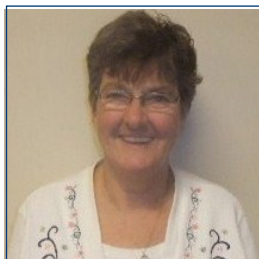


# The CANADIAN MOTHERS' UNION NEWSLETTER

www.themothersunion.org

www.mothersunioncanada.ca

**Volume 6  
Issue 1  
Spring  
2014**



(March, 2014) Spring should have arrived by now; according to the calendar but looking out of my window there is snow on the ground as a result of a huge snowstorm that swept through the Maritimes a few days ago. I am very fortunate to have missed the worst of the storms by spending two months in Florida. Through modern technology I have been able to keep in touch with all that has been taking place in the Mothers' Union in Canada and overseas.

The Council met in January. We were pleased that Kathleen Snow was able to join us in person rather than on Skype. Kathleen led us through a very productive session of setting goals for the Canadian Council for the next three years. Some of these goals have already been put into action, such as better contact with Diocesan Presidents and Area Representatives, some of whom have already received telephone calls from our Council Secretary, Mary Stone. More goals will be put into action at the Biennial Conference in November. Kathleen also ran a powerpoint showing pictures taken during the time she and Celia were in Guyana attending the Worldwide Parenting Facilitator Training Course. Celia helped, via Skype, describe their experience.

Sadly I received request for permission for another branch to be placed in abeyance. Lack of membership has brought this about. An all too familiar story. I pray that they will one day be able to attract new members and become a fully functioning branch once again. On a happier note, the branch to which I belong enrolled three new members this Mothering Sunday. Also a new branch is preparing to open in this Diocese. The first Parenting course is about to begin in Nova Scotia. Great news indeed.

I feel very honoured to have received a letter from Archbishop Fred Hiltz along with an invitation, as your representative, to attend a dinner with the Archbishop of Canterbury, Justin Welby and Mrs. Caroline Welby, to be held on April 8<sup>th</sup> in Snell Hall, St. James Cathedral Centre, Toronto.

On April the 26<sup>th</sup> I plan to attend the Fredericton Diocesan Rally. I hope that during my term as your president I will be able to visit more branches. Canada is such a vast country therefore difficult for members to get to know each other. Rallies and conferences provide wonderful opportunities to meet, learn, and to gather together in prayer and praise to the glory of His name.

Wishing you all a blessed and glorious Easter.

Margaret de Carvalho.

## From the Editor

Thank you to everyone who has sent contributions for the newsletter! They help keep us all connected across this vast country.

The Biennial Conference is coming up in November, and the registration form is on page 4. Every branch and diocese is encouraged to send a voting member so that everyone is represented at the conference. It's always a great time of fellowship, worship, and learning.

There is a question on the form that asks if you are a voting delegate. The voting delegates are Canadian Council, Branch Leaders, Diocesan Presidents and Diocesan Representatives. If those members are unable to attend, another member may carry a proxy for them. All members are welcome to attend whether or not they have a vote.

We hope to see you in Halifax from November 7 - 9, and in lovely Cape Breton Island in 2016 for the National Conference!

Elizabeth

In this Issue	Page
President's Message	1
From the Editor	1
Chaplain's Message	2
Conference 2016 News	2
Biennial Registration Form	3
Financial Statement	4
Diocesan News	5-8
Parenting Training Report	8-9
MAMD Campaign	10-11
Wave of Prayer	12
Canadian Council	12

## Alleluia! Christ is Risen! †

Chaplain's  
Message



I am writing this and looking out at my yard where the snow is finally all gone. Living on the Eastern shore of Nova Scotia, it seems that we have had more snow this year than in the last few years and as usual the weather seems to be a major topic of conversation. Soon we hope the grass will start to turn green and small early flowers will bloom. A time of new growth, a time of resurrection, a time of renewal of the earth. Every year no matter what the calendar date for Easter, the Easter season is a time of hope, a time of rejoicing, a time of resurrection; the most significant time in the Christian calendar.

Alleluia, Christ is Risen! The Lord is Risen indeed. As Mothers' Union members, we too are asked to remember to continue our commitment to each other and to those in need in our communities in this season of renewal and hope.

*Heavenly Father, we ask you to be with us as we share your love with those around us. Guide us in all that we do so that it may be to your glory. In Jesus name we pray. Amen.*



**"CATCH THE SPIRIT"** We want you to **"Catch the Spirit"**.....the Holy Spirit of course, but also the "spirit" of Mothers' Union. We want you to come and experience a National Conference, if you haven't already been. For those of you who have never attended a National Conference, we want you to catch the spirit of Mothers' Union. Without attending a Conference, you may never realize or understand the full scope of Mothers' Union...but when you do, you come away with a totally different vision. A vision that rejuvenates...clears your eyes and your heart.

INVERARY INN  
RESORT, BADDECK  
CAPE BRETON,  
NOVA SCOTIA  
JUNE 1-5, 2016

You will meet new friends, but you will think you have known them all your life. You will have a connection with people that you may have never experienced before.... you will **"Catch the Spirit"**! Do you remember what Mary Sumner's vision was for Mothers' Union? PRAYER...begin to pray for and about this conference...but I want you to pray specifics. For those of you who have attended conferences before, pray

for your fellow members in your branches who have never been, that the Holy Spirit will lead them to putting aside their reservations or fears about attending a conference. Pray that we will all begin to see a new vision and a renewed passion for Mothers' Union here in Canada. I really want you to catch the spirit even before the conference...in your branch, your region, your diocese. Over the course of the next few months I will be sending a letter to each branch across Canada to outline a special project that I hope you will pray about and act upon, and then bring to the conference with you...you see, I believe the Holy Spirit has spoken to me. He knows of my love and passion for Mothers' Union; as I often say to my fellow members at our branch, prayer is an action word. If you pray, expect an answer. It may not be the answer you were expecting, but it will be answered, and the Holy Spirit has a way of not letting go until you act upon the task He has given you. **Catch the Spirit** now!

The Mothers' Union branch of St. John the Baptist will be your local hosts for the National Conference. We are excited to welcome you to the beautiful Island of Cape Breton. The picture was taken following our Mothering Sunday service.... our 25+ members are eagerly waiting to welcome each and every one of you!

Your sister in Christ, Rev. Debbie Strickland  
Conference Coordinator 2016



# CATCH THE SPIRIT!

Canadian Mothers' Union  
Biennial Conference November 7 - 9, 2014

Branch Name: \_\_\_\_\_ Branch Number: \_\_\_\_\_  
Diocese: \_\_\_\_\_  
Name: \_\_\_\_\_ Voting Delegate? Y N Proxy? Y N  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov.: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I prefer a single room @ \$325 \_\_\_\_\_  
I would like to share a room @ \$260 \_\_\_\_\_  
I would like to share a room with: \_\_\_\_\_  
Mobility needs: \_\_\_\_\_  
Dietary requirements: \_\_\_\_\_  
  
Day/Time of Arrival: \_\_\_\_\_ Flight #/Airline: \_\_\_\_\_  
Day/Time of Departure: \_\_\_\_\_ Flight #/Airline: \_\_\_\_\_  
I plan to extend my stay and would like some tourist information: Y N  
My Conference Fee is enclosed: \_\_\_\_\_

**Registration Deadline is Aug. 22, 2014. Late registrations may be considered based on availability. Make sure your branch has a voice -- send your branch leader or a proxy!**

Please make cheques payable to Canadian Mothers' Union and return your completed registration form and cheque to the Canadian Treasurer:

**Dawn Skene  
109 Dorothea Drive  
Dartmouth, NS B2W 2E7**

**Please join us for Worship, Fellowship, Learning, the Business Meeting and Entertainment! See you there!**

Airport transportation may be provided depending on your flight times; there is also a shuttle directly to the hotel at a cost of about \$20.

## Location of Conference:

**Atlantica Hotel Halifax  
1980 Robie Street @ Quinpool  
Halifax, NS B3H 3G5**

## Amenities:

Complimentary Wi-Fi/high speed  
Complimentary Local Calls  
Complimentary Newspaper  
Triple Sheeting  
LCD Flatscreen TV/Cable  
Clock Radios with iPod Connection  
Aveda Bath Products  
Hair Dryer, Coffee Maker

**Friday night dinner will be on our own; try one of the many restaurants in the area!**

**Saturday Breakfast, Lunch and Dinner, and Sunday Breakfast are included in your registration fee.**

**The hotel also has a pool, sauna, whirlpool and fitness area.**

**For more information contact Elizabeth Court at secourt@bellaliant.net or (902) 579-3588.**

Canadian Mothers' Union Financial Statement  
January 1, 2013 – December 31, 2013

Bank Balance	January 1, 2013		\$403.74
Receipts	Transfer from British Columbia	\$46,356.94	
	Dues 2011, 2012 (23 members)	\$419.75	
	Dues 2013 (602 members)	\$11,425.05	
	Dues 2014 (26 members)	\$537.50	
	Extra newsletters ordered	\$150.00	
	Travel Fund	\$1,485.45	
	NCFF	\$3,215.22	
	MAMD England	\$5,235.50	
	MAMD Canadian North	\$675.00	
	Overseas Fund (Lady Day)	\$1,215.88	
	United Way Toronto	\$28.00	
	Count Your Blessings (Family Life)	\$61.52	
	Arctic Fund	\$216.50	
	Saint Paul University (overpayment of HST)	\$2,704.14	
	GST rebate – Government of Canada	\$4,232.41	
	Interest	\$3.94	
			\$77,962.80
Expenses	Adobe InDesign program	\$836.52	
	Stationery, printing & postage	\$532.35	
	Travel to CC meetings and Installation	\$623.62	
	President's travel to PEI	\$164.50	
	ACW Conference Registration	\$400.00	
	Accommodations for Celia Dodds	\$70.00	
	Literature & Marketing float	\$1,000.00	
	NCFF – Transfer of funds	\$3,911.00	
	Inverary Resort – deposit for 2016 Conference	\$1,000.00	
	WiNiTh Website Design	\$126.08	
	Wire payment fee for transfer from BC	\$14.00	
	PWRDF – Philippines Relief	\$1,000.00	
	Gift for website design	\$34.64	
	Renewal of website domain	\$16.99	
	Diocesan Representatives Allowance	\$300.00	
	Mary Sumner House – Dues, MAMD, Overseas Fund	\$10,961.88	
	GIC – Sarah Marshall Fund	\$4,000.00	
	Newsletter printing & postage	\$1,368.69	
			\$26,360.27
Bank Balance	December 31, 2013		<b>\$52,006.27</b>
Allocation of Funds	General Acct	\$43,308.20	
	Portion of dues to go to Mary Sumner House	\$792.00	
	Travel Fund	\$3,910.41	
	NCFF	\$72.22	
	MAMD England	\$1,430.00	
	MAMD Canadian North	\$675.00	
	Overseas Fund	\$250.00	
	Parenting Program	\$630.09	
	Arctic Fund	\$938.35	
	Total Bank Balance		<b>\$52,006.27</b>

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%.

Dawn Skene, Treasurer



# Diocesan News

Diocese of Nova Scotia and Prince Edward Island

## 125<sup>th</sup> Anniversary Celebration Tea at St. John the Evangelist, Milton, PEI



Above, Clockwise from front left: Cynthia Kennedy, Lorraine Quinn, Jill Burry, Carrie MacDonald, Kaye Crabbe, Linda Coles.

On September 21, 2013 the members and invited guests enjoyed a classy tea to commemorate 125 years of Mothers' Union in Canada. The celebration began with a prayer service and music, followed by a luncheon of quiche and cake, complete with fine china table settings, and beautiful flower arrangements.

Rev. Ralph Moore led the service of thanksgiving with a focus on World Peace. He wore, with honor, the Commemorative Priest's Stole presented to him by our Diocesan President Debbie Fice. Assistant Priest Rev. Ken Williams and other Mothers' Union Members led us in prayer. Our musical leaders were John and Lynn Hooper, the newest married couple in our church family, who led us in selections we all enjoyed singing along with.



Our Canadian President Margaret de Carvalho presented a Powerpoint with commentary on Mothers' Union Alive and Working around the World. It was an informative presentation of this wonderful organization united in prayer and worship, in love and service. We give thanks to God for the Mothers' Union and pray for continued blessings.

Left, 1st row: Marie George, Margaret de Carvalho, Rev. Ralph Moore, Gail Keen, Debbie Fice; 2nd row: Marilyn Clark, Mary Hooper, Jill Hogg, Phyllis Ford, Reta MacDonald; 3rd row: Donna Bernard, Cynthia Kennedy, Patsy Piercey, Dawn Hooper, Norma Jean Williams.

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## Diocese of Fredericton

All Saints Marysville, New Brunswick

Our Mothers' Union members went on a tour of the Greener Village Community Food Centre in Fredericton, NB. This is a not for profit organization. Their goal is to develop additional services to help assist their clients toward self-sufficiency in a manner that maintains dignity, challenges inequality and builds community. They have a teaching kitchen, community garden and greenhouses, and a life skill education centre. In September they opened a clothing boutique that is opened to the public. They serve 2300 people per month, 36% are children. They are always looking for volunteers.

St. Mary York, Fredericton

On March 1<sup>st</sup> Mothers' Union Members from the Diocese met at St. Mary York, Fredericton for an open house to say our farewells to Dean Keith Joyce and Elinor Joyce. Dean Joyce is a Mothers' Union member who has served Mothers' Union as a Branch Chaplin, Diocesan Chaplain and Canadian Chaplain. Elinor is an active Mothers' Union Member at Christ Church Cathedral. We will miss Dean Joyce's commitment to Mothers' Union in our Diocese and we pray that we will see seeds of Mothers' Union germinating in Ontario with the upcoming move to their new parish. "The Seeds We Sew Help Us Grow", the theme of the 2013 Mothers' Union Rally to celebrate 125 years of MU in Canada. We will keep them in our prayers and we are grateful for the time they spent with us in the Fredericton Diocese.

Adele Knox (photo of event on p. 6)



1st row: Shara Golden, Patricia Margeson, Elinor Joyce, Dean Keith Joyce. 2nd row: Linda Thornton, Mavis Jones, Cindy Derksen, Rosa Macaulay, Adele Knox. 3rd Row: Karen McKay, Janice Stockall, Yvonne Lyons, Kathleen Snow, Bonnie Greenwood, Susan Watson, Donelda Kolijn, Deanna Morrison. 4th Row: Alice Kennedy, Diane Nash, Kathy Nason, John DosSantos, Lilian Ketch, Susan Colpitts-Judd, Barb Toole, Jackie Bettle, Shirley Hupman, Donna Crow, Elaine Robichaud. Missing from picture: Sheila Staples, Kelley Hall, Hazel MacKenzie.

Members from Branches at Christ Church Cathedral; St. Mary York; All Saints - Marysville; Gladstone & Blissville; St. Paul's - Hampton; Parish of Richmond; St. George's; St. Jude's - West Saint John.

## Diocese of Montreal

Trinity Memorial Church, Montreal: December 2013 was a very busy month for us, as most of us take part in other activities in the church such as the choir and Altar Guild. We managed nonetheless to prepare our out-reach Christmas baskets for the St. Michael's Mission (a drop-in center for the homeless), and Chez Doris (a shelter for abused women) and delivered them. Despite the cold and snow storms we got together for our annual Christmas party, that was our treat, together with the men's-fellowship group at our church.

One of our members, Patricia Henry, is very ill; we pray continuously to God our great physician for her and her family. We have one member who is willing and ready to join us in the new year, and our first monthly meeting of 2014 will be on February 28th. At this meeting, after prayers and thanksgiving, together we will make our plans for the year.

## Diocese of Algoma

### ST. THOMAS' LADIES APPRECIATION NIGHT—2013

What a huge success our evening was on Tuesday, May 14th! Over 70 women packed the downstairs in Haddon Hall for fun, fellowship, and food. There was such a wonderful spirit as we laughed and talked and ate some incredible appetizers and desserts, were entertained with music and song and a 'fashion show' put on by some voluptuous MU babes. It was a bit scary earlier in the week when we realized the numbers that were attending but as someone once said, "So, what is the ultimate impossibility? Well, with enough helping hands...Nothing!" Thanks to all who made the evening such a memorable and special time.

~ (from the church newsletter)





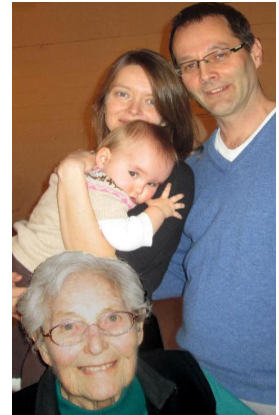
## Diocese of Ottawa

Mothers' Union Grandparents Celebrate at St. Mark's, Ottawa: St. Mark's Mothers' Union, led by Cynthia Greer, thought it was time to celebrate grandparents and their grandchildren. On Nov. 24, 2013 (Reign of Christ Sunday), grandparents in their 90s, infant grandchildren and all generations in between filled the pews. Mothers' Union member Janis Perkin gave the children's story of the scattered sheep, and stuffed toy sheep were placed around the church. The children had special songs and crafts, and processed back into the church waving flags, wearing crowns and singing, collecting lambs, and a joyous celebration was had by all.

It was also the closest Sunday to the feast day for St. Cecilia, patron saint of music, so it was a perfect time to recognize some very long-serving choristers. All three are grandparents and all had children in the choir; some of their children and grandchildren were at the service.



*Bruce, Jenny and Ray with Choir President Kate Greer-Close and Choir Director Ariane Dind*



*The Knight Family*

Dedicated choristers Jenny Morphew, Bruce Lodge and Ray Davidson have more than 130 years of choral ministry in our choir between them. Jenny Morphew has been a member of St Mark's Mothers' Union for 30 years, a former branch leader, now treasurer and regular conference attendee. St Mark's choir has many Mothers' Union connections: five members, including branch leader, secretary, treasurer; two spouses and three male Auxiliaries. The choir's past president is a Mothers' Union daughter, and the new president is a member.

There wasn't quite a cast of thousands, but the Christmas Pageant on December 22, 2013 was still an epic production with limited time and available actors. Auditions generated some competition, but grandmother-producer Cynthia Greer (branch leader) and daughter-director Kate Greer-Close didn't have to search too far, or even need the star to guide them. The nativity story -- complete with shepherds, angels, Joseph and Mary (plus a baby doll) was told in word and music by none other than the Family Greer - nine of the eleven Greer grandchildren. Truly a family affair.

Another family affair for Mothers' Union matriarch Joan Knight. It has been quite a year for Joan and her family. Joan turned 90 in February 2013, daughter-in-law Beth defended her Doctorate on March 7, then gave birth to daughter Tamar less than 48 hours later, granddaughter Evelyn was married in the summer, and in January son Will successfully defended his Doctorate!

## **The North - What Now?**

At the 2008 National Conference in Sackville, I first heard about the difficulties about living in the North. I have no idea, nor can I imagine, what it is like living in isolated communities, some of which can only be accessed in the winter. My family arrived in Canada in 1997 and became Canadian citizens in 2005, so the problems that face the diocese of the Arctic are new to me. The St. Barnabas branch of the Mothers' Union became involved in organizing the next National Conference in Ottawa as the Conference Coordinator, Katharine Myers, was one of the branch leaders. Ten of us attended, and every one of us was affected by Kathleen Snow's words that described Canada's north as "An Africa on our doorstep." As a branch, we wanted to be actively involved in the north in some way. We were drawn by Allen Box's efforts to partner with the community in Moose Factory. So there must be something we can do somewhere, as well as the prayer requests from Cynthia Patterson.

After many years of leadership, our co-chairs decided it was time for a change and I was ready to join the new executive. The branch was keen to pursue efforts to learn more about life in northern communities. Fortunately a member of our congregation had taught in two different reservations, so she gave a presentation on her experiences. It was riveting and many questions were asked, which made the meeting run well beyond the allotted time! (cont'd. next pg.)

In the meantime I was still looking for a contact in a northern community; first through the diocese of the Arctic, then through native organizations in Ottawa, but no one replied, except for the Embrace Life Council. Jenny Tierney, from Pembroke, Ontario, is the Executive Director of the Embrace Life Council (Isaksimagit Inuusirmi Katujjiqatigiit) which was established by the Nunavut government in Iqaluit to develop a suicide prevention strategy, provide information on where to find help, and train facilitators to work in the 26 communities of Nunavut. I first met Jenny in Pembroke in December 2012 and was struck by the passion in her voice as she talked about her work. Finally, in December 2013, I was able to have her come visit our church to share with our priest and some Mothers' Union members with the purpose of planning a more public presentation later.

The number of suicides in Nunavut has been increasing drastically since 1999; nevertheless, the Embrace Life Council has been specifically targeting the youth and has seen the number of youth suicides decrease. Sadly, 2013 was a tragic year with the number of suicides peaking at 45 – almost one a week – this is a historical high. Every year the Embrace Life Council examines the statistics by age, gender, ethnicity, and region, reviews strategies and adjusts where necessary. They will assess whether a different age group has been neglected or if there is a weakness in the programs.

Embrace Life Council also runs programs on parenting and teaching life skills as there is a high incidence of abuse and addiction. Some of this is the consequence of the residential school system and the policy of taking the Inuit out of their nomadic lifestyle to live in communities. The Inuit were accustomed to depending on native animals for food, clothing, fuel, and accommodation. Now all necessities must be shipped up there and are very expensive, while traditional skills are being lost and today's Inuit cannot survive in the same way as past generations did. Children are going to school in the winter in running shoes, without hats, scarves, mittens or gloves. Furthermore, the International Community compounds problems by banning seal hunts and the sale of seal products. The Canadian Federal government has cut health care funding to Nunavut, which leaves mental health care vulnerable and open to a vicious cycle of abused children becoming abusive parents.

Among these overwhelming problems are the small successes of the Embrace Life Council: support and assistance for the wellness centre, funded and built by the community members of Clyde River; the training of native facilitators to work in their own communities; production of health information in the four main languages; in coordination with the Red Cross every school in the territory has a Be Safe kit to teach safe body health to children. These kits are so popular that communities are asking to have them as well, but they cost \$220 each.

The existence of the Embrace Life Council is important for Nunavut. However, it is underfunded, like many groups. Jenny is one of only two employees and volunteers sit on the board of directors. On Jenny's wish list is a mental health program; early childhood education that teaches life skills; and better communication among the non-profit organizations in Iqaluit, where the Embrace Life Council is based. It needs more federal funding. We asked Jenny how we could help and she replied with the following:

- Spread the information about the conditions and difficulties of living in the north
- Spread the word about the need for suicide programs in the north
- Lobby against the cuts in federal health care funding to Nunavut in particular
- Lobby for more federal funding for mental health care in Nunavut
- Knit – hats, scarves, mittens, gloves and baby blankets. The only hospital is in Iqaluit and mothers from outside communities often arrive with nothing.

Help by raising or sending donations of money. To donate online please visit the website at <http://inuusiq.com/donate/?lang=en>

The St. Barnabas branch of the Mothers' Union has invited Jenny Tierney to come to Deep River and give a presentation about the Embrace Life Council in May 2014. We are planning a fundraising event and hope to raise a good amount for the Embrace Life Council. Please pray for the success of this event. We are excited about having a practical, active involvement in an important group in the north and want to share this news with all Mothers' Union branches.

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## **REPORT ON OUR MOTHERS' UNION WORLDWIDE PARENTING TRAINING IN GUYANA**

Celia Dodds and Kathleen Snow

The 2-week Training of Coordinators and Trainers for the Mothers' Union Worldwide Parenting Program took place in Guyana in mid-November and Kathleen Snow and I were 2 of 17 facilitators from around the world. Guyana was chosen as it is the home of Sheran Harper, the chief Worldwide Trainer for the Mothers' Union. Sheran, you will remember, led our Parenting Facilitators' Workshops after the last two National Conferences. We have now only 8 facilitators, out of which 5 are active, meaning they have conducted courses. Eight is a very small number for a country of our size, so it made sense for Canada to have its own Trainers of Facilitators in order to expand the program.

The course was divided into two trainings. 17 facilitators attended the Coordinators' Training during the first week: 6 from the West Indies, 2 from Argentina, 2 from Melanesia, 3 from Kenya, 1 from Guyana and 2 from Canada. The responsibilities of the coordinator are to communicate, inform, mobilize, encourage and support the facilitators emotionally and financially in her diocese or local area, and to help the program run efficiently and harmoniously. She is required to report back to her Diocesan and/or Provincial Steering Committees, her Bishop and relevant clergy, and Mary Sumner House. However, she cannot train or evaluate facilitators. Only the Trainer is qualified to do that. (cont'd. next pg.)



Nine stayed on for part of the second week to take the intense, demanding Training of Trainers' course, which included a 15 minute practicum, which each facilitator had to pass. It is not an automatic pass or a walkover, as everyone has to meet the program's very high standards. In actual fact 2 of the 9 facilitators did not pass, but thankfully not Kathleen and myself. We had a special Graduation Ceremony for all the Coordinators on Saturday with several dignitaries present, including the retiring Bishop, the Bishop-Elect, Minister for Families and the Mothers' Union Diocesan President of Guyana. The Trainers received their certificates after their training.



Just a little bit about the venue. We stayed at the Grand Coastal Inn in a residential area just outside Georgetown, the capital of Guyana (Its full name is the Democratic Republic of Guyana). Formerly the colonies of British Guiana and French Guiana, it achieved independence in 1961. It is about the size of Great Britain and is bordered by Venezuela on the west, Suriname on the east, Brazil on the south and the Atlantic Ocean on the north. Equatorial jungle covers most of the interior and the majority of the population lives near the coast. It is the only country in South America where English is the official language. It is a tropical country between 2 and 8 degrees north of the Equator and is very hot and humid. Its population is made up of six peoples: Africans, Chinese, East Indians, Amerindians, Europeans and Portuguese.

Although it was only mid-November when we arrived, Christmas decorations were already up and Christmas carols were played in the restaurant area the whole time. The swimming pool and exercise room were not used very much except by a handful of our group. There was a huge meeting room which could be divided off into smaller rooms. The bedrooms on two levels, shared by two people, each had a very good shower, efficient air-conditioning, a desk and TV. The average temperature was 30 degrees with 85% humidity. The food was excellent and plentiful – a lot of chicken and fish.

There was not much time for relaxation during the trainings, but we had one outing two hours south-east by bus, crossing the wide Berbice River to New Amsterdam, where we met three Mothers' Union branches all in their unique outfits, and were treated to home-made meat pies. We also observed a parenting course being facilitated in a small village called Hopetown. While half our group watched the first hour, the rest were able to explore its two shops, and then we changed over. On another afternoon we went on a city tour and/or shopping trip and visited St. George's Cathedral, the tallest wooden structure in the world, the market, the gold emporium, where fine jewelry could be bought at reduced prices, the Demarara River & Molasses Terminal, and the beach. We all need to work hard to promote and expand this very worthwhile and successful program which is now in over 23 countries. The present facilitators in Canada have found out it is not easy to fill classes. People have perceptions about parenting courses: that they are only for parents who are having problems, or that they would find airing their parenting experiences with strangers too personal. Another big challenge we face is that parents are very busy and finding time to attend 6 to 8 two- hour sessions, one per week, is too much of a commitment. Facilitators who have held Parents Supporting Parents courses have had very positive experiences. Participants are very willing to share their ideas, strategies, skills and problems with others because they feel they are not alone and everyone is in the same boat. We have lots of fun activities, laughs, lively discussions on diverse topics, and the sessions seem to fly by.

Please talk up the program in your Branch and Diocesan meetings, your churches and community centres to make them aware of its existence. Perhaps you know persons in your community who would be ideal as parenting facilitators. They do not have to be Mothers' Union members, church goers or even Christian. In Guyana we met a Facilitator who was Muslim and she had led a very successful course in her children's school. Kathleen and I would be happy to come to your area and train a group of eight or more persons at a four to five days workshop.

Celia Dodds



Card order form 2014 Canadian Mothers' Union	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
Shine a Light	\$8					
Parenting Course in Canada's North	\$10					
Make it Stop	\$15					
Community Training	\$20					
Give Them Wings -Travel	\$25					
Speak our Language	\$28					
Make it Count -Literacy	\$30					
Take them Further	\$70					
Save for the Future	\$180					
<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, please make cheques to the Canadian Mothers' Union and send with this completed form to your Diocesan President to be forwarded to Dawn Skene, 109 Dorothea Drive, Dartmouth, NS B2W 2E7

## Make it Stop



### **\$15 will help us speak up for women and girls experiencing violence**

We campaign tirelessly on issues like violence against women. We have a voice at the UN Commission on the Status of Women and speak out on issues that affect family life so that together we can create a better future for our communities.

## **Make a Mother's Day**

*This Mother's Day Help Change a Life*

2014

## Shine a Light



### **\$8 can provide basic emergency supplies at times of need**

In times of disaster Mothers' Union members on the ground can quickly identify where help is most needed. We can never predict where or what will be required although often it is basics like food, water and fuel that can save lives.

## Parenting Course in Canada's North



### **\$10 will provide supplies for a woman to take a parenting course**

Canadian Mothers' Union has a special interest in northern communities and the Inuit people. Iqaluit, the capital of Nunavut, is a central location and it would be a good place to hold a Parenting Course. This gift will provide supplies for a woman to participate in a course and improve her parenting skills.

## We can do this

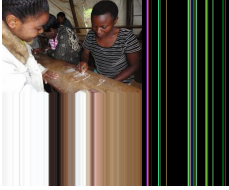


### **\$20 can provide training that will help communities stand on their own two feet**

We don't give hand outs. Instead we train our facilitators, who are local to the country, to lead communities to discover and identify the skills and resources they already have that will help them end poverty and build a positive future.



## Give Them Wings



### **\$25 can help women travel to a Parenting course**

During part of the year flying is the only way to travel which makes it impossible for people to attend a course without help. Bringing people together for a Parenting Course is expensive. This gift will help with travelling costs enabling women to become part of a group learning how to improve their parenting skills.

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## Awaken



### **\$28 will give life-changing skills to impoverished communities in DR Congo**

In DR Congo, one of the poorest countries of the world, Mothers' Union has begun an ambitious new project. *Awaken* will train facilitators to build the skills of Church-based groups enabling them to tackle education and food poverty simultaneously.

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## Making it count



### **\$30 will help teach someone to read for the first time**

Learning to read your first word is an exciting time for most children. Imagine how you would feel learning to read, write or count as an adult! With your help we'll make 15,000 adults literate and numerate in 2014.

**Give a gift anytime - not just on Mother's Day. You'll make their day!**

## Take them further



### **\$70 will help our facilitators reach isolated communities**

Every year our Community Development Coordinators travel thousands of miles to support communities. They bring help and training to people who are otherwise isolated; improving health, hygiene, income and family relationships. Your gift helps us to keep them moving.

## Save for the future



### **\$180 will enable a family to have the skills they need to overcome poverty**

This gift will help us achieve a *huge* target – to bring financial and business education to 20,000 adults we have already made literate. By learning to save, calculate profit and run a business, our learners are taken to the next level.

Mums all over the world need your help and support. Each gift will enable us to support mums and their families. Gifts range from just \$8 - \$180. By giving an ethical gift you are supporting the work of Mother's Union around the world. Each gift represents part of the work that Mothers' Union is funding this year.

### **We don't simply give out handouts.**

Mothers' Union's 4 million members around the world give of their time to support their families and communities. We empower people by enabling them to develop the skills they need to create a better life for themselves and their families.

We aim to inspire our beneficiaries. To achieve long-term sustainability we bring communities together, helping them identify their specific needs. We train nominated people in these communities as facilitators, equipping them to pass on vital skills to others in a way that ensures lasting solutions for that community.

We campaign for a better life for people who don't have a voice and give relief to communities that find themselves in serious need due to natural disaster and war.