



Fall/Winter 2024

# Canadian MOTHERS' UNION

## National Newsletter



## Kathleen Snow elected Worldwide President



*Worldwide Mothers' Union president-elect Kathleen Snow*

Submitted by Mary Stone

It is a wonderful honour for the Canadian Mothers' Union to have our very own Kathleen Snow elected as the next Worldwide President of Mothers' Union. Kathleen has been a pillar of Mothers' Union on all levels. She brings knowledge, vision, and commitment to everything she does and treats all things and everyone with compassion and kindness. We congratulate her, offering her much love and support.

Following is a letter from Kathleen to all members and friends.

My Dear Mothers' Union Members and Friends,

It is my pleasure and honour to write to you in my capacity as Worldwide President Elect. I am so very excited to be following in the footsteps of our dear Worldwide President Sheran Harper and the current

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# President's Message

Welcome to our Fall/Winter addition of the Canadian Mothers' Union Newsletter. Summer has quickly turned to Fall, the Season of Creation is over, and I am sure many of you are well into the busyness of Fall/Winter routines. Our Hope All Things conference is months behind us but I expect that the memories of it will live on for a long time. The joy of actually being together again was palatable and energizing. We missed all those who were unable to attend and it is my desire that those who did attend will share with their branches and friends their experience and all that they learned. Please keep your Prayer Rock Partner in mind, praying for her/him and if possible keeping in contact via email once in a while.

IAWN, International Anglican Women's Network, Canada has been revived after a few years of silence. I was flattered to be asked if they could reprint an article that I wrote for the Diocese of NSPEI Diocesan Times following the conference to be placed in their Fall newsletter. You can find it on their website once it is published. <https://ottawa.anglican.ca/news/iawn-international-anglican-womens-network-canada-relaunches/>

On the global level of Mothers' Union, summer was not a time for relaxation! The most exciting news was that of our very own Kathleen Snow being elected as the next president of Worldwide Mothers' Union. This is an awesome

privilege and responsibility and, as she has proven in many areas of work with Mothers' Union, she is up to the task. We send her love and every blessing as she takes on this new role.

Two programs have been launched this Fall, *Ignite* of which you will be hearing more about in the new year, and *#EmpowerHerLiteracy*, a campaign to put women's education on the global agenda. Please check this out at <https://www.mothersunion.org/>.

In Canada we can help to empower women's literacy by buying and giving Make a Mother's Day (MAMD) which supports both Literacy and Financial empowerment. You can find more information on our website [https://canadianmothersunion.ca/mothers\\_day\\_campaign](https://canadianmothersunion.ca/mothers_day_campaign)

This issue is close to the *16 Days of Activism Against Gender Based Violence* that always begins on November 25 (one month before Christmas Day).

I hope that your members will or have participated in some kind of activism, be it supporting the MU Rise Up Campaign, hosting a knowledgeable guest speaker, doing a presentation in church, partnering with another organization, promoting the White Ribbon campaign, holding a vigil. There are countless topics and opportunities; one just needs to get started.

If you always distribute White

Ribbons, what else can you do?

If November 25 is too close to Christmas for your branch, consider doing something earlier in November or even in the New Year because 'any day is a day for activism'.

*'Our lives begin to end the day we become silent about things that matter.'* Martin Luther King, Jr

As we move into the next year think back to the Stayin' Alive session at the conference. Do you remember the liveliness and vitality? And yes the groovy dancing! As the session continued, we realized that the time was not long enough... however the intention to start a conversation was realized. You will find the scenario in this issue with suggestions on starting a conversation with your branch. Remember, ..."we are Family"... and "there is no mountain high enough" and that is what keeps us Alive!

In closing, I wish you all a thoughtful and focused Advent and a joyous and blessed Christmas.

Respectfully submitted

Mary

Romans 15:13 *"May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit"*

## Canadian Mothers' Union National Newsletter

VOLUME 74 NUMBER 2

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Mary Stone, President

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**SUBMISSION DEADLINE:**

**For Spring edition, by Feb 1<sup>st</sup>.  
For Fall edition, by Oct. 1<sup>st</sup>.**

*Opinions expressed do not necessarily reflect the views of the editor, the Canadian Mothers' Union or any representative thereof, except where expressly stated. All material subject to editing.*

# Treasurer's Report

submitted by Dawn Skene

## Canadian Mothers' Union Financial Statement January 1, 2023 – December 31, 2023

<b>Bank Balance</b>	January 1, 2023		<b>\$43,829.35</b>
<b>Receipts</b>	Dues 2024 (28 members)	\$838.00	
	Dues 2023 (323 members)	\$8,253.00	
	Dues 2022 (1 members)	\$18.25	
	Travel Fund	\$305.68	
	NCCF	\$412.38	
	Make A Mother's Day – England (MSH)	\$986.44	
	Northern Parenting (includes MAMD)	\$50.00	
	Lady Day, Overseas	\$1,401.00	
	Parenting Program	\$129.85	
	Donations to Mary Sumner House	\$386.57	
	General Donations	\$3,559.73	
	Conference registrations	\$11,020.00	
	Government of Canada – GST/HST rebate	\$440.82	
			<b>\$27,801.72</b>
<b>Expenses</b>	Newsletter printing and postage	\$2,756.34	
	Mary Sumner House – Dues(\$4130), MAMD(\$858.14), Overseas Fund(\$1136), Donation(\$350.16)	\$6,474.20	
	Conference expenses	\$300.00	
	Annual Zoom license	\$230.00	
	Materials from England	\$430.48	
	Bank charges	\$50.00	
			<b>\$10,241.02</b>
<b>Bank Balance</b>	December 31, 2023		<b>\$61,390.05</b>
<b>Allocation of Funds</b>	General Acct	\$32,417.38	
	MSH (includes Dues \$10 x 28)	\$340.42	
	Travel Fund	\$1,710.02	
	NCCF	\$508.63	
	MAMD	\$418.40	
	Lady Day (Overseas Fund)	\$265.00	
	Northern Parenting	\$11,354.34	
	Parenting Program	\$1,956.86	
	Rev. Debbie Strickland Fund	\$1,699.00	
	Conference	\$10,720.00	
			<b>\$61,390.05</b>

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

Total number of paid up members for 2023: 411

Total number of paid up members for 2024: 28

# Chaplain's Message

## *Endings and beginnings*

In June, we gathered more than 100 strong in Halifax, for the Mothers' Union 2024 Conference, "Hope all Things". For some it was the first ever conference and the possibility of new friendships opened up. There were hopeful signs and new ideas even as we reckoned with the news of some branches decreasing in membership and some closing.

Over the summer, many of our groups took a break from regular monthly meetings and gave hard working members a chance to rest. Some branches took on a summer project that energized the members and helped in the community.

And now it is Fall and the beautiful green leaves of spring are turning their amazing colours



*Bishop Susan Moxley*

and falling to the ground. The wonderful summer tomatoes and cucumbers are in the freezer or pickled! Gardens are being prepared for winter. Plant pots are being put away. The compost bin is ready to do its "magic" to be ready for next growing season.

Winter is creeping up on us! In Canada, winter means many plants and trees look as if they have died! You have to know where to look for signs of life. You have to know something about the regularity of seasonal change to know where to look for signs of hope.

Knowing where to look when things look as if something is dying. Our Christian belief, that out of death comes new life, enables us to hope - to hope all things and to watch for the glimpses of new life. In the dark seasons, we need to remember God's love. That is what will sustain us, what will enable us to keep on keeping on. Then was can live with hope, believing in God's promise that out of death comes new life. With that belief we can "hope all things"!

## **Hope**

In an age, and a world, and a nation marked by bitterness, division, suspicion, and even hatred, we are all desperate for that gift which changes lives. The promise of Jesus, known to Paul, and discovered by countless since, is the promise of hope.

Today, the world needs hope. Clinging closely to Jesus, you and I can be people of hope, and when we are, we can change the world.

*Br. James Koester, SSJE*

*Worldwide President**... continued from Front Page*

Board of Trustees who have so ably carried us over these last six years.

I have been a member for over 36 years. It is a way of life for me. I was a founding member of our Cathedral Branch and went on to serve as Diocesan President and Canadian Provincial President. I then began serving at the international level as a Representative Member. I sat on the Fundraising and Communications Committee, where we produced the Dear Lord Prayer Book. I have been a Zone B Trustee for the Americas for the last 6 years. I have a passion for Mothers' Union!

As I prayed about the

elections and about my decision to let my name stand, the words '**stronger together**' were placed on my heart. When I think of our global programs which are making a difference in so many lives, such as the Literacy Program, the Savings and Credit Program or the Parenting Program, I am inspired. I am inspired when I speak to you as members and hear of your projects, your generosity of service, your prayer life and your faith. We are stronger together and we are making an impact in building God's Kingdom.

My vision going forward is that we build on our strengths, our programs in our communities, our faith in action and our prayer life. We

need to be courageous and reach out to others inviting them to **Join us and Join in...** our theme for 2025-2027. We are changing lives! We need to share our work and service with others, and to let them know how relevant we are in this place, *for such a time as this (Esther 4:14)*.

I close with scripture from Matthew 19:36 '*...with God all things are possible*'.

Let us demonstrate this in our faith and in our lives. To God be the Glory.

Blessings,  
Kathleen

## Prayers

Hold close Holy God,  
your faithful people,  
as we sail along uncharted seas,  
as we push back from the familiar shores,  
and as we wander  
into the mysterious deep.  
Broaden our horizons of hope  
and move us from fear to faith;  
all for your Love's sake.  
Amen

By +Deon K Johnson

Have we missed seeing the things God is doing now in our lives and in our world? Jesus invites us to live with joy, constantly alert for signs of God's grace around and within us. God is present and at work. Grace and salvation are here, and are available to us in abundance. There is cause for authentic celebration!

Br. David Vryhof, SSJE

# Goodbye to our Mothers' Union friend

**ANA LOUISE WATTS**  
1949-2024

We are saddened to announce the death of our dear friend Ana on June 13, 2024. She was a founding member of Mothers' Union at Christ Church (Parish) Church in Fredericton, NB. Ana is especially remembered for her longtime work coordinating the White Gift Sunday outreach project as well as leading Storytime for young members of the parish church congregation on Mothering Sundays. She had a kind, generous heart and always led our singing at Mothers' Union events in her clear, sweet soprano voice.

Ana had a successful and



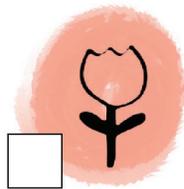
Ana Louise Watts

varied career as a writer, editor, journalist and author and was

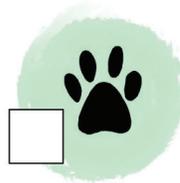
much respected and admired in her profession. The majority of Ana's work life was spent as the Communications Officer for the Anglican Diocese of Fredericton and as the editor of its newspaper, The New Brunswick Anglican. She was an accomplished storyteller and participated in a well-established book club and two local writing groups. Time with Ana was time well spent, as you never knew what direction a conversation would take, or what esoteric information she might share with you along the way. Ana will be sorely missed by all of us who had the good fortune to know and to love her.

## Self Care Checklist

be kind to yourself



Plant Flowers



Hug your pet



Keep connected

*Take time  
out  
for you*

### The objectives of the Mothers' union are:

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

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

# Cooking 101 – Autumn 2024

Cooking 101 – Fall 2024 issue

by Alice Kennedy

You will most likely see the photos from the conference in June in this issue. We had a great time! The conference was very well done! It had all the necessary elements, music, teaching, praying and food.

My Branch had 3 members attend for the first time and it was a mountain top experience for them.

I realize this newsletter will come out close to Christmas and I wanted to share a tradition I have started.

We all have lots of stuff, so I like to give food as gifts. I have been experimenting with candy. I love my candy, and my friends will agree that I am hooked on gummies and skittles. I am not a big chocolate fan as it usually contains milk which I find hard to digest.

My deadline for this issue was October 1<sup>st</sup>. Thanksgiving will have gone by so I thought I would give you some simple recipes for candy that I have been given or found online.

Blessings to you all for a sweet Christmas season! We all need to remember who made this a holiday to celebrate!



## PEANUT BRITTLE

(make on a sunny day)

Read all the instructions so you can have everything ready. Have a cookie sheet ready with parchment paper.

1 cup white sugar  
½ cup corn syrup (golden or clear)

Microwave the sugar and syrup on high for 3 minutes.

Remove from microwave and stir in 1 cup salted peanuts. Return to microwave and cook on high for 3 1/2 to 4 minutes

Remove from microwave and add 1 tsp butter, 1 tsp vanilla. Return to microwave and cook for another 1 1/2 (90sec) minutes on high.

Remove and add 1 tsp baking soda. Stir and while it is foaming quickly spread on the cookie sheet.

Let cool and break into pieces.  
Enjoy

## NOUGAT

(this is messy but tastes very good)  
I usually buy gumdrops in the season. Ex. Christmas is the red and green bells or Santa's. I find them at the dollar stores.

2T butter or margarine  
2 bags white chocolate chips (225g bag)  
2 bags white mini marshmallows (250g)  
1 1/2 cups chopped gumdrops

Melt the butter or margarine, white chips and marshmallows in the microwave. This takes about 1 minute in my microwave. Stir to make sure everything is melted. Cool for about 2 minutes and then add the gumdrops. This is sticky and hard to stir but blend as evenly as possible. Pour into an 8x8 parchment lined pan.

Sometimes I spray my hands with cooking oil spray to press it down in the pan. Chill well or overnight. Remove the parchment paper and cut into 1" squares. Enjoy!

*PS I am on the lookout for a simple divinity fudge recipe. If anyone has one and is willing to share, please pass it along to me.*

*Ciao,  
Alice  
the soon to be Past, Past President*

# Fundraising: fact or fiction?



SUBMITTED BY MARY STONE

There has always been a myth out there that Mothers' Union Branches are not supposed to fundraise. That is fiction.

The fact of the matter is that Mothers' Union, like all other charitable organizations needs money to operate and survive. We are not to hoard money or to have flush bank accounts, but we do need money to support the projects of the Worldwide Mothers' Union, to help with our programming and to do our work in our communities. We are also responsible for supporting the Northern Clergy Family Fund and the Diocesan and Canadian Travel Funds. Branches also should have a travel fund to assist their Branch Leader with travel costs when needed.

Branches have all kinds of means to raise funds; here are a couple of ideas

## FROM ST JAMES CHURCH IN VANCOUVER

We are once again doing our "bake out" Christmas Fundraiser with offerings of fruitcake, shortbread and mincemeat tarts and squares. Nothing goes unsold because everyone pre orders and pays. Some of us bake, others run the pickup station after church and /or offer festive containers for the baking.

We are also making marmalade as a fundraiser after Christmas.

We remain a small but mighty group!

## FROM THE PARISH OF FRENCH VILLAGE, NS

This year is our 26<sup>th</sup> year for making Hearty Vegetable Soup Mixes as our main fundraiser. We take orders then get our supplies at the Bulk Barn. We fill the bags in assembly line fashion, the measuring must be precise, and we have specially made labels with instructions on the back. In 1998 we charged \$3.00 a bag and this year they will be \$10. We always make extra bags, and they also end up being purchased.

This recipe, which was from a Canadian Living magazine sometime in the 90s, has been our secret for 26 years except for a couple of shares, we thought it was time to share it more widely.

Hearty Vegetable Soup Mix serves 8 - 10 people

### INGREDIENTS:

- ½ cup barley
- ½ cup green split peas
- ½ cup red lentils
- ½ cup yellow split peas
- ½ cup dried veggie flakes
- 1 vegetable bouillon cube (no msg)
- ½ Tbsp dried basil
- 1 Tbsp dried parsley

Use a one-pound clear plastic bag or a 2-cup mason jar.

Layer in bag in this order for best visual.

Barley, green split peas, red lentils, bouillon cube and dried herbs, veg flakes and yellow split peas.

### INSTRUCTIONS:

Combine in a large pot, soup mix, 8 cups of water, 1 potato, peeled and chopped, 1 celery stick diced, 1 onion chopped. Bring to a boil, reduce heat, cover and simmer for approximately 40 minutes. Stir often.

Add 975 ml of V8 Juice, or tomato juice.

For the past two years we also have made half size bags, which are popular with seniors.

## Goodbye to our Mothers' Union friend

Celia became a member of the St. James,' Vancouver branch of the Mothers' Union in 1972. For most of the subsequent years she served as our President, filling other executive roles at times when the group decided to take turns sharing the position of president. Under her leadership our members lived out the MU Aims & Objects in many ways that supported families and also contributed hugely to our parish life at St. James.'

She established a children's nursery so that parents were free to participate in the Sunday service. For many years she led the May Queen Festival to honour the Blessed Virgin Mary. The entire parish enjoyed the children's Maypole dancing, and the annual Cake Walk.

The clergy tasked our branch, under Celia's leadership, with the preparation of parents bringing children to be baptized. Celia saw that we welcomed each newly baptized child with a cake and a coffee-hour celebration. Celia also made banners that hang in our Parish Hall with the names and dates of all those baptized yearly.

Celia made sure that Mothering Sunday was kept with flowers for each mother and home-baked simnel cake for all.

Celia always had ideas for parish celebrations that raised funds for MU projects. From Downtown Abbey themed strawberry teas to sing-alongs of music from World War II, to bake sales, and to learning how to dance the Virginia Reel on New Years' Eve, our parish life was so much richer because of Celia.

In tune with MU's aim of supporting family life, Celia took the MU Parenting Program training and offered the program to those in our church and the Downtown



*Celia Mary Dodds*

Eastside community.

She also just began to attend meetings at Warriors Against Violence Society that helps Indigenous men and women overcome Residential School trauma and learn how to create healthy families.

Celia organised a Quiet Day for our branch every year. In recent years she helped to create a new MU branch in Vancouver, who then joined us on this special day.

She never ceased promoting MU and was always seeking new members for our own branch.

From 2009 to 2012 Celia was our national Mothers' Union President, leading an executive comprised of members from the Diocese of New Westminster and the Diocese of British Columbia. After her term she went on to become the Diocesan rep for our Diocese.

Celia was also a recipient of the ODNW award, Order of the Diocese of New Westminster, a biennial award for lay members who have shown exceptional dedication through volunteer ministry.

In addition to Celia's parish and Mothers' Union involvement, she worked for many years as a primary school teacher. I can attest to her exceptional gift in this capacity as well, as I first met Celia supporting a child in her classroom. Years later I came to St James and re connected with her. Not long after she convinced me to join the Mothers Union!

Celia was also a reader on Sundays, a flower guild organizer and designer on Saturdays, amongst all her other activities outside the church which included The University Women's Club, knit and stitch groups, book clubs, and golf. She was also an avid animal lover.

Celia had incredible energy and was rarely seen sitting still. She worked at all of her projects tirelessly and continued to take on new responsibilities both in and out of Parish life.

Celia did everything quietly and efficiently never expecting praise or accolades.

She leaves behind her husband Eric, daughter Rachel and Son Patrick and grandchildren and we are all heartbroken with them at the loss of this dedicated and faithful woman

The memory of Celia's life will live on as an inspiration. She worked tirelessly without fanfare both locally and nationally, and we honour all she has done to promote the aims of Mothers' Union over so very many years. May she rest in peace and rise in glory.

Respectfully submitted by

Louisa Farrell ( Branch Leader)

Mary Hamilton (Treasurer) Linda Adams, Rev. Christine Rowe, Anne Kennedy, Shirin Theopoulos, who contributed their memories.

# Epidemic of intimate partner violence



BY SHARA GOLDEN

Greetings and love in Christ to my friends of Mothers' Union.

This past summer I was enjoying my morning coffee with my husband, Greg, and watching CTV Your Morning on August 13. As usual, my favorite activity is to read the ticker tape headlines that slide across the screen. Suddenly, I picked up on one headline which read that Nova Scotia had adopted Bill 482, An Act to Declare Intimate Partner Violence an Epidemic the day before and had done so within the three mandatory readings in the Legislature for it to become law - on that same day! - and with the unanimous consensus of all parties! It is said that this was truly an historic day for the Legislative Assembly because no one could remember if this

quick enactment of law had ever happened before.

The story of how this bill was carried through the Nova Scotia Legislature was truly remarkable.

The lightning-fast passage of the bill introduced by the opposition NDP came less than an hour after the premier, the Honourable Tim Houston, told reporters he didn't think the legislation was necessary.

However, the bill's passage also was preceded by a tense conversation involving four women from the private-sector union Unifor who were advocating for the bill — and who had cornered Premier Houston near a hallway elevator outside the legislative chamber.

And minutes later, the government was back in the

House of Assembly to pass the bill that went through with all three readings with all-party support in just under 10 minutes.

“Government actions matter for sure and government words matter too,” Houston said. “That was the message that was shared with me by the group that was here. This was an opportunity that meant a lot, so we took that opportunity.”

“Today will change the life and the direction for many women and anyone experiencing intimate partner violence in the province of Nova Scotia,” said a visibly emotional Jennifer Murray, Unifor's Atlantic regional director.

“This is a very important day for women, gender diverse folks, men, anyone who has suffered intimate partner violence, they should take some solace in this legislation that has been passed,” said the province's NDP leader Claudia Chender. Ms. Murray added “And it was at the snap of the fingers. This is what happens when government works together in the right direction to fix something.”

This, therefore, fulfills one of the recommendations that came out of the Mass Casualty Commission report.

Intimate-Partner Violence (IPV) hurts victims as well as their families. IPV can and does occur in all settings and among all socioeconomic, religious and cultural groups. Abuse can be physical, sexual, verbal or financial, and women and children are the most frequent victims. The violence associated with IPV can be particularly terrifying and is more often fatal when the abuser has access to a firearm.

What does an enactment of IPV law mean for our MU members in other provinces of Canada?

*...continued next page*

Ontario is the only other province to implement law on IPV. The Government is considering Bill 173 The Intimate Partner Violence Epidemic Act 2024. The Bill requires the Government of Ontario to recognize that intimate partner violence is an epidemic in Ontario. It has been passed at second reading. The bill has, however, been referred to the Standing Committee on Justice Policy for further study and consideration before it goes to third reading.

According to Erin Lee, Executive Director of Lanark County Interval House and Community Support, "If we don't see it and we don't name it, it's very hard for us to change it. And if we don't start doing something to change it, we will continue to see the numbers of femicides in Ontario [go up]."

The Government of British Columbia through its Principal Office of Domestic Violence had previously prepared the 2014 Domestic Violence Plan. On June 27, 2024, the government announced that it has launched a systemic review of the legal system's treatment of sexual violence and intimate partner violence. Government has appointed Dr. Kim Stanton to conduct the review of the province's treatment of victims and survivors of sexual and intimate partner violence in the legal system and to propose recommendations so that the government can act effectively to address this longstanding challenge. The province says a final report is expected in May of 2025.

The Quebec government enacted Bill 24 in March, 2024 which provides legislation that will compel some intimate partner violent offenders to wear electronic tracking devices. The \$41 million project will begin in Quebec City over the course of two years before rolling out to the rest of the province. Only six countries, including Australia, England,

France, Portugal, Spain, and the U.S., have implemented a GPS tracking device system to thwart domestic violence.

In December of 2023, the Governments of Canada and New Brunswick signed a \$16.3 million four-year bilateral agreement to end gender-based violence according to the National Action to End Gender Based Violence in New Brunswick. It's three priority areas are increasing prevention efforts; reaching underserved and at-risk populations; and stabilizing the gender-based violence sector.

In August 2023, the Governments of Canada and Prince Edward Island also signed a \$9.6 million bilateral agreement to end gender-based violence over the next four years. to support the implementation of the National Action Plan to End Gender-based Violence in Prince Edward Island (PEI). Its three priority areas are identical to New Brunswick's.

So what does this information tell us?

The Canadian Government and its provinces are raising the bar in our country to address IPV. Within the description of vulnerable women, as Mothers' Union members, we are caught up in the secular term of "religious women" and that we are more vulnerable as religious women. Once in a violent intimate partner relationship, our safety is compromised, shame abounds and peace is lost. We are less likely to leave. Various opinions state that we are more likely to believe our abusive spouse can and will change. We are less likely to search out help.. We are Humpty Dumpties' with broken shells and no kings' men and no kings' horses to help put us back together again.

But we know that with our faith, family and friends and with the support of Mothers Union we can prevail and rise above. We are involved in campaigns such as 16

Days of Activism Against Gender Based Violence; RISEUP Against Domestic Violence; and the United Nations on the Status of Women (UNCSW). We have tools to help victims of IPV.

How do we reach out with an appropriate response to an intimate partner violence victim? How can we help? Here are some tips:

- Remain calm and remember that "safety" should be a top priority. If the abuser is an immediate concern, call 911. Share validating and supportive statements like the following:
- You are not alone.
- You deserve to be safe – your children deserve to be safe.
- I'm so sorry that is happening to you.
- I'm glad you told me; I would like to help you.
- The abuse is not your fault – you are not to blame for someone else's violence.
- You have the right to make your choices, including the decision to leave an abusive situation.
- Domestic violence is a crime.
- You have the right to receive protection.
- There are people who are concerned about you and they want to help.

My dear MU members let's take solace that we have the attention of our Governments in addressing Intimate Partner Violence. But we cannot stop there in comfort. We stand united in voice and purpose. We have to hold their feet to the fire to make sure all their promises are fulfilled. Because that's what we do!

# Mothers' Union Canada



*Photo: As many members as we could get together for one photo of the Mothers' Union Canadian Conference 2024 attendees.*



# Canadian Conference 2024



# Madagascar School Project

SUBMITTED BY MARY STONE

In June of 2023, the Diocesan Mothers' Union held a rally at St. James, Halifax on the theme Celebration. Period! Our keynote speaker was Kathy Lucking, a Canadian schoolteacher who is a founding member of the Madagascar School Project in the remote highlands of that island nation. Registered in 2008, the goal of the charity is to help the school become self-sufficient so that it can fund itself through growing vegetables and farming, while teaching the students entrepreneurial skills.

The school is the hub of the community. Starting with a little support from Mothers' Union, the school grew and grew, educating not only the children but the mothers who gathered at the door to hear the lessons.

Over time, the project evolved in response to the needs of the people. A community garden was established and good agricultural practices were taught. Due to Kathy's determined fund raising, solar panels were installed to bring the internet to the school and open it up to the world.

The global Mothers' Union is very much a supporter of education for women and girls. Period Poverty is an all too common problem in many parts of the world. Women and girls who do not have the means to acquire sanitary products are sidelined from school and work each month. We determined that providing sewing machines would help the women and girls of the community sew their own reusable sanitary supplies, among other things.

Our Rally raised about \$1700. in



donations which were sent along to the Madagascar School Project and a wonderful thing happened. Kathy explains, "The Mothers' Union worked hard to provide us with sewing machines and we are about to open our new sewing classroom for this year's start to the new school year. A classroom has been built, sewing machines purchased, and our carpentry class (in a new workshop built with the help of the ACW), has been busy making tables and benches for the students to sit at the new machines and learn to sew."

You might be interested in visiting their website <https://www.madagascarschoolproject.com/> to learn about how they now have an established medical clinic with doctors whom they supported to receive their training. There are many ways to get involved!



Benches were made by carpentry class.



The teachers sewed skirts for the youngest girls in the school.



Girls will be sewing sanitary pads for themselves and to sell for the benefit of the school.

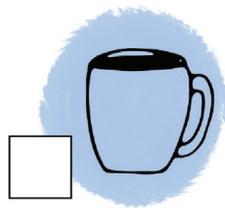
# Canadian Mothers' Union Council at the conference



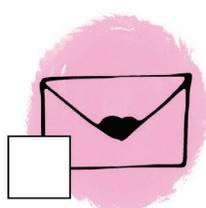
Members of the Canadian Mothers' Union Council at the conference wearing black for Thursdays in Black.  
 Back row: Elizabeth Court, Dawn Skene, Alice Kennedy, Maxine Simpkin, Gael Page, Ginny McEwen, Shara Golden, Dawn Snyder, Genny  
 Seated: Susan Colpitts Judd, Lynda Viau, Mary Stone, Lilian Ketch, Bishop Sue Moxely

## Self Care Checklist

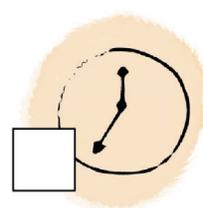
be kind to yourself



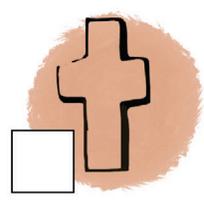
Drink a comforting drink



Write to someone you love



Take time out



Speak with God

# Stayin' Alive - a branch activity



BY MARY STONE

Picture our little branch – a dozen strong, just like the apostles in some ways! We all bring different levels of commitment, but that's what makes us a family. We have some incredibly dedicated members, and others who find great joy in the fellowship and refreshments we share (maybe a bit like Peter with a soft spot for a good fish fry!).

Our inspirational leader recently moved on to a bigger role, leaving a gap for someone new to step in. Enter our new leader, a little unsure at first, perhaps like someone trying on a new outfit that's not quite the perfect fit. But they're willing to give it a shot!

Meanwhile, our team is facing some unique challenges. Some members are busy traveling, their Bibles tucked away with their travel essentials. Others are dealing with life's ups and downs – a recent injury, a period of grief, or caring for loved ones. We also have a dear member with a memory that's like a box of chocolates – you never know what you're gonna get! Bless her heart, she always brings a smile.

The congregation truly appreciates us, and their support means a lot. Here's the thing, though: sometimes our lovingly planned projects become official church

ministries so quickly, it feels like we haven't had a chance to fully contribute. It makes us wonder what our specific role is within the bigger picture.

To add to it all, our priest, a pillar of pastoral support, is swamped with new diocesan duties. Less time for us means more time for us to figure things out independently. But fear not, sisters and brothers! We have some tech wizards who can overcome any iPad hurdle with a touch of faith, and community connectors whose social networks are impressive! Just wish we had a few more helping hands - sometimes when we ask for volunteers, they vanish like church mice!

Just when things can't get any crazier, fate throws another unique challenge. Our "seasoned leader showing the ropes" situation took a sad turn. Yep, our guiding light has passed away, leaving our new leader holding the reins and needing a shoulder to lean on.

So, the million-dollar question (brighter than a lighthouse beacon) is this: With some leadership changes, a wonderfully diverse team, and a burning desire to find our niche, how will this Canadian Mothers' Union branch chart its course? Will we overcome these challenges? You betcha! Because when doubt and despair try to dim our light, there's only one thing for us to do:

## STEP 1: BRAINSTORMING CHALLENGES

1. Grab a large sheet of paper and plenty of sticky notes.
2. Identify any problems or obstacles faced by the branch and its members. Write each challenge on a separate sticky note.

3. As a group, stick all the challenge notes onto the large sheet of paper.

## STEP 2: RANKING DIFFICULTY

1. Discuss the challenges and categorize them based on difficulty:
  - Bottom Tier: Easy solutions already exist or are readily achievable.
  - Middle Tier: Challenges requiring significant advancements but with a clear path forward.
  - Top Tier: Seemingly impossible challenges beyond our current capabilities (the "far out" possibilities!).
2. Decide together which category best fits each challenge.

## STEP 3: OPPORTUNITY KNOCKS!

1. Now for the fun part! Choose a challenge, regardless of difficulty, that sparks your group's curiosity.
2. Brainstorm ways to address this chosen challenge. Here are some prompts to get your creative juices flowing:
  - Tech Time: Can you invent a new technology to solve the problem?
  - Teamwork Makes the Dream Work: Who or what resources could you bring together to overcome the challenge?
  - Unconventional Solutions: Are there any unexpected or crazy ideas that might just work?

# The Red Chair Project



By Mary Stone

One of the silent events at the Hope All Things Conference was the Red Chair Project. The presence of the red chair spoke volumes although it remained silent.

The empty chair acts as a powerful symbol of the many women who've been killed through gender-based violence – women who should still

be with us today. This chair was for them.

The project usually runs during the 16 Days of Activism Against Gender Based Violence, but it can be carried out anytime of the year when deemed appropriate.

**You can participate in this project:**

Designate a chair in your church, at a local cafe, or even a public space like a park. Remember to ask permission first if needed! If the chair is not red, paint it or cover it with red fabric. If you can't get hold of any fabric or paint, printing a sign and making sure the chair is left empty will still have impact.

If this is the first time your church or community has thought about domestic abuse and violence against women, you could organise a short segment in a church service during the 16 Days of Activism to talk and pray about domestic abuse. You could even devote a whole service to the issue, with a Red Chair, prayers, and information.

Find resources for the Red Chair Project here - <https://www.restored-uk.org/resource-directory/red-chair-project-pack/>

WEAR BLACK ON THURSDAYS

Another simple yet profound

global movement around the world is the Wear Black on Thursdays. Wear black clothing and/or wear the pin to show you are resisting the attitudes that promote and encourage rape and violence against women and girls.

“In every country, gender-based violence is a tragic reality. This violence is frequently hidden, and victims are often silent, fearing stigma and further violence.

We all have a responsibility to speak out against violence, to ensure that women and men, boys and girls, are safe from rape and violence in homes, schools, work, streets – in all places in our societies.” International Anglican Women’s Network

6.3 million women and girls in Canada will experience sexual violence or intimate partner violence in their lifetime.

Every 2.5 days a woman or girl is killed in Canada

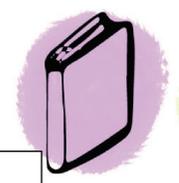
Indigenous women and girls are 6X more likely to be killed than non-Indigenous women

Find out more here -

<https://wdpcanada.ca/restore/understanding-violence/>

## Self Care Checklist

be kind to yourself

			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find peace in prayer	Eat well	Read a good book	Make future plans

# Tabitha Houses for Kenya



*Susan with MU member Sepher Nabwile Barasa, on left, and other members of the Bongoma community*

On November 21, 2023, I was blessed to be part of a two-week mission trip to Kenya with Prison Christian Ministries (PCM). Our purpose was to visit 12 prisons (both men's and women's) in 7 different communities and to hold Grand Openings for two special homes, called "Tabitha Houses" (after Tabitha in the Bible), being built by PCM for the children of prisoners. Our team consisted of 8 individuals mostly from the

Fredericton, New Brunswick area.

We represented many different Christian denominations and Churches. The leader of the mission group was Brent Bishop, the founder of Prison Christian Ministries. PCM was originally founded to provide milk for the babies in one prison and has expanded to providing milk to children in all Kenyan prisons, visiting those in prison, feeding

street kids, and building Tabitha Houses.

When I first heard about the Prison Christian Ministries mission trip, I immediately realized how well this mission fit into the objects of the Mothers' Union. At each prison, we were invited to share some songs with the prisoners and to share personal stories and scripture. They were very receptive and very grateful that we would come all the way from Canada to visit them. At the Tabitha Houses, we were able to share a meal with the children, sing, play games and visit with them. Again, they were so very thankful that we had come to meet them and for all that Prison Christian Ministries has done to change their desperate situations. Many of these children would have been living in extreme poverty with extended family or on the streets, while their parent was imprisoned. On a couple of days we spent some time talking with, ministering to and feeding a meal to some of the street kids. They were very appreciative of PCM providing a hot meal for them once a week throughout the year.

As we were not representing any particular church, I was able to go on this trip as a representative of the Mothers' Union. Many weeks before I left, I sent out Facebook Messenger messages to the churches in the communities that I knew we would be visiting. I asked if they would have any Mothers' Union members that I could meet with while I was there. I received one response from the town of Narok. This came from a Diocesan Council member of the Mothers' Union by the name of Naomi Kasero who was very involved in the ministry of her church, ACK St. Luke's Narok in the Diocese of Kericho. We arranged to meet when I was in the

town of Narok. We were two MU sisters from completely different countries with so many things in common! We are both teachers of Math and Sciences and both have a deep love for Mothers' Union. Naomi was already involved in the ministry to the Narok prison, which is just down the road from her parish church. Naomi and her sister own and manage a home for girls who are victims of gender-based violence. With some funding from a group of ladies from Finland, they operate an organization called Osiligi Girls Empowerment Network. This organization rescues young girls from early marriage and female circumcision, a practice which still continues in many regions of Africa, even though it is illegal and frowned upon by most of the world.

At the Kakamega Prison, as we waited for an AIDS presentation to conclude, I had the pleasure of chatting with the Women's Prison Senior Chaplain, Joan Ochudi, who is an Anglican Priest and Mothers' Union Chaplain. She is a very busy lady with her fulfilling career in prison ministry and the responsibility of caring for her two children, her mother and her siblings since the passing of her father. She was expecting her third child at the time of our visit and has since given birth to a baby girl.

In Bongoma, Chris Wafula reached out to the Anglican Church and invited members of their Mothers' Union to attend our Grand Opening. The Archdeacon of this parish, Erick Wandira, along with the choir and three members of the Mothers Union, showed up that day, ready to celebrate the Opening of Tabitha House 2. Sepher Nabwile Barasa, and the Archdeacon were asked to accompany me throughout the day. Sepher was selected because she was the one member of their Mothers' Union branch who had an MU uniform. She looked so regal



*Naomi Kasero, a Diocesan Mothers' Union member from Narok, Kenya*

dressed in her lovely blue dress. The choir members, also wearing MU blue, performed during the celebration and the Archdeacon offered prayers. After my return, I was very excited to hear from them that their church had taken a collection, and that members of the parish had been to Tabitha House 2 to bring a gift for Christmas to the children.

Over much of our visit, we were accompanied by a young priest from ACK St. Barnabas Kavengero in the Anglican Diocese of Mbeere, Youth Pastor Robert Njue Namu. He was very interested in finding out more about how to become an agent of Prison Christian Ministries. He and his wife, who is a social worker, have a deep caring for youth and had hoped to become the overseers for the building of Tabitha House 5. He and I spent some time chatting together as his mother, aunt, sister and neighbour are all members of Mothers' Union and he has a great respect for this organization. I gave him some of the portfolio and tote bags from our Canadian Mothers' Union to bring home to these family members.

I have been very pleased to receive photographs back from him, and to find out that he has indeed been selected as the newest agent for PCM and will be opening the next Tabitha House very soon.

The hours I spent with my Mothers' Union sisters were very special to me, and I hope to maintain the connections that I have made with these extraordinary people. It is wonderful to see how God has connected together these organizations and people whom God has empowered to do his will in Kenya. I feel greatly blessed to have played a small role in furthering His plans!

Coming to the end of our Kenyan road trip was a mixed blessing. I was ready to return home to be with my family and prepare for Christmas but this had truly been an inspiring mission for me. I honestly felt like I was upholding the words of the Bible from Matthew 25:36 which states "I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me." This mission trip has enriched my life greatly and changed my world view. While we live in a wonderful, progressive and rich country, large populations of this world are suffering from lack of basic necessities and rights. I plan to continue to support PCM and the wonderful works they are carrying out in Kenya. For more information on Prison Christian Ministries please visit them on Facebook or their website at <https://www.prisonchristianministries.com>.

SUSAN WATSON, DIOCESE OF  
FREDERICTON

PRESIDENT ELECT CANADIAN  
MOTHERS' UNION 2025-2028

## Our worldwide impact in 2023

We supported over  
**2.8 million people**

of which, MU directly supported over  
**569,000 people**

MU indirectly supported over  
**2,270,000 people**

MU dioceses across Britain and Ireland provided holidays and trips to families whose lives have been met with adversity, giving them much-needed respite, benefitting over  
**2,000 children and 1,000 adults**

see p19

Clothing, bedding, care packages, handcrafted blankets and baby items were lovingly distributed by MU members to refugees, the homeless, hospital patients and families. Including more than  
**20,000 items**

**20,000 items**

see p22  
MU ran our No More 1 in 3 campaign, raising awareness of domestic abuse that affects  
**1 in 3 women**

see p22  
Members took part in the 16 Days of Activism against Gender Based Violence, from over  
**40 dioceses**

see p12  
Awareness raising campaigns, vigils, marches and outreach on issues like gender-based violence, parenting and relationships, engaged over  
**15,000 people**

see p14  
Literacy programmes, skills training and savings groups in numerous African countries, empowered over  
**50,000 women**

## Gender-based violence Prayer

Compassionate God,  
may those experiencing all forms of violence be given courage, hope and the means to break free from their abuse.

Lord Jesus,  
be with those who work to support survivors of gender-based violence. May they be given abundant resources of money, knowledge and time.

Merciful God,  
bless those working with perpetrators of gender-based violence. May they be helped to bring about lasting transformation of lives.

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

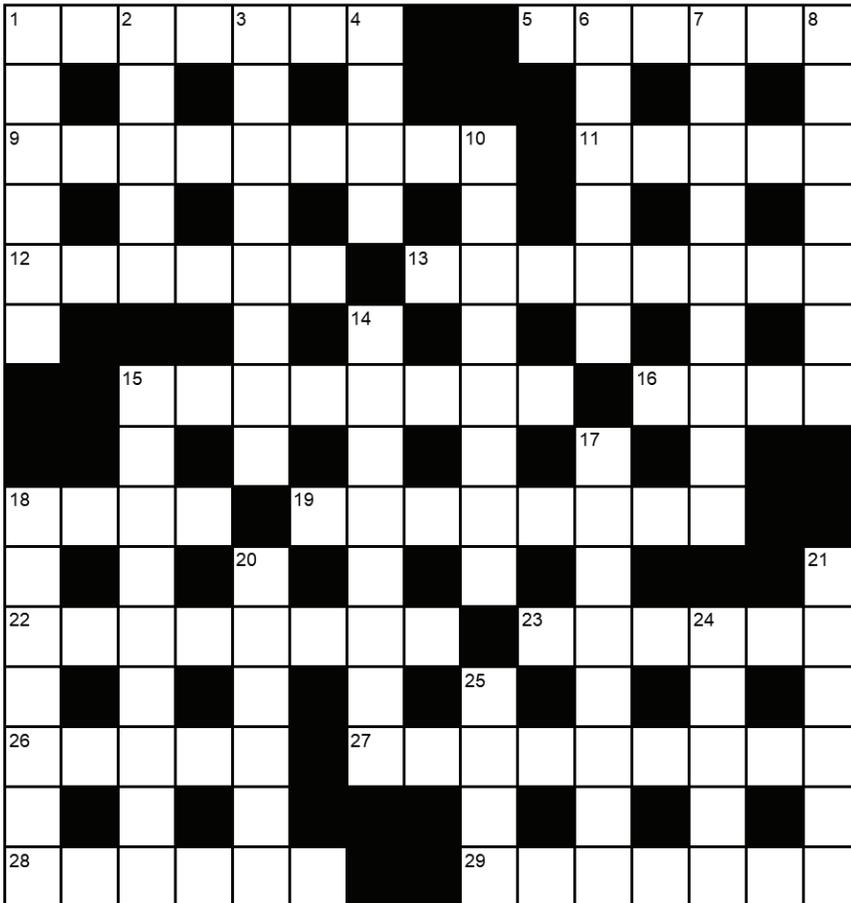
# Bible Crossword

## Fall/Winter '24

by Maureen Ye



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



### Fall Clues 2024

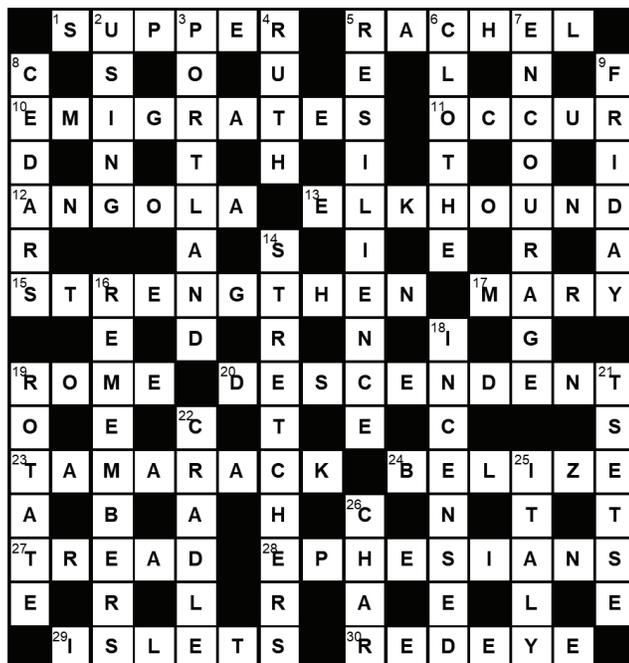
**ACROSS:**

- 1- One of the five objectives: to \_\_\_\_\_ a personal relationship with God (7)
- 5- Object made of wax or soy, used to make light (6)
- 9- Body of land surrounded on three sides by water (9)
- 11- One of the five objectives: to \_\_\_\_\_ supportive and loving relationships (5)
- 12- Free from danger (6)
- 13- Person who does not belong (8)
- 15- Tree with large, often fragrant flowers (8)
- 16- Neat and clean (4)
- 18- Impolite (4)
- 19- Giving confidence (8)
- 22- Happening twice a year (8)
- 23- One who makes amends for sin (6)
- 26- Piece of cutlery with a sharp edge (5)
- 27- Left behind (9)
- 28- "If you are \_\_\_\_\_, eat at home." (1Cor.11:34) needing to eat (6)
- 29- Collection of clothing, etc. needed for an infant (7)

**DOWN:**

- 1- Go away (6)
- 2- "(He) planted it with choice \_\_\_\_\_." (Isa. 5:2) twining plants (5)
- 3- English or French, say (8)
- 4- Writer of several Epistles (4)
- 6- Head of a nunnery (6)
- 7- Shrinking away (9)
- 8- No longer young (7)
- 10- Lightweight metallic element (8)
- 14- African country with Mothers' Union branches (8)
- 15- Process bringing about reconciliation (9)
- 17- Anniversary of the day one was born (8)
- 18- Mother of Jacob and Esau (Gen. 25) (7)
- 20- Make yourself loveable (6)
- 21- Structure with a roadway that crosses a river (6)
- 24- Group of nine performers (5)
- 25- Season after summer (4)

*Spring '24  
Crossword  
Complete*





## Warming up in her winnings

*Janis Barker of St Paul and St Thomas Mothers' Union, Thunder Bay, Ontario looking very regal wearing the Heritage Quilt that she won at the conference.*

## Canadian Mothers' Union Branch Numbers

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

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Canadian Mothers' Union Wave of Prayer (Jan – Dec, 2024)						
	January	February	March	April	May	June
1 <sup>st</sup> to 5 <sup>th</sup>	All Branch Chaplains	Diocese of NS and PEI St. John the Evangelist Lower Sackville, NS	Worldwide Mothers' Union Parenting Program Trainers and Facilitators	Canadian Conference Coordinator Elizabeth Court	Diocese of Fredericton St. Paul's Hampton, NB	Archbishop Linda Nicholls Primate of Canada
6 <sup>th</sup> to 10 <sup>th</sup>	Canadian Historian Ginny McEwen	Diocese of Fredericton St. Mary's, York Fredericton, NB	Canadian President Mary Stone	Canadian Past Presidents	Diocese of NS and PEI Parish of French Village Upper Tantallon, NS	Diocese of NS and PEI Church of St. Andrew Cole Harbour, NS
11 <sup>th</sup> to 15 <sup>th</sup>	PWRDF	All Diocesan Members	Diocese of Fredericton Trinity Church Sussex, NB	Diocese of Niagara Church of the Nativity Hamilton, ON	Worldwide Mothers' Union Parenting Program Participants	Mothers' Union Diocesan Councils
16 <sup>th</sup> to 20 <sup>th</sup>	Diocese of NS and PEI Parish of Musquodoboit, NS	Diocese of Algoma St. Paul & St. Thomas Thunder Bay, ON	Diocese of New Westminster St. James' Vancouver, BC	World Wide President Sheran Harper	Mothers' Union Members in the Diocese of the Arctic	Diocese of Fredericton All Saints Marysville, NB
21 <sup>st</sup> to 25 <sup>th</sup>	Canadian Secretary Gael Page	Diocese of Montreal St. Paul's Montreal, PQ	Canadian Newsletter Editor Paul Sherwood	World Earth Day	Canadian Chaplain Rev Bishop Sue Moxley	Mothers' Union Branch On Line
26 <sup>th</sup> to 31 <sup>st</sup>	Diocese of New Westminster St. Mary the Virgin Vancouver	All Lone Members	Diocese of NS and PEI St. John's Halifax, NS	Diocese of NS and PEI St. John the Baptist North Sydney, NS	Diocese of Fredericton St. Mary & St. Bartholomew Saint John, NB	Advisor on Gender Based Issues Shara Golden
	<b>July</b>	<b>August</b>	<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>
1 <sup>st</sup> to 5 <sup>th</sup>	Diocese of Niagara St. Alban the Martyr Glen Williams, ON	Diocese of NS and PEI St. Luke's Dartmouth, NS	Diocese of Fredericton St. John the Baptist Riverview, NB	Canadian Mothers' Union Parenting Program Coordinator Maxine Simpkin	Indigenous Archbishop of Canada	Diocese of NS and PEI All Saints Bedford, NS
6 <sup>th</sup> to 10 <sup>th</sup>	Diocese of Fredericton Christ Church Cathedral Fredericton, NB	Diocese of Toronto All Saints Collingwood, ON	Canadian Lone Members' Coordinator Daphne Hinds	Mothers' Union Diocesan Presidents	Diocese of Niagara St. Matthew on the Plains Burlington, ON	Zone B Trustee Kathleen Snow
11 <sup>th</sup> to 15 <sup>th</sup>	Anglican Church Women National President Margaret Warwick	Canadian Literature and Marketing Coordinator Dawn Snyder	All Branch Leaders	Canadian Treasurer Dawn Skene	Zone B Link Prayer Partners	All Branches in Abyeance
16 <sup>th</sup> to 20 <sup>th</sup>	Diocese of NS and PEI St. John's Milton, PEI	Diocese of NS and PEI Church of the Holy Spirit Dartmouth, NS	Mothers' Union Diocesan Chaplains	Diocese of NS and PEI St. James' Armdale, NS	Canadian Northern Clergy Families Fund Coordinator Lynda Viau	Diocese of Ottawa St. Mark's Ottawa, ON
21 <sup>st</sup> to 25 <sup>th</sup>	Genny The Canadian Link Coordinator	Diocese of NS and PEI Holy Trinity Liverpool, NS	Diocese of British Columbia St. Peter's Quamichan, BC	Immediate Canadian Past President Alice Kennedy	Diocesan Representatives	Diocese of NS and PEI St. Francis by the Lakes Lower Sackville, NS
26 <sup>th</sup> to 31 <sup>st</sup>	Diocese of Fredericton Parish of Richmond Richmond, NB	Canadian Vice President Lilian Ketch	National Day for Truth and Reconciliation Sept. 30	Diocese of NS and PEI Emmanuel Spryfield, NS	All persons suffering from Gender-Based Violence and Discrimination	All members worldwide