

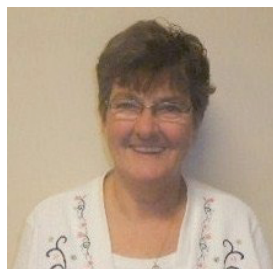


# The CANADIAN MOTHERS' UNION NEWSLETTER

Volume 8  
Issue 1  
Spring 2016

[www.themothersunion.org](http://www.themothersunion.org)

[www.mothersunioncanada.ca](http://www.mothersunioncanada.ca)



Alleluia! Christ is risen!

The season of Pentecost is about to begin, Spring is here and Mother Nature is at work. Once again the crocuses and daffodils have broken through the ground. It is wonderful to awaken in the morning to the sound of the birds singing.

Most of you will already have heard of the passing of dear Rev. Debbie Strickland, our Conference Coordinator. Over the past 3 years we on the Council had the opportunity to get to know Debbie and to feel her pain as she struggled to beat the cancer and leukemia. She is greatly missed. Her spirit will be with us during our time at the conference.

The conference is rapidly approaching and final preparations are being completed. We are very fortunate in having the members of the North Sydney branch, under the guidance of Connie Barnes who Debbie elected as her conference assistant, looking after some of the arrangements and acting as our go between with the Inverary Inn. I am looking forward to my time with those attending and getting to better know you all.

A Parenting Facilitator training course, to be led by Celia Dodds and Kathleen Snow, was held April 21st – 24th in Nova Scotia. It took a lot of time to finally find a date that would suit those wishing to take the course. More on this in the next newsletter.

It is important that the Memorial Book is kept up to date. This is part of the job of the Canadian Historian, Marilyn Scott. Since her term began in January 2012, Marilyn has received very few names of members who have passed away. If you know of anyone whose name may not have been submitted for inclusion in the Memorial Book, please forward the information to Marilyn at: [mjsdartmouth123@gmail.com](mailto:mjsdartmouth123@gmail.com). If unsure, send the information anyway. The book will be displayed at the conference. (Continued on p. 2)

## HELP WANTED!

By the time this reaches you, the conference will be just a few days away. I hope information reached you from your branch leaders, or on the conference blog, or in other communications, since the newsletter wasn't out in time.

Our family computer, which has been a workhorse for many years, surviving several part replacements and overhauls, finally reached the breaking point near the end of March and had to be replaced. We have a replacement now, but there were some issues with recovering files, especially e-mails.

***So now I'm making a request for help...if you have sent me any articles, pictures, or notifications for the newsletter, and have not seen them published yet, please resend them if possible and I will put them in one of the next two issues. Thanks!***

***Elizabeth Court, Newsletter Editor [secourt@bellaliant.net](mailto:secourt@bellaliant.net)***

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As this year the Mothers' Union is celebrating its 140th year, and the theme is "Equipped to Serve," based on Ephesians 4:11 "To equip the saints for the work of the ministry, for the building up of the body of Christ," a suggestion would be to focus our efforts on furthering our outreach in order to touch more lives whilst at the same time spreading the love of our risen Lord.

May the joy of Easter remain with you throughout the year.

Blessings,  
Margaret.



### **Rev. Debbie Strickland Memorial Fund**

The Rev. Debbie Strickland was a member of the St. John the Baptist, North Sydney branch of the Canadian Mothers' Union for 22 years. In 2012, Debbie offered to take on the role of Conference Coordinator for the 2013-2016 term of Canadian Council. As part of her vision for the future of Mothers' Union, she challenged each branch to begin a new, or expand on an already existing outreach project in their community.

After a long and courageous battle with cancer, her death occurred just a few weeks after she attended a Council meeting on Skype. The Mothers' Union members at Emmanuel, Spryfield, where Debbie was a member for about 10 years, wanted to send a \$50 Make a Mother's Day (MAMD) sympathy card to the branch at North Sydney – from her former branch to her current branch. There wasn't a card for that amount, so Ethel Nelson, who designs the MAMD cards for Canada, decided to create a card recognizing Debbie's idea for outreach projects. The money from this card goes to the Rev. Debbie Strickland Memorial Fund. When there is a sufficient amount in the fund, branches will be able to apply for a grant (maximum \$50) to be used to start an outreach project that will be ongoing. For example, to buy some books, crayons, etc. to set up a Mum and Tot Program or to purchase gardening supplies to start a Community Garden.

The fourth paragraph of our Midday Prayers says, *"Faithful and loving God, who called Mary Sumner to work for the renewal of family life; Inspire us to follow her example and respond to your call to new adventures, new possibilities and new visions for the work of the Mothers' Union around the world."* Debbie's challenge inspires us to put this prayer into action.

You don't need to buy a MAMD card to contribute to the fund. Tax receipts will be given for donations of any amount; the fund will be managed by the Canadian Treasurer.



***Who knows where  
the road may lead?***



## Chaplain's Message

We, as Christians, have travelled through Lent, Holy Week, the Easter Vigil and Easter Sunday and in May we will celebrate Pentecost. I think one of the most special moments I have witnessed and sometimes presided at is when a child is baptized, at any time, but especially at the Easter Vigil. It is time when the new light of Christ is brought into the church; it is a time when Christ goes from death to life. It is a time when, with their baptism, a child becomes part of the body of Christ and a member of the community of faith.

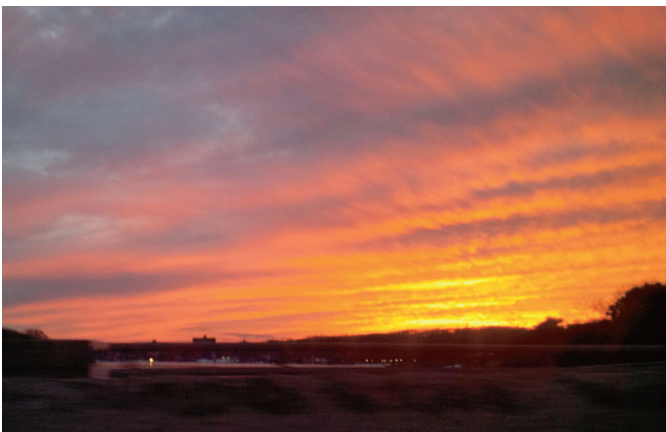
As it states on our website, as Mothers' Union members we support and encourage parents in their role to develop the faith of their children. We also believe in the value of the family in its many forms as a source of love and support for individuals and the basis for a caring community. The words from the prayer said after the child is baptised is our hope for their future:

Sustain them, O Lord, in your Holy Spirit  
Give them an inquiring and discerning heart  
the courage to will and to persevere,  
a spirit to know and to love you  
and the gift of joy and wonder  
in all your works. Amen.

The Reverend Marilyn Murphy  
Canadian Chaplain



***Nature always wears the  
colors of the spirit.  
~ Ralph Waldo Emerson***



*Hummingbird (stock photo),  
Thistle, Milton, NS (E. Court)  
Sunset in Dartmouth, NS (E. Court)*

**Canadian Mothers' Union Financial Statement**  
**January 1, 2015 –December 31, 2015**

<b>Bank Balance</b>	January 1, 2015		\$45,538.96
<b>Receipts</b>	Dues 2015 (514 members)	\$9,717.78	
	Dues 2016 (64 members)	\$1,375.25	
	Extra newsletters	\$100.00	
	Travel Fund	\$1,578.65	
	NCFF	\$2,923.35	
	Make A Mother's Day – England (MSH)	\$1,644.00	
	Northern Parenting (includes MAMD)	\$2,858.35	
	Lady Day, Overseas	\$1,138.62	
	Parenting Program	\$100.00	
	Government of Canada – GST/HST rebate	\$704.57	
	General Donations	\$200.00	
			\$22,340.57
<b>Expenses</b>	Travel to CC meetings	\$379.02	
	President's Travel	\$332.68	
	ACW Conference Registration	\$400.00	
	Coordinators' expenses	\$567.09	
	Newsletter printing and postage	\$3,024.51	
	NCFF – Transfer of funds	\$3,300.00	
	Mary Sumner House – Dues(\$3660), MAMD(\$1396), Overseas Fund(\$1380.87), Donation(\$100)	\$6,536.87	
	Transfer of Biennial silent auction funds to travel fund	\$432.00	
	Transfer of Arctic Fund to Northern Parenting	\$938.35	
	Gift for Reg Bailey	\$97.99	
	MAMD card for the Queen	\$30.00	
	Conference expenses	\$149.50	
	Diocesan Representatives Allowance	\$200.00	
	Cheque returned	\$25.00	
	Bank charges	\$8.40	
			\$16,421.41
<b>Bank Balance</b>	December 31, 2015		\$51,458.12
<b>Allocation of Funds</b>	General Acct	\$39,858.03	
	Dues held for MSH	\$414.00	
	Travel Fund	\$2,588.57	
	NCFF	\$1,015.72	
	MAMD	\$587.00	
	Northern Parenting	\$5,278.35	
	Parenting Program	\$1,611.70	
	Overseas Fund	\$104.75	\$51,458.12

The bank balance does not include the Sarah Marshall Trust Fund (NCFF) in the amount of \$4000.00.  
Term deposit matures October 17, 2018. Interest rate 3.00%.

Total number of paid up members for 2015: 566  
Total number of paid up members for 2016: 64



## **Last-Minute Conference Notes!**

### **Conference Blog:**

You will find lots of information about the Conference on the blog:

<http://muconference2016.blogspot.ca/>. Those who have subscribed receive notifications whenever new items are added. Directions for subscribing are in the September 22, 2015 post on the blog.

### **Proxy Form:**

Hopefully every branch whose Branch Leader is unable to attend the Conference has designated a proxy to ensure your branch has a vote! Your proxy doesn't have to be from your branch.

### **Conference Schedule:**

The full conference schedule is on the blog. Keep in mind that registration starts at 2:00 p.m. on Wednesday, June 1, 2016 and the closing service ends at 10:00 a.m. on Sunday, June 5, 2016. Check out time is 11:00 a.m.

### **Silent Auction Items:**

Please remember to bring or send an item for the silent auction.

### **Shopping!**

The Marketing and Literature Coordinator has been hard at work ensuring there will be lots of items available at the conference, so you can do some shopping during breaks and free time. Some of the items include blankets and magnets with the conference logo; mugs, brushes, pens and hoodies with the Canadian Mothers' Union logo, and an assortment of other products as well. Payment can be made with cash or cheque.

### **Reminders:**

Don't forget, there is a pool and full-service spa at the Inverary. If you would like to book a spa appointment, go to their website at <http://capebretonresorts.com/our-resorts/inverary-resort/spa>. Check the conference schedule on the blog so that you can schedule around it.

There may be time for some walking in and around Baddeck. Bring comfortable walking shoes and get the best view of this quaint town on the shores of the beautiful Bras d'Or Lakes.

For those not going on one of the day tours, there may be an opportunity to hike to Usige Ban Falls. It's a short drive and a 1.5 km round-trip hike to this lovely waterfall! Another use for those comfortable shoes!

## Reasons to Buy Locally-Produced Food

With large grocery and restaurant chains and big box stores all around us, it is easy and sometimes more affordable to buy most of our food in those locations rather than in smaller shops or markets. There are distinct advantages, however, to buying locally-produced food. It's more than just the good feeling it can give us when we purchase freshly-picked vegetables at the local farmers' market. There are many reasons we should make the extra effort and perhaps pay a higher price to support our local food producers:

1. Food produced locally tastes better and looks better. Foods grown in season are more likely to have been grown naturally outdoors rather than in artificially "seasoned" greenhouses. Rather than picking fruit and vegetables before they're ripe so that they can ripen in transit, or by chemical treatments when they reach their destination, they are picked at their peak



with the optimum colour, texture and taste. This is one reason why many restaurants are advertising their use of market-fresh foods.

2. Less time between the field and the table means better nutritional quality. Many nutrients are lost during the time the food spends on a plane, in a truck, or sitting in a warehouse before it reaches you.

3. Genetic diversity is preserved. Large-scale producers, particularly of fruit and vegetables, are concerned with growing plant varieties that are able to a) survive automated harvesting and packaging, b) ripen during transit, and c) sit on a shelf for a long time. There are limited genetic varieties that will meet these concerns, so there are fewer plant species being grown. This monocultural method strips the land of nutrients and upsets the ecosystem balance. Local farmers often grow several different varieties of crops, providing a longer harvesting season, many colours, and excellent flavour, and they rotate them to ensure the soil retains nutrients. Some farms will experiment with a small crop of an uncommon fruit or vegetable, giving the buyer an opportunity to try something new. Livestock diversity also tends to be higher where there are many smaller farms rather than few larger ones.

4. Farms generally contribute more in taxes than they require in services, so supporting local food growers helps keep taxes from rising. Most developments use more in services than they contribute in taxes; livestock doesn't go to school, and broccoli doesn't call 911.

5. You support local families when you buy from them. Rather than selling for a wholesale price that is little more than the production cost, selling directly to you, the customer, at the retail price puts more money in the pocket of local farmers and their families, helping them to continue operating locally.



6. There is a sense of community when you buy directly from a producer. You may get to know the cheese-maker when you see her at the market, or be able to take your children or grandchildren right to the farm in some cases – there are several farms in our province that have on-site shops. We can gain a better understanding of how food is produced, and maintain the connection between consumer and grower, by visiting. For example, I often visit a shop at a free-range farm to buy meat. The beef is trimmed, ground and packaged to order; the price and taste are both better than at the grocery store, too. There are also many "you-pick" farms where you can pick your own produce - sun-ripened strawberries from the fields, various other berries in their season, and apples and other fruit from trees in the orchards.

*(continued from p. 6)*

7. It helps to preserve open spaces and the working landscape. These are a vital part of other economic activities such as tourism and recreation. Farmers who earn more by selling locally are able to keep their land rather than sell it for development.



8. It's safer to buy locally-produced food. The farmer sells directly to the consumer in many cases, and takes pride in the quality, taste and safety of the food he or she can offer. There's a certain assurance when you're looking the farmer in the eye.

9. There are benefits to wildlife and the environment. The patchwork of fields, ponds, woods and meadows maintains habitat for wildlife and a corridor for their travels. Navigating across a massive field is a difficult task for a deer trying to get from one patch of woods to the next. Well-managed farms conserve fertile soil and protect water sources, and climate change can be slowed through the sequestering of carbon from the atmosphere.

10. Buying your food locally is an investment in the future. If we support local farms today, we ensure that they will still be operating in the future. This is important for food security, particularly given the uncertain future of energy and our reliance on fossil fuels for production, packaging, distribution and storage of food.

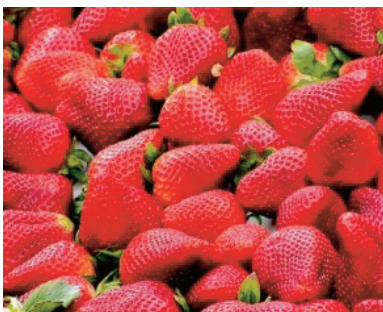
11. Genetically modified seeds are used primarily by large, factory-style farms. Local farmers don't. There are environmental benefits when we buy food grown locally. Carbon emissions are reduced when food travels a short distance rather than across continents and oceans.

12. Serving local foods to your friends can generate conversations about all of the benefits of buying locally!

~ Adapted by Elizabeth Court from the following articles:

1. The University of Vermont, "Ten Reasons to Buy Local Food", Vern Grubinger;  
<https://www.uvm.edu/vtvegandberry/factsheets/buylocal.html>

2. Eartheasy - Solutions for Sustainable Living, Eartheasy Blog  
<http://learn.eartheasy.com/2009/01/10-reasons-to-buy-food-locally/>



3. Live 58: Fast. Forward. The Church Mobilized  
<http://www.live58.org/10-reasons-you-should-eat-local-foods>

4. Good Earth Food Alliance  
<http://www.goodearthfoodalliance.com/top-ten-reasons-for-buying-local>

# Make a Mother's Day 2016

**Help a mom do the best for her children.**

Every family needs support at times. It can be as little as helping them talk through the issues they face together, or as specific as providing the opportunity to learn to read and write.

*Helping families thrive means the wider community will, too.*

Buy a Make a Mother's Day gift and you will help equip people, through Mothers' Union's programs, to create better lives for themselves and their families.

**This Mother's Day (or any day!) give the gift of training and support to help transform lives at home and abroad.**

*Any gift can make a real difference.*

**You buy a card and give it to your Mom, a friend, a Secret Prayer Partner, anyone you choose. The money goes to pay for the item you picked, in Canada's North or in Africa, or right in your own branch, perhaps.**

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

## \$10 Training manual for a woman to attend a course in Canada's North

A friend donated the money to have the parenting manual translated into 3 of the native languages including Cree. This is another step that gets us closer to providing a training program in the North.



## \$20 Faith in Action

\$20 will help members in UK or Ireland meet needs of their community. Our 'Inspired' program helps members put their faith into action, identifying the needs in their community and sparking a change.



## \$25 Give Them Wings

**Provide some transportation for a Parenting Facilitator Training Course in Canada's North**

The fund is growing! Soon there will be enough to send trainers to the North and provide transportation to bring a group together to become trained facilitators. Travel is difficult in certain times of the year so the time has to be right for the indigenous people to be able to gather for training.



## \$15 Eagle Bible Study

**Enable a person in Uganda to take a Bible Study course.**

Our 'Eagle' courses help people, and their communities, to break the cycle of poverty, explore the impact of God's promises on their lives, helping them learn to recognize and use the resources he has provided to escape a cycle of dependency.



## \$30 Savings and Loans

**\$30 will enable a parish in Rwanda to help women, especially widows and single mothers, become more financially independent**

Our 'Transformational Savings and Loans' program teaches financial skills to help women start businesses and improve the wellbeing of their families and communities.







### **\$40 Speak Out!**

**\$40 will help train a facilitator to mobilize communities to fight for their rights in countries like Sudan, South Sudan, Ethiopia and Burundi.**

Mothers' Union is often at the forefront of highlighting issues around gender equality, helping women campaign for their rights.

### **\$50 Create a Project**

**\$50 will encourage Mothers' Union branches in Canada to begin or continue doing projects that make a difference in their community.**

For the 140th year of Mothers' Union, many branches are creating a new project or changing and adding to an existing one. It could be a Moms 'n Tots group, making toiletry bags for a nursing home, knitting squares for blankets for a homeless shelter, etc. What will your branch do to celebrate this anniversary?



### **\$75 Going the Extra Mile**

**\$75 will pay for a Mothers' Union Community Development Coordinator for a month**

Our Community Development Coordinators provide training and support to communities in need, often covering difficult and dangerous terrain to bring transformational change.



### **\$200 Salt and Light**

**\$200 will establish a self-help group in a church so they can find solutions to the issues faced by them and the wider community**

In seven countries, Mothers' Union is reigniting churches' mission to be salt & light in the community – motivating them to help themselves out of poverty.



Money from the 2 gifts in red go toward work in the North, green to branch projects.

<b>Card order form 2016</b> <b>Canadian Mothers' Union</b>	P R I C E	Q U A N T I T Y	C A R D  yes	C A R D  no	I N M E M O R Y	TOTAL
Parenting Course in Canada's North	\$10					
Eagle Bible Study	\$15					
Faith in Action	\$20					
Give Them Wings -Travel	\$25					
Savings and Loans	\$30					
Speak Out	\$40					
Create a Project*	\$50					
Going the Extra Mile	\$75					
Salt and Light	\$200					
<b>Total</b>						

Money from the 2 gifts in red go toward work in the North.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

For an income tax receipt and a card, please make cheques to the Canadian Mothers' Union and send with this completed form to Dawn Skene, 109 Dorothea Drive, Dartmouth, NS B2W 2E7. Thank you.

\*Funds go to the Rev. Debbie Strickland Memorial Fund.

The In Memory cards will say In Memoriam on the front and the usual description on the inside. They can be for any amount.

**Buy a Mother's day gift and help transform a life here or abroad.**

## *A Letter from a NCFF Gift Recipient*

Dear Linda,

What a blessing it was to receive your letter and gift from the Northern Clergy Families Fund - both this year and last. I do apologize for failing to respond last year. We were all in a state of extreme sleep deprivation for at least the first 6 months of our boys' life. I'm pleased to report that we're usually getting enough sleep now, which we definitely need, because yes - it's a very busy household with our now 18-month-old twins.

When I think of the challenges of living in a northern community, the things that come to mind are distance from family in the South, and access to healthcare.

The isolation was not felt as keenly when we were first here as a newly married couple without children. Then, I was able to work full time and it was not as much of a burden to travel to visit family (in both New Brunswick and Alberta). Even then, however, a significant portion of our budget was devoted just to airfare so we could have one or two visits with family - something that is very important to us - in a year. Now, with young children, the distance from our families is felt more strongly, especially with lack of a second income.

We also discovered that, while the hospital here in Whitehorse is reasonably well equipped, it certainly has its limitations. Our twins came early, at 34 weeks, and the hospital here is not prepared to handle the delivery of twins before 36 weeks gestation (or singletons before 35 weeks). For us, that meant a medevac plane ride for myself at 33 weeks, to Edmonton, where I spent a week on bedrest in hospital before the twins arrived. We are so thankful that they had few complications from being early. Nonetheless, they did need to remain in hospital for 17 days before we could fly home, and we, being away from home, lived with them there in much less than ideal conditions. I think every new parent is a bit overwhelmed when taking their baby home for the first time. Now imagine having to get on a plane with less-than-5lb twins.

The twins were healthy, but small, and we also found that once we were home, it was difficult to find the kind of specialized support we needed from local healthcare professionals, who were not familiar with the unique challenges of feeding and monitoring the growth of two premature babies. At one point, we were concerned for one of the boys, and brought him to the emergency room (a common occurrence among new parents, I've been told). It was decided that he must be flown to Vancouver because they thought something might be seriously wrong. We faced great difficulty in even the arrangement of this trip, as communication between the two hospitals and the medevac personnel can be very muddled. We were told that I could not take both babies on the medevac flight, so my husband was required to fly alone with our other 2-month-old who was exclusively breastfed, separating him from me for several hours. Once we got to Vancouver, the doctors there were confused as to why we were even sent, as they could find nothing wrong with our son. We are certainly glad that we can be flown out of the territory when it is medically necessary, but it definitely is a challenge of living in the North.

We are thankful that, in the North, despite being away from our families, we do have the blessing of our church family, and many surrogate grandparents, aunts, and uncles who love watching our boys grow as much as we do.

Below is a photo of our family shortly before leaving the hospital in Edmonton to come home with our new babies.

Blessings,

Monica Langmaid (and the Reverend Rob Langmaid)

Church of the Northern Apostles, Whitehorse, Yukon



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## Did you know....?

**There is a wealth of information on the Mothers' Union websites. Both our Canadian site, [canadianmothersunion.ca](http://canadianmothersunion.ca), and the UK site, [www.mothersunion.org](http://www.mothersunion.org), are packed with interesting material. Besides general information about the history of the Mothers' Union, there are many resources that can provide ideas for branch programs and projects, new prayers, or wonderful articles about the work the Mothers' Union is doing around the world.**

**So much can be learned about local initiatives, various programs, and how to promote Mothers' Union. You can subscribe to the online version of Families First magazine, or read about the struggles that families face in the form of practical suggestions from others who have dealt with the same issues. What are you waiting for? Have a look at these great resources today!**