



The CANADIAN MOTHERS' UNION NEWSLETTER

www.themothersunion.org

www.mothersunioncanada.ca

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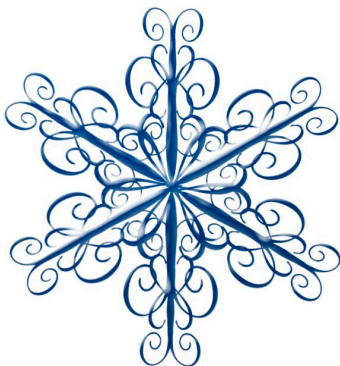
The beautiful Fall season is over, we have given thanks for the bounties that God has provided, we are into the season of shortened days and colder nights. On Remembrance Day I, like many, stood by a cenotaph wearing a poppy, and remembering those who gave up their lives that we might enjoy a life of freedom and peace. Advent brought us the excitement of the preparations for the birth of the Christ child and by the time you read this Christmas Day and the joy of the Christmas season will have filled the hearts and homes of many. Let us not forget those who are less fortunate, those who do not have a country to call their own, those whose lives are filled with sadness or ill health, and especially those who are not free to practice the religion of their choice.

Some changes have taken place at Mary Sumner House. Beverley Jullien is now the Chief Executive. Kathleen Snow from the Diocese of Fredericton has been elected to the Fundraising and Communications Committee, and also as the Overseas Representative. Congratulations Kathleen. It will be wonderful to have input from Canada. As many of you know, Kathleen has held many positions in the Canadian Mothers' Union and is a past Canadian president. Lynne Tembey has been re-elected for a second term as Worldwide President. Those who come to the conference next June will have the opportunity to get to know her. Anne-Marie Vickers who is the Representative to Canada will be accompanying Lynne to the conference.

On behalf of all of our members in Canada I sent a letter of congratulations and a Make A Mother's Day gift to Her Majesty Queen Elizabeth on the celebration of her being the longest reigning monarch of England and the Commonwealth. I received a letter of thanks from Buckingham Palace.

From October 1st to 4th I attended the A.C.W. National Conference Held at Laverock Centre in Eastern Newfoundland. I was given the opportunity to talk about the Parenting Program in the hopes that the A.C.W. diocesan presidents from across Canada would take the information back to their areas.

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*2016
Happy New
Year!*

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Support the White Ribbon Campaign.

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

Ask men to wear white ribbons as a pledge to never commit, condone or remain silent about violence against women and girls.

I once again made a personal donation to the Make a Mother's Day campaign in lieu of sending Christmas cards to Mothers' Union Diocesan and Branch Leaders. I hope you and your families had a very happy and blessed Christmas. Best wishes for 2016!

Love and blessings,

Margaret de Carvalho, Canadian President



Time to Register!

Don't forget, the deadline for early registration for the 2016 National Conference is quickly approaching! Be sure to postmark your registration form by February 16, 2016. Send the completed form along with the \$125 deposit today and avoid the late fee!

See pages 5 through 9 for the form and more information about the Conference.

Hope to see you all there, it promises to be an informative, fun, uplifting, inspirational and exciting time in the beautiful setting of Cape Breton Island.



Inverary Inn, Baddeck



**"Catch the Spirit"
National Biennial Conference
June 1 - 5, 2016
Baddeck, Nova Scotia**

**Join us and "Catch the Spirit"...
the spirit of Mothers' Union...and of course, "Catch the Spirit"...the
Holy Spirit!**

In Memoriam

Joan Peterson

It is with sadness I announce the passing of Joan Petersen, Canadian Mothers' Union Past-President (1992-1996). Born in Lytton B.C. in 1941, she taught school in Cloverdale, Oliver and Vancouver. Joan and Larry were married in 1964, had three children, Mikal, Elaine, and Debra and in 1993 Joan returned to UBC and received a Bachelor of Education.

A very staunch supporter of the Mothers' Union, Joan served many years as Branch Leader in Courtenay. Joan was strong in her convictions and actions, loved family, friends, church and community and was respected and loved in return.

The Courtenay branch has missed Joan Peterson for some time; her knowledge and experience with Mothers' Union was always something she loved to talk about...and we enjoyed hearing.

Joan Anslow, Courtenay, BC

(Larry Petersen also wrote to thank Canadian Mothers' Union members for their thoughts and prayers, and spoke about the many places they visited in Canada and overseas during the course of Joan's term as President. He said, "Joan was good to MU and MU was good to us. With deep gratitude.")

Nova Scotia's Blanket Project

Mary Sumner House asked Margaret de Carvalho, Canadian President, for a description and photo of a project being worked on in Canada to be put in the Families Worldwide magazine. Since not all members get the magazine, Margaret submitted the article for the Canadian newsletter as well.

"Several branches in Nova Scotia have been knitting and crocheting blankets which are donated to local shelters for distribution to the homeless and less fortunate. I took on this project in 2002 and was delighted when some branches became interested and have also got friends involved. The photo shows 14 blankets that are ready for me to deliver. This brings the total blankets delivered since 2002 to 1110."

Margaret



Canadian Mothers' Union Financial Statement

July 1 – November 26, 2015

| | | | |
|----------------------------|--|-------------|--------------------|
| Bank Balance | July 1, 2015 | | \$57,333.82 |
| Receipts | Dues 2015 (2 members) | \$36.50 | |
| | Dues 2016 (35 members) | \$692.75 | |
| | Travel Fund | \$143.50 | |
| | NCFF | \$148.25 | |
| | Make A Mother's Day – England (MSH) | \$273.00 | |
| | Northern Parenting (includes MAMD) | \$210.00 | |
| | Lady Day, Overseas | \$104.75 | |
| | Parenting Program | \$100.00 | |
| | Government of Canada – GST/HST rebate | \$114.71 | |
| | | | \$1,823.46 |
| Expenses | Travel to CC meetings | \$160.00 | |
| | President's Travel | \$332.68 | |
| | Coordinators' expenses | \$170.58 | |
| | Newsletter printing and postage | \$1,564.44 | |
| | Mary Sumner House – Dues(\$3660), MAMD(\$1396), Overseas Fund(\$1380.87), Donation(\$100) | \$6,536.87 | |
| | Conference expenses | \$149.50 | |
| | MAMD card for the Queen | \$30.00 | |
| | Diocesan Representatives Allowance | \$200.00 | |
| | | | \$9,144.07 |
| Bank Balance | November 26, 2015 | | \$50,013.21 |
| Allocation of Funds | General Acct | \$39,949.12 | |
| | Dues held for MSH | \$222.00 | |
| | Travel Fund | \$2,588.57 | |
| | NCFF | \$200.72 | |
| | MAMD | \$273.00 | |
| | Northern Parenting | \$5,063.35 | |
| | Parenting Program | \$1,611.70 | |
| | Overseas Fund | \$104.75 | \$50,013.21 |

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: 35

Important Conference Notes!

Conference Blog:

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

<http://muconference2016.blogspot.ca/>. *The schedule and proxy form are there* and once you subscribe to the blog you will receive an email whenever new information is posted. The directions for subscribing are in the September 22, 2015 post on the blog.

Notice of Motion:

If you have a motion for the business meeting, it must be received by the secretary, Mary Stone stone.johnandmary@gmail.com, by February 29, 2016.

Proxy Form:

The new proxy form is on the blog. If your Branch Leader is unable to attend the Conference, be sure to send a proxy and be sure your branch has a vote!

Flights to and From the Conference:

If at all possible, fly into Sydney rather than Halifax, since there is transportation available from Sydney. We are looking into renting a bus to take delegates from Halifax to Baddeck, but there will be a cost and the trip is almost three and a half hours. There could also be a lengthy wait depending on the time between the first and last arrivals.

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. Try to arrive and depart outside of these times if possible.

Tours and Workshops:

The tours and workshops are first come, first served. Once they are full, you will be moved to your next choice.

Late Registration Fee:

To avoid a late registration fee, be sure to email, fax or have your registration form postmarked by Tuesday, February 16, 2016.

2016 National Mothers' Union Conference

Cape Breton Tour Information

Cabot Trail Tour - Tour Duration 7-8 Hours
\$70 per Person (Min 30/Max 56 Participants)

Join in on a tour of Cape Breton's world famous Cabot Trail. The journey will delight & amaze you as a new discovery waits around almost every turn. The Cabot Trail takes a 185 mile loop around a sizeable chunk of the island, passing through Cape Breton Highlands National Park at its northernmost point.

With some of the most spectacular scenery you have ever witnessed, colourful artisan studios and much more, this scenic drive will lift you over majestic mountains with stops at look-offs as it hugs the Atlantic Ocean coastline. Come and enjoy our rich culture. You will appreciate the friendly informality of your tour. Sit back, relax & enjoy the informative commentary where questions are encouraged and good conversation makes for a pleasant trip. Have your camera ready for the amazing photo opportunities as there is so much to see on this wonderful excursion.

A Taste of Cape Breton Excursion - Tour Duration 6-7 Hours
\$50.00 per Person (Min 30/ Max 56 Participants)

This tour begins in St. Ann's with a visit to the beautiful Gaelic College renowned for its cultural learning experience. Participants will have the opportunity to watch an authentic kilt making demonstration followed by a fun & lively session on the Gaelic language where you will learn a few key phrases. Next the group will take part in a milling frolic; learning the history of the frolic & how to "beat the blanket". Keeping with the fun & entertaining side of the Gaelic culture the tour continues with the "music & steps" workshop with step-dancing lessons, fiddlers, bagpipes, etc. Be sure to take the time to explore the Gift Shop before leaving. From St. Ann's we travel to Sydney, home of the World's Largest Fiddle where you can enjoy a leisurely walk around the waterfront, take in some shopping or explore some historic landmarks such as Jost House, Cossitt House, St. Patrick's Church or St. George's Anglican Church (the oldest Anglican Church in Cape Breton, built between 1785-1791). Back on the bus we head along to Ben Eoin to what was once a one room school house built in 1939 & is now the home of Rita's Tea Room & Gift Shop. Nothing is more relaxing in the afternoon than a good cup of tea with any one of the delicious desserts offered. You are sure to also enjoy roaming around the Gift Shop which has a wonderful selection of items including many "local Cape Breton-made goodies".

Mid-Day Experience Baddeck Package - Tour Duration 4 Hours
\$40.00 per Person (Min 20/Max 42 Participants)

The name Baddeck, according to some historians, is derived from the Mi'Kmaq 'Abadak' meaning place with an island near. You are invited to come, join in & participate in a mid-morning guided Walking Tour of Baddeck & experience a glimpse of its humble beginning and history along with experiencing the village today. Following the tour enjoy your lunch in one of the many public areas or meander down along the waterfront and rest awhile before embarking on your afternoon sailing adventure on the Amoeba. Amoeba Sailing Tours is a small family business operating from the beautiful resort village of Baddeck. The tour offers passengers a unique opportunity to sail the Bras d'Or Lakes from the deck of a 67ft. schooner. You will observe the majestic bald eagles as they circle the boat, see Alexander Graham Bell's mansion Beinn Bhreagh, as well as the beautiful shoreline of Baddeck. Relax and enjoy an entertaining and educational narrative of the area on the deck of a boat unique on all of the Bras d'Or Lakes. We invite you to join us aboard the Amoeba for a sailing experience as unique and unforgettable as Cape Breton's Bras d'Or Lakes.

Morning Amoeba Sailing Tour - Duration 1 ½-2 Hours
\$25.00+tax per Person

If you're looking for something to do on your own time, why not head down to the Baddeck waterfront and take the **11:00am** morning sail around the Bay with Amoeba Sailing Tours? Tickets can be purchased directly from Amoeba Tours on the waterfront. For details on the tour please read description found above in the ***Mid-Day Experience Baddeck Package***.

Canadian Mothers' Union National Conference 2016 June 1 - 5, 2016

Registration Form

Please complete registration form and mail, with payment to:

Betty Mansfield, Conference Registrar
44 High Street, North Sydney, N.S. B2A 2A4
(902) 794-3918 bettymansfield2@gmail.com

Participant Information:

Name _____ Home Phone _____ Emergency Phone _____

MailingAddress _____ Cell Phone _____

Town/City _____ Province _____ Postal Code _____

Email Address _____ Parish Name _____

Arrival Information:

Airline _____ Flight _____ Date & Time of Arrival _____

Airline _____ Flight _____ Date & Time of Departure _____

Voting Status: I am a voting delegate YES ____ NO ____

I will be the designate proxy for the following voting delegate: (please print) _____

Please remember to include the proxy with your registration for the conference and carry a copy of the proxy with you to the general meeting. If you require a proxy form please contact Mary Stone (contact information on the back of the newsletter).

Special Considerations:

I have the following food allergy or concern: _____

I have the following mobility issues and require: _____

Banners and Worship Services:

I am bringing a banner and stand from _____ Branch/Diocese.

Banner Buddy Name: _____ (Please Note: Banner stands NOT provided)

I would like to participate in Worship Services in the following area:

__ Scripture Readings __ Prayers __ Eucharistic Minister __ Choir

Workshops: (Note: Everyone may attend 2 Workshops. Please rank your preferences from 1-5)

___ M. U. Parenting Support Program with Celia Dodds & Kathleen Snow

___ Hear What the Holy Spirit is Saying with Jackie Warren

___ Horticultural Healing with Janice Morrison

___ Gender-Based Violence with Mary Stone & Janice Jackson

___ Card-making with Dawn Skene & Elizabeth Court

Tours: (Tours are first come, first served)

___ Cabot Trail Bus Tour (Minimum 30 Maximum 56 @ \$70 per person)

___ A Taste of Cape Breton Bus Excursion (Minimum 30 Maximum 56 @ \$50 per person)

___ Mid-Day Experience Baddeck Package (Maximum 25 @ \$40 per person)

___ Amoeba Boat Tour (Maximum 25 @ \$25 per person)

Registration Fees: PRE-REGISTRATION Deadline February 16th, 2016

Includes - 10 Meals, 4 Nights' Accommodations, Workshops & Banquet

Single Occupancy \$750.00 (per person)

Double Occupancy \$499.00 (per person)

Triple Occupancy \$425.00 (per person)

Day Delegate Fee \$100.00 (per person)

Extra Closing Banquet Ticket \$ 35.00 (per person)

I am sharing a room with _____

Fee Calculation:

Registration Fee \$_____ (per person)

Tour Fee \$_____

Day Delegate \$_____ (excludes accommodation & banquet)

Extra Banquet Ticket \$_____

SUB TOTAL \$_____

Pre-Registration Fee \$ -125.00 (Non-Refundable)

GRAND TOTAL \$_____

Please make cheques payable to **The Canadian Mothers' Union**

**A \$100 Late Registration Fee will be added
to registrations received after February 16th, 2016**

CONFERENCE FEE BALANCE DUE IN FULL: April 18th, 2016

Email confirmation will be sent once registration and payment has been received.

Workshop Descriptions

Mothers' Union Parenting Program Workshop:

This workshop will demonstrate to participants what an actual Mothers' Union Parenting Program session entails. Celia and Kathleen will guide the participants through a session, which will include large and small group discussion, ice breakers, activities to engage, some laughter and fellowship. Participants will come away with an understanding of the benefits of the program, and just might learn a thing or two about parenting from their MU friends in the group.

Hear What the Spirit is Saying: "Let us be silent, that we may hear the whisper of God" -Unknown

Many today think God cannot be heard any longer. Through Jesus Christ & the Holy Spirit God wants to speak to us & lead us to the good things that are yet to be. We must be open to what the Spirit is calling us to "today". We are to look to the Holy Spirit in all that we do. This session will focus on the Holy Spirit and how we recognize, interact and understand what the Spirit is calling "us" to at this present time and how "we" can put that call into action.

Horticultural Therapy:

There are therapeutic benefits that we may not have considered in some of our routine tasks and hobbies. Join Janice Morrison, Horticultural Therapist, for a unique look at the benefits of gardening and connecting with nature to improve our lives.

Gender-Based Violence:

This workshop looks at violence against women in particular. We will look at the statistics of violence against women and what Mothers' Union is and can be doing. The voices of abused women will be the basis for our discussions which will conclude with a moving and hopeful look at one woman's story. It is hoped that the workshop participants will leave with an increased awareness of this complex and sensitive issue and with some strategies to use at their branch/parish level. Each participant will receive the resource Healing Waters: Churches Working to End Violence Against Women.

Card-Making:

Explore your creative talents in this hands-on workshop. The facilitators will guide you through various techniques to create two beautiful greeting cards with messages of faith that you can keep as mementos, or give to a loved one or friend for a variety of occasions. Follow the steps to copy the samples, or be adventurous and change them to reflect your unique personality!

Did you know...?

When your branch holds its annual fundraiser for the Travel Funds, the branch, Diocesan Council and Canadian Council each receive 1/3. If there is no Diocesan Council, 2/3 stays with the branch. In the year leading up to the conference, however, the branch keeps 100%. This helps ensure that every branch can send their Branch Leader and in some cases subsidize other members who are attending the conference. Be sure to send your Branch Leader or a proxy. Make sure your branch has a vote!

Hearts of Glass

(Editor's note: This article, submitted by Lilian Ketch, is taken with permission from the Anglican Diocese of Fredericton's E News, published June 2, 2015.)

Nancy Robinson is a long time Mothers' Union member and was attending another branch in NB prior to moving to Fredericton. She has been attending the Cathedral Branch meetings and events for about a year. -- Lilian Ketch

Hearts of Glass is author's gift to God - By Gisele McKnight (Communications officer for Diocese of Fredericton)

The best advice for would-be authors is to write what you know, and Nancy Robinson knows a lot about being a rector's wife. Her first novel, *Hearts of Glass*, is about a character named Olivia, who happens to be the widow of a rector. Olivia lives on the ocean in northeastern New Brunswick, similar to the place where Nancy and her husband, the Rev. Rick Robinson, lived from 2010-2014. Their house in Clifton, in the Parish of New Bandon, overlooked the Bay of Chaleur. Nancy wrote the book in that rectory, looking out at the bay every day.

"There's a bit of me in the main character — the rector's wife," she said, adding the genre is romantic Christian fiction. "It's my way of expressing my faith," she said, adding that she's normally pretty quiet about her relationship with God. "It's a Christian message. It has the gospel in it. It's my gift to God." She's included discussion questions at the end of the book, and she's hoping book clubs might choose *Hearts of Glass* to read.

When Nancy retired from teaching French in 2011, she set about to write a book. "I kind of had it in the back of my mind," she said, adding that she told only Rick about her plans. "I got my inspiration walking the beaches. Now I'm hooked. It's been a real boost to my confidence." Playing a central role in the story, and the title, is sea glass, the wave-polished bits of coloured glass that end up in the ocean, only to come back to shore as little treasures sought by beachcombers. She and Rick spent a lot of time walking the beaches in Janeville, Pokeshaw and Stonehaven, which she calls Stony Cove Beach in the book. She started collecting sea glass after a fellow beach walker showed her some. The photo on the book's cover is of her own collection of sea glass.

When she sat down to write a book, she had no particular plot in mind. She made a list of characters and gave attributes to each one. "I always prayed before I wrote," she said, "And it just poured out of me." She would sometimes write for days, and then not touch it for a week or two. In all, it took a year to complete. "The characters get in your head. They become real, they become a part of you," she said.

As she neared chapter 20, she knew she had to wind things up, so she made a list of all the situations that had to be resolved, and checked them off as she wrote, she said. Nancy took an E-publishing and marketing workshop at the University of New Brunswick and learned how to self-publish. "That gave me the confidence I needed," she said.

She sent the manuscript off to a freelance editor and eagerly awaited a response. The reply told Nancy all she needed to know: "Nancy, I LOVE YOUR BOOK!"

Hearts of Glass is available on Amazon, where the first review says, "This is a well written book that realistically shows how a person can be in constant communication with God." Nancy was thrilled to read it. It is also available from CreateSpace. Both companies sell it for \$12.99 US, plus shipping. It's available as an E-book on Kindle for \$3.99 and Nancy sells it for \$15 Canadian.

Nancy and Rick's three children have gotten involved in their mother's project. Her daughter, Kathryn Bursey does E-marketing with Sabian and wrote her mother's press release. Her sons, Jeremy and Greg, helped with the cover design and photography. As of last fall, Nancy and Rick live in Fredericton, where Rick is the rector of St. Margaret's on Forest Hill Road. Nancy's role as author now takes a back seat to that of bookseller, but she's already pondering the possibility of a second novel.



Book's description:

Hearts of glass is a contemporary inspirational romance with an element of suspense, set in a northern coastal community in New Brunswick, Canada. Widowed Olivia O'Brien is on the brink of opening her dream art studio when she becomes the unsuspecting victim of a violent stalker. Gripped by fear and panic, Olivia struggles to maintain control of her sanity and independence. Daily walks on her favourite beach provide quiet moments of reflection and heart-to-heart talks with her Creator. A new love interest enters, but will her adult children welcome a new man in her life? If you enjoy inspirational romance and intrigue, this debut novel will keep you turning pages. It is a beautiful story of second chances and God's redemption.

To contact Nancy: heartsofglass54@gmail.com

Diocese of Niagara

On October 17, members from across Niagara met at Crieff Hills retreat center to examine the power of prayer. Rev'd Canon Sharyn Hall lead the morning prayer and then helped delegates explore the connection between bible scripture and prayer. In an interactive session, we shared and discussed bible passages on the themes of thanksgiving, faith, hope, love and peace. Different MU members read the passages and following discussion, read the prayers that developed each scripture reading. Rev'd Sharon also introduced the group to many prayer resources to deepen our prayer practice. Resources included many books, MU prayer materials, prayer beads, worry stones, and prayers from our MU International website.



During the afternoon, delegates had many choices: prayer shawl knitting circle, workshop in writing prayers, labyrinth walk or enjoying the nature trails of the retreat center. Our Eucharist service included the installation of a new Niagara Chaplain, Rev'd Aaron Orear from St. Alban's. Glen Williams. He will have the strong support of Sandra Jorgensen and her MU branch at the Glen. Our collection will go to the Refugee Settlement fund that is organized through our Diocesan office. This time of fellowship is so important to our members to support each other and share the blessings of our continued membership as Mothers' Union stewards.