

# PRAYER DIARY

2025

Uniting members in prayer and  
fellowship around the world.



Special features:

**Thy Kingdom Come  
Prayer Plan**

**Prayers for 16 Days of Activism  
Against Gender-based Violence**

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If you would like to be more involved in the prayer life of Mothers' Union don't hesitate to contact us at: [faith@mothersunion.org](mailto:faith@mothersunion.org)

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

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

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# Connected in Prayer

We, as Mothers' Union members, are united through the power of prayer. Prayer is our foundation, our strength, and our inspiration. Each day at midday, Mothers' Union members all over the world pause to pray. The monthly themes in this Prayer Diary are echoed in our midday prayers – these can be found by using the QR code below:



We invite you to join us as we gather together on our Facebook page for midday prayers. By praying together, we strengthen our bond and remind ourselves that we are always connected in prayer, wherever we are in the world.

The global wave of prayer expresses our commitment to each other, in all the places we work and reside. By joining with and sustaining this wave of prayer, we can be part of something bigger than ourselves.

We give thanks for the team of Mothers' Union members from across the globe who have come together to deliver our 2025 Prayer Diary. The team has worked tirelessly to produce prayer resources that are joined up and help us connect more easily in prayer. We pray that you enjoy listening to the different voices as you partner with us in prayer.

As an active or indoor member, we thank you for your commitment to Mothers' Union.

James 5:16b (NIV) tells us:

**'The prayer of a righteous person is powerful and effective.'**

# Introduction from Kathleen Snow

Dear friends,

Greetings to you in this new year of 2025. May we move forward with anticipation, courage and excitement. I am so pleased to be able to introduce you to this new Prayer Diary. Please do share this diary with family and friends.

**This is a new year and in many ways, a new beginning:**

- A new triennium with a new Worldwide Board of Trustees.
- A new team who have put this prayer diary together.
- A new theme – Join Us and Join In!

**Some things will remain the same from our previous prayer diaries, such as:**

- Daily prayers, equipping us and calling us to action.
- Weekly scripture to meditate on.
- Monthly creative prayer to try alone or in a group.

**What is new? We have created some new ways to deepen and broaden our prayer reach by:**

- Praying for the wider church on Sundays.
- Creating a specific Thy Kingdom Come section.
- Adding 16 Days of Activism Against Gender-Based Violence prayers.

We are so thankful for the team of volunteers who wrote the prayers, those who lead us during Midday Prayers and our Mary Sumner House staff who have produced this fine booklet which is cherished and used by so many.

I close with a verse:

**'You, Lord, are a shield around me.'**

**Psalm 3:3**

May we continue to be blessed by praying for each other around the world.

Blessings and love to all,



**Kathleen Snow,  
Worldwide  
President**





Mothers' Union in Papua New Guinea

JANUARY

# Unity in Diversity

JANUARY

Introduction



## Reflection

In January we celebrate the Week of Prayer for Christian Unity. Very often unity is seen as working hard to be the same as everyone else. We are all unique, created that way by our Heavenly Father. We all have different cultures and experiences and approach worship in different ways, but we worship the same God who loves us and died for us on the cross. As we begin a new year, with all that it will bring, let us be united in prayer and worship and step forth together in faith.



## Monthly Prayer

Father, grant us grace to dwell and grow in the knowledge of your love for all people and nations, and in all circumstances. We lift our voices in praise and thanksgiving for the beautiful tapestry of diversity woven into the fabric of unity. In the kaleidoscope of cultures, languages, and traditions, we see your boundless creativity and love. Help us to embrace diversity with open hearts, celebrating the unique gifts each individual brings. Amen.



## Creative Prayer

As you visit the countryside or a park, look around at the diversity of trees and bushes. They look different – different varieties, colours, leaves, size and shape – but they all grow beside each other.

While looking at the trees and bushes, think of the many countries and nations in the world, all different but each one has many people living side by side. As you notice each different tree or bush, pray for unity among the many countries and nations in the world and thank God for each one of them.

Wednesday 1<sup>st</sup> – Saturday 4<sup>th</sup> January

**Wednesday 1<sup>st</sup>**

Creator of us all, unite and guide us as we bring to you all that we are. Help us to love and serve you and one another. Lord, build unity amongst us and across Mothers' Union as we seek to see your Kingdom come.

**Thursday 2<sup>nd</sup>**

We belong to a family of different nations and races, with a variety of cultures, speaking many languages. We rejoice that this is not an obstacle but instead enriches us all, and the work of Mothers' Union supporting families worldwide. Lord, show us this day who we can invite into this adventure of faith and community.

**Friday 3<sup>rd</sup>**

Mothers' Union is a worldwide organisation, rich with four million members across 84 countries. Father, help us to enjoy and celebrate this incredible, diverse movement. Show me what I can do to further the work of Mothers' Union today.

**Saturday 4<sup>th</sup>**

'I appeal to you, dear brothers and sisters, by the authority of our Lord Jesus Christ, to live in harmony with each other. Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose.'  
1 Corinthians 1:10 (NLT)

**'Let there be no divisions in the church. Rather, be of one mind, united in thought and purpose.'**

1 Corinthians 1:10 (NLT)

**Wave of prayer**

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

Sunday 5<sup>th</sup> – Saturday 11<sup>th</sup> January

**Sunday 5<sup>th</sup>**

As we read the sonnet\*, we thank you Father for our own story and for the story of your Son, Jesus Christ. Thank you for his example of humility, obedience and boundless compassion; and for calling us from every tribe and nation.

\* A Sonnet for Epiphany by Malcolm Guite

**Monday 6<sup>th</sup>  
Epiphany**

Forgive us when we struggle to believe; when we doubt your invitation to belong. Help our unbelief and open our longing hearts to your presence. Thank you, God, that Mothers' Union is a place of welcome. Help us to show this welcome to all who enter our doors.

**Tuesday 7<sup>th</sup>**

Father, grant us wisdom in our choices, guidance in our journey and your grace in living. May we be people who share joy with others as we collectively journey. May we be people who share your compassion with the world. Amen.

**Wednesday 8<sup>th</sup>**

'Everyone who calls on the name of the Lord will be saved'  
**Romans 10.13, NIV**  
We pray for all who seek you; for travellers, pilgrims, refugees, asylum seekers, for strangers in our midst, neighbours and friends. Lord, show me what I can do to help people find you.

**Thursday 9<sup>th</sup>**

Lord, give us a 'pilgrim's eye' to see beyond the stars and a 'steady step' that find an inner rhythm in you. Consider how you can be a beacon of light today.

**Friday 10<sup>th</sup>**

Father, bless us with courage as we face the challenges of today. Give our searching hearts a voice and feet to seek, to find, to worship and rejoice in all around. Help me as I seek to deepen my discipleship today.

**Saturday 11<sup>th</sup>**

'Arise, shine, for your light has come... and his glory will appear over you. Nations shall come to your light and kings to the brightness of your dawn.'  
Isaiah 60:1-3 (NRSVA)

**Wave of prayer**

5-7 January: The Kingdom of Eswatini; Ruaha in Tanzania; Aguata & Lagos Mainland in Nigeria; Norwich in England and Chotanagpur in India

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

Sunday 12<sup>th</sup> – Saturday 18<sup>th</sup> January

**Sunday 12<sup>th</sup>**

God, creator of the universe and the glorious kaleidoscope of life, how amazing you are. Help us to see the light of Christ in everyone we serve. Unite us to enjoy and celebrate the rich diversity of this beautiful world and in our beloved Mothers' Union.

**Monday 13<sup>th</sup>**

God of grace and integrity, you made us in your image, to be one with all creation of justice, love and truth. Help us to recognise and value each person as unique and special in the world.

**Tuesday 14<sup>th</sup>**

Loving God, we know that your heart is for the whole world, for every race and creed, for every tribe and language. May we be like you and delight in diversity. Show me what I can do today to model your love to those around me.

**Wednesday 15<sup>th</sup>**

Lord, you are the Father of us all. Help us to overcome any cultural and communication barriers that separate us from understanding other points of view. May we unite in obedience and love for you. How can you show practical care today?

**Thursday 16<sup>th</sup>**

May we offer our individual gifts and skills, given to us by God, to work through Mothers' Union towards building the Kingdom of God on earth. Who can you invite to a Mothers' Union activity to experience this movement of faith and justice?

**Friday 17<sup>th</sup>**

God of love, friend to us all, thank you that we can profess our faith and show our love to others. Help us to look to Jesus to learn how to deepen our friendships and live the life of love he modelled.

**Saturday 18<sup>th</sup>**

'God saw all that he had made, and it was very good.'  
Genesis 1:31 (NIV)

**Wave of prayer**

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

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

Sunday 19<sup>th</sup> – Saturday 25<sup>th</sup> January

**Sunday 19<sup>th</sup>**

Heavenly Father, remove our prejudices and all that divides us from our brothers and sisters across the world. Give us unity, understanding and tolerance of our diverse cultures and religions. Holy Spirit, guide and unite us into your all-encompassing love.

**Monday 20<sup>th</sup>**

God, may we have ears to listen and hearts to feel, so together we might find ways to cross divides that lie between us. Help us to build bridges of justice, understanding and love, uniting us so that we can celebrate the world's rich diversity. Bless the work of Mothers' Union as we seek to build bridges.

**Tuesday 21<sup>st</sup>**

Holy Spirit, help us to love sisters and brothers whose faith is different from ours. You created all of us in your own image. Help us to remember and reflect that today.

**Wednesday 22<sup>nd</sup>**

Father of us all, you asked that your followers might all be one. Forgive us for our divisions. Be our guide as we work to unite and bring the Kingdom of God as a reality in the world.

**Thursday 23<sup>rd</sup>**

Lord God, thank you for the gift of faith, and for the gift of sharing one's faith with others. I pray you'll bring unity in our shared faith to all of us at Mothers' Union.

**Friday 24<sup>th</sup>**

May we express our love for one another by working together for our shared purpose. Our willingness to negotiate and reach agreement reflects the love of God in the world. Who can you reach out to and share the reconciling mission of Mothers' Union with?

**Saturday 25<sup>th</sup>**

'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.'  
Galatians 3:28 (NIV)

**Wave of prayer**

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

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



Sunday 26<sup>th</sup> – Friday 31<sup>st</sup> January

**Sunday 26<sup>th</sup>**

We are all different, yet all our lives depend on one another. Help us, in this diverse world, to live together with understanding and respect knowing that we are reliant on the support and work of individuals and communities around the world.

**Monday 27<sup>th</sup>**

Father, we shall never know most of your children, but their lives in the world are still interlinked with ours. Guide and help us in our diversity to live in harmony with one another. Bless Mothers' Union as we demonstrate harmony in diversity.

**Tuesday 28<sup>th</sup>  
Parent Mental Health Day**

On Parent Mental Health Day, we ask you to be with parents in despair, their minds in turmoil. Give them the courage to seek help and join them on every step of their journey towards good mental health. Guide us in opportunities where we can serve parents in our churches and communities.

**Wednesday 29<sup>th</sup>**

Let your presence be known in our homes and in our lives, so that we live together in unity with all in our family. Walk with those who come from homes with disharmony in their relationships. Teach me what I can do to build harmony in the relationships around me.

**Thursday 30<sup>th</sup>**

When we are divided and apart. Father help us to recognise our differences and work together for understanding and unity. Lead me into a greater understanding of how I can show your reconciling love.

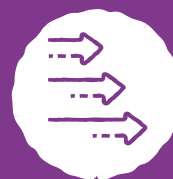
**Friday 31<sup>st</sup>**

'Love one another with mutual affection;... rejoice with those who rejoice, weep with those who weep.'  
**Romans 12:10-15 (NABRE)**

**Wave of prayer**

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

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



**Thinking Ahead**

This month we have been reflecting on Unity in Diversity. Think ahead to May and Thy Kingdom Come where we celebrate our unity in diversity across the global church in its many demonstrations and expressions of faith.

Plan how you can gather people to pray. To help you plan, take a look at our Mothers' Union Thy Kingdom Come webpage: [mothersunion.org/thykingdomcome](https://mothersunion.org/thykingdomcome)



Leaders in Makamba, Burundi



Annual Gathering 2022, Belfast

## FEBRUARY

# Membership

## FEBRUARY

## Introduction



### Reflection

'May we bloom where we are planted.'

As we take a moment to think of the impact that we have around the world as Mothers' Union, may we remember the lives that are touched daily, at all hours of the day when we pray for one another.

God has planted each of us where we need to be. He has placed us here in his time and in his way. As we are scattered like seeds in our communities, we are part of the new growth springing to life. He brings us new growth through the resurrection power of Christ and through the strength of the Holy Spirit. We are a people of hope. Let's reflect this unshakeable hope together as Mothers' Union.



### Monthly Prayer

We give thanks to you, Lord for our membership in the global Mothers' Union.

May we be blessed with a sense of connection and belonging.

May we accept the call in the power of the Holy Spirit to grow in faith.

May we be empowered in all that we do and say to help others.

May we bloom where you plant us, O Lord. Amen.



### Creative Prayer

Seek the power of the Holy Spirit as we spread the message of Mothers' Union. Pray for an increase in our membership. Plant a seed or bulb and nurture it. You could even grow some mustard or cress on cotton wool or re-purpose an egg shell by putting cotton wool inside the shell and draw a face on it. Imagine a new face as a new member. As your seeds or bulb grows, pray that others see us as a force for good in our world, by the work of our hands, the words we speak, the actions we take and the prayers we breathe. Amen.



Saturday 1<sup>st</sup>

**‘Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.’**

Isaiah 41:10 (NLT)



Diocesan Presidents Meeting in Canterbury

Sunday 2<sup>nd</sup> – Saturday 8<sup>th</sup>

**Sunday 2<sup>nd</sup>**

Thank you, Lord, for our global fellowship, united in prayer, worship, and service. We place our future in your hands, as we follow where you lead. Inspire us with your vision and empower us by your Spirit as we grow as a movement.

**Monday 3<sup>rd</sup>**

Lord, help our membership to flourish and strengthen as we look forward to our 150th celebrations in 2026. Today, we give thanks for this global movement and we give thanks for the contribution and commitment of every member of our four million strong movement.

**Tuesday 4<sup>th</sup>**

We pray today you'll guide us in growing our global community. Give us inspiration and innovation as we seek to nurture and grow our membership as we continue to thrive as Mothers' Union.

**Wednesday 5<sup>th</sup>**

Father, we glorify you for the lives transformed through our worldwide community. Grant us boldness to push open doors and try new things. Show me what can I do today to share the good news of Mothers' Union.

**Thursday 6<sup>th</sup>**

Heavenly Father, thank you for our Mothers' Union fellowship as we strive to end poverty, injustice and violence. Help us to walk with your wisdom so our daily life is an effective witness for you.

**Friday 7<sup>th</sup>**

We worship you today as our loving and powerful Father. Thank you for our global community, around the corner and around the world. Prompt me today, who can I invite to a Mothers' Union activity?

**Saturday 8<sup>th</sup>**

‘Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.’  
Isaiah 54:2 (NIV)

**Wave of prayer**

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

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

Sunday 9<sup>th</sup> – Saturday 15<sup>th</sup>

Sunday 9<sup>th</sup>

Lord, we honour you for transforming lives through the work of Mothers' Union. From supporting survivors of domestic abuse, to empowering women with the power of literacy and financial education to providing families with much-needed breaks through the AFIA (Away From It All) programme. Bless the work of our hands, O Lord.

Monday 10<sup>th</sup>

You are the God of new starts and fresh beginnings. We pray for new members, passionate about seeing your Kingdom here on earth. We pray that we will continue to be a people of peace, reconciliation and prayer as we seek to grow our membership and our impact.

Tuesday 11<sup>th</sup>

Today, we give thanks for Mothers' Union members. Thank you for their dedication to Mothers' Union, whether they have been a member for 60 days or 60 years. Thank you for the countless ways members are serving their communities through the work of their hands.

Wednesday 12<sup>th</sup>

We give thanks today for the work of justice that is at the very heart of Mothers' Union. We pray that you'll continue to champion the work and the spirit of justice in and through us. We pray for favour on our work, give us strategic insight where we can further the work we are already doing.

Thursday 13<sup>th</sup>

Father, we pray today that you'll continue to grow Mothers' Union in faith, hope and love, as we reflect this faith, hope and love to our communities around us. Lord, expand our community, drawing more believers to join us in prayer, worship and service. Show us today how we can play a part in this remarkable movement.

Sunday 9<sup>th</sup> – Saturday 15<sup>th</sup> (Continued)

Friday 14<sup>th</sup>

Today we pray for the programmes and projects that Mothers' Union members are involved in. Thank you for the multitude of ways members are seeking to love and serve their communities. We pray that you'll continue to bless the work of their hands. Give them strength as they continue to be a blessing through all the seen and unseen ways. Amen.

Saturday 15<sup>th</sup>

'Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.'  
Philippians 1:6 (NIV)

**'Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.'**

Philippians 1:6 (NIV)

Wave of prayer

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

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

Sunday 16<sup>th</sup> – Saturday 22<sup>nd</sup>

**Sunday 16<sup>th</sup>**

Father, we pray for our movement to thrive, uniting Christians globally as one. Help us to shine as a light for you in our neighbourhood and across the world, showing kindness and acceptance to all and being ready to share the faith we have in you.

**Monday 17<sup>th</sup>**

Thank you, Jesus, for the love and unity that we share together as Mothers' Union. Thank you for this love that propels us to proclaim Christ through our words and actions. Thank you for guiding our efforts and strengthening our mission.

**Tuesday 18<sup>th</sup>**

Father, open hearts to join us, growing our Mothers' Union community dedicated to transforming lives around the corner and around the world.

**Wednesday 19<sup>th</sup>**

Lord, guide new members to join us, sharing in our mission and finding the joy of fellowship.

Our God, we thank you for the open doors you have ready for us.

**Thursday 20<sup>th</sup>**

Triune God, in your three persons we have all we need as individuals and as Mothers' Union. Inspire us with creative ways to meet the challenges we face as we mark nearly 150 years of this incredible movement.

**Friday 21<sup>st</sup>**

Let's give thanks today for our fellow Mothers' Union members. May we see Christ in each other, as we journey through the mountains and the valleys of life together. Let's look for opportunities for how we can love and serve our sisters and brothers in Mothers' Union.

**Saturday 22<sup>nd</sup>**

'They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.'

**Acts 2:46-47 (NIV)**

**Wave of prayer**

**16-18 February:** Bentiu in South Sudan; Bunyoro Kitara in Uganda; Okigwe-North & Omu- Aran in Nigeria; Kilmore, Elphin & Ardagh in All Ireland and Krishna-Godavari in India

**19-21 February:** Free State in South Africa; Bondo in Kenya; Ogbia & Offa in Nigeria; Swansea & Brecon in Wales; Argentina and Uruguay

Sunday 23<sup>rd</sup> – Friday 28<sup>th</sup>

**Sunday 23<sup>rd</sup>**

We take time today to thank you for all that you are and for all that you are doing through Mothers' Union. Thank you for the dedication of members through the generations since 1876, and for their commitment to being a force for good in our communities.

**Monday 24<sup>th</sup>**

Father, thank you for members everywhere, who give freely of their time and talents. Thank you for the way that Mothers' Union helps us grow as individuals and in our faith to look more like you.

**Tuesday 25<sup>th</sup>**

Let's pray for new members, passionate about faith and justice. Lord of the harvest, we pray for an increase in members of Mothers' Union, and our mission to transform lives, families and communities.

**Wednesday 26<sup>th</sup>**

Today we celebrate with joy the family of Mothers' Union. We give you praise for the work ethic, love, hope and service of countless Mothers' Union members – both here in Britain and Ireland and around the world.

**Thursday 27<sup>th</sup>**

May we as Mothers' Union continue to grow together in faith, hope and love. Father, thank you for lives transformed through Mothers' Union. Show me today how I can demonstrate faith, hope and love to those around me, and encourage loved ones to join our movement.

**Friday 28<sup>th</sup>**

Thank you, Lord, for Mothers' Union. God, draw new members to our mission, empowering us to spread your love and justice together as one. May we always fix our eyes on Jesus, the author and perfecter of our faith as Mothers' Union. Amen.

**Wave of prayer**

**23-25 February:** Wau in South Sudan; Kigeme in Rwanda; Bauchi in Nigeria; St David's in Wales and Mandalay in Myanmar

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





### Thinking Ahead

Throughout February, we have been praying about Membership as Mothers' Union. Think ahead to whom you could invite to a Mothers' Union activity later this year. Consider friends, neighbours, or colleagues who might benefit from our fellowship and support.

Your invitation could open doors to new relationships and community engagement.



Annual Gathering 2022 Social, Belfast

### Daphne's Story

Daphne Mabbett has been knitting prayer shawls for a decade, and now, at 90 years old, she's crafting her hundredth piece. Her journey with the Mothers' Union began over 60 years ago, on 17 May 1961, and she has no intention of slowing down.

Each of Daphne's shawls is a labour of love, created for a specific person in need—someone who is ill, grieving, or going through a difficult time. With each stitch, she weaves in her prayers, offering comfort and hope. She follows a unique pattern: three rows of plain stitches, three rows of purl, with the number of stitches always a multiple of three, symbolizing the Holy Trinity.

Daphne keeps an album with a photograph of each shawl and the name of the person it was made for, a testament to the deep connection she feels with her mission. Every shawl is different, each taking around 60 to 65 hours to complete. Despite the demands of caring for her husband, who suffers from dementia, Daphne remains a dedicated member of her Mothers' Union branch, embodying the spirit of service and devotion.

Daphne's story is a powerful reminder that no matter our circumstances, we can all make a difference. Her shawls have brought comfort to many, but the act of knitting them has been a blessing to her as well, filling her life with purpose and connection. Through her quiet, persistent efforts, Daphne shows that even in the smallest acts of kindness, there is great power.





Literacy and Education Leaders, Makamba, Burundi

## MARCH

# The Power of Love Through Christ

## MARCH

## Introduction



### Reflection

March is in many ways, a month for women as we mark International Women's Day and Mothering Sunday. Women once were deemed the weaker sex; yet so often they have an abundance of power and strength inherent in their very beings. Simply because of love! Women are also tender, gentle, nurturing, but in one of the world's great dichotomies, they are also strong, tenacious and courageous. Whenever the moment arises, women are at the forefront of calling to protect the innocent, defend the helpless and to stand resolute against injustice.



### Monthly Prayer

Father, we thank you that through the sacrificial love of Christ we have been shown the transcending and transforming power of love. Thank you for the unending grace and redemption found in his sacrifice. Thank you for his selfless sacrifice, which exemplifies the depth of your love for us. May we reflect his love in all we do. Help us to be people showing love for others through inclusion, forgiveness, compassion, and social justice. In your holy name we pray. Amen. (Based on 1 John 4:7-12.)



### Creative Prayer

Many keep a daily diary, or a prayer journal. Why not join them for March? Instead of recording all that happens, make a particular note of your new experiences and ways in which you can see the power of love through Christ. Write down the things you have done, seen or heard, new situations, new possibilities, and use them as part of your prayers and explore them to see where they might lead you. Draw what you are seeing and feeling to accompany your journal of new experiences as you deepen your relationship with Christ.

Saturday 1<sup>st</sup>

‘May your unfailing love be with us, Lord, even as we put our hope in you.’

Psalm 33:22 (NIV)

Sunday 2<sup>nd</sup> - Saturday 8<sup>th</sup>

**Sunday 2<sup>nd</sup>  
Day for the  
Unemployed**

Almighty God, bless your church with humility and grace. Teach us to walk humbly before you, recognising our need for your guidance and strength. Empower us to reach out with love and support to those facing unemployment at this time. Amen.

**Monday 3<sup>rd</sup>**

Lord, thank you for the work and legacy of Mothers’ Union, seeking to love and serve the most marginalized and vulnerable in our communities. Grow in us today a deeper commitment to you as we reach out and help others who are suffering exclusion, trauma and persecution.

**Tuesday 4<sup>th</sup>  
Shrove Tuesday**

Lord, as you stilled the storm to a whisper and quietened the waves of the seas, bring order, peace and harmony to our lands and nations. Help us to see your love through the power of gentleness and peace.

**Wednesday 5<sup>th</sup>  
Ash Wednesday**

Almighty God, you have created us out of the dust of the earth. May the ashes we wear today help us remember that it is only by your gracious gift that we are given everlasting life through Christ. Amen.

Sunday 2<sup>nd</sup> - Saturday 8<sup>th</sup> (Continued)

**Thursday 6<sup>th</sup>**

Give thanks today that God chooses us to be a part of his worldwide family and enable us to share this inclusive love with others. Show me God who I can invite to Mothers’ Union to experience your love in that place.

**Friday 7<sup>th</sup>**

**World Day of Prayer**

Thank you, God, for the millions who gather today on this World Day of Prayer to praise your name and to seek your will as one. Pray today that the Lord will reveal to you how you can make a difference in the lives of those around you and around the world.

**Saturday 8<sup>th</sup>  
International  
Women’s Day**

We pray today for women throughout the world who are building up their own communities. Help us to stand united as we work to ensure every woman and girl is treated the same as her brother. Together, we are working against gender-based violence and equipping women to transform their own lives and lift themselves out of poverty.

**Wave of prayer**

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

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



Sunday 9<sup>th</sup> – Saturday 15<sup>th</sup>

**Sunday 9<sup>th</sup>**  
**First Sunday of Lent**

Gracious Lord, on this first Sunday of Lent, bless your church with a spirit of renewal and commitment. As we embark on this season of reflection, help us to deepen our faith and draw closer to you. Amen.

**Monday 10<sup>th</sup>**

Father, thank you for your forgiveness. Thank you for not abandoning us to our mistakes, but by reaching out instead to bring us home. Thank you that MU is a place where we can grow in you and grow in our understanding of how to be people who forgive. Bless us Lord as we share this message with others.

**Tuesday 11<sup>th</sup>**

Gracious Lord, today we lift up mothers everywhere, especially those who may not know you. Surround them with your love and grace, providing strength and encouragement in their challenges. May they find hope and support in their journey. Let them experience your presence and the comfort of community.

**Wednesday 12<sup>th</sup>**

‘But I tell you, love your enemies and pray for those who persecute you.’  
**Matthew 5:44 (NIV)**  
Show me what I can do to be a person of peace in the world today and promote the peace work of MU by inviting others to join in, join up.

**Thursday 13<sup>th</sup>**

Lord God, thank you for calling us to serve you through Mothers’ Union. Guide all who lead us, locally and nationally. Give us wisdom, compassion and the response of love in all we do. Amen.

**Friday 14<sup>th</sup>**

Forgive us Lord, for our wrongdoing. Reconcile us to your heavenly glory. Show me Lord how I can continue to surrender my life to you.

**Saturday 15<sup>th</sup>**

‘Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.’  
**Ephesians 4:31-32 (NIV)**

**Wave of prayer**

**9-11 March:** Aerial in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert’s Land in Canada and Patna in India

**12-14 March:** Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines

Sunday 16<sup>th</sup> - Saturday 22<sup>nd</sup>

**Sunday 16<sup>th</sup>**

Eternal King, on this second Sunday of Lent, strengthen your church in our journey of faith. Grant us perseverance in prayer and study, and deepen our understanding of your grace as we seek to follow Christ more closely. Amen.

**Monday 17<sup>th</sup>**

Today we pray:  
‘Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit, Christ when I stand.’  
**Prayer of St Patrick.**

**Tuesday 18<sup>th</sup>**

Faithful God, we pray for the homeless on the streets, for refugees seeking safety and shelter, and for those suffering from war. Give wisdom to leaders of nations to act for the common good. Today we choose to love our neighbours as ourselves.

**Wednesday 19<sup>th</sup>**

Keep us shining Lord, in all we say or do; that the world may see Christ lives in us, and learn to love him too. Thank you for the people that you have put in my life, show me who I can bless this day with a word of encouragement. Amen.

**Thursday 20<sup>th</sup>**

‘I saw that whenever a man feels kind compassion with love with his fellow Christian, it is Christ within him.’  
**Julian of Norwich**  
Thank you for each individual working with compassion to promote social justice in our world.

**Friday 21<sup>st</sup>**

Pray for prisoners, those who have committed crimes, those who are held against their will, for Chaplains and family members. Show me God how I can support the prisons ministry work of MU.

**Saturday 22<sup>nd</sup>**

‘My soul glorifies the Lord and my spirit rejoices in God my Saviour’.  
**Luke 1:46-48 (NIV)**

**Wave of prayer**

**16-18 March:** Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England

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

Sunday 23<sup>rd</sup> - Saturday 29<sup>th</sup>

**Sunday 23<sup>rd</sup>**

Heavenly Father, inspire your church with joy and hope as we continue our Lenten journey. Strengthen our resolve to seek you earnestly, and fill us with a spirit of compassion and service in our communities. Amen.

**Monday 24<sup>th</sup>**

God of justice, we pray for those who lead major corporations. May they treat their workers and suppliers justly and fairly. Thank you, God, for the work of Mothers' Union as we pray for justice and work toward ending poverty.

**Tuesday 25<sup>th</sup>**

**Lady Day, The Feast of the Annunciation**

'Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word.'"

**Luke 1:38 (NRSV)**

Take us as we are and accept all we have: let it be with us according to your Word today on Lady Day.

**Wednesday 26<sup>th</sup>**

May the power of Christ's love enter the hearts of all living by violence and with strength may they turn from hardness of heart to gentleness of spirit. Thank you for the work MU does to help end violence and bless us to encourage others to join in and join up in this cause.

**Thursday 27<sup>th</sup>**

May the power of Christ's love give us a heart for the marginalised. May it open our eyes to see those who are overlooked and forgotten. Empower us to reach out with love and support, advocating for justice and mercy in all circumstances. Amen.

**Friday 28<sup>th</sup>**

Lord we ask your blessing on food banks and all those who make donations. Give us courage as we speak out for the eradication of injustice, poverty and hunger.

**Saturday 29<sup>th</sup>**

'Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute.'

**Psalms 82:3 (ESV)**

**Wave of prayer**

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

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

Sunday 30<sup>th</sup> - Monday 31<sup>st</sup>

**Sunday 30<sup>th</sup>**

**Mothering Sunday**

Let's give thanks today for all those who have nurtured us in body, mind and spirit through mothers and mother-like figures. Help us to love like those who have supported and loved us. Bless your church today as we celebrate the role of mothers everywhere.

**Monday 31<sup>st</sup>**

Heavenly Father, we thank you for the work of Mothers' Union. We thank you for each member around the globe, active and indoor. Stir us this day to put our faith in action and help us to be people showing your love for others through inclusion, forgiveness and compassion.

**Wave of prayer**

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



**Thinking Ahead**

This month we have been reflecting on the power of love through Christ. Together, we have also joined in prayer on World Day of Prayer and International Women's Day.

Think ahead to Mary Sumner Day in August and plan an event that celebrates how the power of love through Christ changes communities.

Start planning now to make a meaningful impact through inclusion and outreach.



Savings Group Participants,  
Nobili, Democratic  
Republic of Congo

APRIL

# Love Blooms

APRIL

Introduction



## Reflection

Love blooms all around us this month. We begin to see God's goodness as creation starts to bloom. Then as we approach Easter, we prepare our hearts to see God's love blooming from the tomb in joyous resurrection. Both are a reminder of God's extraordinary love, and serve as a call to action, to pass on both the planet, and the Gospel message for generations to come.



## Monthly Prayer

Lord, I light a candle as a symbol of love. I pray that the love you send me will be strong like a flame. May it blossom and radiate your love that blossoms in all. Heavenly Father, we come before you with hearts of gratitude and praise for the wondrous way love blooms in our lives. In the gentle whispers of kindness, in the warmth of fellowship, and in the selfless acts of service, we see your love reflected. May we be vessels of your love, spreading kindness and compassion wherever we go. Amen.



## Creative Prayer

As you work with your hands creating beautiful things from fabric, remember how God has sewn together the fabric of the universe, creating something beautiful out of nothing.

Dedicate your stitching as a time of intercession where thoughts and prayers are woven into the fabric to bring warmth, comfort, hope and love to those who will receive it.

As you concentrate on your craft, be reminded of the love and care our God puts into each of our lives.



Tuesday 1<sup>st</sup> – Saturday 5<sup>th</sup> April

**Tuesday 1<sup>st</sup>**

Lord, let me live a day at a time with your love determined from your will, my path illuminated by light, my faith grounded in your truth, my heart set on eternity.

**Wednesday 2<sup>nd</sup>**

Breathe life into our weary souls, and may our spirit be awakened as you fill us with hope, joy and renewed purpose. Show me who I can share your love with today, and how I might serve my Mothers' Union community.

**Thursday 3<sup>rd</sup>**

We come before you, seeking renewed hope. May your light shine on us, bringing new blessings into our hearts that may blossom. Consider who you can bless today, perhaps with a thoughtful note or text, or an act of service.

**Friday 4<sup>th</sup>**

Father, help us nurture our faith like a tender seed. May we water it with prayer, the sunlight of your love and the soil of your Word. As we nurture our own faith journey, who else can we encourage to join in and join up with MU today?

**Saturday 5<sup>th</sup>**

'Trust in the Lord with all your heart and lean not on your own understanding, in all your ways submit to him and he will make your paths straight.'  
**Proverbs 3:5-6 (NIV)**

**Wave of prayer**

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

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

Sunday 6<sup>th</sup> – Saturday 12<sup>th</sup> April

**Sunday 6<sup>th</sup>**

Almighty God, guide your church as we approach the climax of Lent. Strengthen our leadership and ministries to reflect your love and truth. May our collective witness grow deeper and more vibrant in advancing your Kingdom. Amen.

**Monday 7<sup>th</sup>**

Lord, we see your hand in blossoming flowers, the sun's warmth and new life developing. It fills our hearts with gratitude for the creation all around us. Thank you, God, for Mothers' Union and all that you are developing within our movement.

**Tuesday 8<sup>th</sup>**

Gracious God, thank you for the gift of nature. From the morning birdsong, to the glorious sunsets, to mountaintop views and creatures whom we inhabit this Earth with. Show us today the wonders of nature, and help us to appreciate the wonder of creation. Amen.

**Wednesday 9<sup>th</sup>**

Thank you, Lord, for the gifts you have given me in my life, as a demonstration of your love. Show me how I can steward these gifts for your Kingdom, now and always. Amen.

**Thursday 10<sup>th</sup>**

Heavenly Father, bless our relationships, that they may erupt into flowers that are filled with love, hope and joy. Take time to reflect on your relationships, and how you might strengthen and grow them.

**Friday 11<sup>th</sup>**

Father, help us to cherish one another – in our homes, our families, our communities and throughout Mothers' Union.

**Saturday 12<sup>th</sup>**

'And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.'  
**Romans 5:5 (NIV)**

**Wave of prayer**

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

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

Sunday 13<sup>th</sup> – Saturday 19<sup>th</sup> April, Holy Week**Sunday 13<sup>th</sup>  
Palm Sunday**

Loving Lord, as we celebrate Palm Sunday, may your church be filled with the joy and reverence of Christ's triumphant entry. Inspire us to welcome him into our hearts and lives, living out his love and grace. Strengthen our faith and guide us through this Holy Week, that we may deepen our relationship with you. Amen.

**Monday 14<sup>th</sup>**

Gracious Lord, on this Holy Monday, we reflect on Jesus cleansing the temple, calling us to integrity and devotion. Cleanse our hearts and minds of anything that distracts us from your presence, and fill us with a fervent desire to worship and serve you faithfully. Amen.

**Tuesday 15<sup>th</sup>**

Loving God, as we journey through Holy Tuesday, we remember Jesus' teachings in the temple. Grant us wisdom and understanding to grasp the depths of your Word. Strengthen our resolve to follow Christ's example, embracing his message of hope and redemption. In your Holy Name, we pray. Amen.

**Wednesday 16<sup>th</sup>**

Merciful Father, on this Holy Wednesday, we recall Judas' betrayal of Jesus. Help us to examine our own hearts and grant us the grace to repent and seek forgiveness. May we remain faithful to you, even in times of temptation and trial. Through Christ our Lord. Amen.

**Thursday 17<sup>th</sup>  
Maundy Thursday**

Heavenly Father, on this Maundy Thursday, we remember Jesus washing the disciples' feet and the breaking of bread at the Lord's Supper. Teach us to serve others with humility and love. As we partake in the Eucharist, may we be reminded of your sacrificial love and grace.

**Wave of prayer**

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

Sunday 13<sup>th</sup> – Saturday 19<sup>th</sup> April (Continued), Holy Week**Friday 18<sup>th</sup>  
Good Friday**

Almighty God, on this solemn Good Friday, we reflect on the suffering and crucifixion of Jesus Christ. We are humbled by his sacrifice for our sins. Help us to comprehend the depth of his love and the cost of our redemption. May we be transformed by his passion, dedicating our lives to his service. Amen.

**Saturday 19<sup>th</sup>**

'The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.'  
**Luke 23:55-56 (NIV)**

**'The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes.'**

**Luke 23:55-56 (NIV)**

**Wave of prayer**

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

Sunday 20<sup>th</sup> – Saturday 26<sup>th</sup> April

**Sunday 20<sup>th</sup>  
Easter Sunday**

Risen Lord, on this glorious Easter Sunday, we join the worldwide church in celebrating your victory over sin and death. Fill our hearts with the joy of your resurrection, and empower us to proclaim the hope of eternal life to all nations. Amen.

**Monday 21<sup>st</sup>**

Father, thank you for Mothers' Union, bringing much-needed light and love into this world. Help us to be ambassadors of hope each and every day. Show me who I can welcome to join in, join up. Amen.

**Tuesday 22<sup>nd</sup>  
Earth Day**

Father, on Earth Day, may we be unafraid to protect the earth, and the life that inhabits it. Father, show us how we can better love and serve the world you created. Amen.

**Wednesday 23<sup>rd</sup>**

Lord, may we be open to receive wisdom from the wise counsel of those around us. Keep our hearts open to receive your Word and show us where our hearts need healing and moulding for your glory.

**Thursday 24<sup>th</sup>**

Father, send your cleansing rain to wash away the remnants that we leave behind as we progress through life. Show us how to trust your plan and stay focused, trusting you always. Amen.

**Friday 25<sup>th</sup>**

With bravery and resilience, may we embrace new beginnings with faith and strength that they may blossom and grow. Who around you needs to be encouraged as they build resilience? Reach out to them today.

**Saturday 26<sup>th</sup>**

'When I said, "My foot is slipping," your unfailing love, LORD, supported me.'  
**Psalms 94:18 (NIV)**

**Wave of prayer**

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

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

Sunday 27<sup>th</sup> – Wednesday 30<sup>th</sup> April

**Sunday 27<sup>th</sup>**

In the silence of this moment, I remember the church gathering today all around the world, asking that the House of God would increasingly become a home for every nation.

**Monday 28<sup>th</sup>**

We seek your calming presence, Lord, to soothe our hearts and minds; filling us with peace, serenity and tranquillity. Each day, may we be open to listen to your voice and act on what we hear. Thank you for Mothers' Union, a fellowship of believers that is built of prayer and faith.

**Tuesday 29<sup>th</sup>**

Lord, may your warmth and light nurture our relationships. May each of these be filled with beauty and growth. Help our interactions with those around us to be fruitful, encouraging and a source of strength and joy.

**Wednesday 30<sup>th</sup>**

Heavenly Father, let your joy blossom in our souls, today and every day. Show me what joy looks like in the community where you have placed me, and help me to bloom where I am planted. Amen.

**Wave of prayer**

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

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





## Thinking Ahead

Throughout April, we have been embracing the theme of Love Blooms. Think ahead to planting a community garden or organizing a floral arrangement workshop for harvest.

Engage others in the planning process, securing a location and resources. Start now to cultivate a project that fosters beauty, connection, and love within our community.

Suzan, Literacy and Financial Education Participant, Democratic Republic of Congo



## Sengi's Story

Sengi Mulusou's story is one of transformation and new found respect. For years, he couldn't read or write – not even up to the time of his marriage. But when the Mothers' Union brought a literacy project to his community, everything changed.

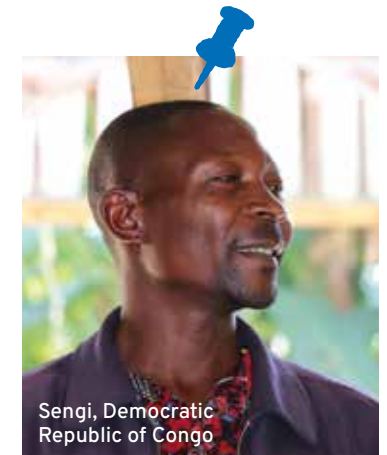
With determination, Sengi joined the programme. Slowly but surely, he learned to read and write, and soon, he could do more than just recognise his own name—he became part of a savings group and even took on the role of secretary.

The impact of literacy rippled through every aspect of Sengi's life. His family transformed as he began to educate his children, ensuring they attended school and helping them with their homework.

In his community, Sengi noticed changes too. Others in his group were also learning to read and write, even studying the Bible, which gave them a great sense of empowerment. Together, they attended meetings, led discussions, and encouraged others to pursue literacy.

Sengi's new found literacy didn't go unnoticed by the village chief. Recognising his progress and potential, the chief made him an advisor, a role that filled Sengi with immense pride.

Sengi remembers the time when war scattered his people to Uganda. When they finally returned, they all wanted to rebuild their lives and continue learning. The name of their group, Tuwe Na Nia Moja, meaning 'of one mind,' symbolizes their shared commitment to education and progress.



Sengi, Democratic Republic of Congo



Pray for Five, Invite One for Thy Kingdom Come, Peterborough

MAY

# Thy Kingdom Come

MAY

Introduction



## Reflection

The central motif of all Jesus' teaching was the Kingdom of God, the rule and reign of God on the Earth. Jesus doesn't just announce the Kingdom of God, in him, the Kingdom of God arrives.

But while the Kingdom has begun, it is not fully here – God's world is still characterised by pain, injustice, and death. To pray the words 'Thy Kingdom Come' is to express a desire and a hope for the world to be a better place. A world where lives, relationships and communities can have life, and life to the full, through faith in Jesus.



## Monthly Prayer

Lord, as we gather in prayer across the world, we remember your plan of salvation where there are no barriers to hear the good news of Jesus Christ. Come, Holy Spirit, as we pray 'Thy Kingdom Come'. Father, we pray that it will bring us closer within our worldwide family of Mothers' Union so that 'Thy Kingdom Come' resounds around the corner and around the world. Amen.



## Creative Prayer

During Thy Kingdom Come, we are encouraged to 'pray for five and invite one'. We pray for five people to come to know the love of God for themselves and we think about one to invite to a Mothers' Union activity.

You can make a 'pray for five, invite one' keyring using these instructions to keep them in your hearts and prayers throughout TKC:

Cut a 30cm cord, fold it in half, make a loop. Tie a knot to secure it to a keyring. String a bead onto the cords. Tie a knot below the bead (see photo as an example). Repeat this process four times and finish with a knot. Trim any excess thread at the end.



Thursday 1<sup>st</sup> – Saturday 3<sup>rd</sup> May**Thursday 1<sup>st</sup>**

Lord Jesus, thank you that we have the privilege of helping you usher in your Kingdom. Help me to prioritise praying 'Thy Kingdom Come' this month and always. Amen.

**Friday 2<sup>nd</sup>**

We must make Christ our dearest friend, daily and hourly. On him we lean for comfort, peace, and strength in anxiety, sorrow, or joy. Lord, show me how I can press in to you this day.

**Saturday 3<sup>rd</sup>**

'So that it is no longer I who live, but it is Christ who lives in me. This life that I live now, I live by faith in the Son of God, who loved me and gave his life for me.'

**Galatians 2:20 (GNT)**

**'So that it is no longer I who live, but it is Christ who lives in me. This life that I live now, I live by faith in the Son of God, who loved me and gave his life for me.'**

**Galatians 2:20 (GNT)**

**Wave of prayer**

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

Sunday 4<sup>th</sup> - Saturday 10<sup>th</sup> May**Sunday 4<sup>th</sup>**

As God's people gather around the world today, create in us a new imagination. Invoke in us a greater celebration. And give us fresh language to share your hope with a tired world. Amen.

**Monday 5<sup>th</sup>**

Lord Jesus, bring your peace, healing and love to our troubled world. Help the world to respond to hatred with love, as you show us in your Word. Thank you for the work of the MU worldwide, bless us as we continue to be agents of change, inviting others to join in, join up. Amen.

**Tuesday 6<sup>th</sup>**

Merciful Father, help us to focus on what really matters, which is to share the message of the cross with all those around us. Lord, we pray Thy Kingdom Come, and for your power to be known in our lives, homes and throughout the world. Amen.

**Wednesday 7<sup>th</sup>**

Jesus taught us to pray 'your Kingdom come'. Give us faith, strength, and energy, Lord, to make that prayer our reality through love and service. Lead us this day to know what action we can take to see your Kingdom here on earth. Amen.

**Thursday 8<sup>th</sup>**

Father, help us to love others as you have loved us. Use us as peacemakers in a world that is desperately searching for true and lasting peace. Amen.

**Friday 9<sup>th</sup>**

We pray for the members of Mothers' Union around the world who are investing their love, time, and energy into making 'your Kingdom come' a living reality. Show us how we can grow this movement. Amen.

**Saturday 10<sup>th</sup>**

'Go, then, to all peoples everywhere and make them my disciples.'  
**Matthew 28:19 (GNT)**

**Wave of prayer**

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

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



Sunday 11<sup>th</sup> – Saturday 17<sup>th</sup> May**Sunday 11<sup>th</sup>**

Lord God, who loves each of us individually, be with us as we minister to others and show the world that God is love. We pray for your ministers and pastors – guide, strengthen and comfort them as they pastor their communities. Amen.

**Monday 12<sup>th</sup>**

Dear Lord, we pray that you will use our hands, our feet, our ears, our eyes, and our mouths to speak through us. Thank you for the work of MU worldwide, strengthen us in our collective mission and embolden us to invite others to join in, join up. Amen.

**Tuesday 13<sup>th</sup>**

King of creation, you have invited us to join with you to build your Kingdom here on earth. Help us to listen to your voice as we seek to reflect your image in the world.

**Wednesday 14<sup>th</sup>**

Lord, you have made us all with unique qualities and gifts. May we use these gifts to be advocates for righteousness, playing our part in building your Kingdom on earth. Show me how I can surrender my time and talents to your service.

**Thursday 15<sup>th</sup>**

Support us in our spiritual journey and help us to be examples of faith and integrity. May others be drawn to you through our words and actions and as we follow your example. Amen.

**Friday 16<sup>th</sup>**

Lord, as we tell you our doubts and our own sins, remind us that Jesus is the way, the truth and the life and use us to reveal this message to all.

**Saturday 17<sup>th</sup>**

‘They gathered frequently to pray as a group, together with the women and with Mary the mother of Jesus and with his brothers.’  
**Acts 1:14 (GNT)**

**Wave of prayer**

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

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

Sunday 18<sup>th</sup> – Saturday 24<sup>th</sup> May**Sunday 18<sup>th</sup>**

Father, thank you for your beautiful, multicultural, intergenerational family, gathering today in so many countries. Let strangers be welcomed as family today and may all who gather sense your amazing grace. Amen.

**Monday 19<sup>th</sup>**

Father, thank you for the work of Mothers' Union, a vehicle of radical hospitality in the life of the church. Bless us to share that hospitality with others, who do not yet know the ministry of MU. Amen.

**Tuesday 20<sup>th</sup>**

Lord God, when we knock, you answer. Help us to open our hearts so that you can make us as you want us to be. Give us the strength to persevere and the grace to serve, that our lives may reflect your love and bring hope to many. Amen.

**Wednesday 21<sup>st</sup>**

Loving Lord, who has created us all in your image, open our eyes to see your face in those of our sisters and brothers. Transform our hearts and minds that we may respect and value each other as beloved children of God.

**Thursday 22<sup>nd</sup>**

Heavenly Father we give thanks for the many social justice projects that Mothers' Union are involved in. Continue to inspire us and fill us with your spirit afresh. Bless our work and multiply our efforts. Amen.

**Friday 23<sup>rd</sup>**

Lord God, empower us this day to tell of your Kingdom, of your love and of your saving grace, available to all who seek. Show me how I can be a vehicle of your love to those around me. Amen.

**Saturday 24<sup>th</sup>**

‘Do not be afraid, little flock, for your Father is pleased to give you the Kingdom.’  
**Luke 12:32 (GNT)**

**Wave of prayer**

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

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

Sunday 25<sup>th</sup> – Wednesday 28<sup>th</sup> May**Sunday 25<sup>th</sup>**

In this moment of silence, I express my deep gratitude for the church. Almighty God, thank you for your family gathering today. Revive and sanctify us. Make us a house of prayer for all nations and set our hearts on fire with the good news of your gospel.

**Monday 26<sup>th</sup>**

Heavenly Father, we thank you for the work of Mothers' Union. We thank you that it is underpinned by prayer. Stir us to deepen our prayer life, individually and corporately. Come, Holy Spirit, we pray.

**Tuesday 27<sup>th</sup>**

Almighty God, to whom all hearts are open, use Mothers' Union as a catalyst for renewal within your church. Lead me in my conversations with the clergy and congregation to show how Mothers' Union can strengthen their walk and witness. Amen.

**Wednesday 28<sup>th</sup>**

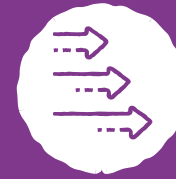
Lord thank you for prompting the church to pray Thy Kingdom Come. As we prepare to pray for five and invite one, help us to identify those people and help us to be committed in prayer and invitation. Amen.

The rest of the days in May are included in the following Thy Kingdom Come section

**Wave of prayer**

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

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

**Thinking Ahead**

This month we have been reflecting on Thy Kingdom Come, where we have had the opportunity to come together ecumenically to pray.

Think ahead to our 16 Days of Activism, and plan a bring-and-share meal to celebrate our Mothers' Union community. By sharing food, stories, and traditions, we build one another up.

Start organising now to create an inclusive and enriching experience that strengthens our bonds and appreciation for one another.



Pray for Five, Invite One for Thy Kingdom Come, South Sudan



THY KINGDOM COME



# Light Up The World In Prayer

29<sup>TH</sup> MAY – 8<sup>TH</sup> JUNE 2025

[thykingdomcome.global](http://thykingdomcome.global)



## Thy Kingdom Come

Thursday 29<sup>th</sup> May – Sunday 8<sup>th</sup> June

The worldwide ecumenical prayer movement of Thy Kingdom Come happens each year between Ascension Day and Pentecost Sunday. Since its inception this prayer initiative has grown and grown, now in 90% of nations around the globe with more than 85 denominations taking part. MU members have been part of this call to prayer since it began and once again we come together as a movement to pray Thy Kingdom Come.

Over the course of the next 11 days, it is hoped that everyone who takes part will:

- Deepen their relationship with Jesus Christ
- Pray for five friends or family to come to faith in Jesus
- Pray for the empowerment of the Spirit that we would be effective in our witness

**‘They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.’**

Acts 1:14 (NIV)



Pray for Five, Invite One

Throughout the period between 29th May to 8th June, we pray for five loved ones, that they might come to know the love of God for themselves. We also think, who of our five could we invite to a Mothers' Union event or activity?

Choose your five people to pray for and write their names here:

1.

2.

3.

4.

5.

As you journey from Ascension Day to Pentecost, may you be encouraged and inspired as you pray for your five people, using these prayers as your travel guide.

#### Thursday 29<sup>th</sup> Ascension Day

As the Lord Jesus ascended, he promised the gift of the Holy Spirit to enable the disciples to be his witnesses. As we pray Thy Kingdom Come take time to pray for your five people – whether they be family, friends or neighbours – that they may encounter God's love and experience his blessings. Pause and pray – The Lord's Prayer.

Heavenly father, show me what Thy Kingdom Come endeavour I can support.

#### Friday 30<sup>th</sup>

Come Holy Spirit, refresh my soul. Grant me the perseverance to pray for five people in my network that they would come to know the love of Christ for themselves.

Pause and pray for your five people.

To refresh your soul, why not try crafting your prayer keyring as suggested in the May creative prayer?

#### Saturday 31<sup>st</sup>

'But you will receive power when the Holy Spirit comes on you, and you will be my witnesses.'  
Acts 1:8a (NIV)

Come, Holy Spirit. Bless Mothers' Union's Thy Kingdom Come endeavours. Bless our prayer walks, our Kingdom crafting sessions and our ecumenical prayer gatherings, highlighting the work of MU.

Pause and pray for your five people. God, grant me the courage to invite one of them to a Mothers' Union activity.

#### Sunday 1<sup>st</sup> Global Day of Parents

Come, Holy Spirit, reveal to parents and families around the world your love and guidance. Bless your church to support families and parents, nurturing faith in the next generation. Amen.

Pause and pray for your five people and ask for increased confidence and opportunities to share the love of God with families around you.

How can your hands bring God's blessing to a family today?

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## DAILY PRAYERS

## Thy Kingdom Come

### Monday 2<sup>nd</sup>

Come, Holy Spirit. Help us experience your presence deeply at each Mothers' Union gathering and bless us as we put our faith into action. Inspire us to pray fervently and to work closely with our clergy to witness Christ's grace to all.

Pause and pray for your five people.

How can I support my clergy in the delivery of Thy Kingdom Come?

### Tuesday 3<sup>rd</sup>

'In praying 'Thy Kingdom Come' we all commit to playing our part in the renewal of the nations and the transformation of communities.'

**Archbishop Justin Welby**

Come, Holy Spirit, renew us and use us as MU to be a vehicle of renewal within the church.

Pause and pray – lift before the Lord, the five people you are praying for.

Give us confidence to invite others to join in and join up with us.

### Wednesday 4<sup>th</sup>

Come, Holy Spirit, empower us as a movement to live boldly for Christ and to be true witnesses of your love.

Pause and pray today for your five people – that God will make himself known to them in whatever situations they may find themselves today.

Thank God for the gift of the Holy Spirit and write a thank you note to one of your five to say what it is you appreciate about them.

### Thursday 5<sup>th</sup>

#### World Environment Day

As you pray for your five people today, give thanks to God for how he has created them and the world we live in. Lord, help us to encourage each other to care for the environment and protect it from pollution and destruction. Guide us within our daily tasks to do so together. Amen.

Pause and pray that each of your five would know that they are fearfully and wonderfully created.

In what small way could we practically show love and care for God's creation, both people and planet, today?

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## DAILY PRAYERS

## Thy Kingdom Come

### Friday 6<sup>th</sup>

Come Holy Spirit, renew our minds and hearts. Fill us with your power to live for Christ and share his love with everyone. Pause and pray for your five people, that they will experience God's life-transforming love and be empowered to be all God has created them to be.

Share with your five friends that you are praying for them and that God always hears their prayers.

### Saturday 7<sup>th</sup>

'...we... will give thanks to you forever; from generation to generation we will recount your praise.'

**Psalm 79:13 (NRSV)**

Come, Holy Spirit, and revive us. Fill us with divine love and let your presence transform our lives and enable us to show all are welcome in you.

Pause and pray for your five people, that they will know his love and that he is always with them.

Each time you wash your hands today, pray for your five and as your hands touch, imagine you are welcoming and embracing someone into MU.

### Sunday 8<sup>th</sup>

#### Pentecost

Spirit of God, on this Pentecost, breathe new life into your church. Empower us to live out our faith with vigour and unity. Refresh our mission, and unite us in purpose, so we may boldly witness to your transformative power in the world. Amen.

Pause and pray for your five people, reflect on how you have seen God move in their lives.

Follow up your invitation to a Mothers' Union event and share some of the transforming activities that MU does.

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### Wave of prayer

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

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### Wave of prayer

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



Newcastle Diocese together with Clergy

JUNE

# Supporting Our Clergy

JUNE

Introduction



## Reflection

In the much-loved prayer used by our founder, Mary Sumner, she prays 'All this day, O Lord, let me touch as many lives as possible for thee.' As we consider our own faith journey, it is good to reflect on people who have touched our lives for Christ. Consider how your life has been touched by friends, family, Mothers' Union members past and present, and our clergy. Consider how you may have touched lives for Christ, through words or actions, or just being you.



## Monthly Prayer

Gracious God, we offer heartfelt praise and gratitude for the privilege of supporting our clergy. Bless them with wisdom, strength, and compassion as they help their communities. May our encouragement be a source of strength to them in times of need. Thank you for their dedication and sacrifice in serving your people. Guide us to uplift and uphold them in prayer and practical assistance. In your holy name, Amen.



## Creative Prayer

As you enter June, split the month into thirds and dedicate each third to a different activity that supports your clergy. Make or buy a small thank you gift for your church leader. When you give it to them, tell them you are praying for them and ask if they have any special prayer requests. Make a prayer diary for your branch to use during branch devotions and include a different clergy person each month, your Vicar, curate, bishop, archdeacon, etc. Drop a sugar cube in a cup of hot water. As you watch it dissolve pray that any problems or difficulties of your clergy will dissolve.



Monday 9<sup>th</sup> – Saturday 14<sup>th</sup> June

**Monday 9<sup>th</sup>**

Heavenly Father, we thank you for the ordinations that take place during June. We thank you for every person that you have called to become ordained. As we pray throughout this month, for our clergy, we thank you for MU, an organisation primed to support and encourage them. Amen.

**Tuesday 10<sup>th</sup>**

Lord, we pray that you would protect our archbishops, bishops, clergy and their families. Clothe them with the armour of God that they may stand firm in times of hope and trial. Give us boldness to invite them to join in and join up with the ministry of MU. Amen.

**Wednesday 11<sup>th</sup>**

Gracious God, we pray for all church leaders to set an example of godly living. Help them to walk in right paths, resist temptation and pick them up if they fall. Show me how I can demonstrate practical support to the clergy in my life. Amen.

**Thursday 12<sup>th</sup>**

Wonderful Lord, help us to be one movement in heart and mind, united in prayer. Help us to acknowledge and celebrate the diversity of your church, in its multitude of forms. Amen.

**Friday 13<sup>th</sup>**

Lord, we recognise that our clergy are human, just like us. Help us to support them in any way we can through hospitality, practical support and prayer. Amen.

**Saturday 14<sup>th</sup>**

‘I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.’  
**1 Timothy 2:1-2 (NIV)**

**Wave of prayer**

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

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

Sunday 15<sup>th</sup> – Saturday 21<sup>st</sup> June

**Sunday 15<sup>th</sup>  
Fathers’ Day**

Father of all, reveal yourself to fathers across the world as the perfect role model of love, and wisdom. Help them to follow your example with patience and grace. We pray for clergy delivering Father’s Day services, may they show grace and love to all who find today challenging. Amen.

**Monday 16<sup>th</sup>**

Loving God, we pray for families everywhere, that you would strengthen and support their bonds of love. Thank you for the work of Mothers’ Union and the work it does to support families around the corner and around the world.

**Tuesday 17<sup>th</sup>**

Bless our clergy as they seek to guide, lead and encourage us in our own walk of faith with you. May their joy in the Lord, inspire and embolden all those they meet. Embolden us to share the work of MU with our clergy, inviting them to join in and join up. Amen.

**Wednesday 18<sup>th</sup>**

We pray for all church leaders; may they be filled with your Holy Spirit. Give them wisdom, patience and strength for each day. Show me how I can pray with greater discernment to support them in their ministry. Amen.

**Thursday 19<sup>th</sup>  
Corpus Christi**

Lord, we thank you for the gift of priests and those who lead us in holy communion. Bless those who take communion to our indoor members. Lord, protect and comfort our indoor members. Thank you for their commitment to Mothers’ Union.

**Friday 20<sup>th</sup>  
World Refugee Day**

Lord, care and bless all displaced people who may be escaping injustice and suffering. May we bring to justice those who traffic and exploit human beings for their own gain.

**Saturday 21<sup>st</sup>**

‘How good and pleasant it is when God’s people live together in unity!’  
**Psalm 133:1 (NIV)**

**Wave of prayer**

**15-17 June:** Bukavu in DR Congo; Nyahururu in Kenya; Gboko in Nigeria; Portsmouth in England and New Guinea Islands in Papua New Guinea

**18-20 June:** Rejaf in South Sudan; Military Episcopate in Kenya; Doko & Owo in Nigeria; Chelmsford in England and Jamaica & Cayman Islands

Sunday 22<sup>nd</sup> – Saturday 28<sup>th</sup> June

**Sunday 22<sup>nd</sup>**

Faithful God who tires not, give our ministers an opportunity for weekly rest in obedience to your will. Bless them with spiritual, physical and emotional restoration. Amen.

**Monday 23<sup>rd</sup>**

We pray for theological students and tutors. Support and guide those in their training, as you shape your disciples of today in becoming your clergy of tomorrow.

**Tuesday 24<sup>th</sup>**

Heavenly Father, bless those who serve you in places of persecution, may they know your comfort and strength. Inspire faith, strengthen them in times of trial and may their work bear good fruit. Amen.

**Wednesday 25<sup>th</sup>**

We pray for all lay persons and licensed ministers who volunteer in church roles. Fill them with your Holy Spirit and the compassion of Christ as they serve and lead us all towards your glory. Consider how you can resource these individuals to strengthen the ministry of the church.

**Thursday 26<sup>th</sup>**

Lord, as members of the worldwide Mothers' Union family, we give thanks for the links that bind us across continents, sharing a vision to end violence, poverty and injustice. Show me how I can introduce new congregation members and clergy to the work of Mothers' Union.

**Friday 27<sup>th</sup>**

We pray for our churches and our congregations. We pray for hope where there is fear; we pray for provision and opportunity where hardship and need are waiting; we pray in thankfulness and joy at the blessing of your rewards. Amen.

**Saturday 28<sup>th</sup>**

'The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.'  
Psalm 37:23-24 (NIV)

**Wave of prayer**

**22-24 June:** Rumonge in Burundi; Tabora in Tanzania; Kabba & Bukuru in Nigeria; St Albans in England and Nagpur in India

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

Sunday 29<sup>th</sup> – Monday 30<sup>th</sup> June

**Sunday 29<sup>th</sup>**

We pray for all clergy as they lead churches and those supporting projects and Interfaith events. Show us where we can love and serve our communities in unison. Amen.

**Monday 30<sup>th</sup>**

Loving God, help our clergy to prioritise prayer in their lives and to encourage congregations to do so as well. Thank you for the prayer resources of Mothers' Union, help us to share these with clergy and fellow congregation members. Amen.

**'The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.'**

Psalm 37:23-24 (NIV)

**Wave of prayer**

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



### Thinking Ahead

Throughout June, we have been focusing on Clergy Support. Think ahead to how you can help your clergy better engage with Mothers' Union. Plan a special appreciation event or offer practical assistance.

As Mothers' Union is a charity, you could liaise with your clergy to fundraise on a special collection Sunday.



Southwark Mothers' Union and Clergy

### Yvette's Story

In 2010, Yvette joined the Mothers' Union literacy circle in Burundi, a decision that would change her life in ways she never expected. Her world had been shattered that same year when her husband went missing. Despite searching with the church, authorities, and even using radio broadcasts, Yvette never found him. For seven long years, she clung to hope, unable to bury him, even as his family turned on her. They tried to take her home, destroyed her fence, and her brother-in-law even attempted to marry her by force.

With the help of local leaders, Yvette fought to protect her home, but the struggle was immense. Eventually, after years of waiting, she felt a sign from God that it was time to let go and hold the ceremony for her husband, finally bringing some closure to her heart.

During those years, Yvette joined a savings group through the literacy programme linked with Mothers' Union. This allowed her to borrow money, start a small business selling fish and aubergines, and provide for her children. The programme also offered trauma healing, which, along with the support of her church, helped Yvette find peace after years of sleepless nights and panic attacks. Today, she thanks God for the support she received, which allowed her to educate her children, rebuild her life, and finally find freedom.



Literacy Programme Participants, Burundi





Away From It All, Bristol

JULY

# Refreshment and Enrichment

JULY

Introduction



## Reflection

This July, we consider families and the 'Away From It All' scheme that provide a vital break for those facing challenges. Holidays are important, as a way to recover from the busyness of our lives and to spend time with those we love. But we don't have to travel far to follow the long Christian tradition of a pilgrimage. Committing to undertake a sacred journey to meet with God is allowing ourselves to be refreshed and enriched by him. May we use this July to find ways to rest in the Lord, to reflect on experiences of his amazing grace and allow ourselves to be restored.



## Monthly Prayer

As we move into a month when many of us take a break from the regular routine of life, we pray that we will find sacred moments of rest and reflection, of refreshment for our weary souls. Thank you for the opportunity to pause, to breathe, and to be rejuvenated in your presence. As we journey through these days of respite, may our spirits be enriched by the beauty of your creation, the warmth of fellowship, and the joy of your love. Guide us to use this time wisely, to grow closer to you and to one another. In your Holy Name, Amen.



## Creative Prayer

Use this time in whatever way helps you to rest and connect with God. Look outside your window or take a walk. Look and listen to what is around you and discern what God may be saying to you.

Remember the things that have gone well and the times when you felt truly blessed. Draw what that feels like. Where is God calling you to act? Try to sit in silence and notice what thoughts enter your mind. Actively ask God to show you what he has planned for you. You may like to record in a journal exactly what you feel God is saying to you.



Tuesday 1<sup>st</sup> – Saturday 5<sup>th</sup> July

**Tuesday 1<sup>st</sup>**

‘You do not need to work to become spiritual. You are spiritual; you need only to remember that fact. God is within you.’  
**Julia Cameron**

**Wednesday 2<sup>nd</sup>**

Heavenly Father, we give you thanks and praise for all those who have given us encouragement over the years. For parents, guardians, teachers, role models and friends who have enabled us to grow in faith. Show me who I can share my own faith with.

**Thursday 3<sup>rd</sup>**

Lord, guide our footsteps as we step out to embrace our future and shine your radiant love onto our path as we nurture and care for each other each and everyday. Help us to live our lives to the fullest. Amen.

**Friday 4<sup>th</sup>**

Father, we give thanks for your loving arms, keeping us safe as we encounter life’s uncertainties. We pray today for our members who are coping with challenging circumstances. May they be strengthened by our love and prayers for them.

**Saturday 5<sup>th</sup>**

‘He restoreth my soul; He leadeth me in the paths of righteousness for His name’s sake.’  
**Psalms 23:3 (KJ21)**

**‘He restoreth my soul; He leadeth me in the paths of righteousness for His name’s sake.’**

**Psalms 23:3 (KJ21)**

**Wave of prayer**

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

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

Sunday 6<sup>th</sup> – Saturday 12<sup>th</sup> July

**Sunday 6<sup>th</sup>**

Blessed Redeemer, as your church gathers this Sunday, bless us with renewal and vitality. Refresh our spirits and grant us a youthful energy to embrace your mission with passion and joy. May we grow in faith and strength, reflecting your grace to all. Amen.

**Monday 7<sup>th</sup>**

Father, we thank you that as Mothers’ Union, we reach out our hands across the world, supporting projects that change lives and communities. Bless these innumerable ministries. Amen.

**Tuesday 8<sup>th</sup>**

Lord of our lives, guide each of us to encourage others in their lives to walk with you. Write someone’s name down, and remember to pray for them as you go through the day.

**Wednesday 9<sup>th</sup>**

Heavenly Father, help me to notice who needs refreshment today. Point me to be always generous, so others can receive the love, joy and encouragement I receive from you through MU. Show me who I can invite to join in and join up. Amen.

**Thursday 10<sup>th</sup>**

Loving Lord, let your living water flow, refresh us body and soul. Give us the gift to go out and serve you and show me how I can be a source of refreshment for others today. Let me live with the joy of you in my heart as I encounter others.

**Friday 11<sup>th</sup>**

Jesus, my saviour, in your arms I find rest. Calm my worries and renew my strength. Today may I have a spiritual reboot.

**Saturday 12<sup>th</sup>**

‘For we have great joy and consolation in thy love, because the hearts of the saints are refreshed by thee, brother.’  
**Philemon 1:7 (KJ21)**

**Wave of prayer**

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

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

Sunday 13<sup>th</sup> – Saturday 19<sup>th</sup> July

**Sunday 13<sup>th</sup>  
Sea Sunday**

Heavenly Father, on this Sea Sunday, we lift up all who labour and seek their rest on the seas. Bless them with your protection and guidance in their labours. Calm the storms they face and bring them safely home. Teach us to be faithful stewards of the oceans, caring for your creation. Bless the church to support seafarers with wisdom and love. In Jesus' name, Amen.

**Monday 14<sup>th</sup>**

We give thanks and remember in love those we have counted on in our lives, who have enriched and guided our faith journey. Those we no longer see and those who we only met briefly but who have encouraged us.

**Tuesday 15<sup>th</sup>**

'Strive to enrich all lives, hearts and minds not just your own pockets.'  
**Rasheed Ogunlaru**

**Wednesday 16<sup>th</sup>**

Loving Lord, you are the way and the truth and the life. You guide us to places and people who enrich our lives and restore our souls through your grace and love. Show me how I can share your life with those around me.

**Thursday 17<sup>th</sup>**

Father, open our eyes to see you as the way to live our lives. Open our hearts to be obedient to your calling and to follow your directions. How can I listen more closely to your voice today and who can I invite to join in, join up with the work of MU?

**Friday 18<sup>th</sup>**

Glorious Lord, your hand is cupped to save us; your heart open to love us and your Holy Spirit breathes into us your strength and determination. Thank you. Guide my steps today that I may be a blessing to those around me.

**Saturday 19<sup>th</sup>**

'For they refreshed my spirit and yours also. Such men deserve recognition.'  
**1 Corinthians 16:18 (NIV)**

**Wave of prayer**

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

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

Sunday 20<sup>th</sup> – Saturday 26<sup>th</sup> July

**Sunday 20<sup>th</sup>**

God of all comfort, as your church gathers today, may we rest in your promises. May the joy of the Lord be our strength. Lord, let us praise you in times of joy as ardently as we implore you throughout dark times. Amen.

**Monday 21<sup>st</sup>**

We pray for families around the world, especially for those living in difficult circumstances. We thank you for the wonderful work that Mothers' Union does to help and support families around the corner and around the world.

**Tuesday 22<sup>nd</sup>**

Quiet stillness, refreshing rain, gentle breeze and abundant colour, Lord our spirit is renewed by all the glorious things you provide. Thank you.

**Wednesday 23<sup>rd</sup>**

Holy Spirit, inspire my thoughts and actions today. Lead me to do your will and bring glory to your name. Guide me to make a positive impact and enrich the lives of those around me. Amen.

**Thursday 24<sup>th</sup>**

Lord our saviour, we give grateful thanks for your guidance and encouragement, so through our work as Mother's Union, may we continue to give you all the glory you deserve.

**Friday 25<sup>th</sup>**

Loving God, as we rest, help us recover. Help us not to feel guilty as we take a break, ensuring we can resume your plans for us. Let your peace guard my heart and let me rest assured in your presence and protection. Amen.

**Saturday 26<sup>th</sup>**

'Now all glory to God, who is able to keep you from falling away and will bring you with great joy into his glorious presence without a single fault.'  
**Jude 1:24 (NLT)**

**Wave of prayer**

**20-22 July:** Gitega in Burundi; Murag'a South and Mbeere in Kenya; Enugu North in Nigeria; Tonga in Diocese of Polynesia and Jaffna in Diocese of Church of South India

**23-25 July:** George in South Africa; Bungoma in Kenya; Western Tanganyika in Tanzania; Ideato in Nigeria; Sodor & Man in Isle of Man and Toronto in Canada

Sunday 27th – Thursday 31st July

Sunday 27th

Thank you, Lord, that you catch us when we fall and renew a right spirit within us, bringing us both refreshment and joy. As your church meets, may it be a vehicle for rest and refreshment. Amen.

Monday 28th

Lord Jesus, we pray you will give us an open heart as we go about our daily lives that we may bring refreshment, hope and encouragement.

Tuesday 29th

Lord, we thank you for our lives today and all the blessings we have received. Let my soul find comfort in your presence and everlasting love. Protect this time we spend with you as we recharge to be all that we need to carry on helping to bring your spirit to others.

Wednesday 30th

Lord God, we pray for the Kingdom growth of love, joy, and peace - empower and enrich our efforts and actions through your Holy Spirit. Lead me to those you would have me invite to Mothers' Union. Amen.

Thursday 31st

'With every breath you take you are given the opportunity to embody peace.'  
Amy Lopez

Wave of prayer

27-29 July: Northern Zambia in Zambia; Mpwapwa in Tanzania; Gusau & Osun in Nigeria; Sydney in Australia and Rayalaseema in India

30-31 July: Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia



Thinking Ahead

This month we have been reflecting on Refreshment and Enrichment. Think ahead to organising a quiet day or a retreat for your community in early autumn. Research locations and plan activities that promote rest and rejuvenation. Begin the planning process now to ensure a peaceful and restorative experience for all participants.

Sarah and Michael's Story

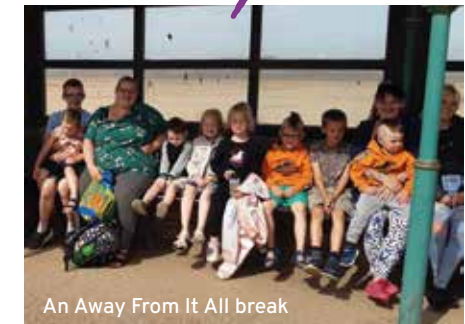
Every year, over 4,000 people in the UK and Ireland experience a much-needed escape, thanks to the Mothers' Union's 'Away From It All' (AFIA) scheme. This long-running program, now more than 50 years old, offers families going through tough times a chance to take a break—a luxury they might not otherwise afford. AFIA has blessed countless individuals with moments of respite, hope, and joy.

One such story is that of Sarah and her 10-year-old son, Michael. Living in Wales, Sarah had struggled with substance misuse for years. Her journey toward recovery was long and arduous, but after a year of sobriety, she was finally ready for a fresh start. Sarah's substance misuse social worker, who had been by her side for eight years, saw this as a perfect opportunity for them to benefit from the AFIA programme.

Despite her initial fears about how she and Michael would manage, Sarah decided to take the leap. The Mothers' Union arranged for a caravan holiday, and with the support of her social worker, who provided transport and stayed in close contact, they embarked on a trip that would change their lives.

For the first time in a long while, Sarah and Michael experienced the simple joys of life—swimming, riding a bike, and most importantly, spending quality time together. The break allowed them to step away from their daily stresses and focus on each other, rebuilding the bond that had been strained over the years.

This AFIA caravan break was more than just a holiday; it was a new beginning for Sarah and Michael, a reminder that even after the darkest times, there is always hope for brighter days.



An Away From It All break





The Chapel at Mary Sumner House

AUGUST

# Mary Sumner Day

AUGUST

Introduction



## Reflection

Mary Sumner Day is on 9th August, leaving us with a model to follow, exemplified in her prayer, 'All this day O Lord, let me touch as many lives as possible for thee, and every life I touch, do thou by thy spirit quicken, whether through the word I speak, the prayer I breathe or the life I live. Amen.'

Mothers' Union began with the small seed of Mary Sumner's vision and obedience to God; nearly one hundred and fifty years later we've grown into the huge international organisation that is Mothers' Union today.

Let each one of us follow Mary Sumner's lead and support one another in prayer and action.



## Monthly Prayer

Loving Lord, we give you thanks for the vision of our founder as we celebrate her special day this month. Prayer is the foundation of Mothers' Union and we pray for confidence and faithfulness to build on Mary Sumner's legacy and all that has been achieved so far. As we support one another through prayer, may we touch many lives for God through our prayers, our words and our actions. Amen.



## Creative Prayer

Take a sweet in a wrapper. As you eat the sweet, keep the wrapper handy. As you taste its sweetness, thank God for the good things in your life and the world. Still with the sweet taste in your mouth, look at the wrapper. You are shortly going to dispose of it, but before you do, think of and pray for the many people in the world and society at large who feel discarded by society. Through Mothers' Union, we can reach out in love to those less fortunate than ourselves, just as our founder Mary Sumner did.

Friday 1<sup>st</sup> – Saturday 2<sup>nd</sup> August**Friday 1<sup>st</sup>**

Father, we give thanks that you created us in families. Help us to uphold each other in times of joy and times of sorrow and as we pray for families of every kind across the world help us to know your peace and your love for each one of us. Amen.

**Saturday 2<sup>nd</sup>**

'Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,' says the Lord, who has compassion on you.'  
Isaiah 54:10 (NIV)

**'Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,' says the Lord, who has compassion on you.'**

Isaiah 54:10 (NIV)

**Wave of prayer**

**1 August:** Boga in DR Congo; Manicaland in Zimbabwe; Tanga in Tanzania; Ogoni in Nigeria; Carlisle in England and Melbourne in Australia

Sunday 3<sup>rd</sup> – Saturday 9<sup>th</sup> August**Sunday 3<sup>rd</sup>**

Divine Shepherd, help the church to support families, parents and carers, offering resources, encouragement, and community. May they be places where parents learn to lead their children in the ways of the Lord, instilling in them a deep faith. Amen.

**Monday 4<sup>th</sup>**

Help us to be still and silent as we pray for one another across the world, remembering that:

'The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service and the fruit of service is peace.'

**Mother Teresa****Tuesday 5<sup>th</sup>**

Loving God, guide and bless our Worldwide President and all who hold office throughout the charity to ensure our future. Bless the staff at Mary Sumner House as they support the members through their faith and their skills. Bless us all as we seek to invite others to join in and join up. Amen.

**Wednesday 6<sup>th</sup>**

Lord God, we commend to you all those who are elderly, housebound or infirm. Embrace them with your love and healing. May they overcome any challenges due to their ageing and grant them your grace and support. Thank you for our indoor members, show me how I can be a blessing to them today.

**Thursday 7<sup>th</sup>**

Loving Lord, we ask you to keep our children safe in this challenging world. Guide them and protect them from danger.

**Friday 8<sup>th</sup>**

We give thanks for the many ordained men and women who support our branches as bishops, chaplains or parish priests. Fill them with the Holy Spirit and a mutual understanding of Mothers' Union as we support them in their calling.

**Saturday 9<sup>th</sup>  
Mary Sumner Day**

'For this is the message you heard from the beginning: We should love one another.'  
1 John 3:11 (NIV)

**Wave of prayer**

**3-5 August:** Juba in South Sudan; Kitale in Kenya; Minna & Lagos in Nigeria; Moray, Ross & Caithness in Scotland and Madurai-Ramnad in India

**6-8 August:** Northern Malawi in Malawi; Eldoret in Kenya; Ngbo & Akure in Nigeria; North West Australia in Australia and Aipo Rongo in PN Guinea

Sunday 10<sup>th</sup> – Saturday 16<sup>th</sup> August**Sunday 10<sup>th</sup>**

Father, as your church gathers today, bless the clergy with enthusiasm to embrace MU. Grant them vision to support the establishment of new branches. Grant them strength to nurture MU practical projects - in prisons, refuges, hospitals, by crafting, visiting, fundraising, caring and praying. Amen.

**Monday 11<sup>th</sup>**

Lord, we see the needs in our communities. May our actions and kindness, as we reach out, bring encouragement and hope for the future. Thank you for the work Mothers' Union does and inspire us as we go forward.

**Tuesday 12<sup>th</sup>**

God of peace, surround us with your calming, healing presence. May your love enfold and encircle those whom we meet today. Give us confidence to share an invite to join in and join up. Amen.

**Wednesday 13<sup>th</sup>**

Lord, help us to remember that prayer is a part of every practical project and each gift created and shared can lead to increased faith and healing. Fill us afresh with an intercessory anointing and show me how I can pray for the flourishing of Mothers' Union.

**Thursday 14<sup>th</sup>**

May we celebrate the joys of simple everyday life; the smile of a stranger, the gentle touch of care, the warmth of the summer sun and your many blessings. How can you be a bringer of joy to those around you today?

**Friday 15<sup>th</sup>**

Thank you, Lord, for the opportunity to withdraw from the busyness of life to find rest in your loving presence and to be refreshed and nourished by your love. Who can you encourage to take time out and find their rest in God?

**Saturday 16<sup>th</sup>**

'When a believing person prays, great things happen.'  
**James 5:16b (NCV)**

**Wave of prayer**

**10-12 August:** Niassa in Mozambique; Masindi Kitara in Uganda; Langtang & Esan in Nigeria; North Queensland in Australia and Kolhapur in India

**13-15 August:** Natal in South Africa; Kajiado in Kenya; Okigwe & Western Izon in Nigeria; Nova Scotia & Prince Edward Island in Canada and Toungoo in Myanmar

Sunday 17<sup>th</sup> – Saturday 23<sup>rd</sup> August**Sunday 17<sup>th</sup>**

'Let his church with gladness hymns of triumph sing, for her Lord now liveth; death hath lost its sting.'  
**Words from hymn**  
**Thine Be the Glory,**  
**Richard Birch Hoyle**

**Monday 18<sup>th</sup>**

God of love, we pray for those in positions of authority, may they be equipped with the gifts of thoughtfulness, grace and integrity.

**Tuesday 19<sup>th</sup>**

God of love, friend to those in pain, we look at the situations around the world and feel despair for those who are ill and dying and for those grieving for loved ones. We pray for signs of hope and comfort. Amen.

**Wednesday 20<sup>th</sup>**

God of love, friend to those who are tired, we pray for ways to help those who have lost loved ones and who themselves are approaching the end of their earthly lives. Show me how I can share the resources that MU produces to help those in their times of grief and loss. Amen.

**Thursday 21<sup>st</sup>**

God of love, friend to those who are struggling, we ask for resilience in difficult times, perseverance and courage to face the challenges each new day brings. Give me the courage to share Mothers' Union resources that help build resilience in you. Amen.

**Friday 22<sup>nd</sup>**

God of love, thank you for the gift of friendship. Thank you for the people who bring fun and joy into our lives. Thank you for the warmth friendships bring. Who can you bring to a Mothers' Union event, so that they can experience the gift of friendship and fellowship too?

**Saturday 23<sup>rd</sup>**

'The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.'  
**Zephaniah 3:17 (NIV)**

**Wave of prayer**

**17-19 August:** Kasai in DR Congo; Shyira in Rwanda; Ijumu & Egba West in Nigeria; Liverpool in England and Sambalpur in India

**20-22 August:** Central Zimbabwe in Zimbabwe; Lango in Uganda; Kebbi in Nigeria; Tamale in Ghana; Sheffield in England and Guadalcanal in Solomon Islands



Sunday 24<sup>th</sup> – Saturday 30<sup>th</sup> August**Sunday 24<sup>th</sup>**

Gracious Lord, strengthen your church to be a beacon of truth and light. Empower us to pray and act in ways that align with your will for justice and peace. Guide us in supporting and fostering environments where your wisdom and knowledge are upheld.

**Monday 25<sup>th</sup>**

We pray for all those working tirelessly for Mothers' Union, having taken Mary Sumner as an example. We pray and give thanks for our Worldwide President, staff and volunteers in all their different capacities. Amen.

**Tuesday 26<sup>th</sup>**

Lord, help us to look after one another, particularly women and girls in countries where women are suffering from female genital mutilation (FGM) and forced to be married. Thank you for Mothers' Union's work addressing gender-based violence. Bless and protect this ministry. Amen.

**Wednesday 27<sup>th</sup>**

Father, we pray for all mothers and caregivers who are struggling in their parenting. Lord, give them endurance, patience and faith. Help them to find encouragement through the story of the prodigal son. Amen.

**Thursday 28<sup>th</sup>**

We give thanks for the success of the literacy campaign, and the work of Mothers' Union as hundreds of thousands learn the vital skills of reading and writing.

**Friday 29<sup>th</sup>**

Lord of grace, on this day we pray for unity amongst all Christian churches. Thank you for the multitudes of expressions of faith, each reflecting your heart and mission to 'love God, love people.' Amen.

**Saturday 30<sup>th</sup>**

'Come to me, all who labour and are heavy laden, and I will give you rest.'  
**Matthew 11:28 (ESV)**

**Wave of prayer**

**24-26 August:** Saldanha Bay in South Africa; Karamoja in Uganda; Udi & Etsako in Nigeria; Wellington in New Zealand and Yangon in Myanmar

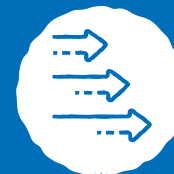
**27-29 August:** Matabeleland in Zimbabwe; Mount Kenya Central in Kenya; Niger West in Nigeria; Wangaratta in Australia; Clogher in All Ireland and Hpa-An in Myanmar

Sunday 31<sup>st</sup> August**Sunday 31<sup>st</sup>**

Sovereign Lord, grant your church the wisdom and grace to engage meaningfully with contemporary culture. Help us to navigate modern challenges with integrity, reflecting your love and truth in ways that resonate with and transform our communities. Amen.

**Wave of prayer**

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

**Thinking Ahead**

Throughout August, we have been celebrating Mary Sumner Day and the wide-ranging scope of the work of Mothers' Union.

Think ahead to how you can honour her legacy.

Explore how you can use community mapping to create a meaningful tribute that continues her mission of faith and community.



Africa's Pioneering Female  
Anglican Bishops, the Africa Six

## SEPTEMBER

# The Power of Reconciliation

## SEPTEMBER

## Introduction



### Reflection

Sometimes it seems that our troubled world is immersed in the pain and suffering of conflict and broken relationships. Yet Jesus reminds us that even though we are all less than perfect, every one of us is worthy of being redeemed, loved and forgiven. As members of Mothers' Union, we are building a future of reconciliation, justice and peace in partnership with The Community of the Cross of Nails.



Read more about The Community of the Cross of Nails here



### Monthly Prayer

Jesus told his followers: 'If you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.' **Matthew 5:23-24 (NIV)**

Father, as we seek to follow your son, help us to be always aware of how our actions and words affect others and the world around us. Give us grace to be peacemakers among people, and good stewards of your creation. Amen.



### Creative Prayer

A handmade gift can be a demonstration of God's love and reconciling power. As you knit, sew, crochet or use other craft skills, spend some time thinking about and praying for the person or charity who will receive your gift. Every stitch will hold your love and prayers, and although you and the person receiving the item may never meet, they will be emboldened through the power and love of your prayers.

Monday 1<sup>st</sup> – Saturday 6<sup>th</sup> September

**Monday 1<sup>st</sup>**

‘We must make Christ our dearest friend, daily and hourly. On him we lean for comfort, peace and strength in anxiety, sorrow or joy.’

**Mary Sumner**

Thank you for the work of MU bringing hope and reconciliation around the world.

**Tuesday 2<sup>nd</sup>**

Gracious God, we thank you for the Mothers’ Union partnership with The Community of the Cross of Nails. Thank you for their work in reconciliation and peace. Bless their efforts to heal divisions and promote understanding. Strengthen their mission and let their actions reflect your love and forgiveness. Amen.

**Wednesday 3<sup>rd</sup>**

We pray for children and young families who live in homes of conflict. We pray they may find your peace and be protected from lasting emotional damage. Show me how I can pray more effectively for those suffering in homes and places of conflict, in my own community and around the world.

**Thursday 4<sup>th</sup>**

We pray for countries of the world in hostility that they may find reconciliation through peaceful negotiations rather than war and bloodshed. Consider how you can be a person of peace and influence in my community and beyond today through your words and actions.

**Friday 5<sup>th</sup>**

Gracious God, we lift our voices in praise for reconciliation’s sacred work. Through forgiveness and grace, bridges are built, restoring harmony and fostering unity. Show me who I can share the Mothers’ Union work of reconciliation with today.

**Saturday 6<sup>th</sup>**

‘Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.’  
**Hebrews 12:14 (NIV)**

**Wave of prayer**

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

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

Sunday 7<sup>th</sup> – Saturday 13<sup>th</sup> September

**Sunday 7<sup>th</sup>**

We pray for church communities of all denominations as they work to bring God’s Kingdom here on Earth. Bless them to be vehicles of hope and bringers of peace in their communities. Amen.

**Monday 8<sup>th</sup>**

We pray for unity across the generations, with each accepting and valuing the other. We ask relationships with disharmony will be restored for the benefit of all, through the power of your Holy Spirit. We give thanks for the wonderful work Mothers’ Union does to support families.

**Tuesday 9<sup>th</sup>**

Thank you, God, that as we journey through life, you are with us in the good times, sharing our joy; and in the bad times helping us, and giving us strength and support. Thank you for the gift of fellowship that we can know through MU. Empower us to invite others to join in and join up. Amen.

**Wednesday 10<sup>th</sup>**

Heavenly Father, we praise your name for the transformative power of reconciliation within families. Your grace unites hearts, fostering love, peace, and understanding. Show me how I can live out my faith within my family. Amen.

**Thursday 11<sup>th</sup>**

Today, whoever I meet, and wherever I go, may I be a beacon of light, with just a smile, and a helping hand, and may those I meet, feel your love through me. How can I shine in my community for you this day?

**Friday 12<sup>th</sup>**

We pray for all who live in countries where conflict is destroying lives. May we harness the power of prayer to see change in these areas of the world with peace and compassion. Which nation can I hold in my prayers today?

**Saturday 13<sup>th</sup>**

‘Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.’  
**Ephesians 4:32 (NIV)**

**Wave of prayer**

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

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



Sunday 14<sup>th</sup> – Saturday 20<sup>th</sup> September

**Sunday 14<sup>th</sup>**

Dear God, may we be joyful and thankful for the church communities you have placed us in, and what they have in turn added to our lives. May we realise the power of your spirit at work in our churches. Amen.

**Monday 15<sup>th</sup>**

Thank you, Lord, for the work of Mothers' Union as a vehicle for social justice. Bless our efforts and strengthen our resolve to end injustice, violence and poverty. May your love inspire us to create a world reflecting your Kingdom. Amen.

**Tuesday 16<sup>th</sup>**

Gracious God, we give thanks for all those working to support families to build bonds of love and to strengthen communities worldwide. Thank you for their tireless efforts, bringing reconciliation, healing wounds, and fostering unity. Amen.

**Wednesday 17<sup>th</sup>**

We pray for all those affected by war and discontent, wherever they may be. We pray that we may respect the differences of cultures and work together to eradicate world poverty. Show me how I can further your work of justice here on earth. Amen.

**Thursday 18<sup>th</sup>**

Lord, we thank you for the privilege of being peacemakers. In spreading your love, may joy abound, healing hearts and reconciling souls. Show me how I can be an agent of peace for you in my community.

**Friday 19<sup>th</sup>**

God of peace, give us strength to be peacemakers in our families. Where there is angst or friction, may we bring calm and harmony so our families will truly reflect your love.

**Saturday 20<sup>th</sup>**

'The Lord is compassionate and gracious, slow to anger, abounding in love.'  
Psalm 103:8 (NIV)

**Wave of prayer**

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

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

Sunday 21<sup>st</sup> – Saturday 27<sup>th</sup> September

**Sunday 21<sup>st</sup>**

As your bride, the global church, gathers today. Accept our praise and worship and fill us afresh, sending us out to love and serve you in unity and grace. Amen.

**Monday 22<sup>nd</sup>**

Heavenly Father, we thank you that Mothers' Union is a beacon of hope, comfort and reconciliation. Help us to keep working to bring peace and reconciliation in this world and help us to strengthen this work by inviting others to join in and join up to our movement. Amen.

**Tuesday 23<sup>rd</sup>**

Loving Father, as summer turns to autumn and the days shorten, we give you thanks for the last warmth of the sun. Where we find coldness in relationships, help us to forge positive and kind relationships with one another. Amen.

**Wednesday 24<sup>th</sup>**

Helen Keller, American author, said: 'Alone we can do so little; together we can do so much.' As members of a worldwide fellowship, may we always aim to work together with each other and strangers to build a better world.

**Thursday 25<sup>th</sup>**

Lord, we offer praise for peacemakers, instruments of your love. Honour their efforts to reconcile hearts, sow harmony, and build bridges.

**Friday 26<sup>th</sup>**

In much of the world, September is a time of harvest. May we always give thanks for the food we eat and share what we have with those whose needs are greater than our own. Who can I share my harvest table with?

**Saturday 27<sup>th</sup>**

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'  
Ephesians 4:32 (NIV)

**Wave of prayer**

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

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

Sunday 28<sup>th</sup> – Tuesday 30<sup>th</sup> September

**Sunday 28<sup>th</sup>**

Lord Jesus, in a world of great inequality between rich and poor, between north and south, you call us to be witnesses to the equality to be found in the Father's love for us. Bless those who preach in churches today, that they would share your call to justice for all. Amen.

**Monday 29<sup>th</sup>**

Holy Spirit, guide my words and actions so that they reflect your peace and love. Empower me to be a reconciler, bringing your healing and hope. Thank you for the work of Mothers' Union, that brings hope around the corner and around the world.

**Tuesday 30<sup>th</sup>**

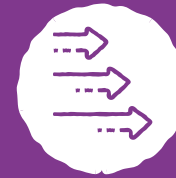
'Make me a channel of your peace: Where there is hatred, let me bring your love; where there is injury, your healing power, and where there's doubt, true faith in you.'  
**St. Francis of Assisi**

**'Make me a channel of your peace:  
 Where there is hatred, let me bring your love;  
 where there is injury, your healing power,  
 and where there's doubt, true faith in you.'**

St. Francis of Assisi

**Wave of prayer**

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



**Thinking Ahead**

This month we have been reflecting on the power of reconciliation. For many people, the sadness of a broken or lost relationship is felt acutely at Christmas.

Think ahead to preparing a Blue Christmas service where people are given the space to pray and reflect on the need for not just reconciliation but also to acknowledge their own sadness, whatever its cause.

Begin planning now to harness the power of grace and unity to achieve something remarkable and healing together.





Deo and Verdiane and Family, Burundi

OCTOBER

# Keys of the Kingdom

OCTOBER

Introduction



## Reflection

During a World Day of Prayer service, we were asked to look at our house key, and ask, 'What does it say to you?' The most frequent response was 'security and safety' as well as a scattering of 'home, love and peace.' One person wrote, 'Keys of the Kingdom.'

How do we hold the 'Keys of the Kingdom' for ourselves and for others, especially people who have no place of safety and for the imprisoned in body, mind or spirit?



## Monthly Prayer

'The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour.'

Luke 4:18-19 (NIV)

As we focus on prison ministry, we pray that we too would respond to Jesus' call. We give thanks for the Mothers' Union members who support prisoners, their families and later when the sentence ends, help them establish new beginnings.



## Creative Prayer

Prayer doesn't have to use words, so why not use some paper clips to build a prayer? As you add each clip, you begin to form a chain and with each new link on your chain, pray a different prayer.

Give thanks for the work of MU and give thanks for our work in prisons. Pray that each individual would encounter the love of God and that lives will be transformed. Pray for our criminal justice system. Pray for the families and loved ones of individuals in prison. Pray for the mental health of those imprisoned.

Wednesday 1<sup>st</sup> – Saturday 4<sup>th</sup> October

Wednesday 1<sup>st</sup>

Loving Lord, hear our cries for justice and break the chains of oppression that lead people into crime. Hear our cries for righteousness and break the chains of bondage. Thank you, Lord, for your grace and hope that has the power to reach every heart. Amen.

Thursday 2<sup>nd</sup>

Lord, we pray today for those who feel on the margins and isolated from others. May they find your welcome and acceptance. May they have full assurance of your redeeming grace. Show me today how I can demonstrate God's acceptance to those around me.

Friday 3<sup>rd</sup>

Lord, we give thanks for new beginnings. Redeemer God, we are all made in your image and there is a new beginning to be found in you for all of us. Consider who you can share this word of encouragement with today.

Saturday 4<sup>th</sup>

'Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.'  
**Hebrews 13:3 (NIV)**

**'Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.'**

Hebrews 13:3 (NIV)

Wave of prayer

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

Sunday 5<sup>th</sup> – Saturday 11<sup>th</sup> October

Sunday 5<sup>th</sup>

Lord, we pray for your church as we celebrate harvest and we thank you for your bountiful blessings. Amen.

Monday 6<sup>th</sup>

Heavenly Father, we praise prison ministries carrying the Keys of the Kingdom to share your love. We lift up the families of prisoners, surround them with your peace and provide for their needs. Amen.

Tuesday 7<sup>th</sup>

God of compassion, bless our endeavours to help those whose lives have met with adversity. Enable us to fulfil our mission as we express our faith in action. We praise you for the redemption and second chances given to us all. Amen.

Wednesday 8<sup>th</sup>

Heavenly Father, thank you for the MU ministries and volunteers bringing your light and life into our communities. Refresh us this day through the gift of your spirit and help us to change lives through your grace and boundless compassion. Amen.

Thursday 9<sup>th</sup>

Heavenly Father, we thank you for members across the world who faithfully carry out the mission of MU in their own communities. Help us to encourage others to join in and join up.

Friday 10<sup>th</sup>

Lord Jesus, bless all Mothers' Union ministries, particularly those engaged in prisons work. Grant them with physical and emotional strength for the task ahead, and give them spiritual boldness and courage as they live out their faith in action. Amen.

Saturday 11<sup>th</sup>

'He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor.'  
**Luke 4:18b-19 (NIV)**

Wave of prayer

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

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



Sunday 12<sup>th</sup> – Saturday 18<sup>th</sup> October, Prisons Week**Sunday 12<sup>th</sup>**

Lord, we give thanks that, by your grace, we can partner with you in building your Kingdom on Earth. Fill us afresh with your Holy Spirit. We pray that your church will rise up and live out your call to justice by supporting the work of engaging with prisons.

**Monday 13<sup>th</sup>**

Jesus showed compassion throughout his life, as the perfect example of how we should live. May that compassion fuel our action as we pray and support the families of inmates. Thank you, God, for the work of Mothers' Union in prisons, demonstrating this same compassion.

**Tuesday 14<sup>th</sup>**

God, guide all who seek you, filling their lives with hope, love, and your divine peace. Heavenly father, be with the families of inmates, offering them your grace, resilience, and healing during these most difficult of times.

**Wednesday 15<sup>th</sup>**

God, we lift up the mental health of those incarcerated, those who work in the criminal justice system, victims and families. Show me how I can bring your comfort, peace, and the assurance of your love to all. Amen.

**Thursday 16<sup>th</sup>**

Sustainer God, we give thanks that you walk with us, day in, day out. Thank you for the many Mothers' Union ministries sharing your good news around the globe. Help us to celebrate these good news stories. Amen.

**Friday 17<sup>th</sup>**

Lord, as we work for your Kingdom, help us build relationships with others who share your vision, that we may pool resources and play to our strengths to achieve more together than we can apart. Amen.

**Saturday 18<sup>th</sup>  
Anti-Slavery Day**

'A father to the fatherless, a defender of widows, is God in his holy dwelling.'  
Psalm 68:5-6 (NIV)

**Wave of prayer**

**12-14 October:** Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

**15-17 October:** Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

Sunday 19<sup>th</sup> – Saturday 25<sup>th</sup> October**Sunday 19<sup>th</sup>**

Heavenly Father, we pray for your church throughout the world. We pray they will unlock spiritual freedom and bring people into a place of flourishing through the power of the resurrection. Amen.

**Monday 20<sup>th</sup>**

Lord Jesus, we pray for all those that are imprisoned in body, mind or spirit this day. Thank you for the work of Mothers' Union around the globe, bringing your hope and changing lives with your liberating love.

**Tuesday 21<sup>st</sup>**

Heavenly Father, may every Mothers' Union ministry, whether it is around the corner or around the world, foster family stability, support clergy in their pastoral capacities and strengthen communities. Amen.

**Wednesday 22<sup>nd</sup>**

Gracious God, we ask your blessing on every home and every individual. Show us how to work for peace and security in our homes and in our communities. May your love inspire us to share your good news with those around us. Amen.

**Thursday 23<sup>rd</sup>**

Lord Jesus, thank you for empowering the Mothers' Union to work in a variety of places and projects. Help us to keep spreading your love and hope. Show me today what I can do to strengthen the work of MU in my community.

**Friday 24<sup>th</sup>**

Help me to trust you more deeply and empower me with the Keys of the Kingdom to be good news to those around me. Amen.

**Saturday 25<sup>th</sup>**

'Jesus answered them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners..."'  
Luke 5:31-32 (NIV)

**Wave of prayer**

**19-21 October:** High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India

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

Sunday 26<sup>th</sup> – Friday 31<sup>st</sup> October

**Sunday 26<sup>th</sup>**

Heavenly Father, we lift up the persecuted church to you. Grant them strength, courage and unwavering faith. Surround them with your protection and love and bless their steadfast witness in the midst of unimaginable pain and suffering. Amen.

**Monday 27<sup>th</sup>**

Lord, we lift up all who work for peace and reconciliation, particularly Mothers' Union members. May they be strengthened and guided by the power of your Holy Spirit.

**Tuesday 28<sup>th</sup>**

Father God, we thank you that all can know you as our safety and security. Lead me today to share the good news of Jesus, that all may know your divine serenity, hope and healing. Amen.

**Wednesday 29<sup>th</sup>**

Loving Lord, give us grace to act with compassion, to help the poor and oppressed and to reach out with the compassion and mercy of Christ. God, show me what I can do to help further the Mothers' Union ministries to transform lives.

**Thursday 30<sup>th</sup>**

Lord bless our efforts in prison ministry. Bless policy makers with wisdom and resources as they seek to strengthen society. May your presence bring comfort and your justice prevail. Reflect on how you can strengthen your commitment to prison ministry.

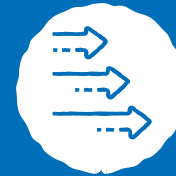
**Friday 31<sup>st</sup>**

Lord, we give thanks for new beginnings, reflecting your grace, mercy, and the promise of a fresh start. We pray for all those leaving prison, that they will find a fresh start and a new way of living. Amen.

**Wave of prayer**

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

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



**Thinking Ahead**

Throughout October, we have been exploring the Keys of the Kingdom.

Think ahead to Advent and plan a time when you can gather together to write Christmas cards to prisoners.

Think about inviting people who may not yet be familiar with the work of MU. Start preparing now to provide an enlightening experience for participants and share the difference MU prison ministry work makes.



You can find beautiful Christmas cards to buy on the Mother's Union website using this QR code or by visiting this link:

[mueshop.org/collections/christmas-cards](https://mueshop.org/collections/christmas-cards)





RISE UP against Domestic Abuse March

## NOVEMBER

# Spreading Our Wings

## NOVEMBER

## Introduction



### Reflection

During November the nights are long and cold. We start to look towards Advent and as members of Mothers' Union, we also look towards the 16 days of Activism Against Gender- Based Violence. In a season when we want to be warm and cosy, let us remember that we need to spread our wings and RISE UP to speak out about domestic abuse. We know how powerful and far reaching the RISE UP campaign has been so let us pray this month that our witness can help grow our membership and also, in turn, grow the Kingdom of God.



### Monthly Prayer

'Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.'  
Isaiah 40:31 (NIV).

Restore our faith in your eternal purposes; renew in us the hope that never fails; lift our eyes to the things that are unseen and eternal; that we may discern and embrace the new things that you have prepared for us, in Christ's name. Amen.



### Creative Prayer

In Origami, the two basic folds are known as Valleys and Mountains. When making a RISE UP dove, we use both of these folds. As you fold the paper carefully and slowly to make a valley fold, think of the times the Lord has held and supported you whilst you may have felt as though you were at the bottom of the deepest valley. Then fold the paper the opposite way to make a mountain peak and think of the times the Lord has brought you out of the valley and helped you climb the highest mountains.



Scan the QR code for instructions or go to [www.mothersunion.org/sites/default/files/resources/public/Origami%20Dove%20Instructions.pdf](http://www.mothersunion.org/sites/default/files/resources/public/Origami%20Dove%20Instructions.pdf)



Saturday 1<sup>st</sup>

**‘Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.’**

Isaiah 40:31 (NIV)



Souls of our Shoes Exhibition, Southwark

Sunday 2<sup>nd</sup> – Saturday 8<sup>th</sup> November

**Sunday 2<sup>nd</sup>**

We hold before you all saints, those who have gone before us, those around us and those who St Paul would call ‘saints’ in their faithful communities. Bless your church worldwide and receive our worship today. Amen.

**Monday 3<sup>rd</sup>**

We remember this day, all who have died, those close to us and those unknown. Those who have been a faithful part of our Mothers' Union movement. May they rest in peace and rise in glory.

**Tuesday 4<sup>th</sup>**

Father God, we pray for all those who are beginning a new venture. Breathe your Holy Spirit into this work, enabling your word and presence to spread through these projects. Show us places where Mothers' Union can help fill the gaps in our local communities.

**Wednesday 5<sup>th</sup>**

As we seek new ways of serving you Lord, refresh the ways we already use, help us to stay close to you and live our lives in your presence. Give us new and innovative ideas for how we can spread the message of the work of Mothers' Union.

**Thursday 6<sup>th</sup>**

In all we think and say and do, may you enable our hands and feet to bring the knowledge of your love to those who have not yet heard the gospel.

**Friday 7<sup>th</sup>**

Give us strength to spread our wings, trust in our abilities, believe in our potential and soar confidently knowing you are with us always. Who can you invite to join you in your faith journey, so that you can encourage and build one another up as scripture teaches us?

**Saturday 8<sup>th</sup>**

‘But let justice roll on like a river, righteousness like a never-failing stream!’  
Amos 5:24 (NIV)

**Wave of prayer**

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

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



Sunday 9<sup>th</sup> – 15<sup>th</sup> November**Sunday 9<sup>th</sup>**

Christ said ‘suffer little children to come unto me’. Bless all who work with children in nurseries, Messy Church, Sunday schools and toddler groups, as these vital ministries seek to support families through the joys and challenges of family life.

**Monday 10<sup>th</sup>**

Heavenly Father, inspire us to raise our eyes above the everyday and catch a glimpse of the wonder of the world you have made. Thank you for Mothers’ Union and for how we have grown to such a global movement.

**Tuesday 11<sup>th</sup>**

Today we remember all who suffer through war. May the peace of Christ be in all places of conflict and with all who work for peace. Bless our Mothers’ Union ministry of reconciliation.

**Wednesday 12<sup>th</sup>**

Loving God, help us to step outside our comfort zone, push boundaries and embrace the unknown, knowing that you are with us always. Show me what change I can embrace in your name today.

**Thursday 13<sup>th</sup>**

We thank you for all the literacy and numeracy groups which are enabled by Mothers’ Union, and we pray that all who attend may be enabled to grow.

**Friday 14<sup>th</sup>**

Help us to listen to your voice as you direct our steps into new situations; empowered by your Holy Spirit may we continue to bloom where you have planted us. Lord, help us to encourage those around us.

**Saturday 15<sup>th</sup>**

‘Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!’  
**Isaiah 30:18 (NIV)**

**Wave of prayer**

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

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

Sunday 16<sup>th</sup> – Saturday 22<sup>nd</sup> November**Sunday 16<sup>th</sup>**

Merciful God, we thank you for the ministry of churches working with all generations. Bless this intergenerational community as they gather for worship today. Help us to be ambassadors of hope and love from the youngest to the oldest. Amen.

**Monday 17<sup>th</sup>**

May all who work with young people, of any age, enable them to soar like eagles and find shelter under your wings. Bless the work of Mini Mothers’ Union, may this work flourish and prosper in 2026.

**Tuesday 18<sup>th</sup>**

As teenagers spread their wings and discover your world in their own way, may they be guided to use their energy and enthusiasm creatively in your service. Strengthen those living away from home for the first time, and help your church to be a place of home for them.

**Wednesday 19<sup>th</sup>**

Christ taught us the way of love. We pray for teachers around us, and we give thanks for their endless patience and dedication to their vocation. Show me how I can encourage the teachers around me today.

**Thursday 20<sup>th</sup>**

May the Mothers’ Union literacy programmes enable all children, young people and adults, to receive an education.

**Friday 21<sup>st</sup>**

Father, strengthen our faith daily, even when we cannot feel it. As I encourage people to join in and join up with Mothers’ Union, help me to share with confidence our faith-based resources to build and support their own faith.

**Saturday 22<sup>nd</sup>**

‘He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.’  
**Micah 6:8 (NIV)**

**Wave of prayer**

**16-18 November:** Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

**19-21 November:** Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

Sunday 23<sup>rd</sup> – Saturday 29<sup>th</sup> November

Sunday 23<sup>rd</sup>

Heavenly Father, we pray for the persecuted church, that they would know your comfort and protection. Help us to have compassion for those who suffer, the vision to see where support is needed, and the courage to forge a new path to do your will. Amen.

Monday 24<sup>th</sup>

As we look to the 16 Days of Activism Against Gender-Based Violence, we hold before you, God, all those who have become victims and survivors and all who work for their relief and healing. Help us to pray for them every day during these 16 days.

Read more about 16 Days of Activism here



Tuesday 25<sup>th</sup>

Heavenly Father, we give you thanks for the work Mothers' Union undertakes worldwide to reduce and prevent domestic abuse. We pray that these initiatives enable a restoration of loving, respectful family relationships.

Wednesday 26<sup>th</sup>

Jesus, our healer, we pray for all who have escaped a situation of domestic abuse. Heal their memories and bodies, and grant them strength to rebuild their lives. Show me who I can share my prayer with today.

Thursday 27<sup>th</sup>

Lord, we pray for young teenagers forced into child marriages, especially considering their consequent high risk of abuse. We pray that our work through Mothers' Union members to eliminate child marriage will continue to bear fruit, as we work to protect the most vulnerable in society.

Friday 28<sup>th</sup>

Merciful God, we thank you for the RISE UP! campaign and other organisations that raise awareness of domestic abuse.

Saturday 29<sup>th</sup>

'For I, the Lord, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them.'  
Isaiah 61:8 (NIV)

Wave of prayer

23-25 November: Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India

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

Sunday 30<sup>th</sup> November

Sunday 30<sup>th</sup>

First Sunday of Advent

Lord God, thank you for the many organisations who provide support, accommodation and rehabilitation for those, with or without their children, who have left an abusive partner. As we step in to Advent, may everyone find a warm welcome in your love and in your church. Amen.

'For I, the Lord, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them.'

Isaiah 61:8 (NIV)

Wave of prayer

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



Thinking Ahead

This month we have been reflecting on 'Spreading Your Wings'. Think ahead to how you can use Mothers' Union's social justice programmes to build membership and what that might look like in your local area.

Identify individuals or groups who could benefit from your support and guidance.

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## DAILY PRAYERS

## 16 Days of Activism

The United Nations 16 Days of Activism Against Gender-Based Violence is an international campaign. It takes place from 25 November (International Day for the Elimination of Violence Against Women) until 10 December (International Human Rights Day).



Mothers' Union works alongside communities to help end domestic abuse and gender-based violence and to support those affected by it 365 days of the year.

Our Midday Prayers on Facebook during this time will focus on women and girls and will incorporate these prayers.

### Tuesday 25<sup>th</sup>

#### International Day for the Elimination of Violence Against Women

Heavenly Father, we lift up those who have suffered from gender-based violence. Pour out your healing grace upon their wounds, both seen and unseen. Surround them with your love and grant them peace and comfort. In Jesus' name, Amen.

### Wednesday 26<sup>th</sup>

Lord Jesus, You came to heal the broken-hearted. We ask that you restore the spirits of those hurt by violence. Help them find refuge in your presence and in a community of supporters. Amen.

### Thursday 27<sup>th</sup>

Righteous God, we pray for justice for the victims of gender-based violence. May their voices be heard, and may those responsible be held accountable. Stir the hearts of leaders to act justly and protect the vulnerable. Amen.

### Friday 28<sup>th</sup>

Holy Spirit, move through our societies and transform hearts and minds. Break down the structures that enable gender-based violence and build up communities of respect and equality. Amen.

### Saturday 29<sup>th</sup>

Lord, we ask for your protection over women and girls everywhere. Guard them from harm and give them strength and courage. Amen.

### Sunday 30<sup>th</sup>

God of refuge, create safe environments where all people, especially the vulnerable and marginalised, can live without fear. Help us to be vigilant and proactive in ensuring safety in our homes, schools, workplaces, and communities. Amen.

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## PRAYER DIARY

### Monday 1<sup>st</sup>

Today we pray for men and boys, that they may learn to honour and respect women. Instil in them the values of kindness, empathy, and love. Guide them to be allies in the fight against gender-based violence. Amen.

### Tuesday 2<sup>nd</sup>

Almighty Father, empower fathers and leaders to set positive examples in their communities. Let them be voices of wisdom and protection, teaching the next generation the value of women and girls. Amen.

### Wednesday 3<sup>rd</sup>

Lord, bring healing to communities fractured by violence. Unite us in love and understanding. Help us to support each other and stand together against any form of abuse or oppression. Amen.

### Thursday 4<sup>th</sup>

God of wisdom, guide our church leaders as they address gender-based violence. Grant them courage to speak out and wisdom to support those in need. Let the Church be a beacon of hope and a haven for the hurting. Amen.

### Friday 5<sup>th</sup>

Lord Jesus, empower us to be advocates for the oppressed. Give us the courage to speak out against gender-based violence and to work tirelessly for change. Help us to be Your hands and feet in bringing justice and healing. Amen.

### Saturday 6<sup>th</sup>

Sovereign Lord, we pray for policymakers and those in positions of authority. Grant them wisdom and compassion to create laws and policies that protect against gender-based violence and support survivors. Amen.

### Sunday 7<sup>th</sup>

Father, grant strength and courage to those who face gender-based violence. May they find the inner strength to seek help and the courage to speak out. Surround them with supportive people and resources. Amen.

### Monday 8<sup>th</sup>

God of justice, we pray today for those who have suffered at the hands of those perpetuating gender-based violence. God, bring about justice for those who have suffered, and ensure our criminal justice system speaks of your heart for justice and accountability. Amen.

### Tuesday 9<sup>th</sup>

God of reconciliation and forgiveness, bring healing to relationships broken by violence. Where possible, bring reconciliation and peace. Where it is not, grant peace and the strength to move forward. Amen.

### Wednesday 10<sup>th</sup>

#### International Human Rights Day

Today, on International Human Rights Day, we pray for all who are living in a country, culture or context where their human rights are at risk and neglected every day. Move government and leaders towards action to protect human rights – now and always. Amen.



RISE UP! Christmas Tree, Donegal, Ireland

## DECEMBER

# Invitations and Gifts

## DECEMBER

## Introduction



### Reflection

As we enter the seasons of Advent and Christmas – let's think about invitations.

December is such a time of preparation: invitations, messages and cards, feasts and parties, gifts and secrets, travel plans or bed-making and welcoming!

It may also be a time of repentance; deep sorrow and loneliness, frustrated hopes and dreams, financial difficulties or, for so many in our world, of hunger and fear.

Let's prepare our hearts and minds to receive the greatest gift, Christ.



### Monthly Prayer

Gracious God, we gladly accept and give thanks for your invitation to venture with you through this season of Advent. As we await in anticipation the promises foretold by the prophets 'behold a virgin shall conceive and bear a son', may we be ready at his birth, to recognise the gift of your Son and be well prepared to love and serve him. Amen.



### Creative Prayer

As we take our journey through Advent, preparing for Christmas, take time to reflect. It is too easy to be carried away by the rush to get things done, the busyness of Advent taking over. Take moments to stop and think about family, friends, and those who are lonely at this time as we prepare for Christmas.

As we write and receive invitations and cards, think about the person who will receive it from you and pray for them. Why not send out a few extra cards to those who may receive a couple, or none at all? It is such a simple way to let someone know you're thinking of them at this time.



Monday 1<sup>st</sup> – Saturday 6<sup>th</sup> December, Invitation to Hope

**Monday 1<sup>st</sup>**

‘On those living in the land of the shadow of death a light has dawned.’

**Matthew 4:16 9:2b (NIV)**

Help us as Mothers’ Union to declare that light with boldness in this season in every encounter we have throughout Advent.

**Tuesday 2<sup>nd</sup>**

Today we pray for our own response to God’s invitation to hope, for our membership across the world, and for all our families and communities. Guide me Lord to someone I can invite into the Mothers’ Union membership.

**Wednesday 3<sup>rd</sup>**

‘Who am I worthless that you spent such pains and take such pains again? I do not understand; but I believe.’

**From ‘A Prayer for the Self’ by John Berryman**

What would you have me do, God, to show your care for others today?

**Thursday 4<sup>th</sup>**

‘The celebration of Advent is possible only to those who are troubled in soul, who know themselves to be poor and imperfect and who look forward to something greater to come.’

**Deitrich Bonhoeffer.**

Reflect on this today.

**Friday 5<sup>th</sup>**

Isaiah is sometimes called ‘the prophet of the good news’ because of how he prophesied the divine mission of the Messiah. Thank God for his good news of hope for the whole world through all the ages. Show me Lord, how I can share your good news today.

**Saturday 6<sup>th</sup>**

‘The people walking in darkness have seen a great light...’

**Isaiah 9:2a (NIV)**

**Wave of prayer**

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

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

Sunday 7<sup>th</sup> – Saturday 13<sup>th</sup> December, Invitation to Peace

**Sunday 7<sup>th</sup>  
Second Sunday  
of Advent**

Heavenly Father, breathe on your church afresh this day. Renew and revive us, that we will be able to share your invitation of peace with confidence to all those around us. Amen.

**Monday 8<sup>th</sup>**

Lord Jesus, master of both light and darkness, send your Holy Spirit upon our preparations for Christmas.

**Tuesday 9<sup>th</sup>**

Today we pray for our own response to God’s invitation to peace, for our membership across the world, and for all our families and communities. Guide me Lord to someone I can invite into the Mothers’ Union membership.

**Wednesday 10<sup>th</sup>  
International  
Human Rights Day**

Lord of peace, help us all to be peacemakers in our homes and communities. Help us share the message of peace and reconciliation that Mothers’ Union promotes, inviting others into this journey as they join in, join up.

**Thursday 11<sup>th</sup>**

‘Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.’

**Philippians 4:6-7 (NIV)**

**Friday 12<sup>th</sup>**

Reflect on these words from our founder, Mary Sumner, today:

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

**Saturday 13<sup>th</sup>**

‘For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.’

**Isaiah 9:6 (NIV)**

**Wave of prayer**

**7-9 December:** Namibia; Mount Kenya South in Kenya; Northern Izon & Ijebu North in Nigeria and Durham in England  
**10-12 December:** Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

Sunday 14<sup>th</sup> – Saturday 20<sup>th</sup> December, Invitation to Joy

**Sunday 14<sup>th</sup>**  
**Third Sunday of Advent**

Almighty God, we thank you for your bride, the church. May we be bold in our invitation this Advent, bold in our invitation to invite people into your everlasting joy. Amen.

**Monday 15<sup>th</sup>**

‘When [a] baby is born, there is joy in the birth. This new life in the world wipes out the memory of the pain. The sadness you have right now is similar to that pain, but the coming joy is also similar. When I see you again, you’ll be full of joy, and it will be a joy no one can rob from you.’  
**John 16v21-23a**  
**(The Message).**

**Tuesday 16<sup>th</sup>**

Today we pray for our own response to God’s invitation to joy, for our membership across the world, and for all our families and communities. Guide me, Lord, to someone I can invite into the Mothers’ Union membership this Christmas time.

**Wednesday 17<sup>th</sup>**

‘May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.’  
**Romans 15:13 (NIV).**  
Thank you, God, for the joy of knowing you. Prompt me this day to be a joy-giver to all those I meet.

**Thursday 18<sup>th</sup>**

‘Rejoice in the Lord always. I will say it again, rejoice!’ says Paul to the Philippians, from his chains and his prison! As we pray for our troubled world – we remember ‘the Lord is near’ – and choose to rejoice in him.

**Friday 19<sup>th</sup>**

As we pray for our dearly loved ones who are sick or sad, anxious or troubled – and as we pray for ourselves – we remember ‘the Lord is near’. Lord, show me how to share that you are near to all today.

**Saturday 20<sup>th</sup>**

‘For those who lived in a land of deep shadows – light! Sunbursts of light!’  
**Isaiah 9:2-3**  
**(The Message)**

**Wave of prayer**

**14-16 December:** Fianarantsoa in Madagascar; Central Tanganyika in Tanzania; Calabar & Igbomina in Nigeria; Derry & Raphoe in All Ireland and Banks & Torres in Vanuatu  
**17-19 December:** Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

Sunday 21<sup>st</sup> – Saturday 27<sup>th</sup> December, Invitation to Love

**Sunday 21<sup>st</sup>**  
**Fourth Sunday of Advent**

Dear Lord, as we gather around the world to worship you in church this day, we thank you for your gift of love. Thank you that you sent your Son – Emmanuel, God with us. Amen.

**Monday 22<sup>nd</sup>**

Thank you, God, for the work of Mothers’ Union that shows your love in practical ways at Christmas and all throughout the year. Bless us with strength and energy as we continue to share your love.

**Tuesday 23<sup>rd</sup>**

Today, grant us a moment of peace and serenity as we approach Christmas Day. Help us to reflect on the true meaning of Christmas, and to keep this at the forefront of our hearts and minds always. Amen.

**Wednesday 24<sup>th</sup>**  
**Christmas Eve**

Today, busy or not, happy or sad, surrounded by people or standing alone, we prepare to receive your great love. Lead me Lord, in to what I can do in these coming days to rest in you, to receive your love, and to refresh others with your love.

**Thursday 25<sup>th</sup>**  
**Christmas Day**

‘There is a redeemer, Jesus, God’s own Son, precious Lamb of God, Messiah, Holy One. Thank you oh my Father, for giving us your Son, and leaving your Spirit ‘til your work on Earth is done.’  
**Melody & Keith Green**

**Friday 26<sup>th</sup>**

Emmanuel... God with us. Quicken us this day to rejoice in your goodness, to rest in your presence and to renew our commitment to the work of Mothers’ Union.

**Saturday 27<sup>th</sup>**

‘But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.’  
**Galatians 5:22-23a (NIV)**

**Wave of prayer**

**21-23 December:** Archbishops, Bishops and all clergy in the Anglican Communion  
**24-26 December:** Refugees, internally displaced families and those living in a climate of fear

Sunday 28<sup>th</sup> – Wednesday 31<sup>st</sup> December

**Sunday 28<sup>th</sup>**

Heavenly Father, we give thanks for everyone who attended a church this season, draw them closer to you and your people. As we look back at the gifts and service we have received this Christmas, we give thanks for the generosity of others.

**Monday 29<sup>th</sup>**

As we give thanks this festive period, let us also remember those for whom Christmas has been challenging. For families with a loved one working in essential services or facing their first Christmas since bereavement, for those living on our streets, to those spending Christmas alone. Show us where we can love and serve the most vulnerable in our communities today.

**Tuesday 30<sup>th</sup>**

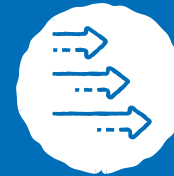
Looking back over 2025 – how has God used you, and the gifts he has given you, for others? And how have you been supported, helped and encouraged by other people throughout the year? Reflect and give thanks for this past year as we look forward with anticipation to 2026.

**Wednesday 31<sup>st</sup>**

Think about your own gifts, both your own natural and spiritual gifts. How will you use them for him and for others in the year to come as we continue our journey with our triennium theme of join in, join up?

**Wave of prayer**

**28-30 December:** All involved with the responsibility of caring for and supporting family life  
**31 December:** Mothers' Union worldwide



**Thinking Ahead**

Throughout December, we have been embracing the season of Advent. Think ahead to how you can keep the spirit of anticipation and preparation alive into the new year.

Plan activities or reflections that extend the themes of hope, peace, joy, and love.

Start now to create a Mothers' Union journey of spiritual growth and community enrichment for 2026.



A group of MU members, Uganda

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## PRAYER REQUESTS

Seven large, empty, rounded rectangular boxes stacked vertically, intended for writing prayer requests.

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## THINGS I'M THANKFUL FOR

Seven large, empty, rounded rectangular boxes stacked vertically, intended for writing things one is thankful for.



Together, our prayers are transforming lives  
around the corner and around the world.

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**'I am inspired when  
I speak to you as  
members and hear of  
your prayer life and  
your faith. We are  
stronger together and  
we are making  
an impact in building  
God's Kingdom.'**

**Kathleen Snow, Worldwide President**



**Mothers' Union Members, Tanzania**