



Spring 2022

Canadian MOTHERS' UNION

National Newsletter



St Mary the Virgin Branch with Celia Dodds, Diocesan Representative of the Diocese of New Westminster, BC.

Youngest Mothers' Union Branch in Canada

St Mary the Virgin, South Hill, Vancouver The Little Church with the Big Heart

St Mary the Virgin in South Hill is located in East Vancouver in the Diocese of New Westminster, BC. Having started in September 2018, it is the most recent Mothers' Union branch in Canada. They are an active and energetic branch, An article in a local paper there called St Mary's "The Little Church with the Big Heart" because it is open, welcoming and celebrates diversity, especially migrant workers and the local migrant

association.

Grefa Pinera, the branch leader, tells us that they are doing well although, due to the pandemic, job losses, and a death, they have fewer people attending their meetings. It is hoped that this will change after the pandemic. When they could not have in-person meetings, the branch adapted and met on Zoom. They even held a plant sale via zoom! On Mothering Sunday they were happy to be

able to present each mother with a corsage. They were able to celebrate Christmas in person and also held a Christmas fundraiser while observing pandemic restrictions. Besides being branch leader Grefa acts as the Rector's Warden which keeps her very busy and involved. Mothers' Union plays an active part in all that goes on at St Mary's and provides great support to church projects.

President's Message



Alice Kennedy(r) passing the last Mothers' Union item to Mary Stone(l) in October 2021 during Covid lockdown in New Brunswick

Warm greetings to all Mothers' Union members and friends.

You may have been wondering what had happened to the Canadian Mothers' Newsletter; wonder no more, it has returned as a double issue. Thank you to everyone who made contributions.

With the ups and downs of the pandemic, the passing of the Canadian Mothers' Union reins from one executive to the other, the process slowed down. Thankfully the previous council continued on leading us through a very successful online national conference in June 2021. Then

as is customary in Mothers' Union, most activities and meetings took a break over the summer months.

In the autumn, the new council organized and got familiar with their various roles and responsibilities for the Canadian Mothers' Union. And now we are into 2022 with the promise of fewer Covid restrictions

and cautious freedom to meet, worship and celebrate with those we know and love. I am hopeful for what is on our horizon.

Over the last 2 years, time and time again, we were told to stay safe, to stay home, to stay away from others and to keep to our selves. And so we did.

And yet, the world became opened up to us in incredible ways. In those two years people found ways to seek out joy and happiness and to be supportive of each other through the many new and innovative uses of technology. During that time the world transformed before our very eyes. 'Necessity became the

Parent of Invention'!

Prayer and our projects, large and small, are the backbone of Mothers' Union. They transform the communities where we live, our nation and our world. From the gathering of socks for shelters to bringing awareness to Gender Based Violence through rallies and walks; or providing financial support to the Northern Clergy Family Fund to purchasing a MAMD Gift for Mothers' Union projects overseas, we are all doing our big and small part to serve families and communities near and far. You all have my heartfelt thanks and gratitude for always finding ways to give more, to do more and to be more.

I know the Canadian Mothers' Union Council members are eager and hopeful for what lies ahead, transforming how we work while reaching out beyond our branches into the community. Together we will continue on our path of transformation with our 2021-2024 Canadian Mothers' Union theme:

Hope All Things

1 Corinthians 13:7

Mary Stone, President,
Canadian Mothers' Union

Canadian Mothers' Union National Newsletter

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PAUL SHERWOOD, Editor
Mary Stone, President

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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.

Treasurer's Report

Canadian Mothers' Union Financial Statement

January 1, 2021 –December 31, 2021

Bank Balance	January 1, 2021		\$36,379.80
Receipts	Dues 2021 (400 members)	\$8,274.50	
	Dues 2022 (132 members)	\$2,543.00	
	Travel Fund	\$138.00	
	NCFE	\$8,923.52	
	Make A Mother's Day – England (MSH)	\$772.88	
	Northern Parenting (includes MAMD)	\$10,252.50	
	Lady Day, Overseas	\$1,366.38	
	Parenting Program	\$196.25	
	Donations to Mary Sumner House	\$2,885.15	
	Literature and Marketing	\$1,990.70	
	Return of float	\$100.00	
	PWRDF	\$20.00	
	National Conference	\$738.47	
	General Donations	\$560.11	
			\$38,761.46
Expenses	Coordinators' floats and expenses	\$339.67	
	Newsletter printing and postage	\$128.80	
	Literature and Marketing	\$1,208.88	
	Transfer to NCFE account	\$10,955.90	
	Mary Sumner House – Dues(\$2358), MAMD(\$623.88), Overseas Fund(\$1111.38), Donation(\$3509.99)	\$7,603.25	
	Transfer to Literature account	\$3,424.04	
	National Conference	\$441.78	
	Zoom license	\$214.42	
	Purchase of GIC (Sarah Marshall Fund)	\$4,000.00	
	PWRDF – BC Floods (\$2 for each member in 2021)	\$800.00	
	Bank charges	\$190.64	
			\$29,307.38
Bank Balance	December 31, 2021		\$45,833.88
Allocation of Funds	General Acct	\$28,332.03	
	MSH (includes Dues \$6 x 139)	\$1,397.16	
	Travel Fund	\$1,135.34	
	NCFE	\$10.00	
	MAMD	\$414.00	
	Northern Parenting	\$11,224.34	
	Parenting Program	\$1,347.01	
	Rev. Debbie Strickland Fund	\$1,699.00	
	Overseas Fund	\$255.00	
	PWRDF	\$20.00	
			\$45,833.88

The bank balance does not include the Sarah Marshall Trust Fund (NCFE) in the amount of \$4000.00.

Total number of paid up members for 2021: 400

Total number of paid up members for 2022: 132

Submitted by: Dawn Skene, MU Treasurer

Chaplain's Report

“Love bears all things, believes all things, **hopes all things**, endures all things”
1 Corinthians 13:7

“Hopes all things” comes from 1 Cor 13:7. It is part of a letter Paul has written to a congregation he founded and cares about deeply. The passage is often read at weddings because it talks about Love. At a wedding, most people present are feeling loving and warm and fuzzy. Actually, Paul was not writing to a wedding couple. He was writing to a congregation in conflict. The congregation in Corinth was arguing about whose spiritual gifts were the greatest. They gathered for Eucharist but they behaved badly toward one another. Paul was trying to reframe the meaning of “Love” for their daily lives together, in terms of



Bishop Susan Moxley

how “Love” enables them to go forward as followers of Jesus. Love enables them to “Bear all things” - to keep on keeping on. It strengthens their belief. Love enables hope. Love allows

the followers of Jesus to “Hope all things”. No matter how bad things look, our Christian belief, that out of death comes new life, enables us to hope - to look for the glimpses of new life in the darkness of bad times. The pandemic, the threat of war, the climate crisis, these all contribute to the darkness. Paul’s words speak to us as well – remember God’s love is what enables us to keep on keeping on, believing in God’s promise that out of death comes new life so that we can endure whatever comes.

Bishop Susan Moxley
 Chaplain, Canadian Mothers' Union

Mothers' Union Passings

June W Greer, passed 2021. She was a member of the Wicklow, Wilmont, Peel and Aberdeen branch, in the Diocese of Fredericton, this branch is now closed.

Mary Kereluk, passed 2021. She was a member of Grace Church branch, in the Diocese of Niagara.

Christine Berryman, passed October 2021. She was member of the Church of the Nativity, in the Diocese of Niagara.

Rosalie Pandora (Pansy) Tuff Goosney, passed July 11, 2021. She was a member of St. John the Evangelist branch in Middle Sackville, in the Diocese of Nova Scotia and Prince Edward Island.

Jenny Carter, passed January 2022. She was a former member of Canadian Council, in the Diocese of Rupert’s Land.

Faye Conrad, passed February 2022. She was a member of Trinity Church, in Liverpool, in the Diocese of Nova Scotia and Prince Edward Island.

Dorothy Mair, passed March 29th, 2022. Dorothy was a long time member of St. Matthew on the Plain branch in the Diocese of Niagara.

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

Her Majesty the Queen's Platinum Jubilee



Photo: Now and then

Credit: gov.uk

This year Her Majesty Queen Elizabeth is celebrating her Platinum Jubilee, seventy years on the throne, Britain's longest reigning monarch.

Princess Elizabeth was born to Prince Albert, Duke of York, and Lady Elizabeth Bowes-Lyon in 1926, never expecting to become Queen. She lived a quiet, happy family life with her sister Margaret in a large house in London. Her handsome, debonair Uncle Edward became King Edward VIII in 1936 at age 42, and was expected to have a long reign, producing heirs. Much to the consternation of the Duke of York and against all counseling and advice from his ministers, Edward abdicated in less than a year to marry the twice-divorced American Wallace Simpson. The new King took the title George VI and his eldest daughter became heir to the throne at 10 years of age. The family blamed Edward for the enormous stress he

placed upon his brother, Bertie, who was a stutterer since childhood and an inveterate smoker, which contributed to his untimely death from lung cancer in February 1952.

During her father's short reign Princess Elizabeth accompanied her family on a Commonwealth trip to South Africa in 1947 and made her memorable speech on her 21st birthday:

I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.

In November of that year she married the love of her life, Prince Philip of Greece. Philip's family was exiled from Greece and later disintegrated. Philip was educated in Gordonstoun, Scotland, then the Royal Naval College, Dartmouth, and served in

WW2 in the Mediterranean. He corresponded with Princess Elizabeth since she was 13. He adopted the family name Mountbatten, and with the encouragement of his uncle, Lord Louis Mountbatten, pursued his relationship with Elizabeth, even though this would mean sacrificing a very promising career in the navy and ultimately having to take orders from a woman. However, he was a tower of strength during their 73 years of marriage and was always capable of making the Queen laugh. He died April 2021 at 99.

Newer members of Mothers' Union may not be aware that we were granted a Royal Charter in 1926. The Queen is our patron. The charter is updated frequently. Queen Mary (George V) was our first patron, followed by Queen Elizabeth (George VI) and now our reigning monarch Elizabeth II. We hold her in great esteem and affection and are wowed by her dazzling smile and graciousness. We appreciate her supreme devotion to duty throughout her 70 years as Queen, overcoming some very difficult times, domestic tragedies and scandals. We congratulate her on reaching her Platinum Jubilee and ask our Lord to protect her and keep her in good health.

BY CELIA DODDS, PRESIDENT
DIOCESE OF WESTMINSTER



Did you know?....

Psalm 72 (8) He shall have dominion also from sea to sea, and from the river unto the ends of the earth. (KJV)

My dear Mother's Union Sisters in Christ:

I chose this verse because it matches up very well with our founding fathers' belief and is a confirmation that God shall have dominion from sea to sea (in Canada). He still is in control despite COVID, despite all the heinous crimes of humanity (war) and despite Gender Based Violence (GBV). We must never forget that.

Worldwide Mother's Union " ... **campaigns around the world, through our 4 million members in 84 countries, for an end to gender-based violence – violence carried out most often against women and girls because of their gender**". (quote from web site). It is always right to stand in solidarity with

World Wide Mothers' Union in this campaign.

This helps my lead-in to my report on **Gender Based Violence (GBV)** in Canada. You cannot speak of **GBV** without framing it with its tie to family violence of all kinds.

Here are some Canadian statistics and facts found on **Government of Canada sites**. These include **GBV** factors involving women, girls, children and youth, Indigenous women and seniors.

Did you know.....?

- **WOMEN:**
 - In 2017, more police-reported sexual assaults in Canada in than in any year since 1998, with the number of reports **peaking in October 2017**, when the **#MeToo** social media movement went viral.
 - 2016 and 2017, 55% of sexual assault victims were females under 25 years of age.

- In 2018, 8/10 victims of police-reported **Intimate Partner Violence (IPV)** were female.

- **Female victims of Intimate Partner Homicide (IPH): 73%** were killed by a current or former legally married or common-law husband: and boyfriends were responsible for the other **26%**.

- **INDIGENOUS WOMEN:**

- Nearly **60%** who reported spousal abuse also reported being physically injured as a result of it versus **41%** of non-Indigenous women.

- **1/2** reported experiencing the most severe forms of violence: being sexually assaulted, beaten, choked, or threatened with a gun or a knife

- Domestic homicide rates (DHR) among Indigenous people were **2x** the rate among **non-Indigenous** population.

- **YOUNG WOMEN HAVE THE HIGHEST RATES OVERALL OF**



DATING VIOLENCE

○ In 2016 According to police-reported data, women aged 15-24 present the highest rates of dating violence.

- **Same-sex relationships:**

○ Women who self-identified as lesbian or bisexual reported **significantly higher rates of violence** by a partner than heterosexual women (11% vs. 3%).

- **CHILD ABUSE AND NEGLECT: ACCORDING TO 2016 POLICE-REPORT DATA:**

○ Among children and youth victims of violence reported to police, **30%**

were victims of family violence perpetrated by parents, siblings, extended family member or spouse.

○ Girls were **4-5x** times more likely than boys to be victims of child sexual abuse by a family member.

○ Girls 14-17 years of age were almost **2x** as likely to be victims of family-related violence, compared to their male counterparts

○ With increased rates of domestic violence and the closure of schools, children no longer

have access to a safe/trusted adult to disclose to and there is nobody watching out for them.

- **Seniors:** Suffering abuse includes

○ Physical and sexual; psychological and emotional; financial; neglect abuse resulting in

○ hitting, pushing or shaking and unexplained injuries;

○ isolation from family, friends or regular activities.

○ forging an elderly person's signature or unduly pressuring seniors to make or change a will, or to sign legal documents that they do not fully understand.

○ non-provision of water, food, shelter and clothing, medication or medical attention and assistance with basic necessities.

On January 12, 2022 a decision of the Alberta Court of Appeal (R v Naslund, 2022 ABCA 6) came down which slashed the prison sentence of a women who shot and killed her abusive husband in 2011, calling the original 18-year term a result of "outdated thinking." In a majority decision, Justice Sheila Greckol called the sentence unduly harsh because it failed to take into

account Naslund's 27-year abusive marriage and disregards **battered woman syndrome.**" The Court slashed the decision to half of the 18 years.

Please note that **the decision must be read in full.** Mrs. Naslund did many illegal things according to Criminal law: she shot her husband in 2011 and got one of her sons to assist her in getting rid of the evidence; she hid his body; destroyed his car and buried it; got rid of the weapon; advised those who asked that her husband had left her. Several years later, her other son advised authorities of the true accounts of what had happened. On an agreed statement placed before the first court, she pled guilty. She received an 18-year sentence and she appealed it, resulting in the above appeal being granted.

This is but a small reflection of the status of particular issues of GBV faced in Canada. My research covered each of our individual Provinces.

By SHARA GOLDEN

Message from a Lone Member



KATHERINE MYERS (L) WITH
CHERYL RHODES

Greetings from wintery Deep River, Ontario! The sun is shining, the air is very “crisp”, the driveway has been freshly plowed and I have shovelled the path and patio. As a bonus, I have an afternoon walk scheduled with a friend who started an MU branch here over 30 years ago.

But times change, and many of our old members have moved, passed away, or moved on to other interests, and so our branch fizzled out a few years ago. Quite a change from hosting the national conference in Ottawa only ten years ago! We were certainly an energetic group back then, and the energy is still here, but focused in different directions.

Only two of our former MU members chose to continue as lone members, Katharine Myers and myself. We felt that we still

believed in the MU goals and that we wanted to continue to support the Mothers' Union in a small way by contributing our annual dues.

I still receive lots of Christian support from our church and former MU members who remain close friends. We participate together in church activities. We continue to teach Sunday School during COVID by delivering lessons to our students' homes for their families to learn together with them. We have sometimes participated in online discussion groups, book discussions and Bible studies. We have gone for walks, held an outdoor plant sale as a fundraiser for the new church roof, and attended church together either online or in person.

However, neither Katharine nor I feel particularly well-connected to the Canadian Mothers' Union at the moment. I certainly understand that COVID has both changed and slowed down activities in MU and in many other organizations. But we have all become more tech savvy and have realized that we actually can do what it takes to continue work or services that are important to us and to the communities to which we belong. The local food bank where I volunteer, for example, never considered ceasing activities during COVID; we simply moved to serve clients outdoors, with volunteers packing boxes indoors following as many COVID precautions as we could. Many members of our local Seniors Friendship Club are considerably

older than I am, but the club hosts some very interesting lectures and slide presentations using Zoom, with dozens in attendance.

So perhaps COVID can teach Mothers' Union a few lessons. Our members are spread out across Canada, and around the world. In a way, we are all lone members when we cannot meet in person. Perhaps vital activities can continue with some imaginative reconfiguring. Could the Canadian MU or even a local branch host some online discussion groups, presentations or Bible studies and open that meeting to lone or other members via Zoom? I know that many of our council members do attend organizational meetings online, but could we make use of the same technology to support our spiritual needs as well?

Eventually regular branches will return to in person meetings, but the lone members, of course, will not. Can we take what COVID has taught us in order to connect our lone members, or even to connect far away branches? Development of intimacy and connectedness does take multiple interactions, so this might all take some careful thought and a number of trial runs, but I think that it would make us all stronger as Mothers' Union Christians across Canada.

BY CHERYL RHODES

Members of Mothers' Union who live in areas without an active branch are part of a special group called Lone Members. Lone Members also includes the former Indoor Prayer Members. The Lone Members Coordinator makes sure these members receive their Canadian Mothers'

Union newsletters and are notified of all the latest programs and initiatives. The coordinator also keeps these members in her prayers. Lone members pay the membership dues of \$25. If you are a Mothers' Union member and are not connected to a branch, or, if you

know someone who is not connected to a branch and might be interested in being in contact, please contact Daphne Hinds at info@canadianmothersunion.ca and provide the necessary information to become a Lone Member.



Mothers' Union members in Hampton celebrating 40 years.

Mothers' Union in Hampton celebrates 40 years!

Everything is upside down with the pandemic in 2021 but Hampton still managed to celebrate 40 years of Mothers' Union. Our rector, Rev. David Turner on December 5, 2021 incorporated special events in the church service. We celebrated 2 new members joining our Branch.

Rev. David also blessed a new banner that our current Branch Leader, Elaine Robichaud, created. The banner is unique as it can unfold so you see both front and back when it is displayed on the wall.

That afternoon members all went out to supper at a local restaurant. We still have 6 original members with us, amazing after 40 years! The original members are Connie Heighton, Pat Mackay, Lois Moore, Deborah Jarvis, Claire Kelly, and Shirley Stanley. Some have decided to watch from a distance saying it was for the younger women, but we still

have a membership that spans the decades!

It all began with the Rector's wife; Charlene Rutledge being invited to a presentation about Mothers' Union in Nova Scotia. She returned to the Parish of Hampton and worked to open a Branch.

It was March of 1981 when Hampton formally created their Branch. Over the years Branches have opened and closed but Hampton has been able to overcome the obstacles and work in the Parish and beyond!

The Branch over the years has operated as a mission group. We have not fund raised for our own needs but for different missions we believed could use our help. We decided to remember the immediate family of departed loved ones by donating to the Northern Clergy Family Fund (NCCFF) We pay annual school fees for a student in Africa. Since our Diocese has direct contact to a school in Uganda

(Bishop McAllister College) it was easy to arrange financial help for a student attending there. The Branch also looks to help families facing difficult situations not just in the Parish but wherever needed. We celebrate and acknowledge new babies, baptisms, confirmation, graduation, weddings and deaths. As the world is cyclic so is our outreach, attending to needs as they are made known to us.

Our Branch likes to feed people, often we are asked to help with refreshments (when Covid wasn't an issue) for gatherings in the church. Currently we are part of a team feeding hungry students. We were making soup for shut ins at our meetings, but Covid has shut us down again! That may be resurrected when restrictions are lifted and we can meet again in person.

Respectively submitted,
ALICE KENNEDY

2021-2024 New Canadian Council Members

MARY STONE, PRESIDENT

My Mothers' Union journey was greatly influenced by my parents. Many years ago my dad, Canon G S Tanton, along with other like-minded clergy, was instrumental in promoting and supporting Mothers' Union in the Diocese of Nova Scotia and Prince Edward Island. Mothers' Union was near and dear to both of my parents and consequentially their enthusiasm was passed on to me.

In 1985 I realized, along with other young mothers, that there was little to support the interests and needs of parents in our parish. As a result a group of us began a Mothers' Union branch in the Parish of French Village, Nova Scotia. 37 years ago. Now, in 2022, as a wife, parent of four and 'Granny' to 11, I am honoured to find myself President of the Canadian Mothers' Union. I have held various positions in Mothers' Union - co-branch



leader, branch leader, secretary, diocesan secretary and secretary of the Canadian Mothers' Union. It is a journey that I feel is similar to that of many others in our great organization.

Over the years, I have come to realize, through our Diocesan Rallies, the connectedness and common goals that we all share, and the love and support generated there.

Other highlights for me during

those years were the three national conferences that I was able to attend. The camaraderie, the workshops, the worship and the speakers gave meaning to being a Mothers' Union member and a challenge to us in our roles as members.

Before becoming the Canadian President I served as the Diocesan President of the Nova Scotia and Prince Edward Island Mothers' Union. During that time I was privileged to attend the first MULO (Mothers' Union, Listening, Observing, Acting) workshops in Barbados. It was here that 'Following in Mary Sumner's Footsteps' was introduced. It was here that we began to dissect what it means to listen, to observe and to act, to consider what God continuously calls us to do – to serve others in the name of Jesus Christ. I look forward to answering God's call with you as we move forward together.

DAWN SKENE, TREASURER

Dawn is a member of the Church of the Holy Spirit Mothers' Union in Dartmouth, NS. She has been married to her husband, Dave, for 34 years. They have two adult sons, Paul and Brian. Dawn joined Mothers' Union in 1990, and has held many positions over the years, including Branch Leader, Branch Treasurer, Diocesan Treasurer, Canadian Treasurer, Canadian Newsletter Editor, and currently is the Canadian Treasurer again.

Dawn enjoys the fellowship and workshops at Mothers' Union rallies and conferences and in particular, learning about the worldwide programs such as family



Life, Parenting and Numeracy and Literacy programs and the huge difference they make in people's lives. Besides Mothers' Union, Dawn has contributed greatly to her church; singing in the

choir, serving as parish warden, a member of parish council, being a Synod delegate, chairing several committees, and spearheading fundraising efforts. We are thankful that Dawn has taken on the job of treasurer once again!

For correspondence, her email address is dskene2@gmail.com. If you want to send money to the Canadian Mothers' Union account via e-transfer, the email address is dawn.mutreasurer@gmail.com. If you are sending a cheque, please make it out to Canadian Mothers' Union, and send it to Dawn at 109 Dorothea Drive, Dartmouth, NS B2W 2E7. Thank you.

LILIAN KETCH, VICE-PRESIDENT

Lilian joined the Mothers Union in 1986 after moving to Beavertown, New Brunswick. She was enrolled on Mothering Sunday in a snowstorm in March 1987. Over the years Lilian has held various roles - branch secretary, enrolling member, national corresponding secretary, diocesan president, national conference coordinator and, now, Vice-President with the current Council.

Lilian quickly learned during those first few meetings that being a Mothers' Union member meant being with other Christians who laughed together, celebrated together, traveled together, prayed together, worshiped together, and supported each other in times of adversity and community needs – whether locally, nationally or internationally. She has been an active member at branches in New Maryland, Christ Church Parish Church and Christ Church



Cathedral in Fredericton. She was also a lone member when living in Inuvik, NWT from 1989-1991.

Lilian was fortunate to be able to travel to Barbados as part of the MULOA process in 2017, to take part in the 120th anniversary celebrations of MU in the Diocese of Jamaica in 2019, and to represent the Diocese of Fredericton Mothers' Union as part the delegation planning the mobile medical clinic with the companion

Diocese of Ho in Ghana, Africa in 2020. Lilian has thoroughly enjoyed meeting the international MU members, forming strong bonds and friendships as well as learning about our MU sisters and branches in Ghana. Lilian thrives on event planning and looks forward to working with the current Council on planning the next National conference. She was disappointed the face-to-face conference could not take place in 2020 because of the pandemic but thrilled the virtual version was such a success.

GOD WAS STILL ON THE MOVE!

Lilian currently works for Atlantic Education International. She and her husband, Parker, live with their two long-haired miniature dachshunds and two cats near Harvey, New Brunswick. They have two grown children, Jessica and Matthew, and three grandchildren.

Gael Page, Canadian Mothers' Union Corresponding and Recording Secretary

Gael is a Retired Registered Nurse, Wife, Mother of 4, and Grandmother of 8. She is a member of St. James Anglican Church in Halifax where she is currently a Eucharistic Minister, Coordinator of the Servers Guild, a Server and a member of the Sanctuary Guild. She has been a member of the St. James Mothers' Union (Branch formed in 1983) since 2016. Shortly after joining, she became the Branch Secretary and continues to hold that position.

In 2017 she was invited by Mary



Stone to join her on a MULOA (Mothers' Union Listening, Observing, Acting) adventure, which introduced her to a whole new world of Mothers' Union, nationally and internationally. It was an amazing experience for

such a new member! The initial MULOA training was in Barbados with representatives from Canada, USA, the Caribbean, South America, South Korea and the United Kingdom. The next step was meeting with all Branches in the Diocese of NS and PEI, and taking the MULOA challenge forward. The end result fed into the worldwide Mothers' Union strategic planning process. Her life changed with that whole experience.

Meeting so many Sisters from various parts of the world and knowing they all are working for the same cause offers a wonderful feeling of togetherness. She looks forward to serving you all in her new role.

Companions on a Journey...



June 2021 Cheque presentation of \$10,000 from NS ACW Diocesan Board treasurer Marjorie Davis to Maxine Simpkin, Co-ordinator, Canadian Mothers' Union Parenting Program in support of the Mothers' Union Parenting Programme in the North.

CYNTHIA PILICHOS, CO-COORDINATOR, ANGLICAN CHURCH WOMEN BOARD, DIOCESE OF NS & PEI

When did it first strike me that the Mothers' Union Diocesan Council and the Anglican Church Women Diocesan Board (Diocese of Nova Scotia and Prince Edward Island) could join forces for a common cause? Well, it was around the **issue of gender-based violence** about a **decade ago**. Certainly, there are other concerns that we mutually share, but this one called out for joint action from the time of my "light bulb" moment. For starters, it meant that the Anglican Church Women had at their fingertips all the resources that the worldwide Mothers' Union has already developed to bring greater awareness of this scourge. What

a benefit that was, and is. As well, the Diocesan Mothers' Union President serves on the Anglican Church Women Board as an integral member, and that is a value-added asset to the Board. We are truly blessed.

It seemed to me, and to the Anglican Church Women Diocesan Board members, that MU and ACW could be "**companions on a journey**", a phrase from the Anglican Church Women hymn, **The Love of Jesus Calls Us** (Herbert O'Driscoll). After all, each baptized Anglican woman is an Anglican Church Woman, regardless of what organized women's ministry group she belongs to, or, indeed, none at all. Could not the Mothers' Union Council and Anglican Church Women Board in our diocese exemplify being

companions on a journey?

Moreover, in this same hymn, we are called by our mutual love of Jesus "**to challenge all that limits, to change, to learn, to grow**". Could we not challenge the "silo" mentality of "two solitudes" and join forces for mutual benefit and the common good?

With specific respect to the **issue of gender-based violence (and, more recently, human trafficking)** what actions have the Mothers' Union and Anglican Church Women in NS/PEI jointly undertaken?

- Ongoing promotion of the **White Ribbon Campaign** and the **16 Days of Activism Against Gender-Based Violence** (Nov. 25 – Dec. 10) to foster greater awareness of the pervasiveness of gender-based violence that devastates families.
- A **Proclamation in the Nova Scotia Legislative Assembly** on November 25th – **the International Day for the Elimination of Violence Against Women** with white ribbons for all MLAs accompanied by the then pledge "*never to commit, condone, or remain silent about violence against women and girls*".
- A **Panel Discussion and Conference** entitled, **Broken Relationships: Exploring Gender-Based Violence**.
- A **Rally** on the "hidden in plain sight" reality of



human trafficking.

- A Resolution at Diocesan Synod regarding human trafficking.

Another matter of mutual interest and concern is **healthy family life**, so support for the MU's highly regarded Parenting Program was something the Anglican Church Women Diocesan Board could really get behind with its **Annual Project 2020/21, Supporting Parents: Stories That Matter**. Over the space of 12 months, with solicitations to parishes, church women's groups by whatever name, and individuals, the Board was able to present a cheque in the amount of \$10,000 to the Mothers' Union to support the development of the MU parenting program in the Anglican Church of Canada's Council of the North.

The Anglican Church Women Diocesan Board is really looking to the future and changes are going to be required. We do need to take to heart phrases of the hymn, *The Love of Jesus Calls Us*. We do need to challenge what can be limiting features; we do need "to change, to learn, to grow" in the days, weeks, and months ahead. The Mothers' Union theme



2022, ***With God nothing is impossible: Transform – Now!*** speaks very directly to a future orientation as individuals, as a Mothers' Union, and as a church community.

Transform – Now! speaks directly, as well, to the Anglican Church Women Diocesan Board.

The resources on the Mothers' Union website are a real support and help. With specific respect to the 2022 theme, ***Transform – Now!*** there is a great deal there for any parish or parish group to draw on. Here are the three pillars of the 2022 MU theme:

- Transform ourselves, personally and spiritually, to live out our faith.
- Transform the churches and communities we work with and of which we are a part, to reflect Christ's kingdom.
- Transform Mothers' Union to be relevant for 21st century life.

Obviously, the *Transform – Now!* ideas are there for the Mothers' Union Councils and Branches, but we can all benefit and travel alongside the Mothers' Union as "companions on the journey" of transformation. There is great commonality with the three

"transform" sentences above and the whole last verse of *The Love of Jesus Calls Us*, which speaks to the mutual ministry of women and men in transforming our rapidly changing world to bring into being the kingdom of God.

The love of Jesus calls us, in swiftly changing days,

to be God's co-creators in new and wondrous ways;

that God, with men and women, may so transform the earth,

that love and peace and justice may give God's kingdom birth.

I feel that the ways in which the Mothers' Union Diocesan Council and Anglican Church Women Diocesan Board in the Diocese of NS & PEI have partnered over the last decade can be a model for other dioceses and parishes where there is both a Mothers' Union and Anglican Church Women presence. The partnership has been of benefit to both.

Moreover, I think there is greater scope for increased collaboration in our diocese for both diocesan entities as Mothers' Union addresses ***Transform – Now!*** and Anglican Church Women explore what community looks and feels like

(2021/22 Theme - ***Community: Care . . . Courage . . . Compassion***)

when we pay attention to the care, compassion, and, yes, courage that is needed to truly be "***companions on a journey***" for all the world to see!

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: _____

Green Anglicans — green burial



Archbishop Tutu chose Aquamation – have you thought about Natural Burial?

RAY MATTHOLIE AND LOUISA HORNE

Nobel Peace Prize winner and environmental activist, Archbishop Desmond Tutu, chose aquamation, considered to be a greener alternative to flame cremation, as his preferred approach to the disposition of his body. This might prompt some thinking about alternatives to what are now considered typical approaches - either cremation or traditional burial in a fancy casket in a lawn cemetery. But there are many shades of green – and we want to tell you about a project in our Diocese that could result in a much greener option.

First though, you might be wondering what aquamation is.

It is a water-based process often called “water cremation” whose scientific name is “alkaline hydrolysis”, which involves heated water and chemicals to breakdown organic materials. It is said to use up to 90% less energy than flame-based cremation (which many people mistakenly think is “green”), and the end result is similar - remains that can be buried in an urn.

Our story is one that we hope may provide inspiration for others. It combines opportunities to:

- Promote the growth of Green Burial in the Anglican community;
- Find innovative ways to repurpose church buildings and land;
- Provide valuable resources to the local community, and especially to our seniors.

Our church is St Paul’s, one of four in the Anglican Parish of French Village around beautiful St Margaret’s Bay, close to Halifax, Nova Scotia. It is a designated Heritage building, and we are blessed to own 27 acres of unspoilt woodland.

We have named our project The French Village Conservation Woodland. Our plan is for the land to become a designated conservation site so it can be protected forever for future generations to enjoy.

Our original idea for the land was to create a green burial

cemetery, and this remains a key goal. But we have now expanded our ambitions to provide a wide range of outdoor activities to benefit our community. These will include walking trails and a fitness loop, designed particularly with the seniors in our community in mind.

The land has significant conservation value. Yellow Birch trees, wetland, a lakeshore and various habitat types all contribute to the value of this scenic site. Our church property lends itself to many experiences of nature for people of all ages. Recent experiences with COVID also emphasize the need for safe, convenient and accessible spaces to walk - we imagine such walking paths, designed with seniors in mind.

As well as the use of the land, the enterprise also offers special opportunities for new uses of our heritage church building. These could include use as an interpretation centre for the conservation area, a base for educational activities and workshops, and of course a venue for funeral services and celebrations of life.

Green Burial is a concept that has grown rapidly over the past few decades in the UK and other parts of Europe, and is now very quickly being adopted in the USA. Canada has some catching up to do, but there is a lot of enthusiasm and support for its development here.

Green burial in its simplest form – placing a body directly into the earth in a simple grave - is

nothing new; in fact, it is the oldest form of human disposition and has been practiced by human civilization for many thousands of years. The modern green burial movement is more recent and has its roots in the United Kingdom.

The 5 principles of Green Burial are:

1. No embalming or use of unnecessary use of toxic chemicals.
2. Direct earth burial in a biodegradable container (a shroud or a simple casket.)
3. Ecological restoration and conservation of the land.
4. Communal memorialization.
5. Optimized land use.

There are now a growing number of cemeteries in Canada offering green burial as an option. These are many conventional cemeteries which have set aside an area for green burial, meeting the five principles. But mainland Canada

does not yet have any devoted conservation green burial sites - we hope to become the first!

Our project is still in its early stages of development. But we have made important progress in the past 12 months, mapping the land, discovering the wealth of the flora and fauna, and gaining important support. Four talented students, with the guidance of a retired Biology professor, spent 2 months last summer mapping the ecology of the land and we continue to work on compiling the data and on researching the history of the land.

Like Archbishop Tutu, you have probably cared about the environment for many years – recycling and reusing – green burial supports continued environmental stewardship with restoring and repurposing land. As a way of helping to spread awareness of Green Burial options, and to support other churches who may have similar opportunities open to them, we would be delighted to talk about our project with you and we are



Students and others listening to a biologist describe aspects of the ecology of the beautiful forest.

happy to do presentations about green burial for your group. Let us know if you'd like to learn more!

Contact louisa.fvwc@gmail.com

First published in ACW magazine Keeping in Touch, Diocese of Nova Scotia and Prince Edward Island.

Save the Date!

June 4, 2022

Details to follow:

April 21 on Mothers' Union Website

canadianmothersunion.ca

CONFERENCE 2021 REFLECTIONS

THE MOTHERS' UNION PRAYER

Loving Lord,

We thank you for your love so freely given to us all. We pray for families around the world.

Bless the work of the Mothers' Union as we seek to share your love through the encouragement, strengthening and support of marriage and family life.

Empowered by your Spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world.

In Jesus' name.

Amen

By Lilian Ketch

The planning committee for Conference 2020 was thrilled and thankful we were able to host the event, albeit virtually, June 4-5, 2021. God most certainly was "still on the move" and encouraged us to get out of the boat ... when the original plan for 2020 Conference was changed due to the pandemic.

"There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord" 1 Corinthians 12:4-5

Each workshop presenter asked participants to reflect on some



questions. Below is a summary of the common messages from the breakout groups. Thank you to those who provided these notes.

WORKSHOP - BISHOP BILL HOCKIN, FREDERICTON

We find Jesus and see Jesus at work ...

- Through worship, in church and privately
- Through music of praise and singing
- Everywhere – through our passions (i.e. baking, walking, reading)
- Through community service – an opportunity of finding Christ in others

We are strong as MU members by ...

- Knowing members are in every corner of the world and can uphold each other and their community in prayer
- Volunteering – an opportunity to find Christ in others

We need to grow as MU members by ...

- Reaching out to the community and each other
- Prayer - to be versatile,

invaluable and applicable in all situations

- Meditation – to be present with the Spirit
- Realizing that God is within us – and is portable!

WORKSHOP - THE MOST REVEREND LINDA NICHOLLS, PRIMATE

God has been 'on the move' during the pandemic by ...

- People feeling a greater sense of community and putting less emphasis on themselves
- People reaching out to more members virtually with the use of technology (ZOOM)
- People realizing we have taken too much for granted and to appreciate the small things in life
- People being creative in ways to continue worshipping, serving, etc.
- Seeing increased kindness, politeness, caring, tolerance, etc.
- Support of one another by regular check-ins and assistance
- People "returning to the Lord", attending virtual services when prior were not attending at all

THE GREATEST HOPE FOR A POST-PANDEMIC LIFE IS TO ...

- Continue to connect through meetings and worship via ZOOM
- Continue to have Zoom visits with family and friends who are not close by
- Embrace a greater sense of community and less emphasis on individuals

- Give and receive in-person hugs.
- Be able to travel and visit again
- Place more emphasis on face-to-face relationships
- Continue new formed relationships with the Lord.

WORKSHOP - KATHLEEN SNOW, MOTHERS' UNION ZONE B TRUSTEE

God equipped us to step out of the boat and gain confidence by ...

- Allowing more time for prayer
- Providing opportunity to meet supportive people helping us learn new things (i.e. the use of connecting through technology).
- We are abundantly equipped because God believes in us and therefore, we need to believe in ourselves

MU has gifted us with the confidence to go out into communities by ...

- Being engaged in membership provides opportunities to learn
- Being a friendly, safe, and supportive place to learn how to run a meeting and how to do the work of the offices of an organization
- Being surrounded by people who encourage us, see our strengths and want us to succeed

WORKSHOP - REVEREND CANON TOM STRADWICK, NATIONAL CHAPLAIN

We can grow in community by ...

- Taking a chance to try new things, with God's help, and getting out of the boat
- Accepting, respecting, acknowledging, and loving

diversity among us. We don't have to always agree but we can listen.

- Reaching out, learning and embracing other cultures, faiths, and traditions.

MEMORABLE TAKE AWAY MESSAGES:

- God uses the circumstances in our lives to draw us into a deeper relationship with Him.
- Mary Sumner's prayer: "Lord teach me what to do and make me do it."
- Accept, Respect, Acknowledge, and Love Diversity
- No sense getting out of the boat if we aren't going to grow.
- The Ripple Effect... We Bloom Where We Are Planted

Cooking 101: Mom's One Bowl Chocolate Cake

I offered to add a recipe to our newsletter to celebrate the women of the past and their resilience to face the economic times they endured and to provide their families with good meals using simple ingredients.

Here is the first entry for Cooking 101. If you have suggestions, please email me directly at: akcalabrese@gmail.com. Remember simple can be tasty!

Ingredients:

- 2 cups flour
- 1 2/3 cup shortening (or Fluffo)
- 2/3 cup milk
- 3 eggs
- 2 tsp baking soda dissolved in 3/4 cup milk
- 1/2 cup cocoa
- 1 tsp vanilla

Set oven temp 350° F

In a clean bowl measure the flour, shortening and beat well.

Then add the rest of the ingredients, beating well after adding each.

Pour into a greased and floured 13X13 pan or a tube pan.

Bake for 35 minutes to start, testing until the tester comes out clean.

This was a cake I would make at Easter. I would grease and flour my small oval roaster pan so the cake was the shape of an Easter egg. I then would decorate with store bought icing, jelly beans, and other Easter candies. My children thought it was amazing!

I must admit I am dairy free so many of my recipes I was able to use substitutions.



Blessings for a wonderful Easter!

He is Risen!

Alice Kennedy



Indoor shoes ready to go to Nunavut.

Virtual Walk-a-Thon for school supplies

MAXINE SIMPKIN, NSPEI
DIOCESAN PRESIDENT

Early in 2021, the Nova Scotia ACW Board suggested that parishes might like to partner with schools in the north to send them school supplies. The reaction to this goodwill gesture was mixed. In the case of St. John the Evangelist in Middle Sackville, Nova Scotia, the whole experience was very positive.

Our Mothers' Union branch collected supplies from our congregation and sent them in two large Canada Post boxes to a school in Nunavut whose

address was given to us by the ACW Board. Included in the boxes were drawings by our children and a letter from our priest.

After the materials arrived, we heard back from the principal who thanked us for our gifts and asked if we might provide footwear because many children had outdoor shoes but no indoor shoes to wear.

This posed a challenge to collect lightly used sneakers, clean them and then find away to raise the funds to get them there.

The branch thought of holding a virtual Walk-a-Thon where members walked on their own in

the community over the summer to raise funds for the cost of postage. Our parishioners were very generous in donating 65 pairs of footwear – mostly sneakers for the children - and 55 plus pounds (25 + kg) of school supplies for the school.

On Friday, September 17, 2021, the sneakers and school supplies were sent via Canada Post Flat Rate Boxes, the most economical method of shipment. The sneakers were packed into 8 large boxes and the school supplies were packed into 5 medium boxes (a few heavier school supply items were tucked into sneakers).

The principal was most grateful and wrote to describe how the children no longer had to go outside in their stocking feet during a recent fire drill.

The branch hopes to keep in contact with the school and send needed supplies to them again this year.



Boxes full of shoes and school supplies sent to Nunavut

(Photos courtesy of Michelle Flanagan)

Hope and Transformation

Gracious God, we put our trust in you.
 Give us open hearts and minds to discern your perfect direction
 for our Mothers' Union:
 Affirm us in your love
 That we may be bold
 to seek your face.
 Strengthen us with resolve
 to embrace new ways with confidence.
 Unite us in heart and mind
 That we may move forward with gladness.
 Inspire us in our faith
 that all things are possible with God.
 Transform us into a people empowered by the Spirit,
 Overflowing with Hope, to effectively serve our communities.

Canadian Mothers' Union Biennial Conference 2022

Join us for a time of Transformation and Hope!



Dates: Nov 18, 7 - 9 P.M.
 Nov 19, 11 A.M. - 3 P.M.

Where: To be held via Zoom, so you can attend from the comfort of your own home!

The ocean of our logo represents 'living water' and our membership from coast to coast to coast. The lighthouse, with its beacon of hope, represents God's help and direction as we navigate through life's calm and stormy seas. Incorporating this year's Mothers' Union theme, *Transformation*, and our Canadian Council theme, *Hope All Things*, the conference will

include worship, the business meeting, mid-day prayers, guest speaker, break-out rooms and a fun challenge if time permits.

Voting members are encouraged to attend but, if you are unable, be sure you have a proxy so that your branch, diocese or area has a voice.

If there are any motions you would like to present, please send them to **Gael Page, Corresponding and Recording Secretary, at:**

mucansecretary@gmail.com

no later than

September 5, 2022, naming the mover and seconder.

The virtual format worked well for the National Conference last Spring. It was good to see so many familiar faces and some new ones as well! Although we'll miss seeing everyone in person this Fall, we will be able to do that at our 2024 National Conference to be held June 6 - 9, 2024, in Halifax, Nova Scotia. Set the dates aside!

The Conference logo designed by Nova Graphics, Mason's Point, St Margaret Bay Road, NS B3Z 2A2.



Christ Church Cathedral MU Choir performed "Here I Am, Lord" to end our variety show fundraiser.

Branch Activities:

Christ Church Cathedral, Diocese of Fredericton, NB

The COVID-19 pandemic declared on March 11, 2020, had widespread collateral effects and Mothers' Union was not immune. Mary Sumner House soon found itself in a dire situation when it realized that the revenue needed to run its programs could not be raised by its membership due to widespread lockdowns in developed countries. It was forecast that this situation would continue well into 2021.

The Mothers' Union employs over 300 paid workers around the world, especially in underdeveloped countries. These members are from local dioceses, speak the language, understand the culture, and have

first-hand experience of the challenges their neighbours face. They provide the necessary leadership for all MU efforts in the community and assist in teaching essential skills, developing sustainable self-help

projects, and running training seminars for local MU members and the wider community in areas such as parenting, literacy and numeracy.

In April 2020 Mary Sumner House initiated an urgent Worldwide Emergency Appeal to its members to send funds to enable our organization to keep these vital programs running. Our branch at Christ Church Cathedral voted to send \$500 immediately with the caveat that we would fundraise to replace the money when it was safe to do so. We hoped to be able to hold a luncheon following the Mothering Sunday service in March 2021, but public health restrictions made this impossible.

We were not to be deterred and came up with another option. We decided to host an outdoor variety show called "Prelude to Summer" on the Cathedral Green. After the June

13 Sunday service, parishioners were invited to bring their own picnic lunches and lawn chairs to enjoy local entertainment from their socially distanced seating. God blessed the day with perfect weather and wonderful performers. We featured a Zumba dance number, a magician, a highland dancer, and various singers and musicians, including the Cathedral's praise worship band which accompanied our MU branch choir as we sang the final selection.

We were overwhelmed with the generosity of our audience, which saw us recoup our initial donation and enabled us to send another \$500 gift to Mary Sumner House. GOD IS GOOD!

SUBMITTED BY LILIAN KETCH,
CO-BRANCH LEADER

AND SUSAN COLPITTS-JUDD,
CO-BRANCH SECRETARY

Riding the waves of the Pandemic

Mothers' Union Branch, Church of St Andrew, Cole Harbour, Nova Scotia



Archdeacon Rev. Katherine Bourbonniere, Church of St Andrew, Cole Harbour, blessing the 39 blankets for those in need.

Overall, our branch managed to ride the waves of the pandemic, but we did miss the social contact and it did entail extra effort for the co-branch leaders to maintain interest and channels of communication. We did adapt and began some meetings by Zoom to complement the in-person ones, when permitted; two dinner meetings were positive and popular, just like the old normal! Some of our regular involvements and outreach were halted, such as Family Ministry Night, baby layette support and nursery action.

In 2021 in lieu of a reception for Mothering Sunday, Mothers' Union put out a Cookie Challenge for the Parish and added a slideshow and an updated notice in the bulletin, which added to member participation in reading, prayers, greeting and altar flowers. We

maintained a membership of 14, having a loyal supportive core and provided regular reports to both the Parish and Mothers' Union Diocesan Councils. We had a presence at the only Baptism (a private one) giving support, a banner and card. Our church was pleased to be a host for the combined in-person and online Diocesan Fall Rally in Nov. 2020 on "HOPE". Members attended from four local branches.

POSITIVE AND NEW DEVELOPMENTS

A NEW E-TRANSFER arrangement made it easier for members to boost the General Fund, normally collected as free will offerings at meetings; to maintain some needed outreach donations.

GREETING CARDS were purchased from the Diocesan Literature Secretary and made available to the branch.

BLANKETS FOR THE NEEDY Contributions and interest increased from the Parish for this year-round involvement; 39 blankets were blessed at Thanksgiving and delivered locally to Bryony House (shelter), Margaret's House and Dartmouth East Christian Food Bank. Our branch provides kits with instructions and yarn for knitted squares. We sort the returned squares and complete assembly as required.

BRYONY HOUSE VISIT - A new shelter for women and their families experiencing domestic abuse - a state of the art facility

with 24 rooms plus outpatients. Mothers' Union has the opportunity to assist with items for moving out "home kits" and other needs.

"COMMIT TO KIDS" is a Canadian online course on Child Protection. Members were invited by the Rector to take this course checking suitability for use in the Dartmouth Region. Four members are interested in undertaking this.

"SAY YES TO KIDS" GRANT (ANGLICAN FOUNDATION OF CANADA)

Our Mothers' Union, with its interest in family, supervising the nursery and encouraging breastfeeding, assisted with the grant proposal for multi-use, family comfort areas in the Church. A grant of \$3000 was awarded in Dec. '21 - now the work begins to equip and stock the area. Mothers' Union donated new quiet fidget toys and will sort the existing nursery supplies for suitability.

In 2022 we are challenged to fill vacant branch positions and "carry on" as restrictions ease; seeking help from now senior members who have less interest in leadership roles and regular meetings. The unique needs of families and local communities will always exist; may Mothers' Union endure and make a difference.

SUBMITTED BY JILL HOGG (CO-BRANCH LEADER)

MAMD Gifts of Resilience 2022

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

Thank you for helping to enable
TRANSFORMATION
to take place throughout the year.

Choose your gifts inside.

Gifts range from just \$10-\$80.

Any gift can make a real difference.

Each gift in this brochure is a way for you to

empower women to come together and give those in need strength, confidence, and the chance to fulfill their potential.

For the past two years, we've been especially aware how important community, resilience and prayer are in our lives and in those of the people we are most connected with.

- **Money from the gifts in red goes toward work in the North,**
- **Money from the green gift goes to the Rev. Debbie Strickland Fund for branch projects.**

Name: _____

Address: _____

City/Province: _____

Postal Code: _____

For an income tax receipt and a card(s), please make cheques to the Canadian Mothers' Union and send with this form to Dawn Skene, 109 Dorothea Dr., Dartmouth, NS B2W 2E7. For card delivery, email this page to Ethel Nelson at ethel.nelson@gmail.com with your order. You can ask for a greeting for any occasion on the card front, e.g., You're Special, Happy Birthday, Anniversary Blessings. Cards with Christmas Blessings, Just for You at Christmas, etc. will have a 'Christmas' picture on the front of the card.

Card Order Form 2022 Canadian Mothers' Union		Quantity	Need a card. Yes	Need a card. No	In memory	TOTAL
	Price					
Grow a Business	\$10					
Parents Supporting Parents	\$10					
Homework Centres	\$20					
Give Them Wings -Travel in the North	\$25					
Literacy Trainers	\$35					
Create a Project *	\$50					
Choose Brighter Futures	\$60					
Survivors of Abuse	\$80					
TOTAL						

GROW A BUSINESS

\$10 could provide stationary for literacy and financial groups to help women grow businesses.

In Burundi, women are nurturing their skills through Mothers' Union's workshops. By learning about finance and business management they can generate an income to support themselves, their families, and their communities. Your gift is helping women to achieve financial independence and economic community resiliency.

PARENTS SUPPORTING PARENTS

\$10 will provide supplies for a parent to attend a Parents Supporting Parents group in Canada's North. Mothers, fathers, aunts, grandparents all enjoy talking with each other and discovering new ways to add to their parenting skills in these Parenting groups.

HOMEWORK CENTRES

\$20 could give members in Trinidad and Tobago the resources they need to continue their work at homework centres, providing valuable support to families.

In Trinidad and Tobago, Mothers' Union volunteer teachers are providing additional support free of charge to children identified as needing it, so they don't slip through the gaps of the education system. The children attend homework centres organized by the volunteers and based in primary schools across the country. Your gift is helping provide valuable support to children who need it most.

GIVE THEM WINGS

\$25 will help provide transportation for Parenting Groups in Canada's North.

Two Parent Facilitator Training Courses have been completed. There are now several trained facilitators just waiting for an easing of Covid restrictions so they can begin to hold Parents Supporting Parents groups. Your gift is helping provide transportation to bring these groups together.

LITERACY TRAINERS

\$35 could help train a coordinator to support literacy learning circles in Sudan.

In Sudan, Nawal attends a literacy circle where she learns from a teacher trained in a Mothers' Union workshop. By receiving training in participatory learning methods, trainees can now provide literacy circles in their own communities. Nawal says: "Before

I attended the literacy circle I couldn't read or write. I was blind like blind Bartimaeus but now because of this group I can see. I can read and write." Your gift is helping empower more people to read, write and release their full potential.

\$50 START/CONTINUE A PROJECT*

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

*The Rev. Debbie Strickland Memorial Fund money comes from the sale of the \$50 Create a Project cards and from private donations of any amount. Branches may apply for a grant of up to \$150 for an ongoing project they wish to undertake to benefit their community. A description of the project would accompany the application request.

CHOOSE BRIGHTER FUTURES

\$60 could help members reach and empower more women in the DMC to choose brighter futures.

Despite poverty, conflict and abuse, women in the Democratic Republic of Congo are ambitious and look to improve their livelihoods. By supporting them through skills training they are able to grow businesses, generate income and build the confidence to take on leadership roles in the community. Your gift is empowering women to shape their own future.

SURVIVORS OF ABUSE

\$80 could provide training for specialists to reach survivors of abuse in hard-to-reach communities.

In Uganda there is a growing threat of gender-based violence in some communities. By creating safe spaces where survivors of abuse can come forward and speak openly about their traumas, we can help them to heal. It is from within members' deep-rooted community presence that they can advocate against harmful practices which enable violence and instead, work toward a better future for women and girls.

Canadian Mothers' Union National Council 2021-2024

Not available online

Brief history of Wave of Prayer

The Wave of Prayer is the oldest of the "links systems" in the Anglican Church. It is a continuous expression of our commitment in prayer to each other, which runs throughout the year and encompasses all the places in which we are represented.

This has been on-going since 1920 when Mothers' Union decided to maintain continual prayer worldwide by encouraging members to use a unique Wave of Prayer Calendar at midday every day. During the course of a year, this Prayer Calendar included, and still includes, every area worldwide where there is Mothers' Union.

The dioceses are set up in groups and each group is allotted 3 days each year when they pray for a group of dioceses on the calendar. Very often, they will make a special prayer effort during their group's dates have a special service and pray together and for each other.

Mothers' Union has grown enormously since the Wave of Prayer was first introduced with a presence now in 600 dioceses in 83 countries of the world. Today, members have a wonderful Annual Prayer Diary in English and it is also translated into French, Spanish and Swahili which makes it easier to pray for each other. The Prayer Diary also keeps us informed, joined-up and united and there are daily online Midday Prayers that keep the wave of prayer ripples flowing.

The purpose of Wave of Prayer
The 3rd Object of Mothers'

Union calls on us as members to pledge to maintain a worldwide fellowship of Christians united in Prayer, Worship and Service.

Prayer is central to our work as Mothers' Union and is an essential part of our vision, mission and strategy for moving forward. The Wave of Prayer is a valued and important part of expressing our worldwide Christian fellowship.

The purpose and focus of the Wave of Prayer is about prayer and fellowship. It is all about prayerful support and the sharing of information, for example:

- We offer prayers of thanksgiving for celebrations
- We offer prayer requests for challenges
- We pray for projects and programmes, and
- We learn about the different cultures around the world.

It is not about funding or financial support as this can create a dependency syndrome; many of us as Mothers' Union members in many parts of the world have expressed a desire to become more self-sufficient, both in funding and in equipping our communities.

As members, we are always excited to receive information and pray for each other's activities and projects, anniversaries and celebrations in the dioceses and in the provinces. We are always eager to receive prayer points and to intercede for each other.

Wave of Prayer - The Prayer

Circle

"We always thank God for all of you and continually mention you in our prayers." 1 Thessalonians 1:2

In this Circle of Prayer, members from all over the world pause to pray and connect with each other. It is wonderful to have this contact through the circle of prayer. Sometimes due to various challenges, this is not always possible to communicate with links and this makes members feel sad and frustrated. On the brighter side, it is always possible to lift each other up in prayer, even from across the distances. Just knowing that someone somewhere in the world is praying for you gives you all the hope and strength you need to face life's challenges.

The prayer circle provides opportunities to build prayerful relationships and friendships in new geographical areas. It is hoped that this will lead to a deepening of members' understanding of Mothers' Union around the world as well as opportunities to deepen our faith by sharing fellowship together in prayer.

As we draw to a close, we pray for all members. May God be with them in every part of their lives, encouraging them and leading them, sheltering and strengthening them so they may work to your praise and glory. Amen.

SUBMITTED BY KATHLEEN SNOW,
ZONE B TRUSTEE
WORLDWIDE MOTHERS' UNION

Canadian Mothers' Union 2022 Wave of Prayer (January – December)

	January	February	March	April	May	June
1 st to 5 th	All Branch Chaplains	Diocese of NS and PEI St. John the Evangelist Lower Sackville, NS	Canadian Mothers' Union Parenting Program Trainers and Facilitators	Canadian Conference Coordinator Elizabeth Court	Diocese of Fredericton St. Paul's Hampton, NB	Archbishop Linda Nicholls Primate of Canada
6 th to 10 th	Canadian Historian Ginny McEwen	Diocese of Fredericton St. Mary's, York Fredericton, NB	Canadian President Mary Stone	Canadian Past Presidents	Diocese of NS and PEI Parish of French Village 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	All 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 NS and PEI Parish of Christ Church Shelburne, NS	World Wide President Sheran Harper	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,	Diocese of NS and PEI Holy Trinity Liverpool, NS
26 th to 31 st	Diocese of New Westminster St. Cuthbert's Delta, BC	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	Mark MacDonald 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	All 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	All Branches in Abeyance	Diocese of British Columbia Holy Trinity Sooke, BC
16 th to 20 th	Diocese of NS and PEI Church of the Holy Spirit Dartmouth, NS	Diocese of NS and PEI Church of the Holy Spirit Dartmouth, NS	All Diocesan Chaplains	Diocese of NS and PEI St. James' Armdale, NS	Canadian Northern Clergy Families Fund Coordinator Lynda Viaw	Diocese of Ottawa St. Mark's Ottawa, ON
21 st to 25 th	Canadian Link Coordinator Genny Kresic	Diocese of Niagara Holy Trinity Hamilton, ON	Diocese of British Columbia St. Peter's Quamichan, BC	Immediate Canadian Past President Alice Kennedy	All 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	Diocese of New Westminster St. James' Vancouver, BC	Diocese of NS and PEI Emmanuel Spryfield, NS	All persons suffering from Gender Based Violence and Discrimination	All members worldwide