



Mothers' **UNION**

Prayer Diary 2022

Uniting members in prayer and
fellowship around the world

- 4 Worldwide President's Letter: Sheran introduces the 2022 Prayer Diary
- 5 Joined-Up Prayer: explaining the Wave of Prayer
- 42-43 Membership Map: Where we are in the world

FAITH IN ACTION

Ways Mothers' Union is making an impact in our world

- 8 Safe spaces for survivors in South Sudan
- 13 Alleviation from poverty in Burundi
- 20 Support for the marginalised in Rwanda
- 30 Seeking healing for trauma in Mozambique
- 41 Combatting violence against women across provinces
- 53 Encouraging empowerment and equality in the DRC
- 74 Bringing hope to those in prison
- 79 Standing against Gender-Based Violence



8



20



79

PRAYER DIARY

Each month in the diary begins with a reflection, an opening prayer and a creative prayer activity you can use as a resource.

- 6 January: A time for transformation
- 14 February: Self-reliance
- 21 March: Valuing women
- 28 April: Sacrifice and resurrection
- 35 May: Peace and safety
- 44 June: Spirit, church and kingdom
- 51 July: Family and relationships
- 58 August: MU vision and mission
- 65 September: Creationtide
- 72 October: Social issues
- 80 November: Gender justice
- 87 December: Advent and Christmas



6



28



72

The *Prayer Diary* is a Mothers' Union members' resource supplement, published once a year and distributed, as part of the annual membership subscription, to members and friends in Britain and Ireland. Overseas members and friends can receive a PDF copy via email from local provinces or online at www.mothersunion.org. The *Prayer Diary* is translated into French, Spanish and Swahili.

Contact:
Mothers' Union, Mary Sumner House,
24 Tufton Street, London, SW1P 3RB
T: 020 7222 5533
E: publications@mothersunion.org
www.mothersunion.org

Registered Charity Number: 240531

Worldwide President: Sheran Harper
Chief Executive: Bev Jullien

The *Prayer Diary* is published by Mothers' Union

Editor: Adam Sach
Design: Arca Creative
Print: Halcyon Print Management Ltd

The paper used in this publication was produced using wood fibre from sustainable forests and is chlorine free.

While every effort is taken to ensure the accuracy of dates and comments, Mothers' Union cannot accept responsibility for any loss, damage or inconvenience caused through any error or omission.

© all contents are copyright 2021

Dear friends,

Our Prayer Diary continues to be a source of comfort and strength, uniting members of all cultures in daily acts of prayer, worship and fellowship. It is such an essential part of our lives that the team at Mary Sumner House insisted on improving it once again for 2022, providing you with monthly reflections and creative prayer ideas, which have come from the hearts of our members around the world.

As we navigate the pages each day, may we be inspired to look to the future with fresh vision, guided by our theme for 2022: TRANSFORMATION – NOW! This transformation begins with God's grace, so powerfully at work in us, making us aware of the needs of others and compelling us to bless people's lives as we live out our faith.

May our journey in the new triennium be enriched with God's love, which knows no boundaries – the kind of love that transforms the churches and communities in which we live, reflecting the kingdom of God and making Mothers' Union relevant for life in the 21st century!

And He said to me,
"My grace is sufficient for you ..."
2 Corinthians 12:9 (NKJV)

Thank you for your love and commitment to Mothers' Union.

With my love and prayers,

Sheran

Worldwide President



Joined-up prayer

Each day at midday, Mothers' Union members all over the world pause to pray. We approach God with confidence, knowing that God hears us and values our prayers.

Running throughout the year, the global Wave of Prayer expresses our commitment in prayer to each other, in all the places we work and reside. We focus on the vision of a future where everyone can thrive. By joining with and sustaining this Wave of Prayer, we can be part of something bigger than ourselves. As we pray, we know that we, too, are being prayed for by others around the world. The French, Spanish and Swahili translations of the Prayer Diary continue to aid us in our endeavour to do this.

These daily prayers can be used to join this Wave of Prayer, praying for each diocese in turn. The calendar is divided into three-day sections, focusing on a group of dioceses. On one day of the week there is a Bible verse to aid our reflections, when we can pray for aspects of our work which particularly come to mind.

Loving Lord, renew our compassion for others, as we work to transform lives and communities across the world. Give us courage to stand up to violence and injustice, to play our part in eliminating poverty. Unite us to share our strength and skills, with your Spirit leading us to shape a better world.

Lord Jesus, give us what we need to follow your calling to be your disciples, so that we may reflect your grace and mercy to all, through the work of Mothers' Union around the globe.

Today we pray for *
*see the Wave of Prayer diary.

May they know ever more deeply the love and grace of God surrounding them, empowering them, guiding them and comforting them. And may the God of hope, the God of peace, the God of joy, be ever-present in all our lives by the power of the Holy Spirit. Amen

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people...

Colossians 1:3-4

JANUARY: A time for transformation

Monthly prayer

Loving Lord, transform our lives that we may reflect the glory of Christ. Continue in us the work of your Spirit; the miracle of transformation to reflect the glory of Christ and share his love in the world. Amen

Reflection

'With God, all things are possible': what an amazing promise and offer of hope Jesus gives us for the coming year. The past two years have been difficult and challenging, and a common response has been to despair, become self-contained and even to withdraw. This coming year, with its hoped-for respite and recovery, gives us a wonderful opportunity to pray for God to help us transform our lives. To transform who we are; to transform how we act and how we can best serve those in greatest need, and to transform how we respond to Jesus' presence alongside us.

Creative prayer

Find and compare two pictures – one in black and white and one in colour. Reflect on them for a moment, then use as inspiration to pray for God to bring colour into (to transform) our own spiritual lives, the situations we face and the circumstances of others.

If you have a colouring sheet, use different colours to bring the outlines to life, praying as you do and offering your picture as a prayer for transformation.

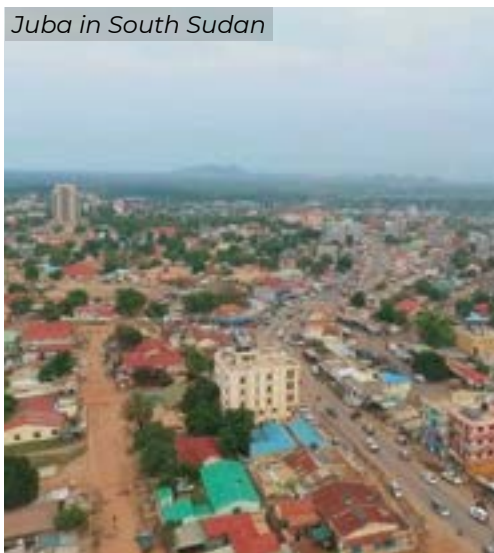
**You, Lord, hear the desire of the afflicted;
you encourage them, and you listen to their cry...**

Psalm 10:17 (NIV)

In the Dioceses of Juba and Rejaf, Mothers' Union is working to implement a Literacy and Gender Training Programme. MU plans to identify and recruit experienced trainers to train Volunteer Literacy and Gender Champions (VLGCs) from communities across the two dioceses. Working in their localities, each VLGC would deliver a series of adult literacy and gender-training sessions through community-based peer groups. It is assumed that at least 70% of these participants would be survivors of Gender-Based Violence (GBV). Empowering them with literacy skills, MU would facilitate safe spaces where they can talk openly about their experiences and begin a much-needed healing process.

Through their education, the participants would become key instigators of community development, while South Sudan transitions to democracy. Participants and the trainers are best placed to highlight

Juba in South Sudan



the dangers of GBV and will remain in their communities, building a pool of educated and sensitised individuals for others to benefit from.

Pray for: survivors of GBV and the future of South Sudan in a time of transition.

Time for transformation

1 JANUARY

Saturday 1st

Loving Lord, transform our lives that we may reflect the glory of Christ.
Amen

Wave of Prayer

1-3 January: All Mothers' Union trustees and staff throughout the world

Sunday 2nd

Thank you, Lord, for all those who have been willing to step forward into Mothers' Union roles for the next three years. Please bless, equip, strengthen and encourage them in all they do in your service.

Monday 3rd

As we prayerfully reflect on our own local groups of Mothers' Union, in parishes and dioceses, we ask you, Holy Spirit, to direct our focus and our activities, that we may follow your leading in every way.

Tuesday 4th

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

Wednesday 5th

Thank you, Lord, for all those who have encouraged us and taught us in our lives, particularly as part of Mothers' Union. As we look back in gratitude, please show us how to go forward in faith – helping and encouraging in our own turn.

Thursday 6th Epiphany

As we reflect today on the gifts the Magi brought to the infant Christ, so we also bring to him our gifts and talents to be used for his glory, through our service as Mothers' Union across the world.

Friday 7th

Dear Lord, please show us the opportunities you want us to take, and the people you want us to care for and serve this year. Give us courage to follow any new paths you reveal to us, knowing that you will be with us in all.

Saturday 8th

Today we pause to pray for those we know who are hurting or afraid – for the New Year to bring comfort, relief, healing and new hope, and for us to play our part in bringing this to pass. Lord, in your mercy – hear our prayer.

Wave of Prayer

1-3 January: All Mothers' Union trustees and staff throughout the world

5-7 January: Swaziland; Ruaha in Tanzania; Aquata & Lagos Mainland in Nigeria; Norwich in England and Chotanagpur in India

8-10 January: Lesotho; Kibungo in Rwanda; Etche & Ogbomoso in Nigeria; Leeds in England and Hanuato in Solomon Islands

Sunday 9th

Just as a caterpillar becomes a butterfly, with a completely different shape, parts, mode of travel, food, colours & patterns, so we pray to be transformed into all God wants us to be, as we experience his work in our lives.

Monday 10th

Dear Lord, forgive me when I continue to crawl around like a caterpillar, looking in and down at my own concerns, instead of looking upwards and outwards, and following you freely like a butterfly!

Tuesday 11th

We are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. *2 Corinthians 3:18*. Lord, keep our gaze on you today, that we may reflect your love.

Wednesday 12th

We thank you, Lord, that we were transformed into a new creation when we first put our trust in you. We pray today for many others to experience newness of life and the joy that this brings, as they embrace the wonder of your love.

Thursday 13th

We pray for transformation from darkness into light – from sadness into joy in our own lives, in our families, in our communities and in the world. We pray especially for the many MU initiatives which help bring about change for good.

Friday 14th

As we begin to emerge from the global pandemic, we pray that God will transform us personally and spiritually and give us fresh vision for the future. May he transform MU, and the churches and communities of which we are a part.

Saturday 15th

Transformation is often more about unlearning than learning. *Richard Rohr, US Christian author*. Lord make us open and willing to change our hearts and attitudes that we may become more like Jesus and serve the world in his name.

Wave of Prayer

8-10 January: Lesotho; Kibungo in Rwanda; Etche & Ogbomoso in Nigeria; Leeds in England and Hanuato in Solomon Islands

12-14 January: Mauritius; Kericho in Kenya; Katsina in Nigeria; Kumasi in Ghana; Winchester in England and Nandyal in India

15-17 January: Seychelles; Bukedi in Uganda; Enugu in Nigeria; Birmingham in England and Marathwada in India

Sunday 16th

Father, we thank you that today Christians across the world are united in worshipping you as Saviour and Lord. May our worship be a witness of our oneness in Christ; may our praises combine as a fragrant offering, which rises heavenward.

Monday 17th

The theme for this year's week of prayer for Christian Unity is "We saw his star in the east and have come to worship him." Lord, unite your church as you draw us together by the light of your presence. Then may we, too, be bearers of your light, as we witness as one in the world.

Tuesday 18th

Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples. *John 13:34-35 (NLT)*

Wednesday 19th

Thank you, Lord, that as the church shows love to one another, we can be transformed into a united body which shows a different and attractive way of living, pointing the way to Christ.

Thursday 20th

We give thanks to God for the richness that we have in our differing Christian traditions. We pray to be open to embrace one another's expressions of faith; ready to experience God in new ways together.

Friday 21st

As the people of God, we can accomplish so much more together than apart. Lord, please rub off our rough edges that we may be more closely united in building the kingdom of heaven.

Saturday 22nd

Pray today for good relationships between the different churches in your local area. Ask God for opportunities to work together for the good of the community; that your unity may be a witness to a fractured world.

Wave of Prayer

15-17 January: Seychelles; Bukedi in Uganda; Enugu in Nigeria; Birmingham in England and Marathwada in India

19-21 January: St Mark the Evangelist in South Africa; Butare in Rwanda; Okigwe-South in Nigeria; Gambia; British Columbia in Canada and Rajasthan in India

22-24 January: Egypt; Gasabo in Rwanda; Otukpo & On the Coast in Nigeria; Bathurst in Australia and Nasik in India

Sunday 23rd
Lord inspire us to express your love to all who need you. Enable us to be a voice in the darkness, and guide our steps. Send us in your grace and peace to be there for those who need us, wherever we are in the world. Amen

Monday 24th
Reach into our hearts with hope and confidence, to embrace the tough transformations, to make the real and lasting changes, to seek the truly good answers; for the sake of our families and communities, our countries and our continents, our people and our planet, for the sake of our very selves.

Tuesday 25th
Behold I am making all things new – Lord make us ready to undertake any piece of your work which seems too fresh and threatening to our present ways. Transform our lives and give us the courage of Mary Sumner as we move into the future.

Wednesday 26th
Behold, I am making all things new – Lord so transform our lives that we are alert and open to see you already at work in our communities. Give us a vision of purpose for Mothers' Union wherever we are in the world.

Thursday 27th
Now is the acceptable time – Lord help us to appreciate that we have to wake up and see that putting off until tomorrow is not part of your plan for Mothers' Union worldwide.

Friday 28th
Jesus, you came to bring fullness of life to all. Help us in all our projects locally and in the world, that your transforming love may be shown to all.

Saturday 29th
Lord of all time, forever working your purpose out for the good of humankind, give us insight, born of faith in you, that we may ever live in your transforming presence and welcome what is new for us, this and every day.

Wave of Prayer

22-24 January: Egypt; Gasabo in Rwanda; Otukpo & On the Coast in Nigeria; Bathurst in Australia and Nasik in India

26-28 January: False Bay in South Africa; Shinyanga in Tanzania; Umuahia & Ijebu South West in Nigeria; Bath & Wells in England and Vellore in India

29-31 January: Masvingo in Zimbabwe; Kibondo in Tanzania; Nebbi in Uganda; Bida in Nigeria; Llandaff in Wales and Kanyakumari in India

Sunday 30th
All Praise to God sustaining us, redeeming and transforming us, thanksgiving in Eternity, all Praise Beloved Trinity. *New Zealand Prayer Book*

Monday 31st
Loving Lord, transform our lives that we may reflect the glory of Christ. Continue in us the work of your Spirit; the miracle of transformation to reflect the glory of Christ and share his love in the world. Amen

Wave of Prayer

29-31 January: Masvingo in Zimbabwe; Kibondo in Tanzania; Nebbi in Uganda; Bida in Nigeria; Llandaff in Wales and Kanyakumari in India

Alleviation from poverty in Burundi

FAITH IN ACTION

...if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

Isaiah 58:10 (NIV)

MU in Burundi is planning to establish a Sustainable Literacy, Economic and Social Empowerment project. This would focus on supporting women who are sole providers for themselves and their families, unlocking their economic and social possibilities through participatory literacy savings and business training circles.

Working in the Dioceses of Buhiga, Rutana & Mutana, and with MU's close partnership with the church, participants would have the chance to alleviate themselves from poverty.

We aim to identify and train Voluntary

Facilitators (VFs) to work within their communities across the Dioceses, each setting up a training circle for local women. Participants would receive education in this manner over two years and be encouraged to take up leadership positions within their communities and churches. Once confident in literacy, participants would be encouraged to attend MU's financial savings groups, learning to identify business opportunities and grow existing ventures.

Pray for: women who are sole providers, that we can help open up an array of new possibilities for them.

February: Self-reliance

Reflection

The COVID-19 pandemic obliged many to 'shield' and self-isolate. This sometimes created a siege-mentality of relying solely upon ourselves. But it also generated amazing acts of kindness and generosity; and a very practical Christianity was released which enabled us to really 'love our neighbour as ourselves'. In this world we are Jesus' hands, feet, ears and eyes, and as we use his resources to support one another, we do not have to rely on our own strength but on God and his Holy Spirit. Wherever we are, so is God and his Holy Spirit.

Monthly prayer

Generous God, we are so grateful for all you have given to us in life. Help us to use your resources wisely to bring change for good in the world, and enable others to do the same. Amen

Creative prayer

Run water from a tap into a jug, then pour from the jug into a number of cups. As you do so, pray for the world's resources to be more equally shared, mentioning particular initiatives and people that encourage this.



Tuesday 1st
Generous God, we are so grateful for all you have given to us in life. Help us use your resources wisely to bring change for good in the world, and to enable others to do the same. Amen

Wednesday 2nd
Open my eyes Lord, that I may see the wonders of your law. As I hear and read your word and spend time in prayer, may I also put your commandment into action and truly love my neighbour as myself.

Thursday 3rd
You are the potter; I am the clay. Loving Lord, you created each of us in your own image; may we always see you in everyone we meet and reach out to them in love and kindness as your hands, wherever there is a need.

Friday 4th
God is love. Father, may I be a witness of your love in a troubled, anxious world, a love that casts out fear and that never ends. Lord, you give light to the world; may I be so filled with your light that others find their way to you.

Saturday 5th
Generous God, we are blessed by your lavish abundance; your total and constant provision. We praise you that, in every facet of life, you provide for our diverse needs as individuals, in our families and communities.

Wave of Prayer

2-4 February: Matlosane in South Africa; Mumias in Kenya; Eha-Amufu in Nigeria; Ballarat in Australia; Niagara in Canada and North Kerala in India

5-7 February: Botswana; Marsabit in Kenya; Idah & Jebba in Nigeria; Salisbury in England and Andaman & Car Nicobar Islands in India

Sunday 6th
Give thanks today for your church fellowship and the people who, working together in partnership, continue to show and grow God’s presence in your community.

Monday 7th
Lord, we ask that positive, trusting relationships be built, enabling people and countries to work in partnership to find ways to solve the problems of climate change and loss of biodiversity in your world. May we play our part by raising awareness and taking action where we live.

Tuesday 8th
Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up. *Ecclesiastes 4:9-10 (GNT)*

Wednesday 9th
Pray for families and all relationships where the sharing partnership is no longer working. May they find the help that is needed at a difficult time and seek to rebuild trust in each other and bring security and love to their home.

Thursday 10th
We thank God that, working in partnership and being grounded in prayer, Mothers’ Union members across the world share their faith and take positive action when needs are identified in their local community.

Friday 11th
We pray for specialist teams in emergency situations who, when a natural disaster occurs, work in partnership to bring expertise and guidance to the community. We give thanks, too, for the help that Mothers’ Union can bring to such situations.

Saturday 12th
Lord, we ask that all who have any leadership role in world, national and local issues, work in partnership together. By following your example of justice and humility, may they plan for the future with patience and care for the people they serve.

Wave of Prayer

5-7 February: Botswana; Marsabit in Kenya; Idah & Jebba in Nigeria; Salisbury in England and Andaman & Car Nicobar Islands in India

9-11 February: Lainya in South Sudan; Ankole in Uganda; Abuja & Lagos-West in Nigeria; Lichfield in England and Karnataka North in India

12-14 February: Matana in Burundi; South Ankole in Uganda; Morogoro in Tanzania; Ohaji/Egbema in Nigeria; New Westminster in Canada and Dornakal in India

Sunday 13th
Dear Lord, we thank you for creating us as women. We recognise your infinite love for us because we are created in your image. We are your daughters through Jesus Christ. Nothing can separate us from your love.

Monday 14th
Lord, thank you for the programmes of Mothers' Union Burundi; our change as women has changed our families. Participation of women in household decisions and community matters promotes women's leadership and their potential.

Tuesday 15th
We thank God for the opportunities to change community life through Mothers' Union. So women, especially, are empowered and, despite their challenges, stay optimistic and have confidence in their strength and faith.

Wednesday 16th
God, we know that nothing is more than the mercy and forgiveness you have for us. We thank you for Mothers' Union because in countries torn by war, we have been useful to restore and strengthen families, build social cohesion, and contribute to reducing gender-based violence.

Thursday 17th
Through Mothers' Union, we thank you God, because the most sustainable change starts at home. Parents in general and mothers in particular play a key role in their families. New skills and attitudes impact their family life and lay a good foundation for children, ensuring sustainable change.

Friday 18th
O Lord, we thank you for our partners, we ask you to bless them and to help us to see that every good thing comes from your hands. Let our light shine and our activities continue to show your power and your love.

Saturday 19th
Dear God, as Mothers' Union, we know that we do everything through Jesus who gives us strength. We ask you to bless our works and show the way to sustainability for Mothers' Union.

Wave of Prayer
12-14 February: Matana in Burundi; South Ankole in Uganda; Morogoro in Tanzania; Ohaji/Egbema in Nigeria; New Westminster in Canada and Dornakal in India
16-18 February: Bentiu in South Sudan; Bunyoro Kitara in Uganda; Okigwe-North & Omu-Aran in Nigeria; Kilmore, Elphin & Ardagh in All Ireland and Krishna-Godavari in India
19-21 February: Free State in South Africa; Bondo in Kenya; Ogbia & Offa in Nigeria; Swansea & Brecon in Wales; Argentina and Uruguay

Sunday 20th
Father God, you surround us with all good things; help us to share your goodness fairly. Let us value our brothers and sisters around the world and lift them up. Thank you God that our lives are enriched when we take care of each other.

Monday 21st
50% of all fairtrade farmers produce coffee and 40% produce tea. Today every time we boil the kettle for a cuppa let us stop and pray for the workers on these farms, thanking God for these initiatives and the employers who treat their workers with respect.

Tuesday 22nd
The Lord doesn't like it when we cheat in business. *Proverbs 16:11 (CEV)*. Lord, help us re-balance the scales so that everyone prospers.

Wednesday 23rd
Artisan: worker in a skilled trade, especially one that involves making things by hand. Whether just around the corner or the other side of the world, help us appreciate the true worth of skilled labourers, considering the hours spent learning their craft and paying a fair price for their creations.

Thursday 24th
Father forgive those who exploit others for profit. That includes us, when we look the other way, buying cheaper goods because it's easier than sourcing a more ethical alternative.

Friday 25th
Father God, give us a voice to speak out against injustice. We pray for those who feel powerless and exploited. Thank you that fairer trading conditions empower workers to have more control over their lives and overcome poverty.

Saturday 26th
In Bangladesh, the garment industry accounts for 84% of the country's exports. We pray for women working in these factories making throwaway 'fast fashion', much of it never worn ends up in landfill.

Wave of Prayer
19-21 February: Free State in South Africa; Bondo in Kenya; Ogbia & Offa in Nigeria; Swansea & Brecon in Wales; Argentina and Uruguay
23-25 February: Wau in South Sudan; Kigeme in Rwanda; Bauchi in Nigeria; St David's in Wales and Mandalay in Myanmar
26-28 February: Mundri in South Sudan; Madi & West Nile in Uganda; Isikwuatu in Nigeria; Chichester in England and Seoul in South Korea

Sunday 27th

This is the day the Lord has made. We will rejoice and be glad in it.
Psalms 118:24. Lord, at the beginning of this new week we rejoice in your goodness and your love.

Monday 28th

Generous God, we are so grateful for all you have given to us in life. Help us use your resources wisely to bring change for good in the world, and to enable others to do the same. Amen

Wave of Prayer

26-28 February: Mundri in South Sudan; Madi & West Nile in Uganda; Isikwuatu in Nigeria; Chichester in England and Seoul in South Korea

Support for the marginalised in Rwanda**FAITH IN ACTION**

**Speak up and judge fairly;
 defend the rights of the poor and needy.**

Proverbs 31:9 (NIV)

In the last 20 years, Rwanda has seen significant developments in life expectancy, infant mortality and GDP. However, the pandemic has affected those already vulnerable and made daily struggles more difficult for thousands. To support marginalised women, MU hopes to set up a project to help empower female-headed households affected by Covid-19.

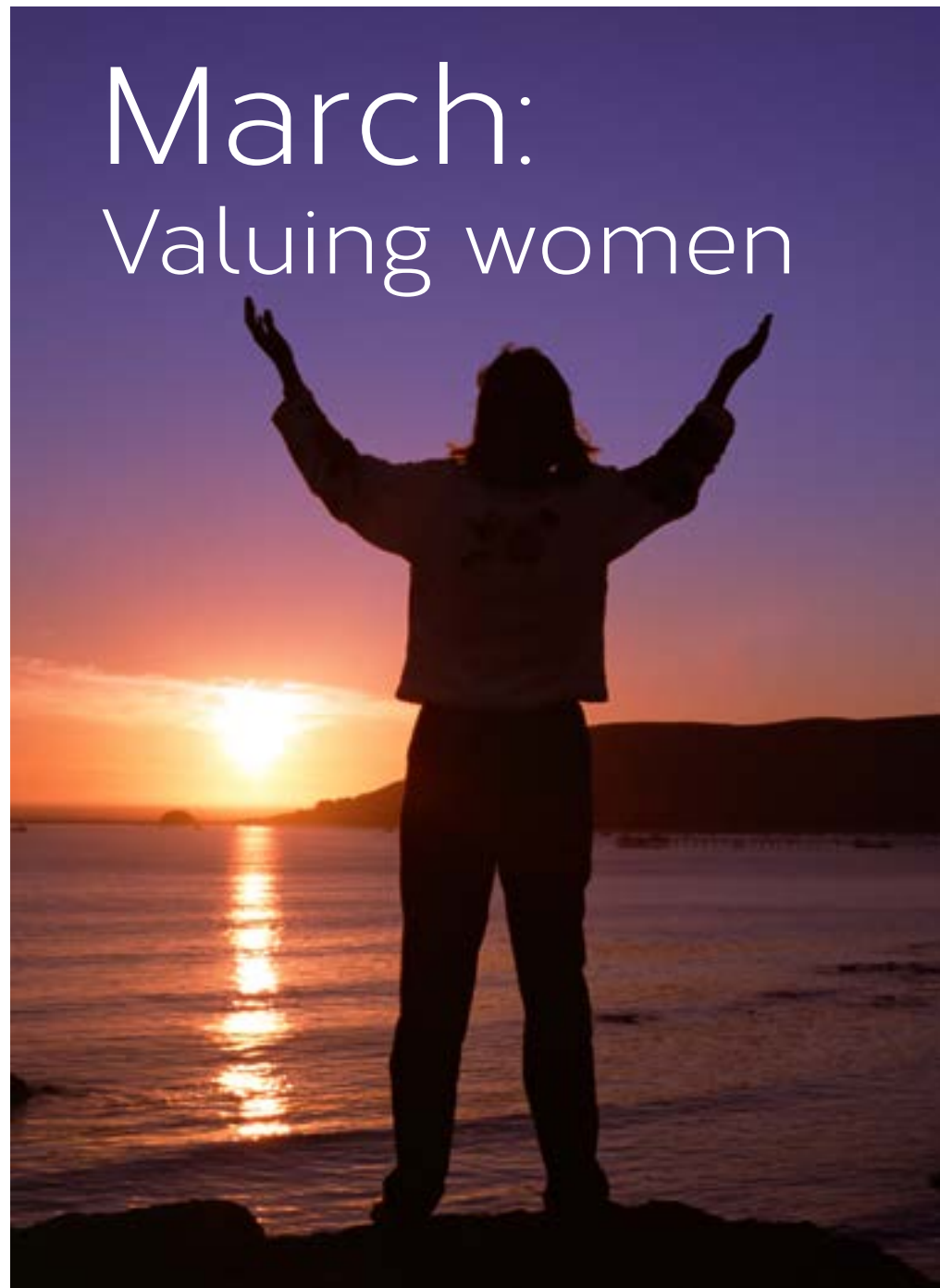
Over two years and across three dioceses, this project would provide literacy training to women in rural communities. Each group would encourage participants to talk about difficulties stemming from the pandemic and guide them along their learning journey. Participants could

submit business proposals, then work towards making these a reality once they had received adequate training and confidence.

In the second year, original participants would oversee new arrivals, sharing their knowledge, to maximise the support provided to their communities. At the end of the project, we expect to see over 50% of the participants engaged with community or church leadership, and 70% working to improve their income with the knowledge received.

Pray for: those who have been heavily impacted by the pandemic and their communities.

March: Valuing women



Reflection

We are all created in God's image. His love for each of us is unconditional and equal, whatever our gender. Scripture describes women who are exemplars of faith, courage, wisdom and loyalty. It was the women who remained with Jesus at the cross and saw him die; it was a woman who first encountered him following his resurrection. Women play vital roles, whether providing comfort to their child, giving support in times of stress and trauma, or taking on positions of leadership in the world. God ascribes the same value to men and women and we must do likewise.

Monthly prayer

We thank God for making us all in his image; each equally loved by him.
We pray for all to follow Christ's example of respecting and valuing women, and for the dawn of a better world where equality may flourish. Amen

Creative prayer

Read a newspaper or the news media and take note of the stories of some women included in them. Use this to pray for them and their circumstances; also for others that come to mind as you reflect and pray.



Women at prayer

1-5 MARCH

Tuesday 1st

We thank God for making us all in his image; each equally loved by him. We pray for all to follow Christ's example of respecting and valuing women, and for the dawn of a better world where equality may flourish. Amen

Wednesday 2nd Ash Wednesday

Dear Lord, as we begin this holy season of Lent once again, we look ahead to the Cross, and its significance for all humanity. We recall the women who stood nearby in prayer. We pray for all women who look to you, Jesus, on this special day.

Thursday 3rd

Heavenly Father, we lift up to you all the prayers of the countless women in your world, whose faith is the inspiration, the rod and the staff of their lives. Listen to their voices, we pray. Assure them that you have heard their prayers.

Friday 4th World Day of Prayer

"I know the plans I have for you", declares the Lord, "plans to prosper you and not to harm you." *Jeremiah 29:11*. On this World Day of Prayer may every woman know that God has a plan for her and be empowered to respond to his vision.

Saturday 5th

We pray for all women who play a leading part in holding their families together in prayer. Be their guiding light; keep them strong in their task, with joy in living it out.

Wave of Prayer

2-4 March: Yei in South Sudan; Luweero in Uganda; On the Lake in Nigeria; Grafton in Australia; Armagh in All Ireland and South Kerala in India

5-7 March: Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands

Sunday 6th
We pray for all women who are bishops, priests and deacons. Their words, thoughts, hearts and actions have an everlasting effect on those to whom they witness the living Christ. God be with them in their work and calling.

Monday 7th
We pray for all women in political life. May their motivation ever be for the good of the society they serve. Keep them pure in intention, honest in heart and dedicated to their task. Give them the fulfilment of a good job well done.

Tuesday 8th International Women’s Day
On this International Women’s Day, may the prayers of both women and men be focused on the role, value and contributions of women in the world.

Wednesday 9th
I know God will not give me anything I can’t handle. I just wish that He didn’t trust me so much. *Mother Theresa*. Lord, we pray for all women who bear heavy burdens of responsibility. Give them strength, we pray.

Thursday 10th
We pray for all women who work tirelessly to influence world opinion on climate change. Thank you Lord for their courage, and we pray they will be supported with love and practical guidance in this formidable task.

Friday 11th
The influence that mothers, grandmothers and sisters have on their families often goes unnoticed and yet it is of enormous value. May families around the world see more clearly how they benefit from the love of these women, given so freely.

Saturday 12th
Pray today for all women working in public life, whether employed or as volunteers. Uphold their honesty and integrity, we pray, Lord. Give them energy and good cheer. May they be an asset to the organisations they represent.

Wave of Prayer
5-7 March: Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands
9-11 March: Awerial in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert’s Land in Canada and Patna in India
12-14 March: Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines

Sunday 13th
Remember mercy, Lord Jesus, Son of God, upon your daughters struggling with traumatic situations in the world, with pain and sleepless nights. Jesus, you came that we may have peace in its fullness and we ask for total healing and freedom upon the earth.

Monday 14th
There is much turmoil and injustice against women in families. Have mercy Lord, on all affected women and girls. Intervene in the lives of survivors and restore to them hope and peace.

Tuesday 15th
Almighty God, into your hands we place all the teenage mothers. Encourage them through your word and restore hope in their lives. Protect the unborn babies in their wombs. Lord may you grant justice in all their situations.

Wednesday 16th
Dear Lord, we thank you for your grace. We pray that you guard women from being sexually exploited. We pray that you heal the victims. May you stretch your healing hand upon them so that they can move forward.

Thursday 17th
Our heavenly Father, mighty warrior! We pray for all expectant mothers. Protect the babies in their wombs, give them strength to push on to the last day. We pray that they will give birth to their babies like the Hebrew women!

Friday 18th
Precious Lord, we pray for all the widows. Provide for their needs, Lord, comfort them when they feel lonely, Father, and grant them peace. We also remember the elderly; we pray that you will give them stable health, Jehovah.

Saturday 19th
God of heaven and earth, we worship you and glorify your Name. By your stripes we are healed! We pray for the women who are mentally ill. Heal them, oh Lord, even when they feel isolated; may your presence surround them. In Jesus’ Name.

Wave of Prayer
12-14 March: Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines
16-18 March: Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England
19-21 March: Antisiranana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India

Sunday 20th
Loving Lord, I thank you and pray for all Christian women, especially those in situations where it seems impossible to share the love of Jesus with others. Lord, help them to be a witness simply through their lives, that many may be drawn to you.

Monday 21st
Dear Lord, as I open my eyes on another day, please accompany me on my way. Please grant me understanding and encourage me to do your will, so that when evening falls again you may grant me rest and quietness. Thank you, Lord. *St. Asaph, Bishop, 6th Century*

Tuesday 22nd
Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. *Ruth 1:16* We pray for all women of faith, wherever they are, that they may be devoted to God and all humanity.

Wednesday 23rd
The goodness of God is the highest object of prayer and it reaches down to our lowest need. *Julian of Norwich*. Dear Jesus, may I always bring my lowest need to you and know that you will hear me. Amen

Thursday 24th
We give thanks for the examples of women of faith in our Bible. The woman at the well; the widow with the mite; the woman who touched Jesus' robe – and so many more. May our faith be as strong as theirs.

Friday 25th Lady Day
On this Lady Day, may our worship, prayers and other activities be to your praise and glory, O Lord. May we reflect anew on the mystery of faith and the truth that nothing is impossible with you.

Saturday 26th
We remember two of Jesus' friends – Mary and Martha. Both were women of great faith; both knew what work was needed; both reflected on the greatness of Jesus. May we follow their examples in our own lives.

Wave of Prayer

19-21 March: Antisiranana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India

23-25 March: Rokon in South Sudan; Kampala in Uganda; Kaduna in Nigeria; Koforidua in Ghana; Brisbane in Australia and Peru

26-28 March: Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India

Sunday 27th Mothering Sunday
As we give special thanks today for our mothers, we remember, too, all who have cared, guided and nurtured us during our lives. As we walk with Christ, may we also reflect kindness, compassion, justice and humility to all we meet, in his name.

Monday 28th
Heavenly Father, we thank you for the work of Mothers' Union members throughout the world as they live out their faith in a vital way by being 'mothers' and carers in their communities.

Tuesday 29th
Lord, like Mary, may we praise you. Tell out my soul, the greatness of his might: powers and dominions lay their glory by; proud hearts and stubborn wills are put to flight, the hungry fed, the humble lifted high.
The Magnificat v3

Wednesday 30th
As members of Mothers' Union, we belong to one family. We pray that we will care about each other, wherever we are, loving each other as mothers, fathers, brothers and sisters. May we continue to be united in love and service throughout the world.

Thursday 31st
We thank God for making us all in his image; each equally loved by him. We pray for all to follow Christ's example of respecting and valuing women, and for the dawn of a better world where equality may flourish. Amen

Wave of Prayer

26-28 March: Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India

30-31st March: Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India

April: Sacrifice and resurrection

Reflection

Jesus sacrificed his life for us so that we might live; this was his mission on earth and his Father's will. We are blessed that we are unlikely to be asked to give up our life for another. However, our new life in Christ is not for us alone. We are called to seek out those who need our help; those in physical need; the lonely and distressed; those who want to learn about Jesus and what he did for us. Our response to peoples' needs will show how we have understood and accepted Jesus' sacrifice and resurrection.

Monthly prayer

We worship our Loving Saviour
who chose the way of sacrifice
to make known to us the path of life.
We praise our Risen Lord
who fills us with hope and joy
as we journey along the path of life. Amen

Creative prayer

The Bible teaches that our prayers are like sweet smelling incense:

See Psalm 141:1-2; Revelation 5:6-8; Revelation 8:3-4.

During a time of quiet, release some sort of sweet aroma e.g. incense; scented candle; home fragrance. Respond in prayer and worship as the fragrance fills the room.



Friday 1st

We worship our Loving Saviour, who chose the way of sacrifice to make known to us the path of life. We praise our Risen Lord, who fills us with hope and joy as we journey along the path of life. Amen

Saturday 2nd

Christ humbled himself for us, and in obedience accepted death, even death on a cross. We thank you, our Saviour, that you did not turn back, and that by your sacrificial obedience you brought us reconciliation with the Father.

Wave of Prayer

1 April: Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India

2-4 April: Umzimvubu in South Africa; Lweru in Tanzania; On the Niger in Nigeria; Cape Coast in Ghana; Ontario in Canada and Limerick & Killaloe in All Ireland

Seeking healing for trauma in Mozambique**FAITH IN ACTION**

**A bruised reed he will not break,
and a smouldering wick he will not snuff out.
In faithfulness he will bring forth justice...**

Isaiah 42:3 (NIV)

It has been a traumatic few years in Mozambique, with tragic natural disasters as well as ongoing hostilities in the North-Eastern Cabo Delgado region. MU is planning a trauma healing project to support those who have been displaced, or affected by conflict or trauma. The project would run in Nampula Diocese, chosen for its high level of conflict and resulting trauma.

The project would stress the importance of mental health. Diocesan facilitators would be trained in trauma healing practices, equipping them with the skills to serve their communities. Working

across Nampula Diocese, they would establish trauma healing groups, offering safe spaces for participants to share their experiences together. These would explore the impact and their awareness of trauma by reflecting on biblical texts, allowing a much-needed healing process to begin.

Facilitators would share their training and knowledge to improve relationships at household levels and help families communicate better.

Pray for: those affected by trauma, that they can find ways of beginning to heal.

Sunday 3rd

As we continue on our journey through Lent, we ask, Lord, that you draw us into an ever deepening relationship with you. Open our hearts and eyes to look both inward and outward, to the Spirit within us and to the world around us.

Monday 4th

Lord, help us to see this time of Lent as an opportunity to develop our discipleship and discipline. Hear our prayers and help us to be aware of what we are asking, that our prayers may truly change us.

Tuesday 5th

As the deer pants for streams of water, so our souls thirst for you, our life-giving God. *Psalms 42:1*. Jesus, may we drink and be refreshed by your living water today.

Wednesday 6th

Lord Jesus, you were tried and tempted by the forces of evil. May we never be ashamed of temptation, but save us from the weakness of giving way to it. Help us choose the way of faithfulness rather than popularity, service rather than fame, sacrifice rather than power.

Thursday 7th

In this season of Lent, we're reminded of our own difficulties and struggles. Sometimes the way seems dark. Sometimes we are filled with grief and pain. We ask, will our circumstances ever change? Show us the way, O Lord.

Friday 8th

Wait for the Lord; be strong and take heart and wait for the Lord. *Psalms 27:14*. We pray today for all who are waiting for God to answer prayer and bring change for the better. Give them patience, Lord, we pray.

Saturday 9th

Loving Lord, change our mourning and grief to the oil of joy and gladness from your Spirit. Change our despair to hope and praise. Thank you that you are with us in whatever we face, and that you are greater than our times of trial.

Wave of Prayer

2-4 April: Umzimvubu in South Africa; Lweru in Tanzania; On the Niger in Nigeria; Cape Coast in Ghana; Ontario in Canada and Limerick & Killaloe in All Ireland

6-8 April: Cueibet in South Sudan; Gahini in Rwanda; Wusasa & Ibadan in Nigeria and Christchurch in New Zealand

9-11 April: Nord Kivu in DR Congo; Kigali in Rwanda; Kiteto & Kubwa in Nigeria; Perth in Australia and Kuranagala in Sri Lanka

Sunday 10th Palm Sunday
Matthew 21:7-11 Jesus our King, as we travel in spirit into your city, Jerusalem, we shout, with joy in our hearts, “Hosanna!” May we never be tempted to shout “Crucify”, but keep “Hosanna” constantly on our lips.

Monday 11th
Matthew 26:6-13 Today, Jesus our Lord, we kneel beside the woman of Bethany as she pours her costly oil of nard. We offer our lives to be poured out in love and service and our possessions to the poor and distressed.

Tuesday 12th
Mark 11:12-14; Galatians 5.22 Jesus our Brother, as we gaze with you at the fig tree, disappointed to find no fruit, we pray that we may never be unable to offer spiritual fruit to you or our neighbour.

Wednesday 13th
Matt. 27:3-10 Jesus our Friend, we mourn with you as Judas, chosen by you, offers to sell you for thirty pieces of silver. May we never be tempted by any worldly considerations to betray you or our calling.

Thursday 14th Maundy Thursday
John 13:1-17; Luke 22: 14- 20 Jesus our Servant, we offer our feet to be washed and our hearts to be cleansed. Jesus our Passover Host, we rejoice again in fellowship with all your people to be nourished with your Body and Blood.

Friday 15th Good Friday
John 18:18-19.42 Jesus our Saviour, we stand shocked as you, Goodness Incarnate, are condemned and tortured; we stagger with you along the Via Dolorosa; we wait at the foot of the Cross and we share the desolation of your Mother as you are entombed. Words fail us.

Saturday 16th
Jesus, Son of Man, today we rest as you share the common end of humanity, sealed in the stone cold tomb. Help us to prepare for our own deaths, knowing that you will accompany us through them into the joy of resurrection life.

Wave of Prayer

9-11 April: Nord Kivu in DR Congo; Kigali in Rwanda; Kiteto & Kubwa in Nigeria; Perth in Australia and Kuranagala in Sri Lanka

13-15 April: Yirol in South Sudan; Ruvuma in Tanzania; Nike & Benin in Nigeria; Canberra & Goulburn in Australia and Dogura in Papua New Guinea

16-18 April: Kindu in DR Congo; Mount Kenya West in Kenya; Egbu in Nigeria; Te Pihopatanga O Aotearoa in New Zealand; Cork, Cloyne & Ross in All Ireland and Eastern Himalayas in India

Sunday 17th Easter Sunday
Loving Lord, in Jesus Christ, we rejoice and rejoice continually in your glorious and triumphant victory over death. Christ is risen. He is risen indeed! *Isaiah 61:1-2*

Monday 18th
Heavenly Father, we believe that Jesus Christ, Son of God, came to earth to be the Saviour of the world, and that by his death on the cross, he paid the price for the sin of the world, so that whoever believes on him would not perish, but have everlasting life.

Tuesday 19th
Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. *1 Peter 1:3* Hallelujah! Christ is risen. We will rise with him.

Wednesday 20th
Lord, our relationship with you is renewed since we are baptised in the Holy name of your Son and the Holy Spirit. Through our commitment to you, our sins were forgiven and cleaned by the death of Christ who has risen forever. *Acts 4:12*

Thursday 21st
O! Lord, you are the God of reconciliation and forgiveness, help us to live in harmony with you and with others, that together we may rise up with one voice to glorify Jesus Christ our Saviour. *1 Peter 1:13-15*

Friday 22nd
Loving Father, your plan of redemption was accomplished through the sacrifice of your Son Christ and his resurrection from the dead. As we now have eternal redemption, please bless us, O Lord, our offerings and accept the work of our hands. *Deuteronomy. 33:10*

Saturday 23rd
Risen Lord, teach us how to do good, let our hearts seek justice, forgive our sins and bring justice to the fatherless, plead the widow’s cause. *Isaiah 1:16-17*

Wave of Prayer

16-18 April: Kindu in DR Congo; Mount Kenya West in Kenya; Egbu in Nigeria; Te Pihopatanga O Aotearoa in New Zealand; Cork, Cloyne & Ross in All Ireland and Eastern Himalayas in India

20-22 April: Kinshasa in DR Congo; Victoria Nyanza in Tanzania; Ahoada & Warri in Nigeria; Oxford in England and Port Moresby in Papua New Guinea

23-25 April: Kisangani in DR Congo; Kagera in Tanzania; Awka in Nigeria; Sunyani in Ghana; Manchester in England and Popondota in Papua New Guinea

Sunday 24th
Loving Lord, give us strength to face this new week and see the many blessings that it holds. Give us courage to walk on, however long the path. Guide our thoughts so that we walk in love and peace and with gratitude in our hearts.

Monday 25th
Every morning is a new beginning, a new blessing, a new hope. We thank you Lord for this new day. It's a perfect day because it is a gift from you, dear Lord. We thank you Lord for the grace of being alive today.

Tuesday 26th
So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! *2 Corinthians 5:17*

Wednesday 27th
Help us, Lord, to be filled with your new life and share it with others. Show us your face, dear Lord, especially in those we find hard to love. Give us grace to look for your blessings in everything we do and everyone we meet today.

Thursday 28th
Faith is the root, the beginning. Hope is the stem, the energy that makes the plant grow. Love is the fruit, the flower. The plant of our new life in Christ is one; the life of God comes into us by faith, through us by hope, and out of us by the works of love. *Peter Kreeft, Christian Philosopher*

Friday 29th
God has planted greatness in you. Let today be the beginning of a great adventure as you step into the gifts he's given you. *Joyce Meyer, US Christian author.* Lord, help me embrace the adventure of my new life in you today.

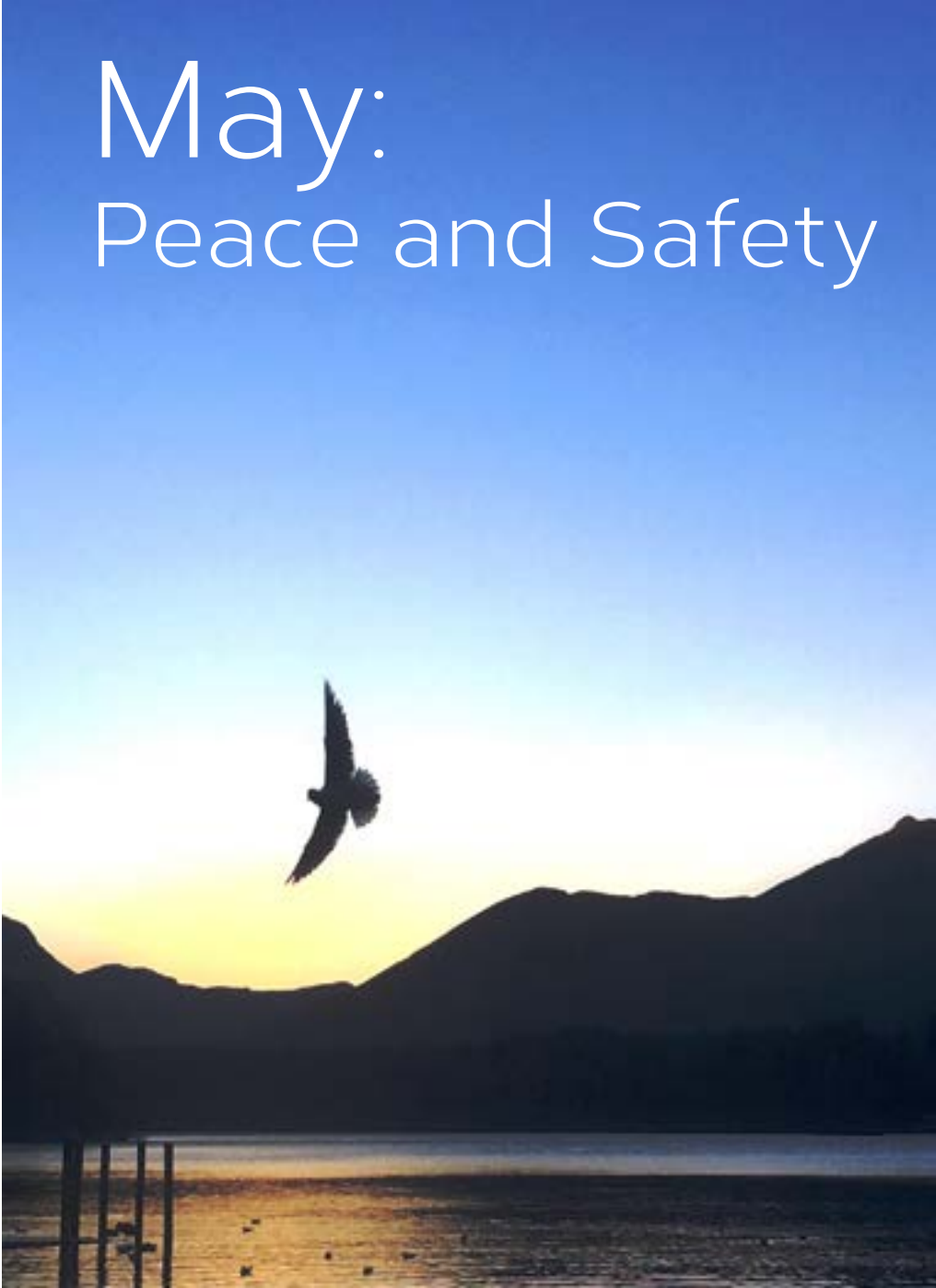
Saturday 30th
We worship our loving Saviour, who chose the way of sacrifice to make known to us the path of life. We praise our Risen Lord, who fills us with hope and joy as we journey along the path of life. Amen

Wave of Prayer

23-25 April: Kisangani in DR Congo; Kagera in Tanzania; Awka in Nigeria; Sunyani in Ghana; Manchester in England and Popondota in Papua New Guinea

27-29 April: Port Sudan in Sudan; Muhabura in Uganda; Niger Delta West & Yewa in Nigeria; The Northern Territory in Australia and Chennai in India

30 April: Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana



Reflection

Peace was a central and recurring theme of Jesus' teaching and behaviour. He often spoke of it and shared Peace with his disciples and many others in times of trouble. Although we are told that Jesus' peace passes all understanding, he has also called us to be peacemakers, calling us to seek and strive for peace and reconciliation, whatever our situation and our inter-personal relationships – and irrespective of whether peace is eventually achieved. In God and through the gift of his Son, we have been given the perfect model of forgiveness, healing, reconciliation and sanctuary.

Monthly prayer

We draw near to the God of peace with thanks for our reconciliation, through the work of the cross.
We offer ourselves as peacemakers in a world that cries out to live in peace and safety. Amen

Creative prayer

Listen in silence for a few minutes, noting what sounds you hear (or which are absent). Use the thoughts that occur to you to lead you into prayer for peace in various settings. Psalm 46:10 and John 14:27 may also give inspiration.



Sunday 1st

We draw near to the God of peace with thanks for our reconciliation, through the work of the cross. We offer ourselves as peacemakers in a world that cries out to live in peace and safety. Amen

Monday 2nd

Pray today that more people will answer God's call to be peacemakers. Ask the Lord to increase our compassion, our generosity and our hospitality. May we all have the kindness of spirit needed to bring peace to this world of disorder and unrest.

Tuesday 3rd

Father, we remember with gratitude the soldiers, the police, the medical staff and all the civilian agents who have died while seeking to bring peace and comfort in war-torn areas around the world. We pray for all who mourn their loss.

Wednesday 4th

God of compassion, we pray for those families facing discord and disharmony. Bring alongside them those who can support them. We think in particular of children living in homes full of conflict. We thank God for all who work in social services.

Thursday 5th

Pray and give thanks for all who strive to bring peace and harmony to the many diverse communities in our country, where a sense of national and local identity has been lost.

Friday 6th

Thank you for relationships with our fellow Mothers' Union members across the world. Give us wisdom to promote love and unity wherever we are.

Saturday 7th

We pray for all who live in countries where governments are unjust and cause conflict. May the Lord show them the way of peace, so their politicians put aside their greed and arrogance. Ask the Holy Spirit to show them that "Blessed are the peacemakers".

Wave of Prayer

1-2 May: Aru in DR Congo; Kigezi in Uganda; Ikeduru in Nigeria; Ho in Ghana; York in England and Guyana & Suriname in Guyana

4-6 May: Uppershire in Malawi; Maralal Missionary Area in Kenya; Makurdi & Ifo in Nigeria; Tuam, Killala & Achonry in All Ireland and Mumbai in India

7-9 May: Torit in South Sudan; Meru in Kenya; Ikwuano in Nigeria; Sekondi in Ghana and The Arctic in Canada

Sunday 8th
Loving Father, please guide nations to understand the differences of other countries and to grow in love, respect and tolerance for others. Help races to be reconciled together, as your one creation over all the earth.

Monday 9th
Lord God, bring the diverse cultures within our nations together as one people, reconciled, healed, each sharing your love and light with others. We are all made in your image. Help us to see your presence in each other.

Tuesday 10th
Get rid of all bitterness, passion and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.
Ephesians. 4:31-32 (GNT)

Wednesday 11th
Almighty God, please pour out your reconciling Spirit on all people, so that the world can be delivered from hate and conflict. May the day quickly come when “swords can be beaten into plowshares.”

Thursday 12th
We pray for homes where bonds of love are broken between family members. We ask that they can become, instead, places of refuge and peace. May your Spirit resolve their differences and give them the grace to forgive and be reconciled.

Friday 13th
Loving Lord, help us to play our part in bringing communities together. May we be the light that shines into the darkness of dissension, bringing reconciliation to lives blighted by disunity.

Saturday 14th
May the Lord encourage those who work for peace and reconciliation, give them understanding and patience and a resolve not to give up. May the Lord guide each of us to bring peace and fellowship to the places we live.

Wave of Prayer

7-9 May: Torit in South Sudan; Meru in Kenya; Ikwuano in Nigeria; Sekondi in Ghana and The Arctic in Canada

11-13 May: Twic East in South Sudan; Rorya in Tanzania; Owerri & Ughelli in Nigeria; Gippsland in Australia and Cashel & Ossory in All Ireland

14-16 May: Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East in Nigeria and Waikato & Taranaki in New Zealand

Sunday 15th
Give thanks for the security and shelter of our homes; for the material possessions that make life easier. May we never take for granted all the good things we have, but be thankful, remembering those who have no such security.

Monday 16th
Lord Jesus, your early days lacked security. We pray for all who have had to flee their homes and their countries and live as refugees. We pray that they may soon find a secure and permanent home.

Tuesday 17th
You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, “My refuge and my fortress; my God, in whom I trust.” *Psalms 91:1-2*

Wednesday 18th
As we give thanks for our homes, we pray for all who are homeless, those living rough on the streets or ‘sofa surfing’ without any permanence or security. May they be helped to find homes of their own where they can be safe and secure.

Thursday 19th
We pray for all who have homes which are inadequate; those living in shanty towns and those who live in squalid conditions. May people in positions of influence take positive steps to bring improvement to such living conditions.

Friday 20th
Father God, we give thanks for the security of good relationships and pray for those who have comfortable homes but who still lack security because of domestic abuse. May they be helped into a situation of safety and freedom from violence, and the perpetrators be challenged to amend their behaviour.

Saturday 21st
Lord, we thank you for the security of knowing you and your love for us. May we reflect that love in our daily lives and so draw others into the sheltering circle of your loving-kindness.

Wave of Prayer

14-16 May: Maridi in South Sudan; Kirinyaga in Kenya; Zaki-Biam & Ijesa North-East in Nigeria and Waikato & Taranaki in New Zealand

18-20 May: Grahamstown in South Africa; Masasi in Tanzania; Afikpo in Nigeria; Wiawso in Ghana; Chester in England and Northern Argentina in Argentina

21-23 May: Christ the King in South Africa; East Rwenzori in Uganda; Gombe & New Busa in Nigeria and Bunbury in Australia

Sunday 22nd
Heavenly Father, where conflict reigns, bring peace. Send your Spirit of reconciliation into the midst of this distress. For where he is, you are there. You always protect those you love.

Monday 23rd
Lord, our great peacemaker, may we remember that we are your hands and feet on earth. In times of conflict, may we show your presence and your peace to the world.

Tuesday 24th
God reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. *2 Corinthians 5:18-19*

Wednesday 25th
Gracious Saviour, help us to view every situation with compassion and look to understand one another during conflict. Give us the ability to be calm and centred in your love so we do not add to conflict as we seek solutions.

Thursday 26th Ascension Day
Lord, on Ascension Day, empower us by your Spirit, to hear the cries of the earth. Help us change our selfish ways. Embolden us to act swiftly. Strengthen us to make difficult decisions. Show us the way forward. In Jesus' name, Amen

Friday 27th
Lord, help us recognise when people are deeply hurting, and take time to hear their stories. A serious conflict can rarely be resolved easily. Help us to show compassion for others' suffering, and pray for a peaceful resolution.

Saturday 28th
Dearest Jesus, our mediator, you were given by God the Father to be our reconciliation for our sins. Where our dear Mothers' Union sisters live in conflict, please come to them as their Saviour and vindicator. Give them hope of eternal life with safe passage for today.

Wave of Prayer

21-23 May: Christ the King in South Africa; East Rwenzori in Uganda; Gombe & New Busa in Nigeria and Bunbury in Australia

25-27 May: Bor in South Sudan; Mount Kilimanjaro in Tanzania; Oru & Oleh in Nigeria; Rockhampton in Australia and Agra in India

28-30 May: Angola; North Ankole in Uganda; Okene & Ibadan-South in Nigeria; Aberdeen & Orkney in Scotland and Karnataka South in India

Sunday 29th
Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ through whom we have gained access by faith into this grace in which we now stand. *Romans 5:1-2*. Thanks be to God!

Monday 30th
Today, I give thanks because I know I am not alone. Though I am torn; we are torn; all around seems torn. Guide and lead me to be an instrument of your peace. For with God nothing shall be impossible. *Luke 1:37*. In Jesus' name, I pray. Amen

Tuesday 31st
We draw near to the God of peace with thanks for our reconciliation, through the work of the cross. We offer ourselves as peacemakers in a world that cries out to live in peace and safety. Amen

Wave of Prayer

28-30 May: Angola; North Ankole in Uganda; Okene & Ibadan-South in Nigeria; Aberdeen & Orkney in Scotland and Karnataka South in India

Combatting violence against women across provinces

FAITH IN ACTION

**A bruised reed he will not break,
and a smouldering wick he will not snuff out.
In faithfulness he will bring forth justice...**
Isaiah 42:3 (NIV)

The Dioceses of Uganda, Kenya and Southern Africa each have their own difficulties in combatting Gender-Based Violence (GBV). MU is planning a two-year project, working within the Church and rural communities to train individuals to spot the signs of abuse and challenge harmful social norms which enable violence against women.

This project would support over 9,000 individuals, raising their awareness and reducing GBV in communities. MU also hopes to support survivors of GBV by providing safe spaces for them to talk about their trauma with others. In order to maximise the project's impact, perpetrators of GBV would be included in discussions, in order for them to realise the lasting and damaging impacts their actions can have on individuals and can potentially hold back entire communities.

Pray for: increased knowledge, training and opportunities for women.

Mothers' Union – 4 million members around the world





Reflection

When we pray, 'Thy kingdom come...' we often focus on our future hope of eternal life in God's presence. Jesus clearly tells us that God's kingdom is both coming and has already come; it is here and now. In Jesus, we have the model of how we can keep building God's Kingdom on earth as we demonstrate kingdom values in our lives, and we have been given the resources to do this through the Holy Spirit. We can ask each day for the fruit and gifts of the Spirit to enable us to reflect and build the kingdom of God.

Monthly prayer

Heavenly Father,
unite us in communion as your church.
Inspire us by your Spirit to glorify your holy name.
Empower us by your Spirit to carry out your mission
that your kingdom may be built on earth. Amen

Creative prayer

Take a fruit which is made up of segments. As you unpeel it and separate the segments, pray for the different fruit of the Spirit to increase in yourself and in your church. Thank God for the nourishment the fruit gives and ask for the refreshment and power of the Spirit for yourself and others.



Wednesday 1st
Heavenly Father, unite us in communion as your church. Inspire us by your Spirit to glorify your holy name. Empower us by your Spirit to carry out your mission, that your kingdom may be built on earth. Amen

Thursday 2nd
Heaven’s kingdom can be compared to the tiny mustard seed that a man takes and plants in his field. Although the smallest of all the seeds, it eventually grows into the greatest of garden plants, becoming a tree for birds to come and build their nests in its branches. *Matthew 13:31-32 (TPT)*

Friday 3rd
“Our Father who art in heaven, hallowed be your name”. Forgive us, Lord, when we do not revere you as we should; may the way we live our lives be honouring to you. “Thy Kingdom Come”. Through every corner of your world, may your Word be shared.

Saturday 4th
“Thy will be done”. Help us to look to you for your will to be done throughout your kingdom. Show us how we can be part of building your kingdom on earth today.

Wave of Prayer

1-3 June: Johannesburg in South Africa; Kumi in Uganda; Nsukka & Idoani in Nigeria; Derby in England and Madhya Kerala in India

4-6 June: Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ondo in Nigeria; Fredericton in Canada and Amritsar in India

Sunday 5th Pentecost
Lord, on this Pentecost Sunday, we pray for revival of your church throughout the world. Shake us up from our comfort zones and bless us with the gifts of your Spirit, that we may be emboldened and equipped to witness for you.

Monday 6th
Please Lord, fill us afresh with your Holy Spirit, so we can bear fruit for you and be empowered to use your precious gifts to serve the world you love.

Tuesday 7th
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. A spiritual gift is given to each of us so we can help each other. *1 Corinthians 12:4-5, 7 (NLT)*

Wednesday 8th
Lord, give us the gift of discernment to see the world through your eyes, to enable us to make a difference to the lives of others. Give us the gift of helping, that we may show love and kindness to everyone we meet.

Thursday 9th
Thank you, Lord, for the gifts of the Spirit; help us to share them for the benefit and blessing of your people and not to keep them to ourselves. Give us grace to appreciate each others’ gifts and work together to use them in your service.

Friday 10th
Father God, inspire and empower us to make change through the power of the Holy Spirit and to be bold in our prayers for your world.

Saturday 11th
Thank God today for the gifts he has given you and ask for new opportunities to use them. If there are gifts you have not used recently, ask God for a fresh confidence to step out in faith, trusting in his loving guidance.

Wave of Prayer

4-6 June: Ibba in South Sudan; Maseno North in Kenya; Isiala-Ngwa & Ondo in Nigeria; Fredericton in Canada and Amritsar in India

8-10 June: Yambio in South Sudan; Garissa in Kenya; Mbamili in Nigeria; Hereford in England; Willochra in Australia and Thailand

11-13 June: Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India

Sunday 12th
May the encounter of his Spirit help us to bear more fruits that will lead us into a wonderful experience of walking with him. Fruits that will help us do away with all that comes from inside and make a person unclean. *Mark 7:21-23*

Monday 13th
May his Spirit of love cause us to walk in his statutes, so that we can keep his judgments, and do them. *Ezekiel 37:27*

Tuesday 14th
Help us, Lord, to make every effort to add to our faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. *2 Peter 1:5-7*

Wednesday 15th
Help us Lord to value human beings, to be patient and kind and to treat other people as ourselves. Help us not to be envy or boastful; not to act improperly or selfishly; nor to be provoked; or keep a record of wrongs. *1 Corinthians 13:1-5*

Thursday 16th
Dear Lord, we pray you give us joy to see the world in a progressive way; to see the moral, pleasing, unexpected and the positive in every situation; simply because you are in every situation and are eventually working it for good for those who love you. *Romans 8:28*

Friday 17th
When we get to a place where we lose our joy, peace, patience and hope, we can pray as David: I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. *Psalms 40:1-2*

Saturday 18th
Let the peace of God, which surpasses every thought, guard our hearts and our minds in Christ Jesus. Let that peace fix our mind's attention on the right things. *Philippians 4:7*

Wave of Prayer
11-13 June: Mahajanga in Madagascar; Mara in Tanzania; West Buganda in Uganda; Kwoi in Nigeria; Newcastle in Australia and East Kerala in India
15-17 June: Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea
18-20 June: Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands

Sunday 19th Father's Day
Thank you, heavenly Father, for fathers and father figures. Jesus was born into a family where he was loved and supported throughout his childhood. There are many children and adults who have met with adversity. Show them your perfect fatherly love to help them through each day.

Monday 20th
Nurturing God, thank you for those who have nurtured us as we build your kingdom, reaching beyond our families, our communities, our nation and to the ends of the earth. May we, in our turn, be channels of love to your broken world.

Tuesday 21st
Jesus said 'The Kingdom of God does not come with your careful observation, nor will people say "Here it is" or "There it is" because the kingdom is within you'. *Luke 17:20-21*. Lord, we thank you for the closeness of your kingdom.

Wednesday 22nd
Loving Lord, may our lives and actions speak of your kingdom to all those we meet. May we lead them to you, that they may be changed as they experience your values, and become part of your kingdom themselves.

Thursday 23rd
We pray to you, Lord, to strengthen and use us to build your kingdom on earth. Join our hearts together as one, that our unity may reflect kingdom values and the perfect love of our Saviour and Lord.

Friday 24th
Loving God, always ready and willing to hear, forgive, and heal as your kingdom builds: we pray for our nation's leaders to see the need to draw close to you with open hearts and humility. May they be inspired by the values of your kingdom rather than their earthly ones.

Saturday 25th
Lord, help me to remember that, however small a part I feel I am in your kingdom, I am a crucial part. Let me be a faithful disciple, sowing the seeds of faith, trusting in you that they will grow and bloom.

Wave of Prayer
18-20 June: Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands
22-24 June: Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India
25-27 June: Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea

Sunday 26th

We pray this Sabbath day for the worship in our churches throughout the world. May it be spontaneous joy in praising you our great, faithful God, and reflect our love for our Lord. May heaven resound with our praise and worship.

Monday 27th

We pray for every church leader, whether in a paid or voluntary position, that they would remember that they serve you, Father God, and are called to be our shepherds. May the mantle of responsibility not weigh them down, but be shared with their heavenly Father.

Tuesday 28th

Take care and be on guard for yourselves and for the whole flock over which the Holy Spirit has appointed you as overseers, to shepherd (tend, feed, guide) the church of God which He bought with His own blood.

Acts 20:28 (AMP)

Wednesday 29th

We pray for every church member, that they would reflect how Jesus lived. He went around, teaching, he healed, he fed and he challenged. Oh that we could be like him! Lord, in your mercy, hear our prayer.

Thursday 30th

Heavenly Father, unite us in communion as your church. Inspire us by your Spirit to glorify your holy name. Empower us by your Spirit to carry out your mission that your kingdom may be built on earth. Amen

Wave of Prayer

25-27 June: Table Bay in South Africa; Rift Valley in Tanzania; Evo & Ijebu in Nigeria; Adelaide in Australia and Taejon in South Korea

29-30 June: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands



Reflection

As Mothers' Union, we look to fulfil Mary Sumner's vision and make a difference to family life and relationships across the world. The perfect example of a flourishing relationship is that of the Trinity, where Father, Son and Holy Spirit co-exist in loving, equal partnership; each in a sense unique, and with distinctive roles, but abiding as one.

Of course our human relationships will never reach such perfection, but we pray for the blessing of God's help as we campaign for conditions that enable relationships to flourish, and through our initiatives seek to play our own part in nurturing these.

Monthly prayer

God of relationship, we look to your example of how to value the people who are part of our lives. May all our relationships with family, friends, community and with the church, flourish and grow and glorify Christ. Amen

Creative prayer

If you have a puzzle or jigsaw, pray for relationships to be united as you connect the pieces together. Or link paper clips together as you pray, then display as a reminder to pray through the month.



Family and relationships

1-2 JULY

Friday 1st

God of relationship, we look to your example of how to value the people who are part of our lives. May all our relationships with family, friends, community and with the church, flourish and grow and glorify Christ. Amen

Saturday 2nd

I fall on my knees before the Father, from whom every family in heaven and on earth receives its true name. *Ephesians 3:14-15*

Wave of Prayer

1 July: Eastern Zambia in Zambia; Mombasa in Kenya; Gwagwalada & Ekiti-West in Nigeria; Leicester in England and Temotu in Solomon Islands

2-4 July: Renk in South Sudan; Cyanguu in Rwanda; Arochukwu/Ohafia & Ile- Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar

Encouraging empowerment and equality in the DRC FAITH IN ACTION

The Lord works righteousness and justice for all the oppressed.

Psalms 103:6 (NIV)

Although women in the Democratic Republic of Congo (DRC) are vital to the country's food production, they have had fewer opportunities to go to school and have lower literacy levels than men. This makes it harder for them to secure property rights, grow businesses, take part in community decision-making and to advocate for their rights. This leads to disempowerment and inequality, making them increasingly vulnerable to Gender-Based Violence (GBV).

In 2020, MU in the DRC started a project to tackle GBV within communities countrywide. Using our community networks, we are using a self-help approach to improve women's literacy

skills. Through a comprehensive community-led literacy-training programme, which includes savings, business, and agricultural skills and will run alongside integrated gender training, we hope to achieve economic and social empowerment for vulnerable women.

It is expected that 70% of project participants will improve their literacy levels, as well as business and agricultural skills. It's also expected that two thirds will have started or are expanding their existing business or agricultural activities.

Pray for: increased knowledge, training and opportunities for women.

Sunday 3rd

Family and friends can bring great blessing, for which we say thank you, Lord. But they can bring pain too. We pray particularly for those who have been the subject of physical or mental abuse. Give them courage to share their experience so the process of healing may begin.

Monday 4th

Father God, we think of our children. We realise they often feel less than equal to the task ahead, wondering what their way forward is to be. We bring all children to you, Lord, asking for your blessing on each and every one of them.

Tuesday 5th

Heavenly Father, we remember families where lives have been shattered by the sudden and unexpected departure of one of the parents. Be with them in their difficulties and help them to bring forgiveness and reconciliation where this may be possible.

Wednesday 6th

We bring multi-generational families to you, Lord, where more senior members help the young and friends and neighbours support each other. We ask that you bless all who help and care for each other.

Thursday 7th

We pray for families who are short of money, for whatever reason. Help them as they work out their priorities and guide them as they seek to obtain resources which will bring them a better standard of living.

Friday 8th

Father, there are many different forms of family. Some have members related to one another, others have a common interest or purpose. May all who feel part of any kind of family work together for the benefit of all.

Saturday 9th

Thinking about different forms of family, we bring to you today all who are part of Mothers' Union, however they belong or wherever they meet. We ask that they be blessed, protected and encouraged to do your work.

Wave of Prayer

2-4 July: Renk in South Sudan; Cyangugu in Rwanda; Arochukwu/Ohafia & Ile- Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar

6-8 July: Wad Medani in Sudan; Kondoa in Tanzania; Ikwo & Remo in Nigeria; Montreal in Canada and the Windward Islands in St Lucia, Grenada, St Vincent & The Grenadines

9-11 July: El Obeid in Sudan; Butere in Kenya; Nnewi in Nigeria; London in England and the Province of the USA

Sunday 10th

Be devoted to one another in brotherly love. Honour one another above yourself. *Romans 12:10*. Thank you, Father God, for your unconditional love for us. In your strength, may we love and honour those who challenge us. To you be the glory.

Monday 11th

Share with God's people who are in need. Practice hospitality. *Romans 12: 13*. Father God, please continue to equip us to share your love, grace, peace and joy with those in need of your hope and our care. In Jesus' precious name we pray.

Tuesday 12th

Peace I leave with you; my peace I give you. *John 14: 27*. Thank you, Christ Jesus, for the promise of your precious gift of peace to us. May we, in your strength, be a gift of peace to all whom we meet. Amen

Wednesday 13th

Father God, please continue to send your Holy Spirit into our hearts so you become the very centre of who we are, and please equip us to serve those whom we struggle to love. May your will be done through us. Amen

Thursday 14th

Father God, thank you for your continued gifts of the Spirit to us; may we be the gift that brings Christ's light into the hearts of those who live in darkness. In Jesus' precious name we pray. Amen

Friday 15th

But I am like an olive tree flourishing in the house of God; I trust in God's unfailing love for ever and ever. *Psalms 52:8*. Father God, may our trust in your precious Son equip us to follow him and be a blessing to all, friend and foe alike. In his precious name, we pray.

Saturday 16th

A new command I give unto you: love one another, as I have loved you. *John 13: 34*. Christ Jesus, please continue to bless us with your grace of forgiveness for ourselves and those we need to forgive. And to God be the glory.

Wave of Prayer

9-11 July: El Obeid in Sudan; Butere in Kenya; Nnewi in Nigeria; London in England and the Province of the USA

13-15 July: Toliara in Madagascar; Mbale in Uganda; Zaria & Ndokwa in Nigeria; Rochester in England and Chhattisgarh in India

16-18 July: Lake Malawi in Malawi; Byumba in Rwanda; Jalingo in Nigeria; St Edmundsbury & Ipswich in England and Lucknow in India

<div>Sunday 17th We pray for families. We pray those overwhelmed by violence of any form be restored to loving family. Heal the wounded and hurting, renew their relationship with one another and with you, oh merciful Father. Amen</div> <div>Monday 18th Dear Lord and shepherd, we praise your name and give you all the glory for your grace. You have forgiven and taught us to love our neighbour as we love ourselves. Strengthen us in your love, that our children, brothers and sisters may find hope and trust in you.</div> <div>Tuesday 19th Heavenly Father, we thank you for families. Let parents fulfil their responsibilities, let children respect their parents. We ask for unity in every family and reconciliation for those who experience different problems.</div> <div>Wednesday 20th Lord, bless families. Encourage them to love one another unconditionally. Let there be care and love for the aged. Take away selfishness, self-justification and infidelity; empower families to endure different crises, including diseases and financial crunches. Deepen our faith in you.</div> <div>Thursday 21st Almighty God, we pray for all with different forms of disability. We pray for people with disability in all age groups; grant them your peace. Let everyone see your image in them, and treat them with dignity. In Jesus' name we pray.</div> <div>Friday 22nd Almighty Father, you promised David to establish your family forever; through Jesus Christ you fulfilled your promise for all nations. Restore our desire for your glory and pour into our hearts the fire to love and respect one another. Awaken in us the will for justice and kindness to all.</div> <div>Saturday 23rd Dear Lord, we come to you as the youth and ask that you come down and save us. Lord, we are lost and uncertain of our future and our true purpose. In all this darkness, help us find you, Lord. Be our light and our beam of hope.</div> <div><div>Wave of Prayer</div><div>16-18 July: Lake Malawi in Malawi; Byumba in Rwanda; Jalingo in Nigeria; St Edmundsbury & Ipswich in England and Lucknow in India</div><div>20-22 July: Gitega in Burundi; Murag'a South and Mbeere in Kenya; Enugu North in Nigeria; Polynesia in Tonga and Jaffna in Diocese of Church of South India</div><div>23-25 July: George in South Africa; Bungoma in Kenya; Western Tanganyika in Tanzania; Ideato in Nigeria; Sodor & Man in Isle of Man and Toronto in Canada</div></div>	<div>Sunday 24th We are the body of Christ. As we gather to worship today as your family, whether in person or online, together or apart, may your Spirit unite and inspire us.</div> <div>Monday 25th Pray for those travelling to Canterbury for the Lambeth Conference, for any whose plans have had to change and for the finishing touches.</div> <div>Tuesday 26th But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God. <i>1 Peter 2, 9:10a</i> (1 Peter is the biblical focus for Lambeth 2022)</div> <div>Wednesday 27th We pray for every delegate and the organising team at the Lambeth Conference. As they consider 'God's Church for God's World' may the Holy Spirit guide all their 'walking, listening and witnessing'.</div> <div>Thursday 28th Show us how to balance activity with rest, that we may contribute our best to our Christian family. As holidays change the rhythms of our church life, we pray that seasonal activities will bear fruit.</div> <div>Friday 29th We pray that our work and worship, whether for Mothers' Union, as the church, in the community or in our homes, will not be in 'separate boxes' but simply our whole life reflecting your love for us to others.</div> <div>Saturday 30th This weekend we pray for anyone we know in our church family who will not have a break from work, or who are suffering pain or hardship.</div> <div>Sunday 31st God of relationship, we look to your example of how to value the people who are part of our lives. May all our relationships with family, friends, community and with the church, flourish and grow and glorify Christ. Amen</div> <div><div>Wave of Prayer</div><div>23-25 July: George in South Africa; Bungoma in Kenya; Western Tanganyika in Tanzania; Ideato in Nigeria; Sodor & Man in Isle of Man and Toronto in Canada</div><div>27-29 July: Northern Zambia in Zambia; Mwapwa in Tanzania; Gusau & Osun in Nigeria; Sydney in Australia and Rayalaseema in India</div><div>30-31 July: Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia</div></div>
---	---



August:

MU vision and mission

Reflection

In Christ's parable of the sheep and goats, the King declares that whenever anyone was helped, no matter who they were, it was actually Christ who was served. Through the years and across the world, Mothers' Union has reached out in love and service to whoever has needed us. In our own day, and as we look to the future, Christ continues to be our example of how to serve. Our relationship with Christ is our motivation; his guidance gives us wisdom in what we do; and our reward is to find we are serving him. What a privilege!

Monthly prayer

Loving Lord,
we give thanks for your faithfulness to Mothers' Union through many years. Unite us together in vision and love that we may continue to reach out as your hands across the world to carry out your mission on earth. Amen

Creative prayer

Take three ribbons, pieces of wool or strips of paper and plait them together, as you give thanks for the past and pray for the present and future of MU. Use the plait as a bookmark and reminder to pray.

Monday 1st
Loving Lord, we give thanks for your faithfulness to Mothers' Union through many years. Unite us together in vision and love, that we may continue to reach out as your hands across the world, to carry out your mission on earth. Amen

Tuesday 2nd
Give praise to the Lord, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted. Sing to the Lord, for he has done glorious things; let this be known to all the world.
Isaiah 12:4-5

Wednesday 3rd
Heavenly Father, we pray for wisdom, humility, patience, compassion and kindness as we embark on the journey of service through our Mothers' Union projects and works to make life easier for others. May our words and actions allow us to influence others to depend on you, Lord, when we are faced with the many daily challenges.

Thursday 4th
Lord, we thank you for the life and legacy of Mary Sumner. Awaken your spirit within us that we can be like Mary, your hands and feet to serve the needy, to encourage the values of family life that reflects the Christ within us.

Friday 5th
Through Mary's vision of women supporting each other and strengthening their communities, we pray for God's continued blessings on Mothers' Union projects that benefit the local communities and strengthen family life.

Saturday 6th
Dear Lord, continue to bless, strengthen and direct the work of MU. Fill us with wisdom as we serve you across the world. Bless our hands as we serve you in peace, love and unity. *Psalms 90:17*

Wave of Prayer
1 August: Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia
3-5 August: Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India
6-8 August: Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in PN Guinea

Sunday 7th
Heavenly Father, we thank you for all the good things you do for us and for building our Mothers' Union family. We pray you will keep guiding us and increasing our members in all countries where Mothers' Union has a presence.

Monday 8th
Lord, let us remember the true commitment of all who have gone before, and go forward with a heart full of love to reaffirm our own commitment to the vision and mission of Mothers' Union. Strengthen our existing members, that they do not tire of serving you.

Tuesday 9th Mary Sumner Day
On this special day, we ask you, Lord, to help us to remember the past life and vision of our founder, Mary Sumner. We praise you, Lord, for this strong and meaningful foundation upon which we can build her vision and way forward.

Wednesday 10th
Today we pray for Mothers' Union office holders. May they be mindful of the needs of those they serve. Equip members as they share your love through acts of compassion and generosity.

Thursday 11th
Lord, we ask that you give to us, as members of Mothers' Union, steadfastness, fresh understanding, and a clear vision, that together we may respond to your call to help family life in our homes and communities.

Friday 12th
Loving Lord, as we look to the future of Mothers' Union, we pray for our members who are working in your name around the world. Help us Lord, to think, to work, and be a people who seek and follow your will in this your world.

Saturday 13th
Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. *Hebrews 12 1-3*

Wave of Prayer
6-8 August: Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in PN Guinea
10-12 August: Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India
13-15 August: Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar

Sunday 14th

One night the Lord said to Paul in a vision, ‘Do not be afraid but speak and do not be silent.’ *Acts 18:9*. Lord, give us the strength to be bold and to have the vision to speak out when we see things that are wrong in the world.

Monday 15th

We ask you, Lord, to open our eyes, minds and hearts to see the path forward. Help us to reach out with new vision to encompass the diversity of needs that we encounter in our complex world.

Tuesday 16th

Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long. *Psalms 25:4-5*

Wednesday 17th

Desmond Tutu wrote: ‘Dear child of God, you are God’s partner, and you matter. Only you can fulfil your part of God’s dream.’ May every member of Mothers’ Union remember the importance of their individual contribution to fulfilling God’s dream of a world without poverty, suffering and injustice.

Thursday 18th

Loving God, we give thanks for the Mothers’ Union worldwide and the work of its members in seeking to bring the kingdom of God in the here and now. We hold before you those whose lives are being changed by a vision of a world where all may flourish.

Friday 19th

Father, we place our future in your hands. Guide our vision, as we look to the future, helping to build a world where all your people can live with safety, joy and fulfilment.

Saturday 20th

Lord and giver of life, direct our vision and planning for the future of the Mothers’ Union. May we step out in faith with you, to achieve our policies through listening to, observing and acting on the needs of our communities.

Wave of Prayer
13-15 August: Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar
17-19 August: Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India
20-22 August: Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands

Sunday 21st

Lord God, your Son Jesus Christ appointed the apostles to do your work on earth, and they appointed others in their turn. Help us now Lord, to follow them and, through our mission to others, bring the love of God to all in need.

Monday 22nd

We remember those women who struggle with inequality and injustice: we pray that their voices may be heard. We give thanks for those who support them and give them hope of a better future through education and community development programmes.

Tuesday 23rd

Go therefore and make disciples of all nations, baptising them in the name of the Father, Son and Holy Spirit and remember I am with you always, to the end of the age. *Matthew 28:19-20*

Wednesday 24th

Jesus sends us out into the world, invites us to trust him, to be ready to engage with and respond to those around us. Lord, send us all out learning, praying, serving – use us all in your great mission of love.

Thursday 25th

God of mission, who guides us to bring growth to your church, send your Holy Spirit to give wisdom to our actions, and power to our witness as we serve your people wherever you have placed us in your world.

Friday 26th

Lord, give us the insight to look into your world, the vision to see where there is need and the courage to go and serve your people. May we always take with us the good news of your love and peace.

Saturday 27th

We give thanks for mothers throughout the ages and in every place who have nurtured their children, and through love and parenting have enabled them to lead fulfilled and godly lives. We pray for MU initiatives across the world which enable families to flourish.

Wave of Prayer
20-22 August: Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands
24-26 August: Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar
27-29 August: Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar

Sunday 28th
Almighty God, you have called members of the MU to labour for your world. Keep us faithful in your service and keep us loving you at all times. Guide us by your Holy Spirit, to help those in need with love and compassion, wherever they may be.

Monday 29th
Lord, where we find no love, let us bring love, that we may serve you and be more like you. We pray for all members throughout the world who share your love through faithful service. Walk with them as their guide.

Tuesday 30th
Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love... if we love one another, God lives in us, and his love is perfected in us. *1 John 4:7-8, 12b*

Wednesday 31st
Loving Lord, we give thanks for your faithfulness to Mothers' Union through many years. Unite us together in vision and love that we may continue to reach out as your hands across the world to carry out your mission on earth. Amen

Wave of Prayer

27-29 August: Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar

31 August: Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India



Reflection

The contrast between the beauty of God's creation and the ugliness of humanity's misuse of it is stark. During Creationtide, we are called to pray and work for the protection of the environment that sustains us all. The strength of our relationship with one another as neighbours, wherever in the world we live, must mirror our efforts to strengthen and restore our relationship with creation, particularly for future generations. May our prayers be filled with praise for our Creator and his creation, sorrow for our abuse of it, and intercessions for help as we seek to make good our wrongs.

Monthly prayer

God of creation, Lord of the harvest,
we bring you our first fruits of praise;
we celebrate your goodness with thankful hearts.
All that you have made is very good;
let us steward your creation with integrity and care. Amen

Creative prayer

When you bake a cake or prepare a meal, take note of the ingredients used. Thank God both for his creation of them and for those who have been involved in their production. As you cook, pray for creation to be protected that such resources may be available for future generations.



Creationtide

1-3 SEPTEMBER

Thursday 1st

God of creation, Lord of the harvest, we bring you our first fruits of praise; we celebrate your goodness with thankful hearts. All that you have made is very good; let us steward your creation with integrity and care. Amen

Friday 2nd

God saw all that he had made, and it was very good. And there was evening, and there was morning – the sixth day. Thus the heavens and the earth were completed in all their vast array. *Genesis 1:31-2:1*

Saturday 3rd

Creator God, you made the goodness of the land, the riches of the sea and the rhythm of the seasons; as we thank you for your gracious providing, may we cherish and respect this planet and its peoples, through Jesus Christ our Lord. Amen *Leeds Diocese*

Wave of Prayer

1-2 September: Harare in Zimbabwe; Machakos in Kenya; Ogori-Magongo & Ekiti in Nigeria; Southwark in England and Phulbani in India

3-5 September: Khartoum in Sudan; Dar es Salaam in Tanzania; Bari & Ilesa in Nigeria; Gloucester in England and Dugapur in India

Sunday 4th
Creator God, we long to express our gratitude for your gifts of creation. Your heartbeat for our world is love, which holds all things together. Thank you that nothing in your world is unimportant to you; all is in your safe-keeping.

Monday 5th
As we turn to our Creator God in prayer, we become instruments of creative energy and vision. Lord, take our attempts at loving others and weave them into your rescue plan for the whole world.

Tuesday 6th
You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being. *Revelation 4:11*

Wednesday 7th
Creation is a source of joy to us. As we reflect on the diversity of the world, we see God's design in every part. Remake us, Lord, in the image of Jesus, to care for each other and your world, so we may again delight in creation.

Thursday 8th
On International Literacy Day, we remember in prayer MU Literacy and Developments programmes across the world. Environmental issues face us daily and we need the transforming power of the gospel to renew us. Lord, in your mercy, hear our prayer.

Friday 9th
Lord, help us to be good stewards of creation, to respect the sanctity of life. In times of natural disaster, make us ready to take action for our brothers and sisters in difficult parts of the world.

Saturday 10th
Loving God, as we reflect on your great and mighty act of creation, open our eyes, our minds and hearts to see the multitude of blessings you have bestowed on us and give us thankful hearts. Lord of the nations, hear our prayer.

Wave of Prayer

3-5 September: Khartoum in Sudan; Dar es Salaam in Tanzania; Bari & Ilesa in Nigeria; Gloucester in England and Dugapur in India

7-9 September: Pacong in South Sudan; Southern Nyanza in Kenya; Kutigi & Ijesha North in Nigeria; Bristol in England and Karnataka Central in India

10-12 September: Pretoria in South Africa; North Mbale in Uganda; Oke-Osun in Nigeria; Exeter in England and Barbados

Sunday 11th
Lord, help us to understand that this world is your creation, and that we should care for it as we care for our own body; may we not be overcome by uncontrolled ambition and end up destroying everything.

Monday 12th
Lord, we recognise that the consequences of our human actions have damaged your creation. Forgive the ignorance of our actions and give us wisdom to help us develop practical ways of caring for this world.

Tuesday 13th
Let all things praise the name of the Lord, because they were created at his command. He made them to last forever, and nothing can change what he has done. *Psalms 148:5-6 (CEV)*

Wednesday 14th
The earth is the Lord's and everything in it. *Psalms 24:1*. In looking at your perfectly created world, help us feel your sadness: you see deforestation, melting glaciers, thinning ozone layer. Our own selfish, irresponsible actions affect your equilibrium. Forgive us, and help us live responsibly in your world.

Thursday 15th
Lord, whilst we await the complete restoration when your Son returns, may the relationship which today we enjoy with you be evident in the way we love you, love our neighbour and care for your creation.

Friday 16th
Dear Father, God of life, help us to see that your gifts are meant to be shared by all, not just exploited by a few. Lead us to take action to make a change not just for ourselves, but for all creation.

Saturday 17th
God of creation, we pray for the conservation of the native forests, the source of life for indigenous families. We pray also for greater environmental consciousness amongst those who apply current laws.

Wave of Prayer

10-12 September: Pretoria in South Africa; North Mbale in Uganda; Oke-Osun in Nigeria; Exeter in England and Barbados

14-16 September: Mthatha in South Africa; Namirembe in Uganda; Pankshin & Sabongidda-Ora in Nigeria; Dublin & Glendalough in All Ireland and Central Solomons in Solomon Islands

17-19 September: Buye in Burundi; Sebei in Uganda; Abakaliki & Ekiti-Oke in Nigeria; Southwell & Nottingham in England and Belize

Sunday 18th
Let us worship God and praise him for creating our world and filling it with all we need. We thank Almighty God for the fruits of the earth given to us in their season, and the fruits of the Spirit given to us in our lives.

Monday 19th
God has filled our world with the resources we need. We pray for safety for all who engage in the harvest of the seas, those who travel to bring us food from other lands by land, sea or air, remembering many who toil in dangerous situations.

Tuesday 20th
You crown the year with a bountiful harvest; even the hard pathways overflow with abundance. We will celebrate and shout as we bring in the crops. *Psalms 65:11, 126:6*

Wednesday 21st
We pray for the farmers who work in fields on farms, for fishermen who gather the harvest of the seas. For all engaged in the commercial and industrial life of nations, that they may receive a just reward for their labours, O Lord, hear our prayer.

Thursday 22nd
We thank you, Lord, for the reliability of this earth, the variety of the seasons, the cycle of day and night and your vital gifts of rain and sun. For the miracle of growth, for all who work on the land, sowing and reaping in their season.

Friday 23rd
Lord Jesus, you are the Bread of Life: without you our hearts go hungry, our lives are empty. Help us constantly to feed on you by faith, that we may know the abundant life you came to bring us all, for the glory of your name.

Saturday 24th
We remember in prayer today all who serve the church at home and overseas. May the Lord of the harvest continue to send labourers into his harvest. Amen

Wave of Prayer

17-19 September: Buye in Burundi; Sebei in Uganda; Abakaliki & Ekiti-Oke in Nigeria; Southwell & Nottingham in England and Belize

21-23 September: Rumbek in South Sudan; Soroti in Uganda; Aba Ngwa North & Oyo in Nigeria; Peterborough in England and North Eastern Caribbean & Aruba

24-26 September: Makamba in Burundi; North Karamoja in Uganda; Lokoja & Sapele in Nigeria; Truro in England and Tirunelveli in India

Sunday 25th
Lord, have mercy on those living in areas on the earth which are becoming uninhabitable through climate change, those who live in parched lands with no rain to grow crops and others where storms and floods have washed away their livelihoods. Different problems but equally devastating.

Monday 26th
The fashion industry is the second largest polluting industry in the world. We are destroying God's beautiful creation every day so we can look good. God, help us reuse, reduce and recycle our wardrobes as we create our own style.

Tuesday 27th
Thank you, God, for the air we breathe, for many of us it is fresh and sweet. We pray for those who struggle for their next breath because the air is polluted by toxins causing unseen damage. We pray for those who need oxygen and daily assistance to function.

Wednesday 28th
My work is the world. Here the sunflowers, there the hummingbird – equal seekers of sweetness. Here the quickening yeast; there the blue plums... *Mary Oliver, poet.* Thank you God for all your many blessings in creation.

Thursday 29th
We pray for scientists researching more sustainable alternatives to plastic and those developing new ways to recycle and repurpose what we currently throw away. Thank you for people with the vision to see things differently, using God-given imagination and skills to create a healthier planet for our future.

Friday 30th
God of creation, Lord of the harvest, we bring you our first fruits of praise; we celebrate your goodness with thankful hearts. All that you have made is very good; let us steward your creation with integrity and care. Amen

Wave of Prayer

24-26 September: Makamba in Burundi; North Karamoja in Uganda; Lokoja & Sapele in Nigeria; Truro in England and Tirunelveli in India

28-30 September: Katanga in DR Congo; Rwenzori in Uganda; Mbaise & Egba in Nigeria; Meath & Kildare in All Ireland and Tiruchirappalli Thanjavur in India

October: Social issues



Reflection

While on earth, Jesus championed the cause of the poor, vulnerable and marginalised. When Jesus ascended into heaven, he passed this work on to us, *John 14:12*; in sending the Holy Spirit he gave the spiritual resources to carry it out. This gift, which turned weak and fearful disciples into those who acted with boldness throughout the known world, is freely available to us. As we pray and work for justice and mercy, we know that we have been commissioned by Christ, who is continually interceding for us; and we have the power of the Spirit in all our endeavours.

Monthly prayer

Lord, let us not avert our gaze from the challenging issues in life but offer your love in tangible ways. May Christ be our inspiration and guide as we seek to act with insight and integrity to make a difference in our world. Amen

Creative prayer

Draw or write what makes you feel free, accepted and comfortable. Then offer those words and images in prayer for those who are experiencing the opposite, asking for God's intervention in their various situations.



Saturday 1st

Lord, let us not avert our gaze from the challenging issues in life but offer your love in tangible ways. May Christ be our inspiration and guide as we seek to act with insight and integrity to make a difference in our world. Amen

Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

Bringing hope to those in prison**FAITH IN ACTION****May the groans of the prisoners come before you...**

Psalms 79:11a (NIV)

Throughout Britain and Ireland, MU members work hard to support prison chaplaincies by prayer, keeping in contact and responding to requests for practical support. During the restrictions of the pandemic, prisoners became even more isolated, confined to cells without being able to engage with anyone for most of the day.

Our members tried to find creative ways of helping. Together with others, they knitted hats for those imprisoned in old prison buildings, which are often very cold. They provided baby boxes containing practical items for those in prison mother and baby units; encouraged others to pray for those in prison; wrapped and sent Christmas presents on behalf of prisoners to their families; sent gifts and cards to the prisoners themselves.

There are plans for running tea bars, crèches and play areas, offering



parenting courses, craft sessions and book making.

Pray for: new ideas and initiatives to bring comfort, restoration and hope to prisoners and their families.

Sunday 2nd

Father, we acknowledge that your world has been spoiled by the greed and selfishness of all of us. Help us to use your resources carefully and thankfully, taking and using what we need and not always having all we want.

Monday 3rd

Thank you for the literacy work of Mothers' Union and for the difference it has made to families and villages. Bless the work of those involved in the scheme, so that many people may learn basic skills needed to organise their lives.

Tuesday 4th

The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me". *Matthew 25:40*

Wednesday 5th

We pray for those who have nowhere to call home. Those wandering the streets in all weathers, looking for somewhere to sleep safely. Help them to find permanent housing and jobs. Bless all who provide for their immediate needs.

Thursday 6th

We pray for those who, through addiction, are continually homeless and unwelcome. May they seek help to overcome their addiction and find peace of mind. We pray for families affected by the addiction of one of their members, that they may receive practical help and emotional support.

Friday 7th

Pray for families whose income is not enough to sustain them until the next payday. Bless the work of foodbanks and debt advisers. We pray for children who go to bed hungry and mothers who miss meals to feed their families.

Saturday 8th

With poverty comes debt and abuse, hunger and crime; we pray for all those affected in this way. May debts be repaid, abuse stopped, hunger satisfied, and honesty restored. Give debtors the will to seek advice. Give the abused the courage to seek help.

Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

5-7 October: Mbashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

Sunday 9th
Pray today for services taking place in prisons and all those involved in planning and leading them. Dear God, we pray for those who attend the worship, whatever their reason, to be touched with your love by the Holy Spirit.

Monday 10th
We pray for all volunteers in prisons, who make a difference to the lives of the inmates and help the staff. Bless the work of voluntary chaplains, the instructors and those enrich the life of the prisoners.

Tuesday 11th
The Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the broken hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favour. *Isaiah 61:1-2*

Wednesday 12th
We pray for the work of Mothers' Union in prisons, working with children, families and directly with the inmates. Bless all MU branches within the prisons, that the members may know they are part of a worldwide movement that accepts all people without discrimination and with love.

Thursday 13th
We pray for the families of prisoners. We pray for relationships with partners, children and parents, that the bond of love will be strengthened. Help us to see beyond the crime to the person that you made, know and love.

Friday 14th
May those about to be released from prison find housing, employment and friends who will help them to move forward. May they find fulfilment, self-esteem and love without resorting to criminal activity.

Saturday 15th
I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. *Matthew 25:43*. Pray for all initiatives to help prisoners and their families during the time in prison and beyond.

Wave of Prayer
8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierre Leone; Monmouth in Wales and Malaita in Solomon Islands
12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil
15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

Sunday 16th
You who answer prayer, to you all people will come. *Psalm 65: 2*. Hear us, good Lord, as we the crowd gather together, seeking justice for the oppressed, marginalised, voiceless and those who suffer racism.

Monday 17th
Lord, we pray that you forgive all who put boundaries around your presence, love and work, who use diversity to divide people, to demonise some, and accord privileged status to others who are different.

Tuesday 18th
God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. *1 Corinthians 12:18-20*

Wednesday 19th
Help us recognise we are all created in your image. Help us work in unity to ensure we are treated equally; so that injustices diminish and all races live in harmony, fairness and peace.

Thursday 20th
Good and gracious God, who loves and delights in all people, we stand in awe before you, knowing that the spark of life within each person on earth is the spark of your divine life. Differences among cultures and races are multi-coloured manifestations of your Light.

Friday 21st
May our hearts and minds be open to celebrate similarities and differences among our sisters and brothers. We commit to action for racial harmony and pray for your presence in our neighbours. May all peoples live in peace. Amen

Saturday 22nd
There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. *Galatians 3:28*. We pray, through Christ our Lord, that no racial injustice prevail in the world, for the people therein.

Wave of Prayer
15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India
19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India
22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

Sunday 23rd

Jesus healed ten men with leprosy; he had no discrimination between those who might say thank you and those who might not, or whatever their race. Help us also to be unconditional in our generosity to whoever needs it.

Monday 24th

It's easy to talk to those we love and those we know best. Help us to greet those we don't know and to see beyond the clothes, the hair style, the actions and meet the person that our Lord created and loves. We pray for those who feel unloved and are seeking attention by their bizarre behaviour.

Tuesday 25th

Many rebuked the blind beggar and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!" Jesus stopped and said, "Call him." "What do you want me to do for you?" Jesus asked him. *Mark 10:48-49, 51.* With Jesus, no one is marginalised.

Wednesday 26th

Pray for children who are marginalised through circumstances they cannot control. Those whose parents are unable to nurture them because of addictions. The withdrawn and frightened. Those who are bullied by other children or who are seen as different and then ignored.

Thursday 27th

We pray for those with mental issues that make them challenging company. Pray for their families, and that all around them will accept them as they are. Help us to understand that they are whole people, just as we are, and to respect their differing needs.

Friday 28th

Lord, forgive me when I marginalise those who are not like me. Forgive the times I have overlooked the seemingly insignificant and shy members of the community. Help me always to give people the opportunity to join in and participate equally in all things.

Wave of Prayer

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All Ireland and Pusan in South Korea

Saturday 29th

Who is my neighbour? *Luke 10:29.* Lord, make us good neighbours to those who live near us, work with us, or who are part of our lives in any way. May we always be ready to serve them in the way that you would do.

Sunday 30th

Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. *Isaiah 1:17*

Monday 31st

Lord, let us not avert our gaze from the challenging issues in life but offer your love in tangible ways. May Christ be our inspiration and guide as we seek to act with insight and integrity to make a difference in our world. Amen

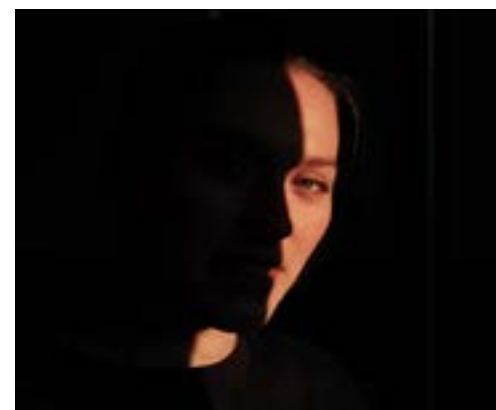
Standing against Gender-Based Violence**FAITH IN ACTION****Give up your violence and oppression and do what is just and right.**

Ezekiel 45:9 (NIV)

During the United Nations' 16 Days of Activism against Gender-Based Violence (25 November – 10 December), Mothers' Union joins with thousands of other organisations to raise awareness of and campaign against Gender-Based Violence (GBV).

GBV is one of the most widespread violations of human rights. It can affect any person at any time; it takes place in many forms; it spans many societies. It can be part of a culture's social norms; it can be hidden behind closed doors.

Our Global Day of Action ties into these 16 days and will be held on Saturday 26 November 2022. We use this day to raise awareness of and focus on those who are victims of violence and abuse. Whatever form it takes, GBV is



unacceptable. We strive to do all we can to end it.

Pray for: the impact of the 16 days campaign in communities across the world, and that our Global Day of Action can help shine a light into the darkness.

November

Gender justice



Reflection

As we pray for gender justice, for which Mothers' Union fervently campaigns and works throughout the world, it is tempting to see praying as having less impact than our actions for change. But, as John Wesley said 'Prayer is where the action is'. So let us be assured that prayer is also the 'real work'! Our prayers will make a difference as we petition our righteous God. *James 5:16* states that when a believing person prays, great things happen. As believing people, let us make the most of God's open door to us and pray with faith for gender justice.

Monthly prayer

With faith and resolve we set ourselves to combat gender injustice. May God equip us with all we need to play our part in creating an equal society and pursue justice in the name of Christ. Amen

Creative prayer

Take an unlit candle and reflect on all victims of gender injustice who feel in darkness, their circumstances hidden from view; also for perpetrators hiding their deeds in the dark. Then light the candle as a symbolic prayer for God's light to shine to expose the deeds of darkness and bring light and hope to survivors.



Tuesday 1st

With faith and resolve we set ourselves to combat gender injustice. May God equip us with all we need to play our part in creating an equal society and pursue justice in the name of Christ. Amen

Wednesday 2nd

Jesus called forward the woman healed of a haemorrhage. "Daughter, your faith has made you well; go in peace, and be healed of your disease." *Mark 5:34*. Jesus, recognising her faith as well as her desperation, offered not only healing but peace.

Thursday 3rd

We pray for discernment, that no one may be treated differently because of their gender; for equal opportunities in education, employment, health care and decision-making in public life. We pray for agencies and individuals working towards a just and equitable world and the empowerment of women and girls.

Friday 4th

We pray for those whose lives are endangered because of issues concerning gender justice: violence, child exploitation, human trafficking and domestic abuse. We bring before God women and men, trapped in situations, where they suffer pain, fear and humiliation – may they know and feel his comforting presence.

Saturday 5th

We recognise that love and respect are the cornerstone of all relationships. We pray for those essential qualities to be appreciated and developed between men and women, parents and children, governments and people, church leaders and community, humankind and our fragile earth. Lord, in your mercy, hear our prayer.

Wave of Prayer

2-4 November: Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger-Delta North in Nigeria; Riverina in Australia and North East India in India

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

Sunday 6th

Heavenly Father, we pray for those throughout the world who are feeling vulnerable because of issues relating to their gender, and are experiencing mental, physical, and emotional abuse. We pray that you will help us to be part of the change that will bring them healing and hope.

Monday 7th

Lord, we recognise that most people affected by issues of gender are women and children. We give thanks for the organisations which are setting up support networks and programmes to give them hope and a way forward.

Tuesday 8th

God created human beings in his own image. In the image of God, he created them; male and female, he created them. Then God looked over all he had made, and he saw that it was very good! *Genesis 1:27, 31 (NLT)*

Wednesday 9th

We pray for women with a respected role in public life, but subject to abuse at home. May they find ways to move forward, overcome any embarrassment and humiliation, and create new and fulfilling lives.

Thursday 10th

Lord we pray for women whose basic rights regarding gender have been ignored by individuals, secular and religious organisations, and governments. May ways be found, which will acknowledge and seek redress where there have been complicit cover-ups and disregard for the lives of others.

Friday 11th

Lord, we pray for people in places where tradition and culture has not valued women and girls but subjected them to roles which degrade their lives. We ask for recognition that all lives matter, and that quality of life is for everyone.

Saturday 12th

We pray for women and girls denied the very basics of clean water, food, sheltered toilets, medical care, education, to work, the right to choose whom they marry.

Wave of Prayer

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

9-11 November: Kadugli & Nuba Mountains in Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

Sunday 13th
Lord, teach us to listen to the cries of the oppressed. Give us the courage to be a voice for the voiceless in our society, so that we may put our faith into action, speaking out for those who cannot do so for themselves.

Monday 14th
Our Father in heaven, we pray for the vulnerable and neglected of our world, particularly women and girls. May we show them compassion, care and mercy, and may we work together to eradicate injustice wherever it exists.

Tuesday 15th
'Speak out on behalf of the voiceless, and for the rights of all who are vulnerable. Speak out in order to judge with righteousness and to defend the needy and the poor.' *Proverbs 31:8-9*

Wednesday 16th
Loving Lord, we pray for an end to the inequality and discrimination that divides our world, particularly the barriers to freedom and peace faced by many due to their gender.

Thursday 17th
Lord Jesus Christ, you brought hope to the despairing and ordered justice for the oppressed. May we have courage to speak up for them and also shape a society where their voices are heard and their challenges addressed.

Friday 18th
Almighty God, we pray for all victims of domestic and gender abuse. Let our ears hear their silent cries, let our eyes see their faces hidden in shame, let our mouths encourage them to find a voice, and let our outstretched hands give them the strength to change their situation.

Saturday 19th
Lord, you promised to hear our prayers. Help us to share your love and acceptance of each one of us as your child and to reflect that gift in our daily lives, as we find ways to promote awareness and the need for action to address issues concerning gender.

Wave of Prayer
12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India
16-18 November: Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago
19-21 November: Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

Sunday 20th
Dear God, help us not to be judgmental but treat everyone on their merit. Give us repentant hearts when we are in the wrong and help us live a holy life.

Monday 21st
Our loving God, ever-present help in times of trouble, we praise you for your wonderful and perfect attributes. Teach us to be compassionate and love victims of Gender-Based Violence (GBV), as Christ loved the church.

Tuesday 22nd
Father, remember those who are vulnerable and those affected by GBV and are crying for justice. May you restore the broken relationships between families, so that we may be able to live in harmony. Out of your glorious riches may you strengthen us with power through your Spirit.

Wednesday 23rd
Heavenly Father, we pray for all victims and survivors of GBV; help them to have the spirit of love and to put their trust in you. Remember the wicked for your deliverance and change of heart, so that they may be transformed.

Thursday 24th
Father, in humility we bring to you Africa and the world where women have faced different kinds of abuse based on culture, religion or negative influence, that they may find justice in you. Protect all women, that they may feel safe and loved to be witnesses of your love.

Friday 25th
Oh Lord of grace, may you watch over our children, and help us to teach them your ways; nurture, care and protect them from the dangers of this world. Use us to make a safe haven for the young and vulnerable.

Saturday 26th
God, we pray for your spirit of understanding and wisdom, to help us daily in our decision making. Especially, when we are asked to do things that we feel are not right nor acceptable before you and humanity. Lord, give us the spirit of discernment, to choose good from evil.

Wave of Prayer
19-21 November: Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India
23-25 November: Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India
26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

Sunday 27th

Inspire us, Lord, to find solutions rather than ignore or minimise the problem of Gender-Based Violence. Today we consider stalking, harassment and people trafficking. Bearing in mind the criminal element of this violence, we pray that you will uphold services in their efforts to provide adequate remedies and supports.

Monday 28th

Lord, you have given the gift of life; we ask that you help us to live it more abundantly by caring for our children, teaching them that violence is intolerable. Help us to model strategies for coping with stress, to be compassionate and show our love and care to them.

Tuesday 29th

Gender-Based Violence has many facets. Guide us, O Lord, to challenge this behaviour in a safe way, as we strive to comprehend and steer survivors towards a safe refuge and relevant supports. Love shouldn't hurt.

Wednesday 30th

With faith and resolve we set ourselves to combat gender injustice. May God equip us with all we need to play our part in creating an equal society and pursue justice in the name of Christ. Amen

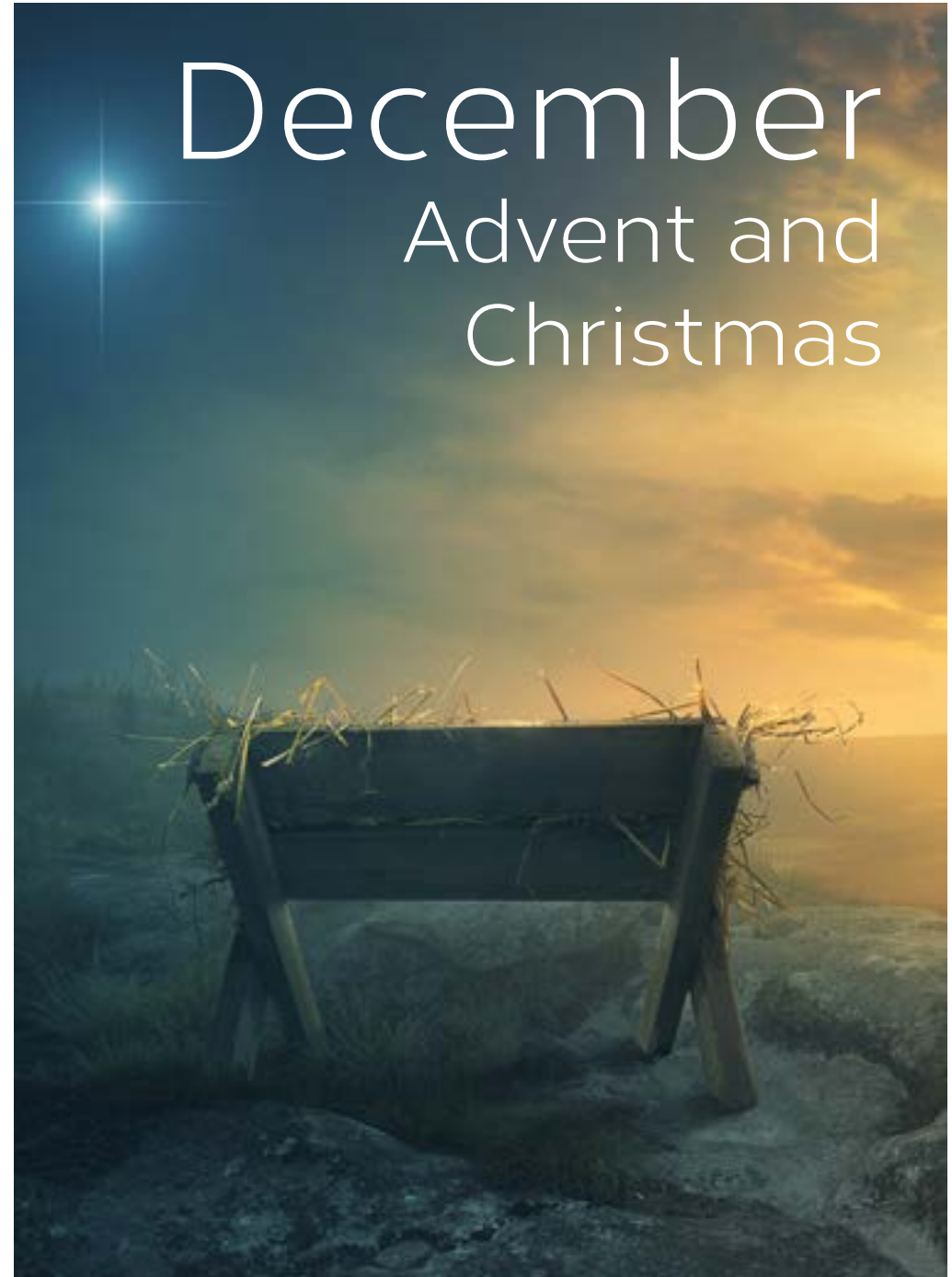
Wave of Prayer

26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

30 November: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

December

Advent and Christmas



Reflection

At the time of the birth of Christ, the Jews were waiting for the coming of a Messiah to free them from the tyranny of their Roman oppressors. However, the significance of the Nativity reaches far wider than the specific concerns of a moment in history; it touches the lives of all peoples, throughout the ages. So, this Christmas, as we gaze with wonder on the baby in the manger, we thank God for sending a Messiah who has brought salvation to the world; who continues to set the oppressed free, and whose love is freely available to all.

Monthly prayer

God of glory,
awaken our souls; open our hearts,
as we make ready to celebrate anew
the coming of Love incarnate,
our promised Messiah.
Lead us to the new-born Christ
that we may gaze in worship
and give our lives to him. Amen

Creative prayer

Look at an image of the Nativity. Imagine where you would place yourself in the setting and reflect on why you have chosen that particular place. Think of others who may feel outside the scene and pray for both yourself and them to be drawn to the Christ Child this Christmas.



Thursday 1st

God of glory, awaken our souls; open our hearts, as we make ready to celebrate anew the coming of Love incarnate, our promised Messiah. Lead us to the new born Christ that we may gaze in worship and offer our lives to him. Amen

Friday 2nd

Heavenly Father, help us to look beyond the commercialisation of the season and to approach Advent with anticipation and hope; with our hearts and minds open to receive anew our Lord Jesus Christ.

Saturday 3rd

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only, who came from the Father, full of grace and truth. *John 1:14*

Wave of Prayer

1-2 December: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

3-5 December: Akot in South Sudan; South West Tanganyika in Tanzania; Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India

Sunday 4th
Dear Lord, we join with Christians around the world as we prepare to celebrate the arrival of God’s greatest gift, his Son, our Saviour, Jesus Christ. We pray for our friends in the Mothers’ Union across the globe, that we may work together to glorify his holy name. Amen

Monday 5th
Advent is a time of expectation, reflection and prayer. May we find time in the busyness of our preparations to dwell in your presence, so that you may make us ready and eager to bear witness to your messages of hope, peace and abiding love.

Tuesday 6th
The Lord himself will give you a sign: The virgin will be with child and will give birth to a son, and will call him Immanuel. *Isaiah 7:14*

Wednesday 7th
Forgive us Lord, when we lack faith or are distracted from our purpose. Thank you for your reconciling love that gives us the expectation of your forgiveness. Through your grace we can start afresh each day.

Thursday 8th
Lord, bring hope to the hopeless, including those in trouble today, and comfort to the sick and those who suffer in mind, body and spirit. Be with all those who are finding it difficult to cope with the pressures of the season, through financial worry, anxiety, stress or discord.

Friday 9th
Dear Lord, we wait in hopeful expectation for your joyful return. When that glorious day arrives, I pray that you may find me busy undertaking the tasks that you have appointed to only me. Amen

Saturday 10th
We believe in the power of your Word and hope that you may kindle a flame of belief in the hearts of all those who hear the story of your birth. May they come to know you and join us as we worship you.

Wave of Prayer

3-5 December: Akot in South Sudan; South West Tanganyika in Tanzania; Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India

7-9 December: Namibia; Mount Kenya South in Kenya; Northern Izon & Ijebu North in Nigeria and Durham in England

10-12 December: Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

Sunday 11th
Dear Lord, this Advent, we thank you for blessing us with your light of love, peace, faith and hope. We reflect on Jesus ‘the Light of the World’. As the wreath around the Advent candles has no end, we are assured of the infinite love you have for us.

Monday 12th
Gracious Lord, let your example of love direct our lives and enable us to reach out to others. Please rid us of all care and woe and put in place your heavenly glow; come in all power and majesty, bring us salvation, make us free. Amen

Tuesday 13th
The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. *Isaiah 9:2*

Wednesday 14th
Thank you for the light of the world. ‘Jesus’, the Light of Hope, Love, Faith, Joy, reflected in our Advent/Christmas candles. As we look to the light, please fill our hearts with love for all peoples, to always serve you through them.

Thursday 15th
Lord, when we have nothing left but you, we are right where you want us. You can use any situation for your glory and our good. You never give up on us. Help us to relax in your love and light. This we ask in your name. Amen

Friday 16th
Merciful God, hear the prayers of your people, who through the power of love, can be energised to be your light that will dispel the darkness. Create a pathway for increasing trust in you and giving us that peace and assurance that can only come from you.

Saturday 17th
Jesus, Light of the World, we thank you for your continuous beam that flows daily into our hearts. Help us to daily follow the beam to do your will so that others will see you in us and glorify you. Amen

Wave of Prayer

10-12 December: Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

14-16 December: Fianarantsoa in Madagascar; Central Tanganyika in Tanzania; Calabar & Igbomina in Nigeria; Derry & Raphoe in All Ireland and Banks & Torres in Vanuatu

17-19 December: Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

Sunday 18th
Mary said: My soul magnifies the Lord, and my spirit rejoices in God my Saviour. *Luke 1:46-47*. This day, may we feel something of the wonder and joy that Mary felt knowing that she was to give birth to God's own Son.

Monday 19th
Lord Jesus, we are filled with wonder at your incarnation. May we never forget that you gave up everything to come and live among us, but be thankful. Help us to respond by giving ourselves in your service day by day.

Tuesday 20th
The angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people". A great company of the heavenly host appeared with the angel, praising God. *Luke 2:9, 13*. Lord, fill us anew today with joy at the good news of Christ.

Wednesday 21st
Lord God, as we reflect on the joy of knowing your love for us, help us to share that love with all with whom we come into contact. May our joy be evident and infectious!

Thursday 22nd
Forgive us when we fail to reflect these glad tidings in our lives and help us to take any opportunity to share that good news with others. Help us to hold on to the message of the angels when we are feeling low, and to take comfort and strength from their words.

Friday 23rd
Jesus, we thank you that your birth is good news for all. We pray for those who long for good news, who are in need or living with difficult relationships. May the message of Christmas reach them and sustain them in their troubles.

Saturday 24th Christmas Eve
As we prepare to celebrate your birth, may we hear afresh the Christmas message and join with all your people with heart and voice, in joy and thanksgiving, reflecting the message of the angels: Glory to God in the highest heaven, and on earth peace among those whom he favours. *Luke 2:14*

Wave of Prayer

17-19 December: Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

21-23 December: Archbishops, Bishops and all clergy in the Anglican Communion

24-26 December: Refugees, internally displaced families & those living in a climate of fear

Sunday 25th Christmas Day
'Come and worship, Christ the new-born King'. With the angels, the shepherds and the Holy Family, we share the good tidings of great joy and thank our God for the best gift we can ever receive, his Son Jesus Christ.

Monday 26th
Stephen said "Behold, I see the heavens opened and the Son of man standing on the right hand of God". *Acts 8:56*. Today we remember the first Christian martyr and his faithful witness to Jesus Christ. May we too be challenged to witness to Christ in our lives.

Tuesday 27th
In the beginning was the Word and the Word was with God, and the Word was God.' *John 1:1*. We celebrate the good news of the coming of God's kingdom. Indeed, heaven touches earth in mystery and we are truly blessed!

Wednesday 28th
'Then the fearful Herod cried,' "Power is mine in Jewry!" So the blameless children died, the victims of his fury.' As we remember with sadness the slaughter of the innocents, we pray today for all who are the innocent victims of those seeking power in this world.

Thursday 29th
'Hark the herald angels sing glory to the newborn King; peace on earth and mercy mild, God and sinners reconciled'. Let us open our hearts today and give thanks and time to listen, receive and respond to God's word to us.

Friday 30th
And surely I am with you always, to the very end of the age. Amen *Matthew 28:20*. Thank you Lord, for your promises of your presence and peace in our lives. Please give us faith to always trust in you, our Prince of Peace.

Saturday 31st
God of glory, awaken our souls; open our hearts, as we make ready to celebrate anew the coming of Love incarnate, our promised Messiah. Lead us to the newborn Christ that we may gaze in worship and offer our lives to him. Amen

Wave of Prayer

24-26 December: Refugees, internally displaced families & those living in a climate of fear

28-30 December: All involved with the responsibility of caring for & supporting family life

31 December: Mothers' Union worldwide

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2





The Mary Sumner Prayer

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