



Spring 2023

Canadian MOTHERS' UNION

National Newsletter



Walking to raise awareness



On November 26, 2022, to help shed light on gender-based violence, an activism walk was organized by the NS Parish of French Village Mothers' Union for church and community members.

People gathered at a local café and, as a group, walked one kilometer along the Rails to Trails to nearby Mill Lake. Along the way, small silhouettes representing women who suffer in silence and those who can no longer speak for themselves were placed along the sides of the trail. Many of the silhouettes had tags attached to them with facts regarding gender-based violence. These facts were read aloud and discussed with the group.

As we walked, there was time to reflect on the information that was

shared. It was a very meaningful experience. At the lake, there is a purple bench placed in memory of Paula Gallant. Paula was a victim of domestic violence who died at the hands of her husband. A prayer service and lighting of fourteen candles took place. The walk and service was a moving event, leaving us with much to think about and reflect upon.

Placed at the beginning and end of the walk were two large Silent Witness silhouettes representing Paula Gallant and Linda Boudreau; women whose lives were taken by their partners. The following day, these life size silhouettes were placed in the churches where regular Sunday services were held. The silhouettes were a powerful, visual reminder of lives lost to senseless violence.

By JANICE JACKSON AND DEBBIE BOUTILIER, CO-BRANCH LEADERS

To learn more about the Silent Witness program visit:

New Brunswick - www.silentwitness.ca/home

Manitoba - silentwitnessmb.ca/

Nova Scotia - silentwitnessnovascotia.ca/

Photos: The silhouettes are a powerful, visual reminder of lives lost to senseless violence.



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- **and much, much more!**

President's Message



Spring greetings to all Mothers' Union Members and Friends of Mothers' Union. Spring is such a wonderful time of year, uplifting us as we look forward to new growth and warmer temperatures. I am sure most of you here in Canada experienced the smorgasbord that is Canada's winter: from lots of snow, freezing temperatures, sleet, unusually warm temperatures, very little snow, to lots of rain - and it may still be happening! That just about covers the winter weather in Canada! It is what keeps us resilient and adaptable and alert.

Reflecting on events since our Fall newsletter, it was good to finally have the Mothers' Union Canadian Council installed officially at the opening Eucharistic service of our Biennial Meeting in November. The next day, we participated in two very informative and educational sessions. The first one told of the many wonderful projects of the Primates World and Relief Development Fund and the second session addressed some of the possible root causes of Gender Based Violence based on research. Videos of both these sessions, along with the service and other aspects of the meeting, can be found at <https://canadianmothersunion.ca/meeting>

Over the last number of months I have had occasion to speak with members not only across Canada but also in other parts of the world.



MARY STONE, PRESIDENT,
CANADIAN MOTHERS' UNION

The Canadian Mothers' Union Council meetings, Worldwide Mothers' Union Global Call meetings, Zone B meetings, our Online Mothers' Union Group and Facetime chats are all examples of our many online encounters. Technology made it possible for members across the country to not only attend our November Biennial meeting, but also participate in the service and the business meeting. I marvel every time at this incredible technology and the opportunities it affords us. These are exciting times.

One very useful and informative aspect of technology is our Canadian Mothers' Union website <https://canadianmothersunion.ca/>. A website is a work in progress, always needing updating and refreshing. These past several months our Canadian Council has focused on this project knowing that it is a window into the world of Mothers' Union for you and for the rest of the world. I invite you to spend some time getting familiar with the website, learning what is there and how it can inform and support your work. If you have a question, a concern, or a comment, simply go to the contact page and send a message to [info@](mailto:info@canadianmothersunion.ca)

canadianmothersunion.ca

In this issue you will meet three more members of the Canadian Council. You will learn of several anniversaries of Mothers' Union branches. You will find many examples of branches reaching out as God's hands, listening, observing and acting.

God is always asking us to join him in healing the world. As we move forward into Spring and Summer, I pray that we will listen to His voice as we continue our work of Mothers' Union. Let "Hope all Things" be our guide as we reach out as God's Hands helping to transform the world little by little.

*Lord, in you I am transformed
and transformed still again.*

*When the discouraged cry for hope,
make me hope.
When the hungry cry for bread,
make me bread.
When the thirsty cry for water,
make me water.
When the suffering cry for help,
make me help.
When the sick cry for healing, make
me healing.
When the bound cry for freedom,
make me freedom.
When the outcasts cry for love,
make me love.*

*Lord who is hope
who is bread and water,
who is help and healing,
who is freedom,
and who is love,
transform me anew.*

*And so keep me close to you,
as you transform the world.*

Amen

<https://www.crs.org/resource-center>

Mary

Treasurer's Report

Canadian Mothers' Union Financial Statement January 1, 2022 – December 31, 2022		
Bank Balance	January 1, 2022	\$45,833.88
Receipts		
	Dues 2023 (88 members)	\$2,516.00
	Dues 2022 (302 members)	\$5,809.75
	Dues 2021 (20 members)	\$423.50
	Extra Newsletter	\$10.00
	Travel Fund	\$269.00
	NCCF	\$4,498.15
	Make A Mother's Day – England (MSH)	\$972.60
	Northern Parenting (includes MAMD)	\$80.00
	Lady Day, Overseas	\$1,107.00
	Parenting Program	\$480.00
	Donations to Mary Sumner House	\$42.00
	General Donations	\$511.50
	Biennial Offering	\$689.78
	Bank Error (deposited \$250 instead of \$25 cheque)	\$225.00
		\$17,634.28
Expenses		
	Coordinators' floats and expenses	\$50.00
	Newsletter printing and postage	\$2,497.62
	Literature and Marketing	\$77.75
	Transfer to NCCF account	\$4,411.90
	Mary Sumner House – Dues(\$2760), MAMD(\$1096.60), Overseas Fund(\$1362.00), Donation(\$581.15)	\$5,799.75
	Biennial expenses	\$596.02
	Annual Zoom license	\$230.00
	Website domain name renewal	\$15.99
	PWRDF (1/2 of Biennial Offering)	\$344.89
	Be the Peace Institute (1/2 of Biennial Offering)	\$344.89
	Anglican Foundation – ACW CoTN Retired Clergy Fund	\$5,000.00
	Refunded person for bank error	\$225.00
	Returned PWRDF donation from NS/PEI Council	\$20.00
	Bank charges	\$25.00
		\$19,638.81
Bank Balance	December 31, 2022	\$43,829.35
Allocation of Funds		
	General Acct	\$26,298.40
	MSH (includes Dues \$10 x 88, \$6 x 1)	\$910.01
	Travel Fund	\$1,404.34
	NCCF	\$96.25
	MAMD	\$290.00
	Northern Parenting	\$11,304.34
	Parenting Program	\$1,827.01
	Rev. Debbie Strickland Fund	\$1,699.00
		\$43,829.35
The bank balance does not include the Sarah Marshall Trust Fund (NCCF) in the amount of \$4000.00.		
Total number of paid up members for 2022: 434		
Total number of paid up members for 2023: 88		

Canadian Mothers' Union National Newsletter

VOLUME 73 NUMBER 1

PAUL SHERWOOD, Editor
Mary Stone, President

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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

Think Spring!



Spring - Marking the end of winter

Transition from beautiful ice and snow, to slush, sleet and rain.

Faith and beliefs crystal clear that somehow slide into messy confusion.



Bishop Susan Moxley

Spring – acting out Palm Sunday and Good Friday

Celebrating Easter and the gift of new life in the resurrection.

Spring – In Canada, planting seeds for new crops, new trees, new flowers.

Death of the seed as it sprouts, makes roots and sends up shoots showing new life.

Spring - Lent and Easter - leaving death at the cross and walking toward into new life

Finding an empty tomb, hearing your name spoken by the risen Lord.

A note of thanks from one of our NCFF recipients.

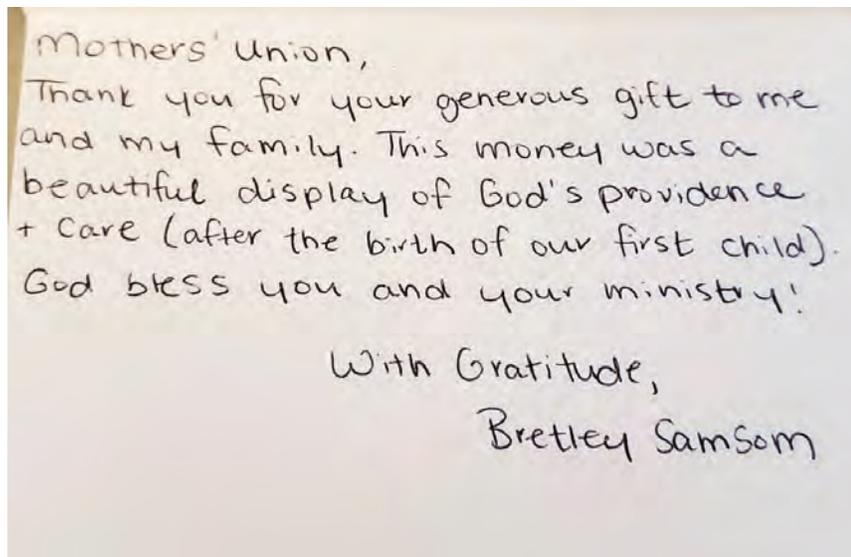




Photo: Anne Kennedy, Dianne Wood Palgova, Shirin Theophilus, Marcelina Borreta, Grefa Pinera, Felipa Farinas, Celia Dodds, Louisa Farrell, Leah Postman, Emi Querubin, Anita Rivera, Mildred Colobong, Linda Adams, Lesley (Guest), Fr. Kevin Hunt seated on bench.

(Photographer- Christine Rowe)

Quiet Day at New Westminster

On March 4th, 2023 our two diocesan branches met at St. Anselm's Church for a Quiet Day. There were 9 members from St. James' and 6 from St. Mary the Virgin South Hill and one guest. St. Anselm's is the parish of Shirin Theophilus, one of our members and is set in the beautiful UBC Endowment Lands. It provided a quiet peaceful atmosphere for our meditations, as well as being more easily accessible for both branches and more availability for parking. Our Leader for the morning was Leah Postman, a spiritual leader at St. James, who led us through a meditation of the Lords Prayer,

dwelling specifically on the two phrases:

*Our Father who art in Heaven
As we forgive those who trespass
against us*

After a 15 minute reflection on the first phrase we then dispersed to various parts of the church to meditate on the first phrase. Printed pages and crayons were provided for those who like to use their hands. After 30 minutes we repeated the process with the second phrase. A member of St.

Mary's, a Filipino congregation read the Lord's prayer in their language, and Shirin read it in her native Indian dialect.

At noon we had a communal lunch provided by St. James', consisting of two hot soups, buns, cheese, fruit, squares, cookies and beverages. The two branches enjoyed getting to know each other in a relaxed setting.

Submitted by

Celia M. Dodds
Area rep. for New Westminster
Diocese

Cooking 101 – Easter Dinner



As I write this cooking feature from my sofa in New Brunswick, we have just marked the first Sunday in Lent. My daughter works in Ontario and is planning to visit us late in March, so we discussed a supper menu to celebrate Easter before she returns to work and to Ontario.

We started our own Easter traditions with a meal easy to do in advance and just a warmup on the day! The menu is baked ham, baked beans, and potato salad. I found a wonderful baked ham recipe, which I have been using for years. The potato salad is a normal recipe with mashed potatoes, hard-boiled eggs and onions prepared on the grater so it is almost liquid. (I am not a fan of biting into raw onion, but I do enjoy the flavour of onion in the salad). The baked beans are my mom's recipe and written below. On the east coast we can purchase soldier beans, but yellow eyed beans will work as well. I make a large batch as they freeze well. The recipe below can be doubled.

You begin the evening before by covering the beans in cold water and letting them sit overnight. In the morning drain the water and add cold water to cover the beans, next you par boil the beans until the skins start to break about 15-20 minutes.

Have a kettle of water boiling as you drain the beans and place them in a roaster or crock-pot. Add 1 or 2 onions whole depending on how many cups of beans you are preparing.

Place the boiling water in a bowl and add the molasses, brown sugar, and spices in the boiling water. Stir the mixture and pour over the beans. Add some pork fat, I use bacon. Place in oven that has been preheated to 300 degrees F. It is important to remember to always add boiling water to the beans. Adding cold water could cause them to become hard.

Mom's Baked Beans

2 cups beans (soldier or yellow eye)

Mix in a bowl:

½ cup molasses

½ cup brown sugar

1 tsp. prepared dry mustard

1 onion (whole or chopped) medium size

Pork fat (2 to 4 – 2in pieces) or bacon (4 slices)

My mother in law suggested a pinch of ginger to help with the snappers so I incorporated that into my recipe. (~1/2 teaspoon)

The bag of beans I buy is 4 cups so I double everything and cook them in my turkey roaster at 300F until the beans are soft. They freeze very well!

Make sure you always add **BOILING** water if the beans go dry during the cooking process.

We are on the road to spring and flowers! Mothering Sunday and Lady Day are days to remember. Lady Day is always March 25th and we remember Mary the mother of Jesus.

Mothering Sunday is always the fourth Sunday of Lent and on that Sunday we remember our home church. It will still be colder weather in Canada but the daffodils will be in bloom in England!

Blessings to you this Easter! May you celebrate the risen Lord with worship, family, friends, and food to share!

Happy Easter, Alice!

Give what you can: take what you need



Most folks are noticing the cost increases on everything from food to services. Food insecurity has always been a societal issue, but these days it has really been impacting just about everyone. The food banks are working very hard to keep up with demands from those who qualify for aid. Those on limited budgets have had to find ways to cope. More than a year ago, CBC aired a feature centered around refrigerators and food cupboards being set up on the streets of Toronto where folks could give or take food without needing to be on an official assistance program. Seniors and single people seemed to really be feeling the crunch and those neighbourhood food caches seemed to be hitting the spot.

Using this Toronto project as a model, Diane Nash, of the Christ Church Cathedral Branch of Mothers' Union, proposed that we should try to do something similar in the City of Fredericton. The branch members then began reaching out to some City officials to gain permission to set up

these cupboards on City property around town. We had a sample sign created and began planning the construction of the cupboards and discussing how we could make this happen. Diane's vision for the «Give what you can, take what you need» cupboards was that we as Mothers' Union would initiate an installation and the first stocking of the cupboard - but then its operation would be taken on by the members of the community where it's located and their surrounding neighbourhood. Neighbours could take items they needed and add items they could, as they were able. It was her hope and prayer that the cupboards would help neighbours to see each other, get to know each other, and support each other. In Diane's words "Our world/society and our lives can become so busy that we don't always truly see our neighbours. Sadly, many of us also become so focused on our own needs that we don't see/recognize a neighbour struggling - or we don't want to 'get involved in their business'. Establishing a "Give what you can, take what you need" cupboard will hopefully help to fill a void. If it can seed even one neighbourhood friendship - that's a success." We were extremely excited about this outreach project and the impact it could have on the citizens of Fredericton.

We were very discouraged when the City officials refused to even put our idea forth to a committee to discuss it. The idea was basically "squashed"! Since that CBC news item, there had been others about similar cupboards established in other maritime communities. There is one at the Presbyterian church in Hanwell NB just outside Fredericton. We have seen a

number of 'libraries' where you can take or leave a book(s) in the City of Fredericton - why not a cupboard for food and other necessity items? Unfortunately, we have allowed this to set us back and have been very slow to gain any momentum forward. We know we just need to find the right contacts - and we need to persist in our efforts. Mary Sumner saw a need so many years ago - and we see us following in her footsteps, helping families/individuals who are struggling with food insecurity in these times we are living.

Diane didn't expect it to be such a struggle to find the right contacts to get at least a few cupboards established. We are thankful our branch has continued to keep this on our agenda so that it doesn't get forgotten. Just recently there was a speaker at an MU meeting that encouraged us to keep going, even when there are roadblocks to overcome. It made me realize that there were a lot of other avenues to try before we allow this project to die. We need to keep digging in until we find the right person to get this off the ground. Please pray with us that doors will be opened, and we will be able to find the right neighbourhoods to host a cupboard. We truly believe this is a project worth going the extra mile for, and hopefully in a future Newsletter we can report that it is fully operational and representing the love of Jesus shining forth in our community through the works of our Mothers' Union members.

SUSAN WATSON, BRANCH LEADER
CHRIST CHURCH CATHEDRAL
MOTHERS' UNION
FREDERICTON, NB

Lest we forget...Red Dress Day

The Vision of Mothers' Union states, in part, '...Our movement seeks to bring about justice, challenge prejudice and advocate change.'

Gender-based violence happens 365 days of the year, not just on the 16 Days of Activism against it in November. It is a curse that takes many forms. One of those forms is the abuse and murdering of indigenous women and girls and two spirit people. Indigenous women are seven times more likely to be murdered by serial killers than non-indigenous women. The RCMP reports that violence against indigenous women and girls is pervasive, taking place in the home and in the streets of Canadian cities, and that the perpetrators include indigenous and non-indigenous men alike.

For the past 13 years, May 5 has been a significant date in Canada. It is Red Dress Day, a day of which many people are not aware. But we should be aware and not forget to acknowledge what has happened and is still happening to our indigenous people.

Do we remember the statistics surrounding the MMIW? In 2014 we were shocked to learn that over a three year period there were recorded 1,181 Missing and Murdered Indigenous Women. Indigenous groups say the toll was probably more like 4,000.

I remember churches gathering to ring their bells 1,181 times in recognition and memory of those lives lost, fueled by gender-based violence and racial prejudice. That was 9 years ago, and like many



RED DRESS DAY
HONOURING MISSING AND MURDERED
INDIGENOUS WOMEN, GIRLS AND
2SLGBTQQIA INDIVIDUALS.



shocking events, our memories of them begin to fade as other crises grab our attention.

There is, however, one person in particular who helps the world to remember all those MMIW. That person is Jaime Black, a Metis artist, who in 2010 created a REDress art installation project. It consisted of many empty red dresses hanging outside to represent the missing and murdered women. Red was chosen for the dresses because it is powerful and eye-catching, and represents both vitality and violence.

With her REDress Project, Black hoped to give these indigenous women a much-needed voice, while educating others who may not be aware of what had been, and still is, going on. Her project is now a permanent exhibit at the Canadian Museum of Human Rights in Winnipeg; other dress exhibits travel around the country. The term MMIW has expanded to MMIWG2S to include girls and two-spirit people.

Red Dress Day was first commemorated in 2010. It is also known as the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People. The day honours and brings awareness to the thousands of indigenous women, girls and two spirit people who were subjected to violence. It raises awareness of the crisis and calls on governments to address gender-based and racial violence throughout our country. Commemorations vary from community to community, but generally people wear red and hang red dresses from trees and

doors. Some communities hold marches and/or vigils.

In the 2014 Truth and Reconciliation Commission Report, of the 94 Calls to Action, #41 addressed the issue of disproportionate violence towards indigenous women and girls and it called for the creation of a public inquiry into the crisis.

In June 2019, the final report of the inquiry called the MMIWG2S a "tragedy of epic proportions". Two hundred and thirty-one additional Calls For justice followed, their aim being to address, end and redress the crisis. This work continues and Red Dress Day, on May 5th, is a reminder to keep that work going.

Black says it has been surreal to watch the spirit of her REDress Project evolve and grow over the past decade. "The more work that we do, the more awareness there is," says Black. She adds that the red dresses can be "whatever we

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The Rev. Debbie Strickland Memorial Fund



Rev. Debbie Strickland

Are you looking for something new to do in your branch? Would you like a project that will be able to be carried on into the future? Do you have the start-up money for an ongoing project like that? Have you looked at the Rev. Debbie Strickland Memorial Fund?

This Fund was started in 2016 at the time of Debbie's death when some of her friends from Emmanuel Church, Spryfield, wanted to do something to honour her. Let me tell you something about the Rev. Debbie Strickland, or Debbie, as she was known to most of the Mothers' Union members in the Diocese of NS & PEI. She was a member of the North Sydney branch of the Canadian Mothers' Union for 22 years. Debbie was a woman of faith and answered a call to the ordained ministry. She was ordained in 2011 and served as an associate priest in the parish

of St. John the Baptist Church, North Sydney, N.S. In 2012, Debbie offered to take on the role of Conference Coordinator for the 2013-2016 term of Canadian Council. As part of her vision for the future of Mothers' Union, she challenged each branch to begin a new, or expand on an already existing outreach project in their community. We were encouraged to begin planning and bring a display of our project to the June, 2016 National Conference in Baddeck.

After a long and courageous battle with cancer, her death occurred just a few weeks after she attended a Canadian Council meeting on Skype in February, 2016.

The Mothers' Union members at Emmanuel Church, Spryfield, wanted to send a \$50 Make a Mother's Day (MAMD) sympathy card to the branch at North Sydney

– from her former branch, where she had been a member for 10 years, to her current branch. There wasn't a card for that amount, so we decided to create a card to recognize Debbie's idea for outreach projects and to be the beginning of a Fund. The two branches agreed that a special fund would allow Debbie's vision to become a reality. Any money from the sale of this card goes to the Rev. Debbie Strickland Memorial Fund and branches may apply for a grant (maximum \$150) to be used to start an outreach project that will be ongoing. For example, buy some books, paper, crayons, etc. to set up a Mom and Tot Program in the neighbourhood or to purchase gardening supplies to start a Community Garden. Another project might be a community coffee drop-in centre and the grant money could be used for purchasing mugs and a coffee maker to enable it to happen as an ongoing program. There is no limit to the variety of ideas for these projects, as each branch is different.

You don't need to buy a MAMD card to contribute to the RDSMFund. Tax receipts will be given for donations of any amount. The fund is managed by a small committee consisting of the Canadian President, the Canadian Treasurer, the Diocesan President of the Diocese of Nova Scotia and Prince Edward Island, and the Branch Leader of St. John the Baptist Parish of North Sydney's Mothers' Union.

An application form to apply for a grant may be found on the Canadian Mothers' Union website at canadianmothersunion.org under Outreach, The Rev. Debbie Strickland Memorial Fund. When completed, please send the application to the Canadian Mothers' Union: info@canadianmothersunion.ca OR mail to the Canadian President.



Photo shows the volunteers at the table: Diane Nash (Cathedral MU), Mike Bravener (UNB Chaplain), Linda & Rik Hall (Cathedral congregation.)

University Outreach at UNB Fredericton Campus – a joint effort!

In the past, the Christ Church Cathedral branch of Mothers' Union had been doing outreach – with the usual wonderful support of members of the congregation – at UNB Fredericton's campus during the Christmas and Spring exam weeks. We gathered donations of home-baked cookies, drink boxes or mixes, and other small treats to pack small treat bags which we handed out to students just prior to their beginning exams. With each treat bag, we included a handwritten note of encouragement. As with many other activities, this outreach was "on pause" due to the effect of COVID.

We planned to try again in December 2022, so reached out to our UNB contact again. She had moved on to other employment, but the chaplain, Mike Bravener – who was also in the loop – connected us with the University's Student Engagement Coordinator,

Miriam Illman-White, with a new idea/proposal. Miriam had experienced "Pause Tables" during her time at Carleton University and wanted to give it a try here at UNB.

A Pause Table is a table (or an area) manned by volunteers offering free food/refreshments and friendly conversation to students for a few hours, daily, during exam week. With agreement from the university/food services to give this a try for one week, Mike reached out to various faith communities within the City. The main essentials – like tea, coffee, hot chocolate, sugar, milk/cream, kettle, toaster oven – were made available by campus ministry/student engagement, while home-baked goods, fresh fruit, bagels and microwaveable foods were donated by the volunteer groups.

The Cathedral Mothers' Union signed up for the Friday time slot.

This all happened within a very short time frame, but it was VERY well received by the students and a very rewarding experience. In the range of 150+ students stopped by the Pause Table set up in the Harriet Irving Library – its changed a lot since my time at university!! Rik and Linda Hall from the Cathedral congregation helped at the table – and Rik even did a few magic tricks for some students as they took a break from their studying.

Mike is now initiating plans for Pause Tables for the spring exams in April – this time for the entire 2-week exam period! Mothers' Union looks forward to being a part of this again.

SUBMITTED BY DIANE NASH,
CHRIST CHURCH CATHEDRAL,
DIOCESE OF FREDERICTON

The Canadian Mothers' Union 2024 National Conference June 5th - 9th

By the time we all meet in Halifax on June 5, 2024, it will have been 8 years since we had an in-person National Conference. We are excited to be welcoming everyone back to Nova Scotia or welcoming you for the first time! The planning is well underway; some details include:

LOCATION – the scenic Mount Saint Vincent University campus, with views overlooking the Bedford Basin. This is an accessible campus that embraces diversity.

ACCOMMODATION – The Mount, as it's known locally, offers single, double or quad occupancy; we will offer mostly single or quad as these are more plentiful. Singles have private bath and quads have 4 private bedrooms with two sharing one bath. These apartment-style units also have a kitchen and living area.

FOOD – The Mount's food service provider has many delicious, balanced and healthy food options. Of course, there's the occasional indulgence on their menu, too! Dietary concerns are no problem; there are options for everyone.

BIENNIAL MEETING – This is where we get down to business and voting delegates help make the decisions for the national body. Motions can be accepted until early March, 2024 – firm



dates and the subsequent motions will be shared with all branches.

WORSHIP – Between our opening service on June 5th and closing service on June 9th, we will have daily morning services and some evening worship; members will have opportunities to participate in readings, singing and other roles.

PRESENTATIONS – Whether it's speakers addressing the full group, or sessions with smaller groups in workshops, we hope to enlighten everyone and give you some ideas to think about and take home with you.

ENTERTAINMENT – Get your artistic skills warmed up! We welcome you to participate in our entertainment evening with a skit, song, secret talent or other offering. Solo, duo or group, all are encouraged to share.

AUCTION – As usual, we will have a silent auction to raise funds for initiatives of Mothers'

Union and/or one of our charitable partners. Each branch is asked to donate one item for the auction.

TOURS – Some great local adventures are being planned, including two of Nova Scotia's 6 UNESCO Sites. In 2016 we were in Baddeck on the shores of the Bras d'Or Lakes, which feature a UNESCO Biosphere Reserve. In 2024 the UNESCO sites will be closer to Halifax as we visit locations that offer history, locally crafted items and beautiful scenery all wrapped in a day of fun and friendship.

We hope you can join us!

ELIZABETH COURT
CONFERENCE COORDINATOR



Canadian Mothers' Union at a glance

Our vision is a world where God's love is shown through loving, respectful and flourishing relationships.

WHAT IS THE MOTHERS' UNION?

Mothers' Union is an international Christian membership charity of 4 million members living in over 80 countries, who share one heartfelt vision— to bring about a world where God's love is shown through loving, respectful and flourishing relationships. Members actively pursue this vision through community programs, advocacy campaigns and a committed prayer life.

HISTORY OF THE MOTHERS' UNION

Mary Sumner began the Mothers' Union in England in 1876. She recognized the need for mothers to support one another, to learn together, gain knowledge about raising their children and to develop their faith in God. The Canadian Mothers' Union was established in London, Ontario, in 1888.

WHO CAN JOIN MOTHERS' UNION?

If you are a Christian and believe in the importance of family life, you should join the Mothers' Union. Regardless of gender, identity or family status, all are welcome. You must be baptized in the name of the Trinity and agree with the Aim and Objectives; membership is open to all denominations.

Membership in the Mothers' Union begins at the branch or diocesan level. Dues are affordable at \$35 annually which includes a twice-a-year subscription to the Canadian Mothers' Union Newsletter.

Prayer sustains and strengthens our work. A 'Wave of Prayer' goes around the world as members pray together every day at midday wherever they are for the people and work of the Mothers' Union and for international

issues affecting families.

Helping those facing adversity This is something the Mothers' Union takes very seriously. Members reach out with whatever help they can to refugees, women escaping sexual exploitation or trafficking or domestic violence or those affected by poverty or other problems.

CHRISTIAN CARE FOR FAMILIES

Wherever Mothers' Union exists in the world we will express our Christian faith in the transformation of families and communities worldwide. We work to achieve this by promoting the importance of marriage, supporting families and nurturing faith. Members sensitively spread the news of a God who loves and cares for us all.

PARENTS SUPPORTING PARENTS

The Canadian Mothers' Union is passionately committed to helping parents develop support networks through our "Parents Supporting Parents" program. Now that this parenting program has been translated into 2 of 3 indigenous languages, we plan to offer it in the Canadian North.

OUTREACH

Canadian Mothers' Union supports the Worldwide Mothers' Union: they train workers, run Literacy & Financial Education Programs, offer the Family Life Program in Uganda, offer the Parenting Program which runs in 18 countries, and the Relief fund which provides assistance after natural disasters (quite often the first on scene, because we have members living in the area). In Canada our project is the Northern Clergy Families Fund (NCFE). This fund provides financial assistance to clergy families serving in the most remote regions of the country. Funds often arrive just in time to avert a family crisis or provide for the extras

that normally wouldn't be affordable. Mothers' Union

A WORLDWIDE ORGANIZATION

Worldwide Mary Sumner House
London
WW President—Sheran Harper
CCMU President—Mary Stone
Canadian Mothers' Union
The Anglican Church is divided into provinces not related to the provincial boundaries. Canada is a province, as is the USA, Scotland, Ireland, Australia, etc. Each province elects a president, currently Mary Stone from Boutiliers Point NS, who chairs Canadian Council and sits on Worldwide Council. The Canadian Council hosts a national conference every four years.

DIOCESAN COUNCIL

In each province the church is divided into dioceses — regions under the leadership of a bishop. The branches in each diocese elect a president and council. This diocesan connection helps the Mothers' Union grow as they meet regularly.

YOUR MOTHERS' UNION BRANCH

The Mothers' Union branch is most often (but not always) based in a local church. Branches have regular meetings and play a role in the life of a parish. There are around 32 branches in Canada whose members share a strong fellowship and are committed to strengthening family life.

Diocesan Membership is open to those who do not feel able to attend regular meetings. They receive information on projects, programs and diocesan events. In this way they can support the work of the Mothers' Union.

Online MU Group is open to any MU member or guest who would like to meet others from across Canada in a monthly zoom meeting.



Mothers' Union – still making a difference

2023 is a year of milestones for five Mothers' Union Branches in the Diocese of Nova Scotia and Prince Edward Island.

60 YEARS

1963 Emmanuel, Spryfield

50 YEARS

1973 St John the Evangelist, Upper Sackville

42 YEARS

1981 St John the Baptist, North Sydney (missed celebrating because Covid)

40 YEARS

1983 St James, Armdale

40 YEARS

1983 Church of St Andrew, Cole Harbour

What was happening in our world 60 years ago? What has changed? Lots! Back then there were only 2 or 3 television channels, the internet did not exist, most moms did not work outside the home, telephones were attached to the wall, most families had only one car, seatbelts were not mandatory, no one had gone to the moon, there were no bank machines, couples married much earlier in life, mothers were the primary care givers, air travel was for the privileged, smoking was advertised on TV, car seats were not regulated, people did not buy bottled water, only women joined Mothers' Union, radio was the only portable music, pixie hair cuts were the rage... and more.

Mothers' Union branches were composed of mostly young mothers and so discussions centered

concerns about family issues and caring for children.

As the world changed and evolved, these four Mothers' Union branches prevailed and also evolved.

What is different about Mothers' Union 40 – 60 years later? With some revisions, the Mission of Mothers' Union, its Aim, Objects and Beliefs are the same as those of 1963. The present motto **Christian Care for Families Worldwide** reflects our commitment to not only caring for our own families, but also reaching out to families in our communities and around the world. In doing so the definition of what makes a family has broadened and expanded.

Membership has also changed over the years. Women of other faiths and cultures have joined. Men, appreciating the work of the Mothers' Union, are joining as members, in leadership roles and in support roles.

As with many volunteer organizations, membership has fluctuated and decreased since 1963; although:

- Emmanuel in Spryfield started out with 8 members 60 years ago and now has 17, two of which are the original members, Mary Wilkie and Vivian Collier.
- St John the Evangelist started with 5 members 50 years ago and they now have 22 members, of which Gerry

Connor is the only original member.

- St John the Baptist started with 12 members 42 years ago and now have 30 on their list. 5 original members are still active in the branch - Anne Carter, Phyllis Reno, Judy Hardy, Connie Barnes, Donna MacDonald.
- St James Armdale began with a group of 17 members 40 years ago and now has 14 members, 4 of which are original members, Bee Mason, Irene Spargo, Doreen Wong and Dianne Cutler.
- The Church of St Andrew, Cole Harbour started with 10 members 40 years ago and now has a membership of 13 with two original members Jill Hogg and Ada Hetherington.

What keeps these branches active and strong? All five branches would say that over the years fellowship, support, learning, care for each other and purposeful work are the main glue that has kept them going and motivated. Their most memorable times were celebrating large events and working as a group to contribute to their church and community – activities that involved cooperation, sharing, doing, and good times.

1 Thessalonians 5:11:
“Therefore encourage one another and build one another up, just as you are doing.”

Revised article recently published in the NSPEI Diocesan Times

Bible Crossword Spring '23

by Maureen Yeats



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

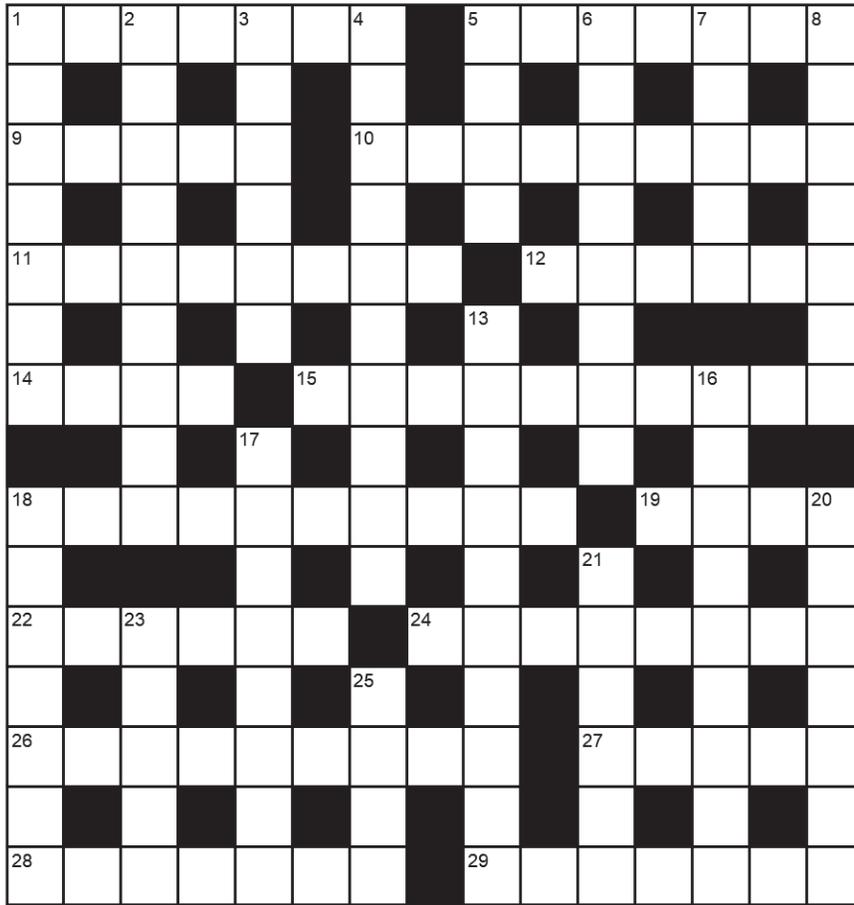
Spring Clues

ACROSS:

- 1- King of Israel, son of David (7)
- 5- Group of high voice female singers (7)
- 9- Metal brick (5)
- 10- Mary _____ Sumner, Mothers Union Founder (9)
- 11- With delicacy (8)
- 12- Most important festival in Christianity (6)
- 14- Close to (4)
- 15- Beloved person (10)
- 18- Fruits with waxy coatings, wax used to make candles (10)
- 19- Canadian national police force (abbrev) (4)
- 22- Rt. Rev. Sue _____, Canadian Mothers Union chaplain (6)
- 24- Major Mothers Union concern (8)
- 26- Farthest inward (9)
- 27- English pop singer/songwriter (5)
- 28- Checked, yarn-dyed cotton fabric (7)
- 29- Person licensed to sell property (7)

DOWN:

- 1- Birthplace of Mary Sumner (7)
- 2- Pertaining to unverifiable stories (9)
- 3- Hats worn by bishops (Br. sp.) (6)
- 4- Sewing, embroidery, etc. (10)
- 5- Mentioned (4)
- 6- Rulers of Egypt in biblical times (8)
- 7- Vigilant (5)
- 8- Receive property or money through a will (8)
- 13- One who confers a benefit (10)
- 16- Person who designs buildings (9)
- 17- Systematic investigation (8)
- 18- Colliding with (7)
- 20- Louis _____, French chemist (1822-1895)
- 21- City in ancient Asia Minor, place where Nicene Creed was written (6)
- 23- Inert gaseous element (5)
- 25- Machine used to weave cloth (4)



Fall '22 Crossword Complete





Photo: Some of the guests enjoying the Valentine's Social at the Church of St Andrew.

Celebrating Valentine's Day at Cole Harbour

On the afternoon of February 11th, members of the Church of St. Andrew, Cole Harbour, NS branch hosted a Valentines Social as a parish fundraiser with the assistance of the Church's fundraising chair Darlene Battiste. One hundred guests attended the event held at our Church and all

were served coffee/tea and assorted cookies baked by the MU.

A silent cake auction was held with many beautifully decorated cakes made by members from both MU and the parish. The FOG4 band donated their time, and treated us to a variety of styles of

musical entertainment. This was a great success, and many thanks went out to the following branch members - Laurie Eakin, Nancy Gilmore, Anna Henderson, Ada Hetherington, Jill Hogg, Barb Kent and Darlene Loyal for a job well done!

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

MULOA

(Mothers' Union - Listening, Observing, Acting)



MULOA as reflected at St John's, Milton, Prince Edward Island and at St James', Armdale, Nova Scotia.

Meeting Challenges with Hope at St John, Milton

At our October meeting the members of St. John's, Milton, Prince Edward Island Mothers' Union were focused on planning for the coming year. At that time a letter addressed to our church was forwarded to us for our consideration. The letter and accompanying brochures were from the *Island Pregnancy Centre* requesting much needed support. After some discussion we made contact and the Executive Director met with us at our next meeting. Her enthusiasm led us to seriously pray about and discern how our aims and objectives could apply to their needs. Consequently we are putting our support behind this worthwhile non-profit organization. www.islandpregnancycentre.com

Hope All Things is the Mothers'

Union theme and the Island Pregnancy Centre's theme is, Providing Support, Mentoring, and Hope. Those two statements lend themselves to a positive outcome for a healthy family life.

In the near future a Hope House Mother's Home will be opened in Summerside and will provide space for 5 single moms and 5 babies to build healthy relationships, learn



life skills and parenting education including counselling and parenting programs and will be staffed 24/7 by

caring and experienced staff. Hope House is an extension of the heart of this ministry and work.

At this time we have supported The Island Pregnancy Centre with financial gifts. There are a number of ways where we can provide our help in the future.

We are hopeful that our prayers and contributions will make a difference in this exciting and essential initiative.

SUBMITTED BY DONNA BERNARD AND PHYLLIS FORD

Collaboration Equals Inclusion at St James, Armdale

A few years ago, Rev Katie Taylor-Flynn made three raised garden beds in the yard area between the manse and the hall behind St James Church, Armdale. Rev. Katie invited Mothers' Union at St. James to use some of the space for planting herbs and vegetables. It seemed like a natural extension to then invite the members of Club Inclusion to join in on the Garden project. And so collaboration began.

Club Inclusion is based out of St James church hall.

The Mission of Club Inclusion is to offer social, cultural, and recreational programs accessible to all people with disabilities. It enriches lives by building friendships, community and success. Club Inclusion empowers people with disabilities, and their families, to build bridges to inclusive communities.

continued on next page



Photos: Above, deer in the garden. Below left: Freshly-ripened tomato from the garden. Below right: Green pepper ready to be picked from the garden.



In early spring 3 members of Club Inclusion and I prepared the soil for planting. Then at planting time, the Club Inclusion members and staff came prepared in 3 teams with a total of 12 people. This made planting very efficient. With the help of MU members and Rev

Katie the garden was planted in no time.

Throughout the summer Club Inclusion members watered the garden daily.

Together we tended and weeded.

We grew cucumbers, tomatoes, peppers, cauliflower, broccoli, kale, brussel sprouts, lettuce, spinach, spring mix, potatoes, strawberries, watermelon as well as a big herb section.

Produce from the garden was available for Rev Katie and members of the St James congregation and Club Inclusion. Club Inclusion members were able to enjoy herbs and vegetables at lunchtime and used the fresh herbs and vegetables in their cooking and meal preparation program. Everyone enjoyed the garden



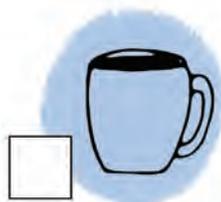
including some friendly deer that came regularly!

Overall, I think the garden project with Club Inclusion was a success. We hope to continue this joint project in the coming year.

SUBMITTED BY JUDY DOW-CLARK

Self Care Checklist

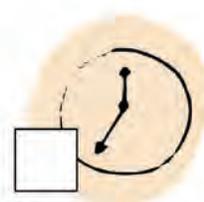
be kind to yourself



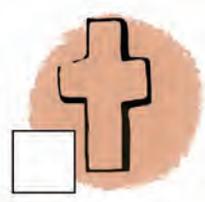
Drink a comforting drink



Write to someone you love



Take time out

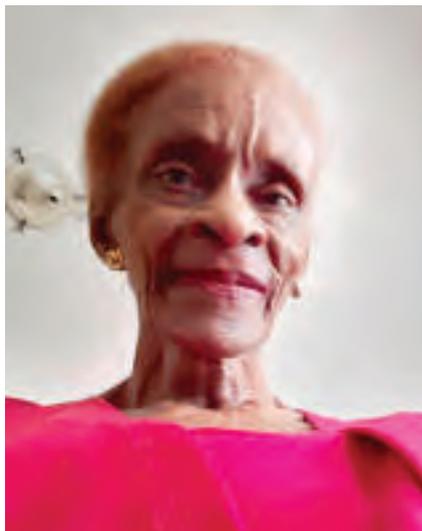


Speak with God

Introducing: Daphne Hinds, Lone Members Coordinator

Greetings to everyone and blessing in this New Year. I joined St. Paul's Mothers' Union in December 1991 after moving to Montreal in January 1983 from Guyana, West Indies. I am the mother of three grown children - Jennifer, Michael and Sharon and I have three grandchildren. I have been a widow for 20 years. I became the President of our branch at St Paul's, Cote Des Neiges in Montreal and then served as Area Representative for Montreal from 1998 to 2009.

I attended many conferences of the Canadian Council and enjoyed the fellowship at these conferences. I have served as Parish Representative on the Cote-Des-



Daphne Hinds

Neiges Council of Churches and for the Primate World Relief and Development Fund (PWRDF).

Children's ministry has been an important part of my life, especially as a Sunday School Teacher for most of those years.

I kept in touch with some of the children on zoom during Covid and they read lessons on the fourth Sunday of every month. I am happy to be the coordinator for the Lone Members. I enjoy writing letters to the Lone Members and being in touch with them is a blessing.

Introducing: Maxine Simpkin, Parenting Coordinator

I moved to Nova Scotia from Newfoundland 25 years ago and have retired from teaching in the Halifax area. My family settled in Sackville NS and we became members of St. John the Evangelist parish where I soon joined Mothers' Union. In my parish, I am a Licensed Lay Minister, Secretary of Parish Council, a ConnectorsTWO missionary and a Godly Play Storyteller.

I had not heard of Mothers' Union in my home province of Newfoundland, though I was a member of Altar Guild and the ACW at St. John the Evangelist in Topsail, where our children were baptised. The MU Branch in my current parish has been going strong for the past 50 years. I have been Branch Leader, Secretary and Treasurer, before becoming the present Mother's



Maxine Simpkin

ers' Union President in the Diocese of Nova Scotia and Prince Edward

Island.

I am passionate about the aims and objectives of MU, so the Parenting Program was of interest to me. I trained as a Facilitator before becoming the CCMU Parenting Coordinator.

A highlight of the program was a Facilitator Training Program held in the Diocese of Moosonee in partnership with that diocese and The Anglican Foundation. I am completing year three of the Education for Ministry Program and am a member of the Youth and Family Ministry VSST group in my Diocese.

My husband Peter and I are active members of our church community. Our daughters Sarah and Emma live and work in Ontario.

Introducing: Ginny McEwen, Historian

My life in the Mothers' Union started, when a branch was formed in our parish, St. John the Baptist, Riverview, New Brunswick. That was 40 years ago in 1983. It sounded like a society that I could identify with but must admit when asked to be the first Enrolling Member (as branch leaders were called at that time) I was hesitant. Leslie Allan, the Diocesan President, convinced me to give it a try. She assured me that the members would support me and she was so right. Since then I have had the honour to served at all levels within Canada.

Currently, I am serving as your Canadian Historian, I am humbled when I receive information on members who passed, and hear about their commitment to their faith, their church and our society.

Over the years I have been blessed to meet and form lasting friendships



Ginny McEwen

with so many members from across Canada and from around the world.

At a Mothers' Union World Wide conference, I had the pleasure of getting to know a Mothers' Union

member from Uganda. She had lost her son a few months before attending the conference and she shared her pain, which was still very raw. One afternoon the soldiers came, from which side I can not remember but they came and demanded the goat from the yard. Her son gave them the goat, then they shot him. It was not possible to get medical help, so she held her son until he died. Then she shared that she forgave the soldiers, because God would want her to and that the soldiers were some other mother's son. I was moved by her story and her deep faith.

You, my MU sisters, have broadened my perspective on humanity, on love, on acceptance and most importantly my faith. I am deeply thankful to this our Mothers' Union society and to each of you for your friendship and your support.

Red Dress continued from page 8

need them to be," whether we have a personal connection to them or not. "If a family needs a place to come and connect to their loved one, the dress can do that for them. If we need to be educated, those dresses become a teacher," she says. "The dresses always tell a different story ... those dresses have such a powerful presence. They are a reflection of the power and strength of the indigenous women that have come before us," says Black. "When people walk by the red dresses, they cannot ignore them."

Looking ahead to May 5, 2024, hang a red dress or dresses on your

church property to acknowledge and celebrate the strength of our indigenous peoples and to make others aware of the Missing and Murdered Indigenous Women, Girls and Two Spirit Persons who have lost their lives due to racial, cultural and gender bias.

Note: find a red dress at a used clothing store or, at the very least, use red fabric or scarves instead. As a further step, include a brief, laminated note of explanation with the dress/scarf.

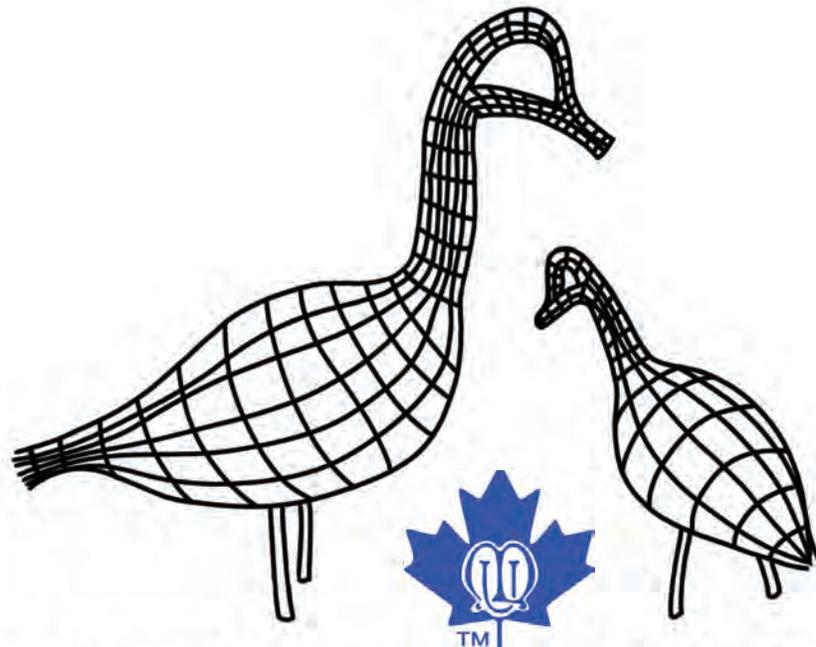
For more information visit <https://www.thecanadianencyclopedia.ca/en/article/red-dress-day/>

Campaigning for social justice

*Let us not turn from the world,
but be engaged within it.
Where there is injustice
may we find ways to eradicate it.*

*Where peoples' human rights are so
exploited
that they have no life to call their own –
let us fight for equality and dignity.*

*May our politics be based upon Gospel
values,
our motives be to serve our God alone,
and through our God, to transform this
world.*



Parents Supporting Parents

Parenting Program transforms into Flourishing Families

Many of us recall the Mothers' Union Parenting Program which has been in use around the world for over 20 years. We have had only modest success with the program here in Canada whereas in other places it is alive and well and making quite a difference in people's lives.

We have trained our facilitators here in New Brunswick, British Columbia, Nova Scotia and Ontario. Our partnership with the Anglican Foundation of Canada and the Diocese of Moosonee to introduce the program in the James Bay area, took place in January 2020 just before everything shut down. It was difficult to keep in contact as everyone sheltered in place and worried about how to cope with the situation.

We have learned a lot about the cultural practices and norms of indigenous cultures and are more

aware how our shared colonial past still impacts our relationships to this day. Canadian society is still dealing with the shock of the legacy of the Residential Schools, the fate of Missing and Murdered Indigenous Women, the institutional bias of our institutions at all levels and the often undisguised racism experienced across the country. The 96 articles of the Truth and Reconciliation Commission have not all been met.

Facilitators start out with loads of enthusiasm only to meet many roadblocks along the way. One roadblock was how much the material itself was dated. Times have changed a lot in almost a quarter century, so the staff at Mary Sumner House began the process of reimagining the Parenting course. Despite the constraints of the pandemic, I joined many others from across the globe in a Reflect and Renew process to guide the way

forward.

Kathleen Snow, Zone B Representative and International Trainer of Facilitators, has shared this information from Mary Sumner House,

"We have now developed a Flourishing Families programme including the curriculum for Parents/Carers groups, a Training Manual for developing Flourishing Families teams and a Monitoring Evaluation and Learning Framework. We have drafted a Britain and Ireland Safeguarding Policy and Procedures (calling it Creating Safer Spaces) and training in this will be incorporated into the Flourishing Families Team training in what we expect will be a very powerful and engaging way."

This is indeed good news!

Maxine Simpkin
Parenting Coordinator

2024 Canadian Mothers' Union National Conference

Dear Mothers' Union Members and Friends,

Now that the 2022 Biennial Meeting is behind us we are excitedly planning the 2024 National Canadian Mothers' Union Conference.

We look forward to meeting together in person at Mount Saint Vincent University in Halifax, NS, June 5 - 9, 2024 and we hope to see you all there.

For those who have attended previous Mothers' Union conferences you already know it will be a wonderful experience.

For those of you who may be joining us for the first time, our days will be filled with learning, sharing, praying, laughing, caring, and worshipping; not to mention eating together. We will share this time focused on our united goals as Canadian Mothers' Union members. Our conferences provide memorable opportunities to meet new members; perhaps connect for the first time with other members in person; or re-connect with friends from the past.

The more members who attend, the better it will be. All members, no matter how long your membership or how far away you are, all will be welcome in Halifax.

So, I cordially invite you now, to

place these dates on your calendar, and begin finding creative ways to fundraise early in order to join us in 2024. I am eager to see and meet each of you.

The conference committee has 12 months left to plan, discussions have been underway, preparations have already begun, and we hope to see as many of you as we possibly can.

To help you get started with fundraising, I suggest you set up a special conference fund (should you or your branch not have one already).

- And these are some fundraising ideas to get you thinking
- Ask your loved ones to donate to your fund instead of buying you gifts for birthdays and special holidays (and this will be easier on them too!)
- Get a big ticket item donated and auction it off or sell tickets on it
- Organize events such as a bake sale or movie-games night
- Hold a social event and include a raffle of special cakes



-Ask local businesses to donate items and run a basket raffle in your church or community

-Arrange a move-a-thon (you can walk, run, bike, wheel, or hop and this will help you keep active & healthy)

-make and sell specialty items like pies or Christmas fruitcakes

I am looking forward to sharing this wonderful event with you in June 2024.

In Peace and Love,

Mary

Self Care Checklist

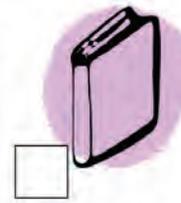
be kind to yourself



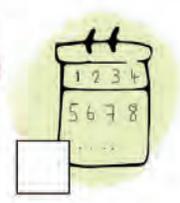
Find peace in prayer



Eat well



Read a good book



Make future plans

Quiet Day at the Niagara Diocese

On Sat. Nov.12, 2022 members from Niagara met at Crieff Hills for our annual quiet day. Using material from our international website, members were encouraged to talk about hope and confidence. While our numbers are fewer, the experience is still full of wonderful friendships and worship. Here is the program which was followed by a Eucharist Service. This year, 14 people attended from various branches as well as 2 guests. Laurie Kondo facilitated the two sessions and discussion with Rev. Aaron Orear celebrating our Eucharist.

Niagara has planned quiet days/ quiet weekends since early 1990's. While early retreats featured guest speakers, lately we have relied on programs designed either by Laurie Kondo or our various chaplains. We have enjoyed the peaceful setting at Crieff Hills since 2001 and registration fees (\$30) cover most of our expenses. We all remember the days when we stayed all weekend, and feel grateful that we still spend one day together every fall.

QUIET DAY PROGRAM

First Reader
To have hope
is to believe that history
continues open
to the dream of God and to
human creativity.

Second Reader
To have hope
is to continue affirming
that it is possible to dream a
different world,
without hunger, without
injustice,
without incrimination.

Third Reader
To have hope
is to be a courier of God

and courier of men and women
of good will,
tearing down walls, destroying
borders,
building bridges.

Fourth Reader
To have hope
is to believe in the revolutionary
potential of faith,
is to leave the door open so that
the Spirit can enter and make all
things new.

Fifth Reader
To have hope
is to begin again as many times
as necessary.

Sixth Reader
To have hope
is to believe that hope is not
the last thing that dies.

Seventh Reader
To have hope
is to believe that hope cannot
die
that hope no longer dies.

Eighth Reader
To have hope
is to live.

From Missionary Sisters of St.
Charles Borromeo (Scalabrians)
Honduras

DISCUSSION POINTS:

Which aspect of hope is most
meaningful to you? Why?

Discuss how hope influences your
faith and actions as a Christian.

Individual Exercise: Confidence

Reflect on each one of the
scripture passages below.

Read it 3 times.

Record your thoughts on how each
passage gives you confidence in
your faith.

*I am confident of this, that he who
began a good work in you will carry
it on to completion until the day of
Christ Jesus.*
Philippians 1:6

What good works have you
been able to achieve from your
confidence in your faith?

*May Jesus himself and God our
Father, who reached out in love and
surprised you with gifts of unending
help and confidence, put a fresh heart
in you, invigorate your work, enliven
your speech.*
2 Thessalonians 2:16-17 (The
Message)

What gifts or help do you feel
God has given you that gives you
confidence?

This is the confidence we have in
approaching God:
*that if we ask anything according to his
will, he hears us.*
1 John 5:14

Have you asked God for help over
your faith journey? What was His
response?

We are blessed in Niagara that we
continue to meet together for quiet
days, which although they may not
be "quiet", are filled with spiritual
growth and fellowship.

Respectfully submitted,
Laurie Kondo,
Lone Member

The Power of a Link...

Having a link with other branches is a wonderful opportunity to learn about, to connect with, and to share with members around the world. Most importantly, it gives us the opportunity to pray with and for each other - they are our linked members here in Canada and around the world.

I am fortunate to belong to a branch who has three links, one nearby in Nova Scotia, another "across the pond" in Scotland, and one much further away in Australia. And we have two members who have partnered together to share being coordinators for our branch. Together they share the experience of connecting throughout the year with our links.

At our recent branch Mothers' Union meeting, one of our Link Coordinator's read some wonderful letters from our partners in Nova Scotia, Scotland and Australia.

Our local Diocesan Link is a new connection for us and so there is still much for us to learn. We have introduced ourselves and have shared news of our activities throughout the year. It was lovely to read how thrilled they were to learn about us and have the opportunity to learn more about our branch and some of the work we focus on in our community. We keep them in our prayers and continue to find ways to stay connected with link so we may create a strong bond in the years to come. From our Worldwide Links, we continue to celebrate together knowing we are supporting one another and have taken away some brilliant ideas of projects our own branch might consider down the road.

In the past, when we could only rely on mailed correspondence, our opportunities to connect seemed more limited. Today, we are still blessed with mail yet with email we are able to more frequently correspond with our links, making those farther away seem so much closer. And with the access to so much information on the internet, we can search online to learn even more about our links' communities, and the events impacting them where they are in the world. Our possibilities have been grander, and broader than ever before to link together. And recently I received another reminder about the power of our links.

One morning, while enjoying a hot cup of coffee on a very chilly day, a message popped up on my iPad - I always smile when I receive these notices because I think of them as "messages in a bottle" and this one was just that (although it hadn't floated over to me), it was in my email inbox. Through our Canadian website I had received an email message from a lady named Tess, another member in Cumbria, England. Maybe it was just like a message in a bottle that had come all the way across the Atlantic. It was a wonderful surprise!

I learned Tess was researching what types of celebrations and activities were the Mothers' Union in Canada partaking in during the Advent season. So I engaged our President, Mary Stone to send an ask out to our branches to help out Tess.

Not only did many branch leaders across the country reply; Tess received a tremendous amount of information and was successfully able to create an informative presentation for

her branch back in Cumbria. Her branch learned more about Canada and us, and all were grateful for our support. Yet it didn't end there, because what began as one email became a delightful exchange of news and information that linked us and Tess together in ways we couldn't have imagined.

It turns out Tess was born and had lived in Fort Erie, Ontario for many years; her Mom was from Nova Scotia, and her aunt and uncle had married in St. James Church, in Boutilliers Point - Mary Stone's home church, and one of the churches in my Parish on St. Margaret's Bay. More family connections were uncovered between Tess and other branch members who lived in Liverpool, NS. And this all began with taking a chance to link together with another branch, another member, somewhere else. We are honoured to be part of Tess' link to Canada, and to be able to help out a fellow sister-in-Christ.

If your branch does not have a link, give it some thought, have a discussion and consider having one. Or if you have a link that may not be responding, let me know I will do my best to help out (by either re-connecting you or finding you a new one). For more information, or if you'd like to share some of your link stories, or if you're in need of support check our website. You can connect with me directly from there, just as Tess did.

https://canadianmothersunion.ca/canadian_links

Genny,
Parish of French Village member, &
Canadian MU Link Coordinator

Goodbye to our Mothers' Union friends

- Janie Francis, St. John the Baptist branch, Diocese of NS & PEI
- Jacqueline Perry, Lone member, London, Ontario, Diocese of Huron
- Kathleen "Kelly" H. Wood, Church of the Nativity, Diocese of Niagara
- Kate Sheldon, All Saints,

Collingwood branch, Diocese of Toronto

- Heather Giffen, All Saints, Collingwood branch, Diocese of Toronto
- Judy Hill, All Saints, Collingwood branch, Diocese of Toronto
- Anne Farrell, All Saints, Collingwood branch, Diocese

of Toronto

- Rose Marie Bowser, St Francis by the Lakes, Lower Sackville, Diocese of NS & PEI

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

BOOK OF COMMON PRAYER

Marilyn Skedgel – a member of St Paul and St Thomas Mothers' Union in Thunder Bay for 30 years.

Marilyn passed away on February 14, 2023 with her husband at her side following a cancer diagnosis 10 months prior. Marilyn was the light of any room she walked into, her smile and her voice always announced her entrance. Marilyn was a Nurse for over 40 years and she used those exceptional

skills to help out so many people throughout her life. She used her compassion to guide many of the MU ladies through situations, always lending an ear, a helping hand or an encouraging word. It was never a bother to her to "pop" in to help someone, to visit the sick, to drop by a meal, flowers or a card.

Her passing has left many holes in the hearts of her Mothers' Union

group, she had special friendships with each person and we all grieve her in a different way. Marilyn left behind her husband, a daughter, son-in-law and two small boys, her son, and her 2 special stepchildren. Her loss will vibrate through our lives for years to come. Marilyn is at peace and sharing special time with her mom, dad and sister. Rest in peace our dear friend.



Sandra Christina Jorgensen nee Lynn

Aug. 15, 1956 – Mar. 31, 2023

Sandra and her husband, Ken, met in the 1970's and travelled Canada together, working to pay for their adventures. They came back to Ontario to marry at St. Alban's Church and settle in Glen Williams, just down the street from Ken's parents where family (three sons and three grandsons)

and community stayed at the center of Sandra's world. She rarely missed any service, special event or occasion. She was the kind of person who genuinely cared for and was interested in everyone. There was no one who crossed her path she did not engage with, and you always felt that she was listening. If Sandra knew you, you were KNOWN. She really did have a superpower and it was to never forget an important date. Birthdays, weddings, anniversaries, deaths; Sandra never forgot one.

Sandra was a founding member of the St. Alban's Mothers' Union, helping to start the branch in 1985 and staying passionately involved. In 2000-2004, she served as VP when the Canadian Council came to Niagara Diocese. She was the historian for the Canadian Mothers' Union and for the Niagara Mothers' Union as well as the Lone Members Coordinator,

roles that she really enjoyed. The Lone Member coordinator role was a dream one for her, communicating with a long list of people regularly, sending cards and notes. Her beautiful calligraphy was well known. Sandra's connection to Mothers Union across Canada was strong and she truly loved her MU family, many of whom became close, personal friends.

Sandra spent nearly 40 years as the voice/person behind the computer for WardAir, CP and Air Canada and there as a booking agent, she was invested in each and every person she talked to; following up on trips and adding a very real personal touch for likely thousands of people around the world. Many colleagues became lifelong friends.

Sandra was real and warm and interested and will be greatly missed by everyone who knew her.

Canadian Mothers' Union National Council 2021-2024

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Celia Dodds,



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

Literacy for Life \$30

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



Money Matters \$40

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



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

Start or Continue a Project \$50

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



Women Leading the Way \$60

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



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

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



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

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

A gift will help them keep on persevering.

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

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

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

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



Ducks, Chicks and Geese

\$10.00 Back by popular demand!

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

Flourishing Families \$10



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

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

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

Safe Spaces \$20

Mothers' Union in Uganda are responding to the growing threat



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

Dealing With Disasters \$15



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

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