



Canadian MOTHERS' UNION



Spring/Summer 2024

National Newsletter



The people of Arviat, Nunavut during the Anglican Youth Service Night. Arviat is on the shores of Hudson Bay.

NCFF: celebrating 50 years of support

2024 marks the 50th anniversary of the Northern Clergy Families Fund, a project of the Canadian Mothers' Union. The Northern Clergy Families Fund (NCFF) is not something that everyone has heard of. Most people become aware of the NCFF when they become a member of Mothers' Union. In particular, Lynda Viau, the Canadian Mothers' Union Coordinator of the

program, only realized the impact of the fund when she took on the coordinator position in 2021. She had heard about NCFF, because her group supported it, and they even had a member who benefited from the fund many years ago. It was not until she was given the coordinator information and read through it that she realized its impact.

The NCFF was started in 1974 as the Northern Clergy Wives Holiday Fund to help isolated clergy spouses, primarily at that time thought to be women, to travel to the south.

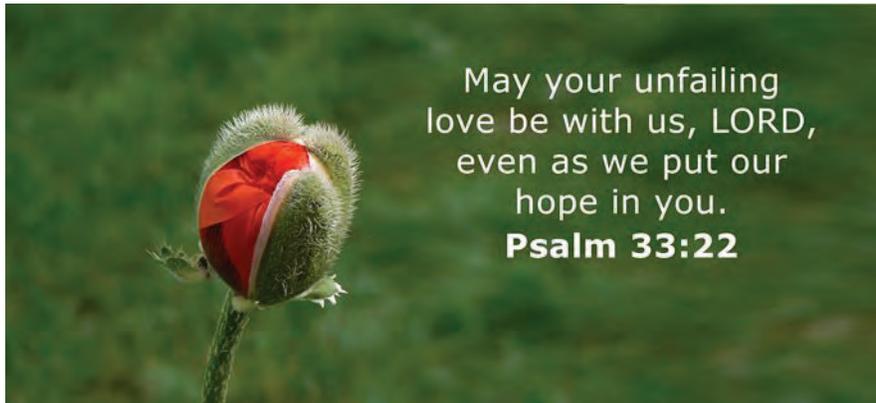
It was felt that the gift could be used for a holiday, but it was soon realized that it was needed for necessities and life in isolation. The first person

... continued on Page 5

WHAT'S INSIDE?

- President's Welcome
- Treasurer's Report
- Chaplain's Report
- Cooking 101
- MU Adventure
- Puzzle
- RCMP Initiative
- Bustle to Blessing
- Panther Pantry
- Christmas Stars
- In memory
- And much more

President's Message



Welcome to the Spring and Summer newsletter! Just writing those words gives me a lift! I am writing this at the beginning of Holy Week, a very sobering, contemplative and emotion-filled week for the Church. But then I see the shoots of daffodils and daylilies and the maple tree buds in our yard, and I am reminded once again that our most important celebration is on the way, Easter. With it will come spiritual renewal and the beginning of a new season for the Church and a reawakening within our natural world here in Canada. We, as Christians get to celebrate the season of Easter for 50 days... watching spring unfold and considering all that the risen Christ means for us historically and in our day to day lives.

2024 started off rather quietly, until March! March was a busy month for women and Mothers' Union everywhere. It began on March 2 with the World Day of Prayer service prepared by the women of Palestine. Many Mothers' Union members participated in local services. Next came International Women's Day on March 8 with a focus on equity and inclusion for women. On March 10 was Mothering Sunday, celebrating our Mother Church and all the mothers and carers in our world. The United Nations Commission on the Status of Women was held

May your unfailing
love be with us, LORD,
even as we put our
hope in you.
Psalm 33:22



MARY STONE, PRESIDENT,
CANADIAN MOTHERS' UNION

on March 11- 22 in New York City, advocating for the reduction of gender-based violence through transformational programmes, education and financial justice. Finally, Lady Day was observed on March 25, when we acknowledge Mary's acceptance to be the Mother of God. I hope that you were able to participate in some or all of these meaningful events.

We were truly fortunate and honoured this year to have Genny, our Canadian Link Coordinator, represent us as part of the UK Mothers' Union and Anglican Communion delegation at the United Nations Commission on the Status of Women in New York City in March. It was a high-profile opportunity for Mothers' Union.

You will find a report in this issue.

It is good to hear of branches finally able to be doing business-as-usual, meeting in person and being the hands of God in the Church and community. We are reminded to always keep MULO in mind – Mothers' Union, Listening, Observing, and Acting. Listening to the needs in the community and around the world, Observing what can be done, and Acting to address those needs. You will find some examples of branches doing just that in this issue. In light of that, some branches have also embarked on the Mothers' Union Metamorphosis program that you will also read about in this issue.

As your president, I have attended many online meetings over the past several months, WW Provincial President meetings, Global Mothers' Union meetings, Canadian Council meetings, Diocesan meetings, Branch meetings, Committee meetings, Zone B meetings, conference-planning meetings, individual meetings and our Online Branch meetings. What did we do before ZOOM?! I think the phrase of the year should be – "You are on mute"!

As we head to our National Biennial Meeting and Conference, Hope All Things, I want to express my great appreciation to all who planned and organized the event, to those who have agreed to participate in ways big and small, and to all those who are able to join us for what we expect will be a memorable, hope-filled event. I look forward to being with you all and to welcoming to Nova Scotia those from away.

With every blessing,

Mary

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
	NCCF	\$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 (NCCF) in the amount of \$4,000.</p>		
<p>Allocation of Funds</p>		
General Account		\$23,619.72
Dues		\$10,472.25
Travel Fund		\$1,710.02
NCCF		\$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

VOLUME 74 NUMBER 1

PAUL SHERWOOD, Editor
Mary Stone, President

Published twice yearly by the
Canadian Mothers' Union.
Spring and Fall.

LETTERS & NEWS ITEMS:

Paul Sherwood, Editor
197 Main Street
Tatamagouche, NS, B0K 1V0
902 997-1157

canadian.munews@gmail.com

Also on the web:
canadianmothersunion.ca

SUBMISSION DEADLINE:

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

Alleluia! Christ is Risen!

The Lord is risen indeed! Alleluia!

As I write this, Easter morning has just passed. Everyone was excited to call out,

“Alleluia! Christ is Risen!

The Lord is risen indeed!
Alleluia!”

But we are called to believe the resurrection, not just on Easter morning, but on all our mornings!

If we can't seem to start every morning with shouting “Alleluia,” maybe we could at least focus on the 50 days of Easter! Easter season is the season of things rising from the dead! Outside in the garden, green sprouts are peeking through the dead grass and matted leaves. The weird weather winter has passed and there is warmth in the sun.

There is a lot more warmth in the Son! He is risen from the dead and greeting those he meets. Some of



Bishop Susan Moxley

his closest friends did not recognize him. They were looking for a cold, dead body and failed to recognize the warm, shining Son!

Some action clued them up. For Mary, it was hearing her name – whatever tone of voice Jesus used, Mary heard the warmth of the Son. For the walkers on the Emmaus Road, it was the action of Jesus breaking the bread, which brought

the “Son light” through their grief to warm their hearts and open their minds.

In June, we will come together in Halifax at the national gathering. The flowers and trees will be in bloom. We will have moved out of the season of Easter and into the season of Pentecost. We will have shifted our focus from the Son light to the Fire light and all the gifts that the Fire light brings. We will have the opportunity to watch for the Son light as we greet new friends and old. We will have the opportunity to light or rekindle the Fire light.

We will have the opportunity to live resurrection and to rise every morning saying,

“Alleluia! Christ is Risen!

The Lord is risen indeed!

Alleluia!”

Thank you from Samantha Kublu

May 23, 2023

Hi Lynda,

Thank you so much! I don't know how much more I should thank you guys for the gift.

My husband, Abraham and I were ordained as Deacons, in October 2021. I am volunteering and he is the leader of the parish in Arviat, Nunavut. This

coming fall, we will be ordained to Priesthood.

We are originally from Pond Inlet. We have been in Arviat for 2 years now. We will be moving to Iqaluit this summer.

We have 6 kids and 3 grandchildren.

Since we have moved here, God has taught me so much of his Love and

patience for us (all). Also, it is only God that we have to rely on for everything.

The money will be very helpful for me and my family, especially at times it gets difficult to meet their needs.

God Bless You All!

Samantha Kublu, and family

50 Years

... continued from Front Page



Newly ordained Samantha and Abraham Kublu with Bishop Joey Royal.

to receive a gift was from Pond Inlet, in the Diocese of the Arctic – a very remote, small, and frozen town near the tip of Baffin Island. How amazing it must have felt to receive a gift of money with a letter of love and encouragement from a town so very far away, and from people that she probably had never heard of. Is that not God working to help us as we struggle along with daily life in the places where he has placed us?

The fund went through another name change in 1986 and became the Northern Clergy Wives Discretionary Fund to allow the money to be used in whatever way the wives saw fit.

Finally in 1992 the name changed to the Northern Clergy Families Fund in recognition of female clergy and to include the needs of the whole family.

There are 7 Dioceses as well as the Territory of the People and the Indigenous Spiritual

Ministry of Mishamikoweesh to whom gifts are sent.

The NCCF Coordinator contacts Bishops in the North and asks for the names of two spouses that they believe would benefit from our gifts. It is now understood that the spouses are often male, as many women have been ordained. A cheque is then written and sent along with a letter and pamphlets concerning both Mothers' Union and the Northern Clergy Families Fund. It is hoped that in doing so someone, somewhere will learn about Mothers' Union and perhaps a branch will be started in the North.

Since 2021, 32 gifts of \$1000.00 each have been distributed. The recipients are encouraged to let us know who they are and what their life is like. Since 2021 many letters of thanks have been received, which the coordinator is thrilled to get. Within this past year and a half, 8 cards or letters of thanks, some with

pictures, have been received. With permission some of these responses are shared with the membership.

The money for these gifts comes from various means. It is a mandate of the Mothers' Union that each branch supports the fund yearly, whatever amount they choose. Many Anglican Church Women groups across Canada send in yearly donations, while some churches allocate a percentage of their offerings to be sent to the fund. Other people make personal donations, memorial donations and the list goes on. It is a mystery as to how word of this project is out there and gets spread around.

The coordinator, Lynda, loves going to her mailbox as often there is yet another donation to this wonderful fund.

“Money comes in from the East Coast to the West Coast and many places in between.

The whole idea of helping families, remotely placed, to spread God's word makes one feel like the Easter Bunny, Santa, and the Tooth Fairy all wrapped up in one. It is an honour to help carry out this mission and to keep the fund running smoothly. This fund runs on generosity and with love.

Our website: https://canadianmothersunion.ca/northern_clergy_families_fund

With thanks to Lynda Viau, Canadian Mothers' Union Coordinator of NCCF

Ask for Angela

SUBMITTED BY

SHARA GOLDEN, ADVISOR ON
GENDER BASED ISSUES

I was watching the 6 p.m. edition of CTV news a couple of weeks ago and a news item came up entitled "Ask for Angela" – A Code for Victims of Violence. I believe this is a campaign, which is worthy of note. I did research and most of this information comes from CTV news reports.

"For victims of gender-based violence or sex trafficking, asking for help is not easy. Many worry about reprisal, violence and stigma; some aren't left alone long enough to seek out a safe person. A campaign being rolled out in Toronto is aiming to break down some of those barriers and get women the help they need."

The campaign began in the U.K. in 2016 by a police officer who named it in honour of her friend Angela Crompton, a 34-year-old woman whose husband abused and killed her with a hammer in 2012 when an argument about redecorating his house got out of control. She died in a Cambridge hospital two days following the attack, leaving behind three children. Thirty-nine-year-old sculptor, Thomas Crompton, was convicted of the manslaughter of his wife. The sentence for the attack was only seven and a half years, sparking outrage from Angela Crompton's family and other members of the community.

Ask for Angela is used by bars and other venues to keep people safe from sexual assault by using a code word to identify when they are in danger or are in an uncomfortable situation. When an establishment uses this program, a person who believes themselves to be in danger can ask for Angela, a fictitious

member of the staff. The staff will then help the person get home discreetly and safely by either escorting them to a different room, calling them a taxi and escorting them to it, or by asking the other party member (the offender) to leave the establishment.

Posters are placed on the stall doors inside toilets of the establishments where the campaign is being implemented. The poster introduces "Angela" and asks several questions for one to reflect on the current position they are in. The program is not gender specific and aims to help all people, so posters are placed in all toilets in the establishment.

U.K. training has expanded in the eight years since the campaign was launched, and now includes how to spot someone who may be in danger, rather than waiting for someone to ask for help.

Today, Angela's name is being used as a code word to prevent sexual and gender-based violence across the world: bars, nightclubs and even festivals are encouraging people who feel unsafe to "Ask for Angela" as part of their safety strategy.

"Ask for Angela," a campaign that began in the United Kingdom, is now available in Loblaws grocery stores, Shoppers Drug Mart and other affiliated stores across Toronto.

"The goal is to help survivors of gender-based violence who might not be able to access help in a typical fashion," says Carly Kalish, executive director of Victim Services Toronto, which spearheaded the campaign.

"We asked survivors 'where are you allowed to go during the day

where you are not being followed, where there is no suspicion of you seeking help?'" explains Kalish. "They told us 'the pharmacy, the grocery store.' So, we reached out to Loblaws and their affiliate stores."

Staffs at all 230 stores in Toronto have been trained on what to do if someone "asks for Angela." The victim is brought to a safe space within the store, and Victims' Services is called.

Kalish says tracking has shown that about a handful of people have used the service.

"It is so hard to seek help," Kalish says, "but this is another avenue, an accessible avenue, for people to get help."

According to the Canadian Women's Foundation, 30 per cent of all women over the age of 15 say they have experienced sexual assault at least once. But very few people come forward: the odds of someone reporting a sex crime to police are 80 per cent lower than other violent crimes. Low conviction rates and the re-traumatization many experience within the criminal justice system are often cited as reasons why women don't come forward.

Victim Services Toronto has the tools to help. "We can creatively problem solve and safety-plan with them so those things (finances, pets, etc.) are not a barrier to them escaping their gender-based violence situation," she says.

In January 2024, Victim Services Toronto launched a safety app called "The Angie App," described as a "hub" to ask for help, find the safest route home and how to

Continued on Page 7 ...

Cooking 101 – Spring 2024

As Canadians we talk a lot about the weather. As you read this, I hope that winter is done, and we are all enjoying the spring weather.

God has seasons for our life as well! My Lenten study was about meeting God in the wilderness. It was interesting to journey through and see what wilderness my journey was. Who I needed to pray for and what prayer I needed for myself.

Now the days are stretching out and the sun is up much longer. May and June are my favourite months with long days and spring flowers. A chance to get back into the

garden. This year I am working on fragrance in my garden. I have been doing some research and I plan to add some smelly plants where I can that will last the entire season. I have a fair selection of roses but only the old wild ones produce the rose smell! I think a honeysuckle will be in my future! If you have any ideas for me, please send them along!

In New Brunswick spring means fiddleheads and salmon. Our family didn't eat them, but my Dad would bring home a feed of rainbow trout when he could.

I was browsing my cookbook and found this recipe my mom often made. On the east coast we call it Washington pie. It is a white cake with raspberry jam or custard between the layers and the top sprinkled with icing sugar. Mom used her strainer to spread the icing sugar. My sister uses the recipe and adds blueberries to make muffins. (don't forget to coat the blueberries with flour before you add them to the batter)

Enjoy!

Alice Kennedy



Mom's white cake recipe

Ingredients:

1 cup milk
2 ½ cups of flour
3 tsp. baking powder
½ tsp. salt
½ cup margarine
1 cup white sugar
2 large eggs
1 tsp vanilla

Directions:

Combine ½ cup margarine and 1 cup white sugar (beat until well blended), add 2 large eggs, and beat again

Next add the dry ingredients, 2 ½ cups of flour, 3 tsp. baking powder, ½ tsp. salt, (which have been whisked together) then 1 tsp vanilla and finally add 1 cup milk. Mix until thoroughly blended and pour into two 8-inch greased and floured cake pans.

Bake for 45 min or until the taster comes out clean.

Ask for Angela

... continued from Page 6

store notes and photographs of an incident to report to police at a later date.

Kalish says that someone is always ready to answer the phone to help, with trained staff working 24 hours

a day, seven days a week, 365 days a year.

“Ask for Angela” has been implemented in many bars and restaurants across the country. Loblaws and Shoppers are exploring

options to expand the program outside of Toronto into their stores in other parts of Canada.

Submitted by

Shara Golden, Advisor on Gender Based Issues

My Mothers' Union adventure

BY ALICE KENNEDY

I was a new mom at the end of my 20's and hadn't gone to church since my late teens. My husband, Bruce, and I moved to Quispamsis with our 4-year-old twin daughters, Melissa and Jacqueline. I decided they needed a religious education and I looked for an Anglican Church in the area. Off we go to Sunday School and before you know it, I am teaching the little ones. Then one day I had a visit from 2 ladies in the church, Sharon Miller and Betty Reynolds. They wanted to talk to me about Mothers' Union. My family is most important to me so everything they discussed aligned with my beliefs. They came with such a peaceful aura that I wanted the same. I went to a few meetings and I joined the Parish of Hammond River Branch in 1987.

We moved to Hampton, my first encounter with the Branch was an Italian night supper. Everyone was so friendly and welcoming! Soon I made friends in the community, in our church family, and Mothers' Union. Many of these people are still my best friends!

As the years went by, I volunteered for different roles, I became Branch Leader, which meant I needed to understand the structure of the Mothers' Union society so I could answer questions.

Then my husband accepted a transfer to Fredericton from 1996 to 1998. We moved to Fredericton and searched for a new church. We had several options and finally my daughters said enough, just pick one! I settled on the Cathedral Church because they had a Mothers' Union and I knew some of the families already attending. At this time, I had become the Diocesan President and during my tenure I was invited to attend



Ruth and Isabelle my tour guides in Northern Ireland in 1998.

the Worldwide Gathering in York, England. It was my first flight across the ocean and the beginning of many other firsts in my life thanks to my involvement with Mothers' Union. I was blessed to have the support of Bruce who could run our home as easily as I did. Both my mom and my mother-in-law were women of faith and I expect their prayers over the years helped in many ways I will never know.

I was invited to visit our link diocese in Northern Ireland before the meeting in York and I am still in touch with Ruth that I met there. We exchanged cards and letters and now we communicate over the phone via WhatsApp. I spent an afternoon with Ruth last fall when we were vacationing in Northern Ireland. We had a great time catching up.

My experience in York was life

changing. I met women from around the world! I listened to stories of other cultures and was deeply moved at the lack of independence many women around the world experience! As a Canadian I often felt they still lived in an uncivilized society. We have much to be thankful for in our part of the world! We know we still have barriers to bring down and inequality to fight but we have the freedom to work on getting it done. The experience made a huge impact on me!

I continued my work with Mothers' Union and worked full time in the IT world. I was happy with the challenges that my life had offered, constantly learning new things! The age of the internet was upon us and that opened a whole new world!

Bruce took another transfer and we returned to Hampton. Our daughters were growing up and they had busy lives, which made our lives busy, but in it all they supported me and my commitment to Mothers' Union. Over the years I have attended many National Conferences and met people from across the country! God always had someone for me to chat with and explore other points of view. For instance, at the conference in Ottawa I met a priest from the Yukon, Sarah Usher, we both participated in the facilitators training for the parenting course. Later Sarah and her husband Len came and stayed with Bruce and me. Len and Bruce both hockey fans are still in touch to razz each other about their favourite teams!

Another adventure was the invitation to stand for Worldwide Council on the committee called Action and Outreach. This committee granted funds both in the UK and worldwide to further the work being done by Mothers'



Ruth and I in Northern Ireland October 2023

Union. I was nominated by people in the UK and was voted to serve on the committee. It was a 3-year term and I attended 4 meetings a year. Each time I travelled, the question would be, who would take me home. At this time Air Canada reduced the airfare in half if you stayed over a Saturday night. Mary Sumner House had rooms for rent on the upper level and I would stay there during the week. They were closed on weekends. The A&O meetings were held on Wednesday and Thursday. So, I needed a place to stay when the meeting finished. I would fly home on Sunday and go back to work on Monday! The committee members were from the different regions in the UK so it was a great way to get private tours of the different areas in England, Scotland and Ireland. I have kept in touch with members since then and some have visited me. Also, the chair (Rosemary Kempzell) of the committee went on to be the

Worldwide President. Many of the committee members stayed for their 2nd term but I decided one term was enough for me.

God had more work for me to do in Canada; I served, as the Conference Coordinator in 2008 while my friend Kathleen was president. The Worldwide President at that time had asked me why I didn't run for President and I told her it was not my time. I was happy to be the Conference Coordinator.

My turn as President came in 2016. It was a time of growth for us all. The company I worked for was international, so I was comfortable with meetings online. The pandemic hit and then we worked to find free platforms to host our meetings. Thankfully, Canada Council now pays for a Zoom membership and that is no longer an issue.

The pandemic didn't allow us to host a conference, so we created one on line. I am pleased to say it was well attended. We had requests from other countries to join us. I had visited a Branch in Tampa when I was on vacation and their Branch Leader attended. The messages from the Primate and Worldwide President were pre-recorded, and then shown to the attendees. It was another learning experience! We were using my home church Zoom software and we had to update the package on the day to accommodate the attendance! Just a bit of excitement to add to the day!

I am now the Past President and try to keep the website current. I am excited to meet you this June for our National Conference. I look forward to seeing old friends and making new ones!

Presently, I am the Branch Leader for my home church, St. Paul's in Hampton, New Brunswick. Technology has changed a lot, but personal contact is still my favourite way to engage our members. We have a young minister, and he is very supportive of us, a blessing in many ways! Many members' husbands are now our muscles, they provide both physical and emotional support. We are all in the process of growing older. I would like to know Ethel Nelson's secret; she has 2 daughters active in Mothers' Union. Sadly, I cannot say the same ☒

I think to sum it all up, there is a song by Miranda Lambert – The House that Built me. Well, I believe as an adult and a mom, Mothers' Union has made me who I am today with guidance from God, Jesus, and the Holy Spirit. I have met lots of wise, wonderful, and faithful people on my journey.

My adventures continue and I look forward to where God will lead me next! Blessings, Alice

Confusion at the Registration Desk!



Photo: The two Marys

40 years ago when I approached the registration desk at my very first National Canadian Mothers' Union Conference in Hamilton ON, the gal at the table assured me that I had already registered. What?? I had just walked in the door! She insisted and I was befuddled; it was not possible. After some scrambling and consulting it was discovered that there were two Mary Stones registered for the conference.

Actually one was Mary Stones and the other was Mary Stone...that was I! Phew, relief swept over me! No wonder they were confused, take a look at the picture of the two of us on a bus tour!

Mary Stones was from Calgary, Alberta, and I was from Boutiliers Point, Nova Scotia.

Mary Stone



Did you know?

Traditionally, Easter eggs are supposedly delivered by the Easter rabbit or bunny. However, rabbits are seen as pests in Australia, as they destroy crops and natural habitats.



For these reason, there has been a movement to suggest that Easter eggs are hidden by the Easter bilby. The bilby is a small, shy mammal with big ears, which is native to Australia and an endangered species.

It is possible to buy Easter bilbies made from chocolate and some of the profits go to help preserve these animals.

From Kenya to Nova Scotia, Canada



In the photo: Esther Wanjiku, County Kirinyaga, Central Province, Kenya and her granddaughter Tamara

Mothers' Union is an international organization whose mandate is to uphold Christ's teachings and maintain worldwide fellowship of Christians united in prayer, worship and service. In this spirit, we celebrate our diversity and shared call to walk a path with Jesus. The stories and experiences of Mothers' Union members can reveal everyday beauty and the power of God in our midst.

Esther Wanjiku started attending St James Armdale, Halifax in August 2023. When I first met Esther, I immediately felt the presence of a kindred spirit. Others describe Esther as a good listener, warm, friendly and compassionate. She has embraced our church community, and we feel lucky to know her. Esther started to attend our Mothers' Union as a guest member.

And in September, Esther and her granddaughter Tamara helped with jam making. The jam sales are the main fundraiser for our St James, Armdale branch. This was a great day together.

Esther is from County Kirinyaga Central Province, Kenya. Esther's home church is St Luke Ndakutha in the parish of Rianjuki, Kirinya diocese. Esther is the church secretary at St Luke and a Mothers' Union member. Esther is a retired math teacher. She had 3 children, a son and 2 daughters. Esther is in Halifax Nova Scotia helping her youngest daughter Jackline and son in law Harry with childcare. They have 3 beautiful daughters, Tamara, Chloe and Talia.

Surviving an extremely abusive marriage, Esther has been separated from her husband for 27 years.

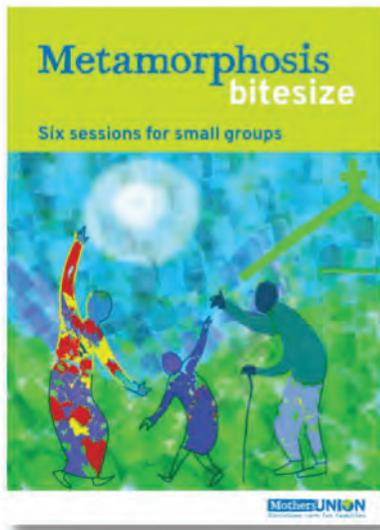
Kenya has been experiencing drought and resulting famine for the past 4 years. The effects of climate change have been devastating. There have been long periods of drought. When it rains, it is torrential, washing out any crops growing. There is only private health care and parents must pay fees for their children's education. Esther worked hard to ensure her daughter Jackline finished her accounting degree. In spite of these hardships, Esther impresses those who know her with living by faith and love of Jesus with a quiet strength and certainty that God is good.

There are 25 Mothers' Union members at St. Luke Ndakutha. All the women in the church are Mothers' Union members and the bishop there has consecrated some. They wear special Mothers' Union uniforms in blue with the Mothers' Union patterned logo for meetings and special events. St Luke Ndakutha has a men's group. It is the Mothers' Union who supply the most support to their local community. It is a hard-working group who must be creative in their fundraising efforts within an impoverished region. Esther mentioned the main focus of their group has been to support the elderly of the community. There is no social safety net for the vulnerable and elderly.

Esther will be returning to Kenya pending the day care placement for the youngest grandchild. We will continue to stay connected in solidarity with Esther, her family and community both here in Nova Scotia and in Kenya.

WRITTEN BY JUDY DOW CLARK
IN COLLABORATION WITH ESTHER
WANJIKU.

Metamorphosis



MAXINE SIMPKIN

A few years ago, the worldwide Mothers' Union created a resource called Metamorphosis Bitesize for small groups. It describes the MU approach to change and transformation. It is based on the understanding that if we want to

see transformation in our churches and communities, we first need to allow God to transform us.

The six sessions aim to empower and envision participants to set out in faith, to discern God's call for you and your parish, to build new relationships and understanding of your community as you work together for change. It is designed for use in small group settings of 6-8 people.

In 2023, the Diocesan Council of Nova Scotia and Prince Edward Island purchased copies of the workbook and distributed it to branch leaders. To follow up the Diocesan Council provided a taster of the first session at one of our hybrid meetings. Since then, word has spread about the program.

Maxine Simpkin presented a session at the January 2024 meeting of the Online MU branch with members spread out across Canada. It was such a hit that the group

decided to continue with the program with different presenters over the coming months. In February, Maxine and Joan Helpard presented the first session to the St. Francis by the Lakes branch in Lower Sackville Nova Scotia.

Each session begins with a different activity, continues with a bible study, presents a tool to use as the group explores their problem or project and ends with a reflection. It is prayer based and useful, not only for personal decision making, but for branches and potentially groups within parishes.

If you are interested in purchasing a copy for yourself or your parish, check out the MU Shop online at <https://mueshop.org/>

"What the caterpillar calls the end of the world, the Master calls a butterfly"

~ Richard Bach

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.

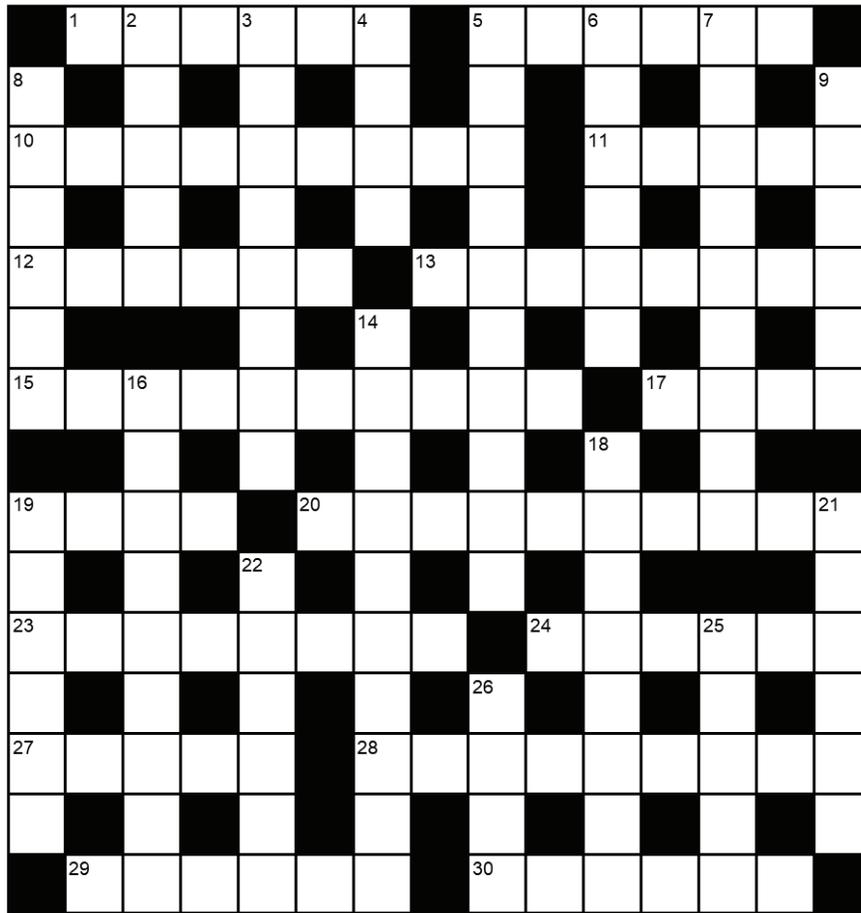
We pray for all to follow Christ's example
of treating women with equality and respect.
We pray for the dawn of a better world
where justice and peace may flourish.
Amen

Bible Crossword Spring '24

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.



Spring Clues '24

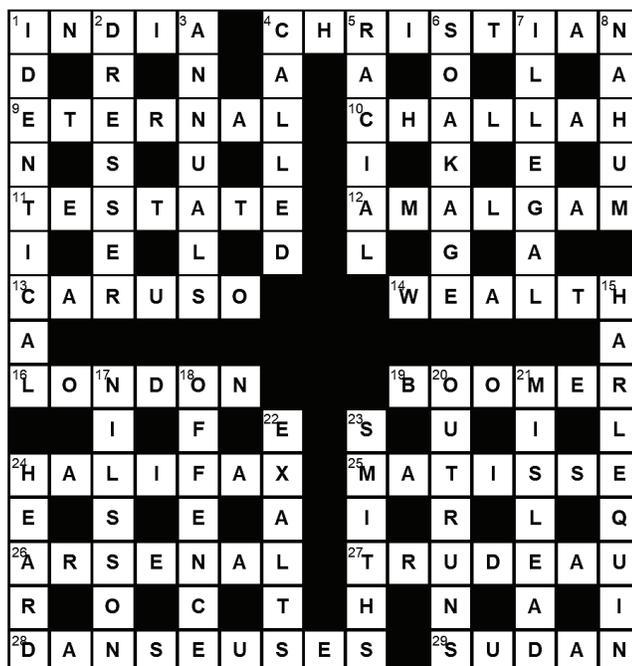
ACROSS:

- 1- Evening meal (6)
- 5- Mother of Joseph and Benjamin (Gen. 30 and 35) (6)
- 10- Moves away permanently from one's home country (9)
- 11- Take place (5)
- 12- African country with Mothers' Union branches (6)
- 13- Breed of hunting dog (8)
- 15- A Mothers' Union objective is to _____ communities (10)
- 17- Mother of Jesus Christ (Luke 1 and 2) (4)
- 19- Capital of Italy (4)
- 20- Part of a printed letter that is below the line (10)
- 23- North American larch (8)
- 24- Central American country that has Mothers' Union branches (6)
- 27- Step on (5)
- 28- One of the Epistles (9)
- 29- Very small islands (6)
- 30- Nickname for long overnight flight (6)

DOWN:

- 2- Employing (5)
- 3- City in Maine (8)
- 4- Ancestress of King David (4)
- 5- Ability to recover from a setback (10)
- 6- To dress (6)
- 7- "I am sending him ... to _____ your hearts." (Eph. 6:22) inspire with confidence (9)
- 8- "The Lord breaks the _____ of Lebanon." (Ps. 29:5) Old World trees (6)
- 9- A weekday (6)
- 14- Litters used to transport injured people (10)
- 16- "Jerusalem _____ ... all the precious things." (Lam. 1:7) brings to mind (9)
- 18- Enraged (8)
- 19- To turn around an axis (6)
- 21- Bloodsucking African fly (6)
- 22- Bed for an infant built on rockers (6)
- 25- European country with Mothers' Union branches (5)
- 26- Scorch (4)

*Fall /
Winter '23
Crossword
Complete*



From the Bustle to the Blessing: finding God's Abundance at the CSW



Photo: Mothers' Union UN CSW 2024 delegation and some of the members from the Anglican Communion Office (Bev, Martha, Mathilde, Judith, Helen, Genny, Sarah, Alice, Lizzi, Mandy).

In March, I had the incredible opportunity to attend the Commission on the Status of Women (CSW) at the United Nations in New York City. For over 70 years, representatives of member states have gathered annually at United Nations Headquarters in New York to identify challenges and evaluate progress on gender equality, as well as to set global standards that will formulate concrete policies, all with the goal of promoting equality and the advancement of women worldwide. This was my first time attending, and it was a profoundly empowering experience.

CSW is one of the largest gatherings focused on gender equality and women's rights. It is also the biggest event the UN in New York hosts, drawing together representatives from governments, a variety of UN agencies, and around 11,000 representatives (mostly women) from non-governmental organizations (NGOs) and civil society organizations (CSOs) from all over the world. The sheer scale of the conference can be overwhelming, with its numerous sessions at the UN, hundreds of

government-hosted side events, meetings with representatives, ministers, and ambassadors, and networking opportunities all taking place simultaneously. While this is happening, NGOs are hosting a parallel event in New York with over 800 in-person and virtual sessions. I was fortunate to be able to participate in some of these: the opening session of the UN General Assembly, 12 worship services, 3 formal sessions observing Member States address and provide commentaries on behalf of their governments, 17 civil society and NGO events, 8 government-sponsored side events, 9 negotiation briefings, 2 delegation gatherings, 3 meetings with foreign ministers, and even 1 meeting with the Ambassador to the United Nations from Burundi. Additionally, I had the privilege of speaking with and supporting my fellow delegation representatives throughout CSW, both formally in sessions and just as a sister-in-Christ. There were no shortage of networking opportunities, and when I felt tired, uncomfortable, and many times unsure what to say, I reminded myself why I was there and who I was serving. I

thought if my voice could make a difference, then I had to leverage this opportunity, and so I spoke with foreign parliamentarians in elevators, negotiators and other ambassadors after meetings, survivors and panelists during sessions, global Indigenous leaders as we passed on the street, volunteers, protestors, youths, clergy, ombudsmen, veterans, and so many more.

This year, CSW addressed ways of ensuring women's equality through poverty reduction. As representatives of the Mothers' Union and the Anglican Communion Office from the United Kingdom, we felt inspired to remind those in discussions of the powerful impact women and church-led programs have in reducing poverty and gender-based violence. By being present at CSW, we have the opportunity to influence others (even at the international level), which is why it's important for the church's voice to be heard at such events: because God cares, He cares about His children, and He cares about these issues. With prayer, resilience, and solidarity, each day we aimed to influence UN organizations and

governments all over the world through the work we have already done and the value of partnering with us for a better tomorrow. It is imperative we stand together and speak for those who cannot, especially when they cannot.

As a first-time attendee, I was struck by the diversity of perspectives and experiences present at the conference. Participants came from different cultural, socio-economic, and political backgrounds. I gained insight into the global efforts taking place on gender equality. As I walked on the bustling streets, I was surrounded by people from every corner of the globe, and I came face-to-face with the immediate challenges facing women and girls worldwide. Their stories of poverty, discrimination, and violence filled the air, all heavy counterpoints to the city's bright lights. Yet, amidst the statistics and the struggles, a powerful truth emerged: God's love and abundance transcend borders and circumstances. Although we came from different backgrounds and diverse faiths, we were united by a common purpose: to empower women and girls everywhere today. We also listened to those first-hand accounts of hope, where, through resilience, triumphs had been achieved and, through courage and activism, communities were being transformed, even in the harshest of environments.

Think about the parable of

the loaves and fishes (Matthew 14:15–21). Jesus took five loaves and two fish at a time when the circumstances seemed dire and the task impossible, and through faith, he multiplied them to feed a multitude. Similarly, God's resources are not limited. There is enough food, enough opportunity, enough of us, enough faith, and enough love in this world to provide for all His children. The challenge lies in the actions we will take to distribute this abundance throughout the world.

Through CSW's numerous and informative sessions, it became a powerful reminder for me that we as Christians are called to be active participants in God's economy—a message I heard on my first day of ecumenical worship: "Poverty has no place in the economy of God—what shall we offer?." We are called to share our blessings, to advocate for the voiceless, and to work towards a world where every woman and girl can reach their full potential. This doesn't require grand gestures; it starts with compassion, with a willingness to lend a hand, and with our voices to promote justice. My faithful sisters at CSW reminded me, taught me, led me, and inspired me to believe that even I, just one child of God, can contribute to the global efforts to advance gender equality. I can foster a stronger sense of solidarity with and for women and girls around the world, and I am responsible for reinforcing the

importance of collective action in creating a more just and equitable society for everyone.

So, the next time you feel overwhelmed by the world's problems, remember the story of the loaves and fish. Remember that with God, even the smallest offering can make a difference. Let us work together, in faith and love, to build a world that reflects God's abundant generosity.

Genny,

Canadian Mothers' Union Link Coordinator

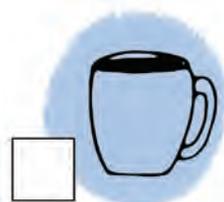
A very special note of thanks to all who offered me their support and guidance: my Council colleagues in the Canadian Mothers' Union; my Canadian Mothers' Union sisters in my home branch and throughout the Diocese of NS and PEI; my church family in the Parish of French Village; the Anglican Diocese of NS and PEI; the Anglicans Powering Potential; and my cherished delegation sisters: Bev, Martha, Helen, Laura Marie, Sarah, Lizzi, Alice, Mathilde, and Judith.

If you would like to learn more about CSW and this event, I encourage you to view this site.

<https://www.unwomen.org/en/how-we-work/commission-on-the-status-of-women>

Self Care Checklist

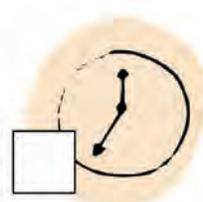
be kind to yourself



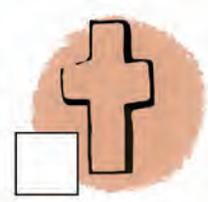
Drink a comforting drink



Write to someone you love



Take time out



Speak with God

Warm clothes line builds partnerships with the community



LORRAINE KENT, MOTHERS' UNION, ST. LUKE'S DARTMOUTH

The Warm Clothes Line began many years ago as the "Mitten Tree" which regularly went up at the back of the church in mid-November to collect mittens to be distributed to the local schools for children that did not have, lost or maybe forgot their mittens. As the needs in the schools and the community grew, socks, hats, scarves, etc. were added to the tree and we soon found that the tree was overflowing from the weight

of all the added items. Thus, the "Warm Clothesline" with the help of a foldup wooden clothes rack replaced the Mitten Tree.

As the need in the community continued to grow, we expanded the list of items we now gather for the Clothesline which includes the usual socks, mitts, hats and scarves we have added warm underwear, heavy socks and gloves plus additional items that would be useful to adults although there are still lots of mittens and socks for the children.

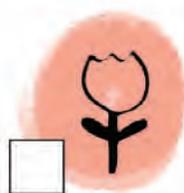
For several years, along with

donations to our local schools and Boys and Girls Club, we donated many dozens of pairs of mittens, socks and hats to the Street Connection Mobile Soup Kitchen which provides food for low-income families in the HRM. As we felt the need for our warm items was steadily increasing in our own neighborhood, we then concentrated on distributing the items to Margaret's House, Panthers Pantry at Woodlawn High School, mittens; socks and hats were added to St. Luke's Christmas food hampers, where we knew there were young children; the East Dartmouth Christian Food Bank; Bryony House and to several groups that were taking in the homeless who looking for a warm place to sleep at night.

Each December when the items are collected and sorted, it is decided through checking with the various community groups to find out where the need is the greatest, items are distributed accordingly; not always the same groups each year. The abundance of Warm Clothesline items are the result of the generosity of the people at St. Luke's; they bigheartedly support each and every project that Mothers' Union undertaken.

Self Care Checklist

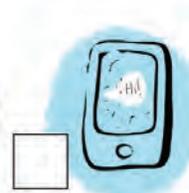
be kind to yourself



Plant Flowers



Hug your pet



Keep connected

Take time
out
for you

Goodbye to our Mothers' Union friends

Dianne Grant

We are sorry to report that H. Dianne Grant, former Branch Leader at St. James Armdale, Halifax, passed away on December 29, 2023, one day before her 81st birthday.



Dianne (known to her family as DeeDee) was a devoted wife, mother, grandmother and great-grandmother, and a retired neonatal nurse. In her own patient and caring way, Dianne was a pillar of life at St. James, through the Mothers' Union, Parish Council and countless other interactions. Her commitment to her faith and community was unwavering, and she found immense joy in contributing to the well-being of those around her.

Dianne will be missed.

Carmen Callender

We at St. Paul's M.U. have lost our oldest member, Carmen Callender on Monday January 8th. She died quietly at home in her 93rd year.

Carmen was one of the founding members and the 2nd President of St. Paul's Mothers' Union. She was a Lay Reader for a number of years, member of the church choir and President of the Senior's Group.

Carmen was a Registered Nurse and worked at the Jewish General Hospital.

She was the mother of two sons Rawle and Sylvain Dottin, sister of Rita Braithwaite, grandmother of Cynthia and seven others, and a great grandmother of five.



Ella Margaret Jones

January 26, 2024

Ella, who passed away at age 90 in Woodstock, Ontario, was a great supporter of Mothers' Union. She was a Lone Member. Ella was a lover of books, gardening, her pets, and was a life long learner. She and her family were great travellers, visiting many countries as well as many parts of Canada and the USA. Her family and many friends will miss her kindness and thoughtfulness.

Edna Mary Verge Hirtle

Edna Mary Verge Hirtle, age 92, passed away peacefully on January 19, 2024. She was born in Dartmouth, NS. She was a Mothers' Union member at St. John's Anglican Church in Halifax. Edna had a zest for life that touched many. She was known for her resilient spirit and navigated life with humor and determination. She will be remembered as a loving wife, mother, grandmother, and great-grandmother, whose warmth and generosity touched the lives of many. May she rest in eternal peace, surrounded by the love she so freely gave.

Self Care Checklist

be kind to yourself



Find peace in prayer



Eat well



Read a good book



Make future plans

RCMP Family Violence Initiative Fund



This year, the national RCMP Family Violence Initiative Fund accepted applications to support communities and victims of violence until March 15, 2024, for the 2024-2025 funding cycle.

The **RCMP Family Violence Initiative Fund** helps communities respond to relationship and family violence and victim issues. Funds are allocated to the RCMP by the **Public Health Agency of Canada**, under the federal Family Violence Initiative.

Since 2004, the fund has supported many initiatives across Canada. In 2023-2024, the fund supported 21 initiatives, with a total of \$336,629.

The objectives of the fund are to promote awareness of relationship and family violence; assist victims of family and relationship violence; and prevent crime in Indigenous communities.

Examples of uses of the fund include:

- activities that prevent high-risk groups from reoffending,
- presentations or workshops to increase public awareness,
- activities that help victims of crime develop coping skills and resilience,
- training for sexual assault

investigators,

- classroom programs for teens about personal and social skills,
- musical and traditional activities to promote cultural awareness and
- providing materials about local resources and support services.

The fund does not cover any salary dollars or multi-year project.

A group can apply for funding if it is part of a community partner organization with a mandate to respond to and reduce incidents of family violence and if the application is supported by a local RCMP detachment.

To apply for the 2025-2026 fund, contact your local RCMP detachment or send an email to rcmp.fvif-ifmvf.grc@rcmp-grc.gc.ca for an application package. Once completed, you should submit it to the divisional crime prevention coordinator for your area, as listed in the application package. (Just a note: If you are applying from Ontario or British Columbia, your application should be supported by a local RCMP detachment and signed by the Detachment Commander.)

In 2023, a project that the fund

supported was a community workshop to raise awareness about domestic violence in Tisdale, Saskatchewan. It provided:

- A path to healing workshop.
- Deep insights into healing from trauma.
- Aspects of wellness/ the important of self-care

The fund purposely supported this project in a three-day overnight retreat for survivors of child sexual abuse and their families to:

- Let kids be kids and gain the skills and confidence to support their healing through play.
- Show children that they do not have to feel alone or different because of what happened to them, and that there are others just like them.
- Show children that they matter and that we as a community support them.

Previously, in Manitoba in 2022, the funds went to provide a workshop on paddling which supported an initiative to promote physical activity and connect with the land, Indigenous culture and Indigenous peoples.

This could be a great opportunity for our Canadian Mothers' Union and/or its branches to apply for funds to increase the impact of our campaign to positively impact the affects of family violence across Canada. It sure is worth a look!

SHARA GOLDEN
ADVISOR ON GENDER BASED ISSUES

Panthers Pantry – supports healthy food program for students and families

PANTHER PANTRY FOOD & ESSENTIALS



The Panthers Pantry began at Woodlawn High School, formerly Prince Andrew High School, in early 2021 as part of Leadership 12 program. The program, operated by student volunteers along with teacher advisors, was created as a means to provide healthy food and non-food essential in an accessible and safe environment for all students especially those experiencing food insecurity. In the beginning the pantry was stocked with fresh/frozen fruits, canned vegetables, meats and fruits, cereals and dry goods. The program has met with many challenges, especially following schools being closed during Covid, making it necessary to reinvent the program

as so many conditions and family dynamics had changed during that time. Today Panthers Pantry is possible as a student-teacher collaboration. The committee is comprised of a devoted group from the WHS Student Council as well as teachers and students from all of the faculties at WHS.

Mothers' Union's first connection with the Panthers Pantry started when there was a plea for personal care items especially sanitary products. We learned that there were girls not attending class because they did not have adequate protection during their menstrual cycle. At that time and on several other occasions, products, especially Tampons, were collected and donated. This contact has led to a continuing relationship with the school and the program. Since that time, we have collected non-perishable food items, money, clothing, and personal care items. Recently our branch members donated a large quantity of easily carried, nonperishable food items. St. Luke's Mothers' Union presently has a special connection to the Panthers Pantry as Katie Sponagle, wife of Rev. Matthew, is the Youth Health Centre Coordinator.

I have had an opportunity to visit

the Panther Pantry, which has expanded exponentially since its beginning, now, not only do they provide the usual items but have added clothing, boots, shoes; they have fridges and freezers to make it easier to keep and store perishable foods and offer a number of services to help improve the well-being of the students and where necessary their families. The Pantry is located near the main student entrance to the school, making it easily accessible to students going to or from school and not be noticed by their peers.

It is unfortunate that these programs are necessary but if they can keep vulnerable students in school, complete their education and see that there can be a brighter future for them, then the work of the students, faculty and volunteer groups such as Mothers' Union will be worthwhile. It is our hope that Mothers' Union at St. Luke's will be able to continue to support the program either through donations of food and/or money.

Lorraine Kent, Branch Leader,
St. Luke's, Dartmouth

The objectives of the Mothers' union are:

- *To uphold Christ's teaching on the nature of marriage and to promote its wider understanding.*
- *To encourage parents to bring up their children in the faith and life of the Church.*
- *To maintain a world-wide fellowship of Christians united in prayer, worship and service.*
- *To promote conditions in society favorable to stable family life and the protection of children.*
- *To help and comfort those met with adversity.*

The Unions Motto is: I can do all things through him (Christ) who strengthens me, drawn from Phil. 4:13. Its aim and purpose is to be concerned with all that strengthens and preserves marriage and Christian family life. Every diocese has its own arrangements of Mothers' Union activities.

A Friendly Note from Richmond Mothers' Union

"Hello Mary: It is Pat, from Richmond, and I wish to say "thank-you" for the lovely email outlining many interesting and pro-active ideas for the Canadian Conference, 2024!

Please give a big hello to all on the Council heading this up. A lot of planning goes into this, I am sure. I have attended all except for maybe two since 1987. A wonderful experience!! The memories last long after one returns home. We make friendships across our Canada!! Blessings to all."



Pat Margison, ready to distribute cake on Mothering Sunday.

Richmond Mothers' Union is our smallest branch with only 3 members. They are supported by other parish members in their activities and do a wonderful display on Mothering Sunday, participating in the service and educating everyone about Mothers' Union. They are not able to attend the conference and we will miss them!

Canadian Mothers' Union Branch Numbers

200-002 St. James, Vancouver, BC	500-002 St. John's, Milton, PEI
200-003 St. Mary the Virgin, BC	600-001 All Saints' Marysville, NB
300-002 St. Paul, Cote des Neiges, QC	600-002 Christ Church Cathedral, NB
400-003 Church of the Holy Spirit, NS	600-007 St. John the Baptist, Riverview, NB
400-005 Emmanuel, NS	600-008 Parish of Richmond, NB
400-006 Parish of French Village, NS	600-011 St. Paul's (Hampton), NB
400-008 Church of St. Andrew, NS	600-013 Trinity, Sussex, NB
400-011 St. Francis by the Lakes, NS	600-024 St. Mary & St. Bartholomew, NB
400-012 St. James, Armdale, NS	600-026 St. Marys York, NB
400-016 St. John the Baptist, NS	900-002 St. Paul & St. Thomas, ON
400-017 St. John's, Halifax, NS	1000-001 All Saints Collingwood, ON
400-018 St. John the Evangelist, NS	1100-004 St. Alban the Martyr, ON
400-020 St. Luke's, NS	1100-007 St. Matthew on the Plains, ON
400-024 Trinity, Liverpool, NS	1200-003 St. Mark the Evangelist, ON
400-025 Parish of Musquodoboit, NS	

Canadian Mothers' Union National Council 2021-2024

CHAPLAIN:
Bishop Sue Moxley,

PAST PRESIDENT:
Alice Kennedy,

PRESIDENT:
Mary Stone,

VICE PRESIDENT:
Lilian Ketch,

SECRETARY:
Gael Page,

TREASURER:
Dawn Skene,

**ADVISOR ON GENDER BASED
ISSUES**
Shara Golden,

HISTORIAN:
Ginny McEwen,

LINK COORDINATOR:

MARKETING COORDINATOR:
Dawn Snyder,

**LONE MEMBERS'
COORDINATOR:**
Daphne Hinds,

NCCF COORDINATOR:
Lynda Viau,

**CONFERENCE
COORDINATOR:**
Elizabeth Court,

NEWSLETTER EDITOR:
Paul Sherwood,
canadian.munews@gmail.com

PARENTING PROGRAM:
Maxine Simpkin,

**DIOCESAN PRESIDENTS
FREDERICTON, CO-
PRESIDENT:**
Joanne Ham,

**FREDERICTON, CO-
PRESIDENT:**
Susan Colpitts-Judd,

**NOVA SCOTIA & PRINCE
EDWARD ISLAND:**
Maxine Simpkin,

**DIOCESAN REPRESENTATIVES
OTTAWA:**
Cynthia Greer,

NEW WESTMINSTER:
Celia Dodds

St Thomas' Church, Thunder Bay



On March 10, 2024, Mothering Sunday, our Mothers' Union group inducted 2 new members. Jennie Hoskin and Dale Willis were pinned and inducted as very welcome members to our branch.

The Mothers' Union ladies participated in the service as much as possible. We entered as a group following our banner, which was displayed at the altar throughout the service. We sat together for the service. We had a member playing the music, a few doing the readings, psalms,

gospel and litanies. We had some taking up the offering, and I did the message. It was a great day for our group; we served coffee and Simnel cookies down in the hall after the service.

Lynda Viau, Branch Leader

Photo: Lynda Viau, Branch Leader, Dale Willis, new member, Jennie Hoskin, new member, Rev Jonathan Blanchard, Rector

Conference reminders

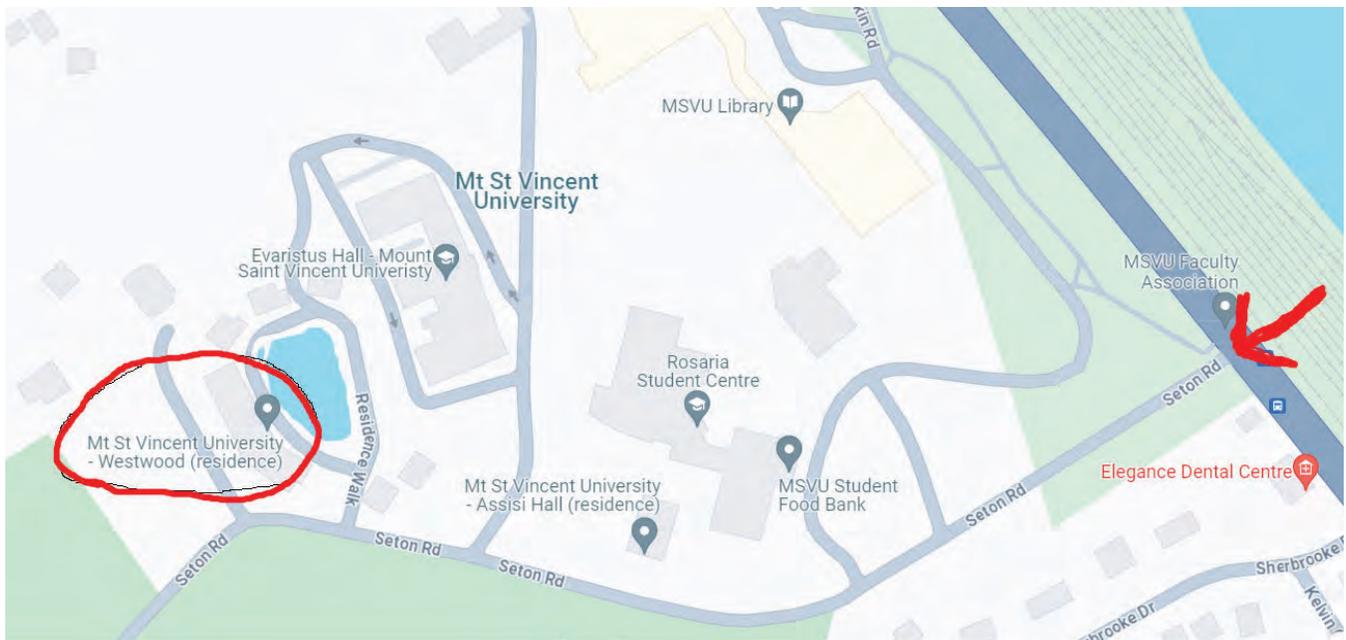
Please remember for the conference:

- the Scent free policy
- bring your own water bottle
- each branch is to bring one item for the Silent Auction

MSVU campus map -

<https://www.msvu.ca/campus-life/campus-services/safety-security-at-msvu/campus-map/>

[Map/directions](#) to the Registration desk - see attached a google map with some roughly drawn in items!



St. Mary the Virgin shines over the Christmas Season



Photo: Mildred Colobong, Felipe (felly) Farinas and Grefa Pinera

The Mothers' Union of the Parish of Bishop Hills Memorial Church of St. Mary the Virgin, Vancouver, is doing a major role in the church. As well as taking over the Altar Guild and the Flower Guild, our team of members is the organizer of all special events such as Mothers' Day, Fathers' Day, Valentine's Day, Thanksgiving and Christmas.

This past Christmas we did "Star Parol," a traditional

bamboo and paper parol or lantern which symbolizes the victory of lights over darkness, as well as hope and goodwill. It is very important to us Filipino Christian cultures because it represents the star the wise men followed to the birth place of Jesus Christ. A traditional parol is made with five star points, but some believe the eight point star parol represents the eight major islands of the Philippines. With the help of the Sunday School we carried the crafted stars

during the procession on the first Sunday of Advent and laid them on the altar steps along with festive poinsettias.

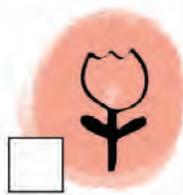
Mothers' Union of St. Mary's started September 2018 with 21 members, but owing to COVID, death of one member, and other families leaving, we dropped to 13. But we didn't give up on recruiting and now we have 10 new members making a total of 23. To God be the glory: thanks be to God.

Grefa Pinera, President

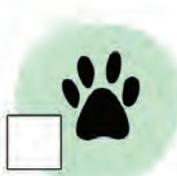


Self Care Checklist

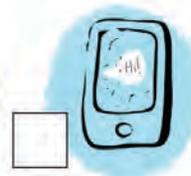
be kind to yourself



Plant Flowers



Hug your pet



Keep connected

Take time
out
for you

From Arctic News...clergy spotlight

Revs. Abraham & Samantha Kublu

My name is Abraham Kublu, and my wife is Samantha Kublu. We have 5 boys and one and only daughter, 3 of our older boys are young adults now. Our oldest son has 3 boys, and our 2nd oldest son has a daughter and one on the way. We have recently sent our 3rd son back to Pond Inlet to spend time with his older brother so he can help him out.

Six years ago, I heard a calling that I should lead Gods people and help them out. This was the second calling like that: the first time I heard that calling I ran for the Hamlet Council in Pond Inlet. I spent 17 years working with the Hamlet. During my time as a councillor I got involved with the Anglican Youth Committee, getting more involved in the church.

As a Hamlet councillor, I was fully committed to represent the community. I spent a lot of my time being at the office sometimes over 12 hours a day and at times I would go home just to eat and sleep. At that time my youngest (my 3rd son) did not know me who I was because I was never home to be there for him as a father.

For so many years, my wife was being patient with me, and I am very thankful for her. Then God called me to help people in a different way, by being a minister to preach the Good

News of Jesus.

A year before we applied for the Diploma in Arctic Ministry from the Arthur Turner Training School, I asked my wife to think and pray, because I told her I wanted us to take it together. At the time we thought our lives were good. We both had good jobs, and we were making over \$100,000 a year and had a vehicle.

About 5 months before the course started my wife accepted and agreed to take the program with me at some time. We had no idea what we were about to face during Bible college. We thought we were ready, but our plans and ideas did not work out as we expected! For sure, God had other plans and taught us what we did not expect, and the first big challenge was learning that God would take care of us. We left our jobs and had to receive student funding from the Government of Nunavut. The first deposit of money to our bank was just under \$3,000 and we had to use that for a whole month for food and necessities at Northern prices. That's less than half of what I was making before, and my wife was earning a full salary besides! So, it was not easy living life as a student to make sure my kids are not hungry and meet their needs. It was also hard for my kids because they were used to having what they want when they needed it.

We were used to being busy and hard working, but when we moved to Iqaluit, it was hard for us especially the first 3 months because we had to study and stay focus with our studies, and we were struggling to be still and just stay home studying.

When we finished ATTS we were sent to the community of Arviat, and I had no idea what was in store for us. We were done school but had now we were on our own to do the work of ministry. God transformed me and my family. God was guiding me how I can be a church leader in a community.

The first month I was just observing what they were doing in the church, so I could see lay leaders abilities, how I can try to help them so we could try to guide the people to turn to God and live life as a Christian. We had gained new friends will we were in Arviat. People helped us out with country food, and helped make sure our children didn't go without what they needed, because the cost of living in the North is very high, especially to raise children. Their support helped me not to worry and made me a better minister.

By the time winter came, I found myself over-working again because the only time I had to spend time with my family was on Thursday night and sometimes on Saturday. I was



Photo: The Kublu family minus their oldest son who lives in Pond Inlet.

receiving a lot of phone calls and text messages to go pray with people, do house blessings, and counselling different people on daily basis. The hardest part was having no transportation because the church vehicle had broken down. I had to walk to go do a prayer and most of the time I requested to be picked up by a lay leader and take me home.

I asked my mother to help us out to buy transportation that will help me out, it is hard without any transportation to do the ministry in a community with outside the church work.

It made me feel that GOD was helping us and blessing my family with the work that we were doing. For two years me and my wife were working side by side at church so the community members can see us that we can work together by helping each other. We were doing funerals, baptism and church service and had

done some couple counselling with the people going through difficult marriage that they are facing.

What I am trying to say is that ministers need more support with finance and make sure they have a transportation and a good home. We are now living in Iqaluit, where we will both serve as priests because there are so many people reaching out that one minister isn't enough in a big place like Iqaluit. But the house that we are staying at is old. There's a hole in the dining room floor that you can look through to see the ground. Some windows are held together with tape, and the dehumidifier broke down years ago so the top floor will grow mold that needs to be washed off with bleach and painted with special paint sometimes to seal it. The national church has a car loan that we can take out to get a vehicle, but good used cars are hard to find in Iqaluit and it is only for \$16,000, not enough

to bring up a car on the annual sealift from Montreal.

In the old days, a new minister would work with an old minister to learn how to be a church leader, but today the old ministers are retired or have died so we have to trust in God to help us learn our role. We are so thankful for the community of Arviat for welcoming us and teaching us as deacons now that we are made priests and working in Iqaluit.

Revs. Abraham and Samantha were ordained to the Order of Priests by Bishop David Parsons on October in their home community of Pond Inlet, Nunavut.

Biographies for workshop presenters at June Conference

MANY SHADES OF GREEN

Louisa Horne is the founder of Epilog, a 100% woman-owned and operated, collaborative, client-centric, ethical and socially responsible company. She is passionate about helping seniors find peace of mind and live with joy. Louisa is trained as a Senior Move Specialist. and as an.

Louisa is an end-of-life doula She has studied Grief and Bereavement at the Atlantic School of Theology and is the first person in Canada to have completed the Green Burial Council Proficiency Certification.

Louisa is a life long learner, currently engaged in doctoral studies, and is an active community volunteer and regional leader with Rotary.

CREATIVE PRAYER: IT'S IN US TO USE

Rev. Frances Drolet-Smith recently retired after 40 years as a priest, serving in the Dioceses of Quebec, Western Newfoundland as well as Nova Scotia & Prince Edward Island. While in NS & PEI, she also served as Anglican Formation Director at the Atlantic School of Theology and as Vocations Coordinator, working with those discerning a call to ministry. Frances is also known for her monthly column Teach Us To Pray in the NSPEI Diocesan Times – a job she did for 8 years. A wife to Paul, whom she met in seminary, and mother to two adult children, Matt

and Sarah, Frances is also an Oblate of the Sisterhood of St. John the Divine (an Anglican order, Toronto), offers spiritual direction, and has led retreats for various groups. She enjoys sewing, gardening, writing – and good conversation, with – or without – good coffee

HOPE AND MEANING IN THE LAST THIRD OF LIFE

Sue Bookchin is co-founder and Executive Director of Be the Peace Institute, an intersectional, trans-inclusive, feminist non-profit based on Nova Scotia's South Shore. We work with diverse partners across the province to address the roots and consequences of gender-based violence and advance systemic change for gender equity and social justice.

Having served on the Board of Second Story Women's Centre, and been part of several initiatives regarding gender-based violence, Sue co-coordinated Second Story's Be the Peace Project (2012-2015), the forerunner for her current work.

With degrees in nursing and public health, Sue worked in health care for years, before becoming a facilitator, consultant, coach and mediator, working in a variety of sectors with individuals, companies and executive teams. She is passionate about social justice, equity and peace and steeped in gratitude for the privilege of living and being in relationship

with the land in the Kespukwitk region of Mi'kma'ki.

FINDING HOPE EVERYWHERE

Bishop Sandra Fyfe was born and raised in Halifax, Nova Scotia. Her academic career began in 1984 which resulted in a BA in Public Relations from Mount Saint Vincent University and later, a Masters of Divinity with honours from Queen's Theological College in St John's NL. Bishop Sandra served as curate at St Thomas Church in St John's, rector at Christ Church, Shelburne and rector of the Parish of Horton, Wolfville, Nova Scotia before being elected Bishop of Nova Scotia and Prince Edward Island. Bishop Sandra was consecrated Bishop of Nova Scotia and Prince Edward Island in November 2020 in the midst of the COVID-19 Pandemic. Attendance at her consecration was limited to a few people but over 4,000 people watched the live broadcast! Bishop Sandra is married to Jim and has two children, Emma and Alex.

MI'KMAW TRADITIONAL AND ECOLOGICAL KNOWLEDGE AND PRE-CONTACT SPIRITUALITY AND CHRISTIANITY

Gerald Gloade is an artist and educator who is currently the Program Development Officer for the Mi'kma'wey Debert Cultural Centre. Gerald started his career working as a graphic designer for the Nova Scotia Department of Natural

Resources' Communications and Education Branch more than 25 years ago. The focus of his work with the Province moved from forestry education and graphic art to sharing his culture and history in the landscape and environment of Mi'kma'ki with audiences of all ages. As an artist, educator and Mi'kmaw storyteller, Gerald guides the development of visitor and educational programs for the centre. His stories and interpretations of the Kluskap legends in particular have captured many audiences. Gerald is a key member of the curatorial group, growing our understandings of collections, places, people, practices and events for the future Centre. Gerald was brought up and lives in the community of Millbrook with his wife Natalie and their two sons, Gerald D. and Kyle.

LAUGHTER YOGA

If Rev Brenda Clark ever grew up, it started in Melville Cove on the Northwest Arm in Halifax. She was educated locally and spent a lot of time rowing on the Arm. At any early age Brenda sensed a call from God to ministry in the Anglican Church of Canada. For fifty-four years she has been engaged in this life of serving as a deacon and priest. She has served in both the Diocese of NS and PEI and also the Diocese of Huron. Brenda returned to her home church, St James, Armdale, where she is now serving as the

Honorary Assistant. Brenda always loved to laugh!!! She was introduced to Laughter Yoga when she returned to Nova Scotia almost five years ago. She loved it so much that she became a certified Laughter Yoga leader. To quote her "It adds so much zest to my life!!! I love it!!!"

ADVOCACY AND HOPE

Linda Scherzinger is an active member of St Andrews United Church in Halifax where she is chair of the Social Justice Committee. Her particular calling has always been to work with others for justice and for a more caring, equitable and sustainable world. For over 20 years, Linda has been involved with several social justice issues, particularly on committees such as Faith and Action, World Outreach, Church in Action and with KAIROS ecumenical groups, the Ecology Action Center and the Sierra Club.

In 2023 Linda was awarded the Honourable Mayann Francis Faith in Action Award.

Linda has lived out her faith through concerns for: children and youth at risk; care for the earth and climate justice; Indigenous rights and reconciliation; support for refugees; and justice and peace for Palestine and Israel.

In the past she has served as Mission Personnel (United Methodist) in Hong

Kong and Vietnam and has

visited mission partners in Palestine, Guatemala, China and Cuba.

PARACORD DRAGONFLIES

Stuart Micklethwaith was born in England and raised in areas across Canada as a PK (Preacher's Kid). At the tender age of 17 he joined the military and was trained as an Aircraft Weapons Technician. Stuart was posted to Chatham, NB where he met his first wife and then to Baden, Germany. They say that when you leave Germany, you either came home with a cuckoo clock or with children. They did not bring home a clock. This was followed by a posting to Greenwood, NS where he became a bomb disposal technician and finally to Shearwater NS where he spent time at sea. After retirement Stuart spent 20 years at IMP Aerospace and Defense. After his second retirement he was diagnosed with PTSD, Anxiety and Depression. As therapy, he took up paracording, which has turned into a hobby. Stuart believes that we are lifelong learners. Over the years, he learned a lot about his own spirituality and is happy where he is in that continuing journey. Stuart has two children and is happily married to Pat.

Canadian Mothers' Union Wave of Prayer (Jan – Dec, 2024)						
	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	Worldwide 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	Worldwide 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	Advisor on Gender Based Issues 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 Margaret Warwick	Canadian Literature and Marketing Coordinator Dawn Snyder	All Branch Leaders	Canadian Treasurer Dawn Skene	Zone B Link Prayer Partners	All Branches in Abyeance
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 Spryfield, NS	All persons suffering from Gender-Based Violence and Discrimination	All members worldwide