.

At this time, we can only accept e transfer as payment. Send your money to our treasurer [dawn](mailto:dawn@mutreasurer@gmail.com). mutreasurer@gmail.com



The joy of being NCFF coordinator

In 2021 I was asked to take over as the coordinator for Northern Clergy Families Fund. What the heck, I said yes, and in April of that year Sarah Usher happily sent me all her “stuff”, walked me through the steps of what to do via Zoom and guided me as I started to look through everything and make a plan of my own.

It is a year later and as I look over my binder, I realize that I have sent one re-issue cheque to someone and 19 cheques to unsuspecting people from 10 different Dioceses. Have you done the math? That is \$20,000!!! Doesn't that just blow your mind?

Isn't God wonderful in all he does? Being able to send that much money out in one year shows the dedication and generosity of so many individuals and groups across the country.

Although I am new to this role, I have been a Mothers' Union member since 1993 and have been Branch leader for the past 19 years, I know there is a 4 year term and all, but my group seems happy with me bossing them around, so I guess I will just enjoy the ride for now! I do not remember a time when our branch did not support the NCFF. We decide at the beginning of the year, where our Christmas bake sale money goes, and for ever and a day, it has been to Canadian Council and NCFF. Should we change that up, I don't think so; we do support other endeavours throughout the year as they come up, but NCFF has always been



Lynda Viau,
Northern Clergy Family Fund
Coordinator

close to our hearts, and this is why.

Too long ago for me to remember, one of our parishioners felt called to seminary school, and although I do not remember the full details, I do know they were in a remote place, I think in Northern Alberta? They left their family and support system in Thunder Bay and took their 3 young children and moved to a place where they knew no one. His wife was an original founding member of Mothers' Union in our church and she had just had a health set back. She found herself alone without family, sick, and afraid She was not able to work to help support them and she worried about feeding the children. I don't believe that NCFF was something our branch was aware of at that time. She wrote to tell us that one

day, when she was feeling very isolated and defeated a cheque came in the mail, a gift for her from Northern Clergy Families Fund. She said it was indeed an answer to prayer. Back then the gifts were not as large and life was not as expensive as it is now, but to someone who couldn't work and who had a very limited income with three growing children to feed, it felt like winning the lottery.

I think we can all relate to not knowing how we will pay the next bill, or afford the car repairs, or simply buy the next loaf of bread. To those people who have dedicated their lives to serve God, and who travel that path, no matter the hardship NCFF is a wonderful, unexpected gift with no strings attached, just simply sent with love.

My year as the NCFF coordinator has been very fulfilling. I receive cheques frequently and watch the bank account grow in eager anticipation of sending out more gifts to unsuspecting people. This past year has shown me how very dedicated and generous people are, and it makes me feel very honoured to be the person carrying out this important mission.

Blessings,
Lynda Viau,
NCFF Coordinator



Amy's letter

My name is Amy and I am the recipient of the gift from the Northern Clergy Families Fund. Thank you for your gift!! Our girls, Clara, Abby and Hannah are doing well in the North. I assist my husband with music and family ministry.

We live in Iqaluit in one of the units of the green building pictured. Life is different than what we are used to - from longer hours of darkness in the winter and daylight in the summer. There are less conveniences and much colder temperatures. It has taken some time to adjust. The girls love the school, as do I. My husband is learning Inuktitut and I am learning new things about myself. The girls love going to Church. They also love exploring the tundra!

Inuit are lovely people. They are kind and generous with their country meats. The elders have so much wisdom to learn from. It is lovely to be part of a culture that has informed me of different ways of life other than what I knew.

It can be hard being away from family like grandparents. We miss them so much. We are currently visiting them in Ontario.

Sincerely,
Amy Dow

Photo: Amy's three daughters,

Violence against women and girls: how does our Christian faith guide our understanding?

The reasons for campaigning against violence against women and girls are many; any number of individuals and groups will find themselves drawn together to champion such a cause. For us as Mothers' Union, however, we need a distinctive voice as we join with others to support 16 Days of Activism and our Global Day of Action. We find this distinctiveness at the heart of our vision: that of a world where God's love is shown through loving, respectful, and flourishing relationships.

God exists in, and created, equality of relationship. The relationship of the Trinity powerfully illustrates this; each distinct from but equal to the other; relating together in loving agreement. The equality of human relationships is established at the beginning of creation:

'God created human beings in his own image. In the image of God, he created them;'

Genesis 1:27

All are created in the likeness of God, whatever our gender; as such all are entitled to be treated as God's precious children, whose image we reflect.

'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.'

Galatians 3:28

Any culture of violence against one another, whether physical or emotional, is a distortion of relationships as originally intended: equality and respect in the sight of God.

Throughout the Old Testament, God's attitude to women is positive and pastoral. There are many

instances of women in positions of influence and leadership; also provision is made for those in positions of vulnerability, as in Deuteronomy 26:12. A woman's choice in marriage is highlighted in Genesis 24:57 and other examples, whilst in Proverbs 'wisdom' is personified as a woman.

Where instances of violence against women are recorded, they are described as a wrongful action with negative consequences, for example, the rape of Tamar by her half brother in 2 Samuel 13, which led to serious family conflict and bloodshed. God's position remains constant.

Within Jewish society, attitudes began to change towards women through the times of exile and intermingling with other cultures. The religious leaders attempted to protect the purity of their race through more restrictive laws, many of which had a negative effect on the lives of women. Hence, by the time of Jesus' birth, Jewish men would pray every morning and thank God that he had not made them a Gentile, a slave, or a woman.

However, Jesus radically challenged this culture through his actions and teaching. He treated women as completely equal to men calling them 'Daughters of Abraham' (Luke 13:16).

He openly conversed with women, met their needs and included them amongst his followers and supporters. He disregarded Jewish edicts when he healed the woman suffering from a hemorrhage for twelve years, choosing compassion over the letter of the law. He revealed his divinity to Martha (John 11:25-26), and chose to appear first to Mary Magdalene

after his resurrection (John 20:10-18).

In a situation where violence against a woman was allowed under Jewish law – that of the woman caught in adultery – Jesus averted the aggression with wisdom and compassion, using the situation to challenge her accusers without condoning her wrongdoing.

Thus, the arrival of Christianity transformed life for women. The New Testament indicates that they played a significant role in the life of the early church. They were involved in leadership roles alongside Paul and others; they used their homes for gatherings of believers and had important input into the missionary growth of the church. Relationships between Christian men and women were surely ones of equality and mutual respect.

Within the marriage relationship, the sometimes-controversial edict by Paul for wives to submit to their husbands (Ephesians 5:22), becomes less so when seen in the context of the previous verse, submit to one another out of reverence for Christ, and the instruction to husbands to love their wives as Christ loved the church (v.25), that is, to be prepared to lay down their lives for them. With this perspective there is no room for violence or abuse of any sort: whether psychological, physical, sexual, financial, or emotional.

However, history has unfolded since New Testament times, both in the church and the world: there can never be any justification for violence against women. In our campaigning against it, we seek to

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Signal for Help

The Signal for Help was launched by the Canadian Women's Foundation in response to COVID-19, and is now being shared by partner organizations around the world.

For more information go to <https://action.canadianwomen.org/signal-responder>

IF YOU SEE THE SIGNAL:

If you see someone use the Signal for Help, check in with the person safely to find out what they need and want you to do.



THIS IS THE SIGNAL FOR HELP
Learn how you can support someone facing abuse at
signalresponder.ca

They may want to tell you what is happening. They may ask you to listen and be there for them. They may ask for help finding services.

If you or someone you know is in immediate danger, call 911 or your local emergency services (police, fire, ambulance).

Global Day

Saturday, November 26

Join Mothers' Union members around the world - hold 3 minutes of silence at 1:03 pm; light a candle, say prayers; invite your congregation and community to join you.

Lord of justice and mercy,
 who has called us to be the body of Christ,
 use us as his hands and feet in the world;
 to raise awareness of what must be challenged,
 and to address the plight of the vulnerable.

We unite together across the world
 to champion the cause of justice
 and to offer up our prayers for all who
 are affected by gender-based violence.
 Amen

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follow the example of God.

We build our campaign on God's command: to love our neighbour as ourselves. Where this is followed, there will be no place for violence against anyone.

Adapted for the Worldwide Mothers' Union Website 16 Days 2022 Resources

HOPE FOR CHANGE

Speak up for those who cannot

speak for themselves;
 ensure justice for those being crushed.

Yes, speak up for the poor and helpless,
 and see that they get justice.
 Proverbs 31:8-9 (NLT)

GOD OUR CREATOR,

we thank you for our shared calling,
 as your children, to care for all of creation.

Forgive us when we fail to notice or to question that which is less than good:

when we condone or perpetuate violence of any kind.

Fill us with your Spirit of wisdom and help us to see the world through your eyes of compassion and justice.

Give us courage to challenge and to change,
 in the name of Jesus Christ our Liberator. Amen

Prayer adapted from the Hope For Gender Justice Prayer by Erica Wishart



Northern Clergy Family Fund Summary

Balance Dec 31, 2021	\$ 8577.65
Donations	\$ 9543.05
13 Gifts given	\$ 13000.00
Balance Sept 01, 2022	\$ 5120.70

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we do now. We need our branch structure to provide the 'on the ground' workers but the workshop idea enables us to reach out to families who may not normally be reached by MU. We imagine that we may build up a group of regular attenders, as I know other dioceses have. This is an activity that we will probably re-consider in the

future, as a means of outreach as well as letting people know that we exist. We did discuss trying to get the speakers to the other dioceses in Western Australia if we ran it again. This would provide them with speakers at minimal or no cost. I think that the basic idea worked well and met our objective to be more visible. I am praying that we will at some point in the near future be able to build on our

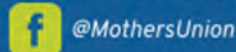
first effort and have something similar.

Kaye Healy, Perth, Province of Australia

If you would like to find out more about Mothers' Union in Australia visit <https://www.muaustralia.org.au/mia-mia.html>

Mothers' UNION
Christian care for families

Join our midday prayers on



www.mothersunion.org

Jumping right back in after Covid – a summer breakfast program



As in many schools in Canada, for various socio-economic reasons, the children in North Sydney are provided with breakfast everyday of the school year.

In response to a Canadian Mothers' Union challenge to establish a project that met the needs of the community, the Mothers' Union branch at St John the Baptist decided to offer a summertime breakfast program for children who would have been given

breakfast at their school during the school year. What started out as a program for children evolved into a collaboration between Mothers' Union and the community at large. This is their story:

Our program started about 10 years ago to provide breakfast for children when the schools were closed for the summer. It is held in our church hall downstairs. Its purpose is to provide a healthy breakfast to anyone in need - regardless of what the need may be with no judgement or discrimination. Some Mothers' Union members, as well as other parishioners, are involved in the process, from filling the trays to delivering to the tables and cleaning up at the end. We have it on Monday, Wednesday and Friday from 10:00 until Noon. The clients are of various ages - from children to seniors.

Our goal was to be appealing to more children but a lot of our clients are seniors who live alone and just enjoy a coffee and a chat with someone. For the two years

before Covid reared its head, we had daily menu specials: Monday - homemade porridge; Wednesday - scrambled eggs and ham; Friday - homemade pancakes. We have anywhere from 20-50 people. Our menu now is very basic because of the price hikes in every food item! This is our first year back since the pandemic and we are playing it safe with not having too many items because we do have to stretch our money. Everything we offer is healthy!

We have a group of 8 people for each day so the volunteers basically go just once a week. They decide on their job when they arrive in the morning. It doesn't matter who does what, as long as all the bases get covered. If someone can't make it, there are always people who will step up to help out.

When we began, it was completely funded by donations. Then about 5 years ago, we were awarded a grant from the Provincial Government and that has served us well and we don't waste a penny! Some people still leave donations in a jar, which they requested that we make available.

The benefit to the community is that everyone is welcome to take part. It is very well received and we get lots of positive comments and feedback. Our hope is that the program will continue each summer into the future. One never knows what will happen until you try - with God's help!

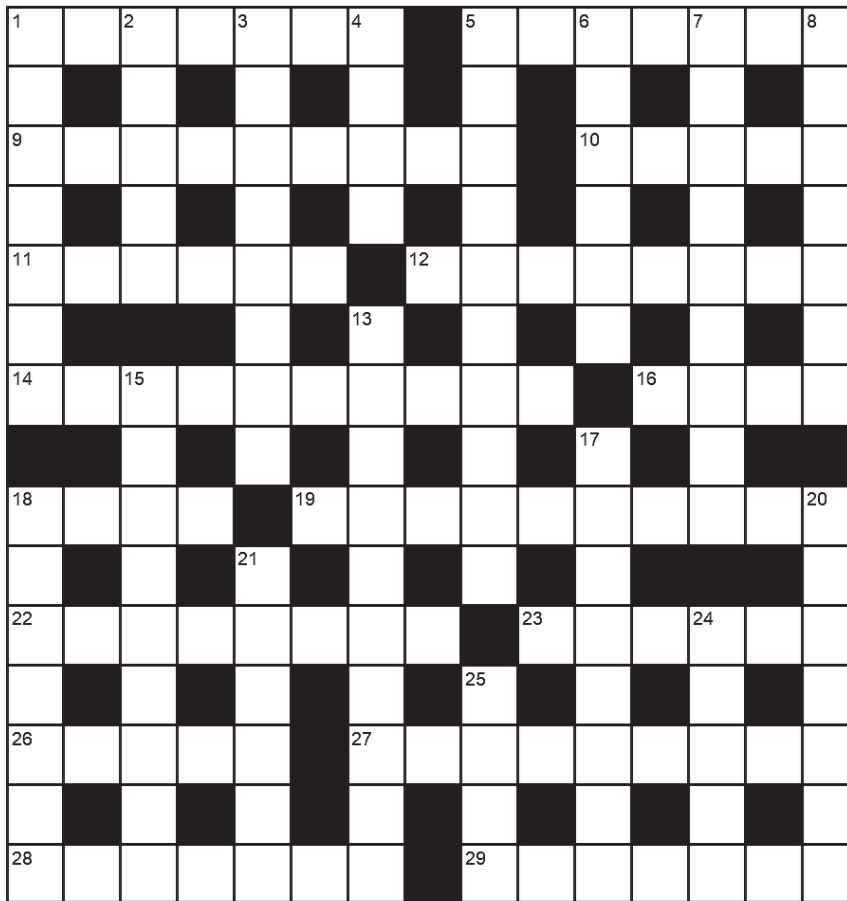
For with God Nothing shall be impossible Luke 1:37 KJV Bible

PHYLLIS RENO,
BRANCH LEADER AT ST JOHN THE
BAPTIST, NORTH SYDNEY



Bible Crossword Fall '22

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.

Mothers' Union Fall '22 Puzzle Clues

ACROSS:

- 1- Branching portion of a nerve cell (7)
- 5- Items displayed at Mothers Union Conferences (7)
- 9- M.U. ____ Mothers Union (6,3)
- 10- Large country in Asia (5)
- 11- Sheena ____, Scottish singer/actress, won two Grammy's (6)
- 12- Resident of Lagos (8)
- 14- Most northerly Mothers Union Branch in Canada (7,3)
- 16- Mothers Union ethical gift campaign (abbrev) (4)
- 18- Distinctive atmosphere (4)
- 19- Mothers are seen as ____ (10)
- 22- Follows the rules (6,2)
- 23- Came into being (6)
- 26- Ponder (5)
- 27- Worship given to God alone (9)
- 28- Gave (7)
- 29- An Old Testament major prophet (7)

DOWN:

- 1- Downward slope (7)
- 2- Approaches (5)
- 3- Giant trees that grow in California (8)
- 4- Canadian Mothers Union project (abbrev) (4)
- 5- Defensive barriers (10)
- 6- Ornamental recesses (6)
- 7- Remove (9)
- 8- Discoloured (7)
- 13- Board used when slicing a loaf (10)
- 15- Resident of Kyiv (9)
- 17- Breed of large terriers (8)
- 18- Expected (7)
- 20- Pertaining to the breastbone (7)
- 21- Thomas ____, English martyr, died 1170 (6)
- 24- Excuse (5)
- 25- Mothers Union member without a branch (4)



Photo: Branch members from St Mark the Evangelist in Ottawa.

Wasn't that a party!

Queen Elizabeth II's Platinum Jubilee that is

On Saturday, June 4, 2022, Mothers' Union branches throughout Canada (and the world) acknowledged this momentous occasion and celebrated the "Queen's Jubilee" to commemorate the 70th year since Her Majesty's accession to the throne.

Members and branches celebrated in church halls, homes, back yards, restaurants and churches, displaying "royal" memorabilia, dressing up in hats and fascinators, and serving with the finest china - tea and finger sandwiches, trifle, scones and sweets.

Decorations containing red, white and blue, a variety of British music including "God Save the Queen", picture taking with a portrait of the

Queen, bidding on silent auction items, mini golf, a Royal quiz, a plant sale and viewing Royal memorabilia were displayed throughout the various Branch events. The event in each location provided a positive and fun way to start off the summer and allowed members to meet with friends, neighbours and community, some of them meeting for the first time since the start of the pandemic while at the same time celebrating the Queen.

Some branches also used this as an opportunity to have a free will offering to raise funds to support the PWRDF's work with Ukrainian Refugees, to support the Northern Clergy Family Fund or to support needs within their own community.

Branches submitted their photos from this wonderful day and a virtual PowerPoint has been uploaded to the Canadian Mothers' Union website at:

<https://canadianmothersunion.ca/>

(click under "News and Events" then "Jubilee Celebration in Canada")

Her Majesty has passed since the celebrations but she will always remain in our hearts and rest in peace.

SUBMITTED BY LILIAN KETCH, DIOCESE OF FREDERICTON

Mothers' Union supports the Retired Clergy Fund for the Council of the North

The Mothers' Union interest in and support of the clergy and their families in the north is a key feature of its ministry. As it turns out, the Anglican Church Women Board of the Diocese of New Westminster (NWM) provided an additional opportunity for the Mothers' Union to demonstrate its care and concern for the clergy of the north with the launch of the Northern Clergy Retirement Fund and an initial investment of \$100,000.

The NWM Diocese's ACW has given this infusion of funds to the Anglican Foundation of Canada (AFC) to distribute on its behalf, with an emphasis on helping Indigenous and non-stipendiary retired clergy. The women of NWM are well aware that it is the many non-stipendiary clergy who have been ensuring the life and viability of the church in the north. In making this gift available, the Anglican Church Women of New Westminster also challenged other ACWs across Canada to donate what they could to increase the fund. I am happy to say that the Anglican Church Women Board of the Diocese of NS & PEI made a contribution to this fund.

What is very exciting is the generous gift of \$5,000 that the Canadian Mothers' Union has made to this Northern Clergy Retirement Fund. This is another amazing example of Anglican Church Women and Mothers' Union partnering. I am sure the Mothers' Union was inspired in the same way the women on the Anglican Church Women Board of New Westminster were when they read in the December 2020 Anglican Journal that Rev. Jonas Allooloo, the former Dean of St. Jude's Cathedral in Iqaluit, Nunavut, found himself homeless

upon retirement. While Rev. Allooloo has since found housing, it is the immediate Past President of the NWM Board, Gail Revitt, who noted: "We thought that if he is having problems, then probably [so are] others in the Council in the North, especially those who are non-stipendiary and who have been living in church rectories. What do they do after they decide to retire?"

The Mothers' Union is very aware that the Council of the North in the Anglican Church of Canada is a group of nine northern dioceses supported by grants from General Synod and that many clergy there are non-stipendiary. This means they are often without housing upon retirement in a part of Canada that experiences a severe housing crisis, disproportionately impacting Indigenous clergy.

"Housing in the North is a huge issue," says Council of the North Chair David Lehmann, who is also bishop of the Diocese of Caledonia, in northern B.C. In Caledonia, he says, all but one community have a 0.1% vacancy rate. "In the city of Prince Rupert, it's not uncommon for housing to cost \$2,500 a month, which exceeds what a Council of the North pension would be by a fair bit," Lehmann says.

It is interesting that it is the proceeds from the sale of a house in Vancouver that had been owned by the Anglican Church Women of New Westminster that has made possible this very generous gift for the housing needs of retiring northern clergy.

The Council of the North will decide how to distribute these post-retirement housing funds, working closely with the Anglican Foundation. Dr. Scott Brubacher, Executive Director of the Foundation, says there are

possible ways to structure the fund and disbursements, but the specifics of the plan are still to be finalized. It is, however, a real partnership effort, as the New Westminster ACW, the Council of the North, and the Anglican Foundation weigh different options for how the funds might be drawn down over several years—and whether other ACWs across Canada might be willing to contribute and grow the fund to make it a more long-term response.

The Anglican Foundation is excited to be part of this generous vision of the New Westminster ACW. All partners involved are delighted that others, such as the Mothers' Union, are supporting this enterprise with generous gifts.

Bishop Lehmann notes that "the Council of the North is very thankful to the New Westminster Anglican Church Women for their generosity and vision, and to our partners at the Anglican Foundation who are helping pull this together. [Further, the Council] hopes that others will jump on board as we look to a future where we can ensure that all who have served the church are well-served in their retirement." It bears repeating that the Canadian Mothers' Union has "jumped on board" in a very generous way to support the housing needs of retiring clergy in the Council of the North and all involved are very appreciative that they have. Thank you, Mothers' Union!

CYNTHIA PILICHOS, CO-COORDINATOR, ANGLICAN CHURCH WOMEN BOARD, DIOCESE OF NS & PEI, WITH THANKS TO MATT PUDDISTER FOR HIS COLUMN, ACW AIMS TO KICKSTART FUND FOR RETIRED NORTHERN CLERGY WITH \$100,000 GIFT, IN THE JUNE 2022 ANGLICAN JOURNAL.

Joan's Table

For the past several years, Mothers' Union at St. James Anglican Church, Halifax, has been contributing meals for a group called Joan's Table.

Joan's Table is a Halifax-based meal donation program for individuals who had previously experienced long-term homelessness, and are now living in The Herring Cove Apartments in Spryfield, Nova Scotia. The housing program is in partnership with Shelter Nova Scotia, and receives Federal and Provincial government support but is not eligible for food costs. With 24/7 onsite staff, tenants are given help to identify personal goals and build social relationships. They also receive assistance with medication and money management skills. There are usually 12 residents in this location, and the donation is one evening meal for 12 people, for any evening of the week (managed on their website).

Regular meals assist individuals to make good decisions and stabilize their lives. Many of the Mothers' Union members enjoy cooking for a crowd of appreciative people. Our Mothers' Union group provides an evening meal about twice a year. Sometimes it's fully home made, and sometimes it's mostly takeout, depending on timing. Our last donation was on Mothers Day, so it was takeout. The staff at



Herring Cove Apartments always sends an email with feedback and appreciation.

Catherine Mayo Woodman and Maura Woodman founded Joan's table in 2017 in honour of their mother and grandmother – Joan Mayo. Coming from a generation of women who used their kitchens to build community, Joan's life centered on service, kindness, family, and faith. What began as one meal in her memory is now a community effort, also supported by Joan's daughters and grandchildren across Canada, as well as many individual and group volunteers in the region. To date, Joan's Table volunteers have prepared and delivered over 822 meals, consistently providing Holiday meals (Easter, Thanksgiving, Christmas, New Years) and providing holiday gifts for each tenant.

More recently, Joan's Table has added The Rebuilding to their program. The Rebuilding is a supported apartment complex for 19 individuals, located in Halifax's North End. It offers individual housing for tenants referred from the community. Employees are available to support tenants on a 24/7 basis and are on-site daily. Again, the tenants at The Rebuilding rely heavily on the food resources in the community and are in true need of stable reliable nourishment. When opened in 2012, the name was coined by a tenant in recognition of how this space symbolizes the rebuilding of lives. Joan's Table now provides meals to The Rebuilding on Wednesdays and Saturdays. Their on-line schedule acts as coordination tool to enable donors to join together with other donors to build a meal, potluck style, so one donation does not need to cover all the evening meal for all 19 residents.

Although our Mothers' Union branch at St. James likely will continue to support The Herring Cove Apartments in neighbouring Spryfield, The Rebuilding is another option, especially for individual donors who do not wish to donate a full meal for 12 people.

For more details about Joan's Table visit <https://www.joanstable.com/>

BY MARY ANNE WHITE

Self Care Checklist

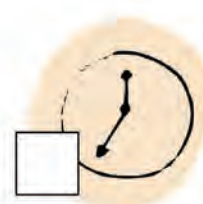
be kind to yourself



Drink a comforting drink



Write to someone you love



Take time out



Speak with God

A new mobile medical van for Ho

A Project between the Diocese of Fredericton and the Companion Diocese of Ho



Photo: Robert Griffin, Manager Rotary New Brunswick, Cheryl Jacobs, assistant to Archbishop David Edwards, Diocese of Fredericton and Lilian Ketch, representative of Mothers' Union, Diocese of Fredericton.

An archbishop, two priests and three lay people gathered for the blessing of the Diocese of Ho mobile medical clinic on February 25th, 2022. The vehicle, equipped at Malley Industries just outside Moncton (NB), was transported to Halifax in early March and then shipped via Antwerp, Belgium to Tema, Ghana to be used in the Volta rural region. The two million people there have little or no health care.

Archbishop David Edwards asked for protective blessings on the vehicle's journey, arrival and use, and most especially, for the many people who will receive medical care from it. The blessing followed a two-year fundraising campaign receiving support from Rotary, individuals, parishes and parish groups.

In January 2020 committee members, Robbie Griffin, Cheryl Jacobs and Lilian Ketch, visited Bishop Mathias in the Diocese of Ho to investigate possible projects Rotary could partner with. The answer was the mobile medical clinic, through a partnership with the Diocese of Fredericton, the Diocese of Ho, the Rotary Foundation, the Rotary Club of Grand Manan Island, the Rotary Club of Ho

and the Ho Teaching Hospital, which will operate, maintain and staff the van.

The pandemic then slowed both the fundraising efforts and the delivery of the stripped-down van to Malley Industries, which finally arrived October 2021, and plans for the mobile clinic were finally put into play. "We were given a detailed briefing and that shaped how the manufacturing went," said David Pargiter, Director of Sales for Malley. "We had some figuring out to do. It's a unique truck, but I think we hit all the targets." Some highlights of the mobile clinic are a generator, air conditioning system, roof rack for tent storage (in which to see patients), stretcher, vaccine refrigerator, shelving, cabinets, lab technician's desk, five-foot nine-inch interior height, a winch, and all-wheel drive to cope with poor driving conditions in Ghana.

Both Malley Industries and Rotary members have made substantial donations of medical equipment and supplies, including two optometry suites, all of which will be shipped to Ghana. The van, its refurbishment at Malley, medical equipment and supplies, technology and communications programs, spare parts,

pharmaceuticals, training and shipping have cost about \$270,000 CDN.

Medical care in Ho

- In the Diocese of Ho, in Ghana, West Africa, the life expectancy of males in 2020 was 63, for females it was 65. In Canada in 2020, the life expectancy of males was 80. For females, it was 84.
- Ghana's infant mortality rate in 2019 was shocking: 34 deaths per 1,000 live births. In Canada, of 1,000 babies born, four die.
- In the Volta and Oti regions, within which the diocese is located, two-thirds of the population live in rural areas, where health care is not accessible. Births take place in the home by untrained midwives. Infections go untreated and often end in death.
- Epidemics of typhoid, cholera, dysentery, yellow fever and measles are common. Diabetes, heart conditions and cancer go untreated. Children often have ringworm, and they can suffer from river blindness — caused by a parasite in the water. Often, the only water available for drinking and cooking is scooped from a dirty stream or pool of water.
- There's almost no health care at all in rural Volta and Oti regions. Most people don't have transportation to communities with health care, which are several hours away.
- Many people aren't comfortable going to the city for health care because of a prejudice against the rural poor. As well, most people they know who went to a hospital died, so there is little incentive to make the trip, even if they had money and transportation to do so.

SUBMITTED BY LILIAN KETCH

Mothers' Union Online Group

BY CHERYL RHODES

A new group within the Canadian Mothers' Union has begun meeting online.

Our first two meetings have been wonderful. It is fun to meet with members who participate from across the country. It is inspiring to talk with women, many of whom have been committed MU members of long standing, and a few who are more recent members. Most are currently lone members, and so were thrilled to gather together with others. Due to the magic of technology, we can include anyone from across Canada or even world wide!

To get started, we met on a June afternoon, lead by our Canadian president, Mary Stone. Nine of us introduced ourselves, prayed together, heard about activities

of our Canadian Council, and talked about the logistics of online meetings and what topics we might consider for the future.

It was agreed that we would meet once a month except in July and August. Cheryl Rhodes agreed to act as coordinator, Katharine Myers as Zoom host, and Maxine Simpkin as notetaker and liaison to Canadian Council. We all agreed that we could take turns leading the prayers.

In late September we gathered once again. After catching up on our lives since June, we watched two brief videos about the Elizabeth Fry Society, a charitable organization that supports some of society's most vulnerable populations – women, girls and children at risk, involved in or affected by the justice system. The topic had been suggested by one

of the online members who found videos to stimulate discussion.

Future online meetings will be held on the fourth Tuesday of each month, 4pm Atlantic, 3pm Eastern and 12 noon Pacific.

- Tuesday, November 22: Maxine will lead a program focusing on gender-based violence, using materials from the World Council of Churches
- December: no meeting
- Tuesday, January 25: focus to be decided.

Anyone, lone member or not, is welcome to join us. You would need to email Cheryl or Katharine to receive a Zoom invitation for each meeting: davidcherylrhodes@gmail.com or kmyersphysio@gmail.com.

Mothers' Union - Listening, Observing and Acting (MULO)

BY PAMELA OLIVER, BRANCH LEADER, TRINITY CHURCH, LIVERPOOL

Trinity Mothers' Union in Liverpool, Nova Scotia heard of an immediate need in their parish and acted by getting the whole parish involved to meet the needs of two families.

These two families in their parish had recently become caregivers of a total of 7 children.

One family adopted four children,

ages ranging from 7 to 12. The other, a relative, gained custody of three boys aged 6 – 8. Mothers' Union was very touched by these two caring families and decided, in turn, to care for them by establishing a project to raise funds for the families. They named their project "Adoption Party". The branch reached out to the parish and for two months raised funds to support them.

With some of the funds, they

purchased pajamas for each child as a comforting gift. In addition to this, at the time of writing, over \$700 in gift cards were donated.

The three boys in one family have been baptized and regularly attend church with their aunt and grandmother. As Pamela, the Branch Leader said, "I thought you would be interested that this aging parish will respond if asked. We are agents of the "Holy Spirit" working among us."

Self Care Checklist

be kind to yourself



Listen to music that makes you smile



Write down your feelings



Do something you love



Watch your favourite film

The birth of Mothers' Union in Canada



BY GINNY McEWEN, MOTHERS' UNION MEMBER, ST JOHN THE BAPTIST, RIVERVIEW, NEW BRUNSWICK

The inaugural branch of the Mothers' Union in Canada began in 1888 at Bishop Cronyn Memorial Church in London, Ontario.

A remarkable Victorian lady started this initial branch. She was Harriet Ann Boomer, the wife of the Dean of Huron. Harriet spent most of her life advancing the causes of women within our Canadian society, establishing and administering a wide variety of societies, including the Mothers' Union.

With the death of Harriet, this first branch of the Canadian Mothers' Union became inactive.

On October 30, 1988, the 100th anniversary of the start of Mothers' Union in Canada, a hand crafted, wooden plaque was commissioned to mark this important event in our Mothers' Union Canadian history.

This plaque was dedicated at Bishop Cronyn Memorial Church, commemorating the founding, in this church, of the first Canadian branch of the Mothers' Union.

Jack Barr of Guelph, Ontario, carved the plaque. Jack was the husband of Joan Barr who served on Canadian Council as Conference Coordinator from 1985 to 1988.

In 2021, Bishop Cronyn Memorial church was closed and this hand carved plaque was returned to the current Canadian Mothers' Union Council in the Diocese of Nova Scotia and Prince Edward Island.

The smallest branch in Canada

The Parish of Richmond near Woodstock, New Brunswick probably have the smallest branch in Canada with 3 active members – Pat Margison, Cindy Derksen and Bonnie Sparks.

Despite their small number this little branch does much to support their parish and to reach out to members in the community.

One of the projects is recognizing the newly baptised with a pewter ornament and hosting a reception after the baptism. They continue this relationship by sending cards on the Anniversary of their Baptism.

Sunday School children are given activity books, Daily Devotional books and also Bibles at the end of the year. They have made valentine cards and a craft for the children as well.

This past year, they held a “Warm the Toes” project and collected 135 pairs of socks for Sanctuary House. Sanctuary House is a transition house for women and children who are victims of domestic violence and are seeking shelter and support.

Making cards for others is something this branch likes to do; these cards are given to clients in various care homes and shut-

ins around their community. On special occasions they will be included with a gift or treat bag.

On Mothering Sunday, the branch members conduct the service, display information and binders about Mothers' Union and distribute the traditional Simnel cake.

According to their branch leader, Pat, they are a small group but enjoy knowing that they are a part of the larger Mothers' Union and when possible love being with them in person at diocesan and national events.

Mothers' Union Prayer Project

Janice Jackson, of the Diocese of NS&PEI Mothers' Union, should be called 'the Prayer Lady'. She has sent out more than 123 prayers to Mothers' Union members in the diocese and beyond. In an interview with Janice, this is what the Canadian Mothers' Union Newsletter learned.

CMU: Why did you start this Prayer Project?

Janice: At the first NS&PEI Diocesan Mothers' Union Zoom meeting, when our branches were not able to meet in person, someone suggested that perhaps we should send out a weekly prayer to branch leaders that could be then sent out to their members. This would mean that the members would keep in touch with one another. I thought that was a great idea, as did others.

CMU: When did you start it?

Janice: As of this week's prayer #123, it will be almost 2 1/2 years ago!

CMU: How did you get started? Where did you begin?

Janice: When a couple of weeks passed after our meeting, I got in touch with another interested member from our Branch, Margaret deCarvalho, and we consulted on what we could do. We looked through our Mothers' Union Prayer book resources, chose a prayer and decided to include a mealtime prayer that our Parish receives weekly in our bulletin. I typed up the prayer and grace and sent it to our branch members. Margaret then sent it out to all the Branch

leaders in the Diocese and we were off to the races!

CMU: How has this project changed since you began?

Janice: It has become a very rewarding experience for me. I try very hard to choose prayers that are in tune with what is going on in our world. When I hear back from the people who receive the prayers and what it has meant to them it is very rewarding. People out side of Mothers' Union have asked to be added to the list and I believe it is even been forwarded internationally too! The Marguerite Center, a live in residence for women recovering from addictions, receives it and it is posted on their bulletin board for all the women to read.

CMU: In what ways has this project been beneficial?

Janice: I feel that it has kept us together through these very trying times. I personally feel rewarded when people let me know what it means to them and how it has spoken to them at that particular time in their lives.

CMU: It must be difficult to find a new prayer every Monday, after you have sent so many...

Janice: Mothers' Union has a gold mine of prayers! We started with the new Worldwide Mothers' Union book of prayers, "Dear Lord...".

The Prayers We Breathe, United in Prayer & Worship and *Anthology of Public Prayers* are also great MU resources.

I have found other resources based on family life that have been very helpful; one I particularly like is *Common Prayer for Children and Families*. I also have reused some of my favourites!

CMU: Do you have any suggestions for any one who would like to take on a project like this one?

Janice: By all means give it a try! I would be glad to help anyone at any time. It is very important to keep connected especially through prayer! It helps to keep things in this world in perspective.

CMU: Of all the prayers that you have sent out, can you share a favourite one with us?

Janice: My favourite prayers are the ones that involve our world and creation.

Here is one of my favourites from "Dear Lord..." written by Jacqui Armstrong of the Province of All-Ireland

God of creation, we thank you for your many good gifts: for fresh air, pure water and earth's bountiful resources.

Help us to nurture your world with love, to care and to share, to use only what we need whilst respecting and appreciating all living things.

Empower us to work with love as we aim to live responsibly for the wellbeing of creation for this and future generations.

This we ask in Jesus' name. Amen

To contact Janice jjj3jr.jackson@gmail.com

Self Care Checklist

be kind to yourself



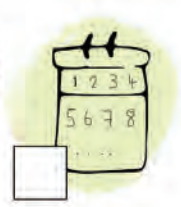
Find peace in prayer



Eat well



Read a good book



Make future plans

Mothers' Union Worldwide President's letter to the Canadian Mothers' Union

My Dear Friends, Sisters, and Brothers of the Canadian Mothers' Union,

I am absolutely delighted to connect with you and bring you warm and loving greetings from the Worldwide Board of Trustees and Staff at Mary Sumner House. Thank you so much for your love and support, and we value and appreciate the transformational work you are doing for Mothers' Union in Canada. May our Gracious God continue to bless the work of your hands.

On September 19th we said goodbye to our beloved Patron, Her Majesty Queen Elizabeth II. She served faithfully and has left us a rich legacy for generations to come. Her dedication over the last 70 years has inspired us as a global movement to remain passionate about fighting for justice and speaking up for the voiceless. Her love for thriving families and communities has strengthened our commitment to finding practical ways to lift families and communities out of poverty. We thank God for her life and pray for her soul's resting, with the assurance that she has a glorious place in heaven.

In June, I began traveling again to visit members and look at their programmes that continue to give hope, and impact the lives of individuals, families, and communities. As I interacted with our wonderful members and their Clergy, I could feel new energy, enthusiasm, and a willingness to get started again on all God has called them to do.

In Trinidad and Tobago, the community outreach work is already back on track and making the headlines. During their 100th Anniversary year, members planted 100 Breadfruit trees as part of their



SHERAN HARPER

Poverty Alleviation programme to help families with the rising costs. In their Boys to Men programme, which is a partnership between Mothers' Union and a specialist NGO, male facilitators work with boys to help break the cycle of boys offending as they grow up; and also with the children of offenders, who have themselves either been victims of, or witnessed domestic abuse.

In the Isle of Man, the response has been tremendous as members restarted the Prison, Baptism, and Caterpillar ministries. It was a joy for me to listen to stories of the way the Mothers' Union Creche cares for children and helps families to strengthen relationships during the prison visit-days. Following the Baptism Service, the names of the babies are written on local seashells and placed in the Prayer Corner of St. German's Cathedral, and parents are very appreciative of this. The Caterpillar Group is also run by members and provides a special time of play and fellowship for mothers and toddlers.

Across the world and similarly in Canada, Dioceses and Branches are emerging from their cocoons in various ways following the pandemic. Some are still very cautious while others are excited and are taking off at a faster rate. This is understandable and we should not be worried about the pace at all. In fact, we should

be more interested in traveling together on the right path, with the same agenda, and doing something impactful that will make a difference in the lives of those who need us most. I look at the fitness levels of your Provincial President Mary Stone and Vice-President Lilian Ketch, and I know for sure that I cannot keep up with them. I remember some time ago I was on a programme with Zonal Trustee Kathleen Snow and she up bright and early, going for her usual morning run. I saw her and thought to myself that this is good for my health, so I decided to take off behind her. Well, it was not as easy as I thought it was. She just seemed to be running so casually, listening to her music while I was puffing and struggling to keep up with her long, confident, purposeful strides. In the end, I decided it may be better for me to finish the course comfortably and in my own time.

I shared this story with you because although I could not keep up with Kathleen, more importantly, she and I were going in the same direction, on the same journey, both with the same purpose. She finished in record time, and I made it in my own time because I was determined to complete what I started and finish it well. The reality is that Branches and Dioceses will reopen and emerge at their own pace, but it is important that as they emerge, they do so with new energy and press forward with one agenda. They should be willing to adapt and step across the line, while pausing only for prayer, on this exciting journey of Transformation,

The time is now! The fact that you have read my letter this far tells me that you are already feeling energised and ready to transform

continued on page 24

Remembering Yvonne Lyons and Valerie Nason



Photo: Yvonne Lyons

The Canadian Mothers' Union lost two dear friends and Mothers' Union Sisters in Christ this year. As we mourn the loss of both Yvonne Lyons and Valerie Nason, it is only fitting that we pay tribute to them. Adele Knox and Kathleen Snow share their memories below. It is an honour for us to do so.

Yvonne lived her life allowing her faith to guide the way. She demonstrated her faith through her love and support of her family, friends and community.

Yvonne was passionate about Mothers' Union, always interested in keeping up with Branch, Diocesan, Canadian and worldwide activities and supporting Mothers' Union Purpose, Aims & Objects in her daily life. She held the position of Branch Leader at All Saints Church in Marysville for many years, where her Branch members met monthly to make soup for the Community Kitchen.

Yvonne regularly attended Diocesan Council Meetings/Rallies; it was a joy to travel with her to these meetings. She gave such balanced, non-judgmental, sage advice on these trips, and was never shy in sharing her opinions at the meetings. Yvonne held the position of Link Coordinator on Mothers' Union Canadian Council from 2005-2008. She took on

this role with responsibility and communicated regularly with Branches to establish prayer links.

Yvonne loved her daily walks with nature whether on their property, along the road where she lived, or on the nearby trails. She appreciated the beauty that God provided for us, often picking wild flowers to be displayed on the altar at All Saint's Church in Marysville for Sunday morning Eucharist. This was her time to pray for others, to do the Daily Offices and to appreciate His creation.

Yvonne was quite often Adele's early morning Saturday phone call, even as early as 7:30AM. She always had a listening ear, and shared her laughter and love. Adele was amazed that Yvonne was able to accomplish all that she did in a day with the amount of people she kept in telephone conversations.

Yvonne looked forward to the annual Diocese of Fredericton Mothers' Union Overnight Stays at Camp Medley. She was not a great sleeper and slept some 3-5 hours each night; many of us were witness to this while attending these retreats. She would walk around the cabins on the grounds and wake everyone up at 6AM with a wooden spoon and frying pan to get the day going. This brought her great joy, and not so much joy for those of us who were not early risers!

Yvonne's thoughtful cards, whether an occasion or not, would appear in the mailbox with the envelope covered with lovely stickers. This surely gave the Postal Workers a smile and happy thoughts.

Valerie "Val" Nason was a gem. She had the sweetest personality and was such a generous person in giving of her love, her time and her talent. Adele remembers that Val was the first Mothers' Union member to give her a hug when she



Photo: Valerie Nason

met her while attending a Diocesan Rally for the first time many years ago.

Valerie shared her faith more widely; her work and witness in The Canadian Mothers' Union allowed her to do so. Mothers' Union was such a part of her life. Valerie was active in her Branch in Fredericton Junction, as well as at the Diocesan and National levels.

For many years Val was the Lone Member Coordinator for the Diocese of Fredericton Mothers' Union Diocesan Council, regularly keeping in touch with members who were no longer members of a Branch. She also held the position of Historian on the Mothers' Union Canadian Council from 2005-2008. She organized the Banner Parade at the Installation Service for the Canadian Council in January of 2005 with her usual aplomb.

Val was so very conscientious about maintaining the history of The Canadian Mothers' Union. She spent hours and hours organizing the files, deciding which files to keep at the national level and which files to send to the Archives. She made contact with individuals at both the diocesan and national Archives and completely re-organized

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Goodbye to our Mothers' Union friends

- Catharine Mia Mae Wooley, Church of the Holy Spirit, NS and PEI
- Valerie Jean Nason, Gladstone and Blissville, Fredericton
- Joan Barr, St. James the Apostle, Niagara
- Betty Whatley, St. James, Armdale, NS and PEI
- Mary Shelley, St. Alban's, Niagara
- Yvonne Patrica Lyons, All Saints, Marysville, Fredericton
- June Mary Poole, Church of the Holy Spirit, NS and PEI
- Ann Gray, St Francis by the Lakes, NS and PEI
- Shirley Keeler, St Francis by the Lakes, NS and PEI
- Janie Francis, St. John the Baptist, North Sydney, NS and PEI

For all those whom we love but see no longer. Grant to them eternal rest. Let light perpetual shine upon them. May their souls and the souls of all the departed, through the mercy of God, rest in peace. Amen.

BOOK OF COMMON PRAYER

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your churches and communities to reflect Christ's Kingdom and His promises for us all.

It is time for Mothers' Union to hit the reset button, click on Transformation-Now! and accept the agenda. There is no turning back because we are locked into position for the most exciting journey of transformation ahead - walking together and building on priorities coming out of your Provincial conversations. On this journey, you must take with you all the good work we are so famous for, and with more members joining, we pray that this incredible movement will surge forward with our life-giving work of fighting injustice, ending violence, and ending poverty.

This pilgrimage is long but worthwhile. We have been doing so much already and there is still so much to be done. I call on you now to be ready to deliver in a more impactful way because after all, we are Mothers' Union! We are the hope in a fractured and complex world, a burst of new light which transforms individuals, families and communities. We must do our part both individually and collectively in a changing world - God's World! So let us open our hearts so God can fashion us into something magnificent for Mothers' Union, as we journey confidently towards our glorious 150th Anniversary in 2026.

Let us make our beloved founder, Mary Sumner, smile and say, "Well done faithful members! You nailed it! Mothers' Union is just as relevant today as it was in my time!

It's Transformation – NOW!"

Let us pray ...

*Loving Lord,
We thank you for each other,
and for Provincial President Mary,
and the Canadian Mothers' Union.
Inspire and bless us on our journey,
with your peace, courage, and
determination,
for you called us to be agents of
change
and partners in Transformation -
NOW.
We thank you dear Lord,
and may our praise be eternally
yours,
as we serve you and each other,
every day ... all the way. Amen.*

With my love and prayers as always,

SHERAN HARPER

WORLDWIDE PRESIDENT

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and overhauled the process. Her organizational skills were bar none!

It was Val's sweet demeanour that was so endearing to those of us who knew her and loved her. She was so very positive in discussions at the Diocesan and the national Canadian Council meetings. Her quiet and calm personality often settled everyone down. And her laughter and sense of humour was contagious.

Above all it was Val's deep and abiding faith in our Lord Jesus Christ that formed everything she did. He indeed was her Lord and Saviour; this shone through her personality and in her daily life and the relationships with those she met on her journey.

We remember our dear Sisters with grateful hearts for their love of the Lord and their love and witness as Mothers' Union members. The Personal Prayer of Mary Sumner best describes our dear Yvonne and

Valerie:

*All this day, O Lord, let me touch as many lives as possible for thee;
and every life I touch, do thou by thy spirit quicken,
whether through the word I speak,
the prayer I breathe, or the life I live.
Amen*

SUBMITTED BY ADELE KNOX AND
KATHLEEN SNOW.

Canadian Mothers' Union National Council 2021-2024

Not available on-line.

Canadian Mothers' Union Merchandise



MU Apron: One size fits all. Navy blue apron with 2 deep pockets and the Canadian MU logo in white.

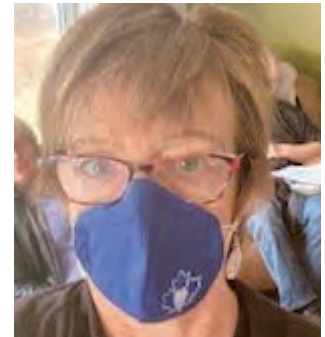


MU Hand Towel: 17" x 26" (42 cm x 66 cm). Lovely burgundy hand towel with the Canadian MU logo in white.



Scarf: Mothers' Union blue with white logos. 27" x 60" (68 cm x 183 cm). Lightweight Viscose. Sourced from Mary Sumner Enterprises.

MU Mask:
Hand made with 3 layers of fabric. Royal Blue with the Canadian MU logo in white. Available in Large.



Reusable Nylon Shopping Bag:
Opens to 16" x 15-1/2" x 5", (40.6 x 39 x 12.7 cm).
Folds to store in pouch that is 5" x 2-1/2" x 1", (12.7 x 6.3 x 2.5 cm).





Notepad:
6" x 9" (15 cm x 23 cm).
Black with blue maple leaf
and white MU logo. Pen
and paper are included.



Travel Mug: 14 oz. (450 ml).
Blue insulated hot/cold.



Canadian Mothers' Union Merchandise					
Item	Description	Item Code	Item Price	Quantity	Cost
Navy canvas apron - white logo	One size fits all - with 2 deep pockets	APNMU	\$20.00		
Hand/Golf towel - burgundy	Canadian MU logo in white	TWLMU	\$8.50		
MU scarf - lightweight viscose	Length of 27"x 60" (68 cm x 183 cm); Blue with white logos	SCFMU	\$25.00		
Travel mug - insulated	Blue insulated (hot/cold) 14 oz. (450 ml)	MUGMU	\$12.00		
Note pad holder with pen - MU logo	Size 6" x 9" (15 cm x 23 cm); Black with blue maple leaf	NTPMU	\$12.00		
MU mask (3 layers) - Large	Centre Nose to Cheek 4"; Top of Nose to Chin 7"	MSKMUL	\$7.00		
MU reusable bag	With handy pouch to fold and carry in purse or pocket	RUBMU	\$6.00		
Subtotal					
Total of Order					

Please email your order to: Info@canadianmothersunion.ca

Once the total cost of the order has been determined, including mailing cost, contact will be made by email or phone with payment instructions.

Order Information

Name: _____

Email: _____ Telephone: _____

Mailing Address: _____

City/ Province: _____ Postal Code: _____

Canadian Mothers' Union Wave of Prayer (Jan – Dec, 2023)

	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 Branch On Line
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	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	Zone B Link Prayer Partners	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 Families 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 Lilian Ketch	National Day for Truth and Reconciliation Sept 30	Diocese of NS and PEI Emmanuel Spyfield, NS	All persons suffering from Gender Based Violence and Discrimination	All members worldwide