

Mothers' UNION

Christian care for families

Diocese of Glasgow & Galloway



NEWSLINK
Autumn 2016
Scottish Charity SC023885



**A LETTER
FROM
OUR
DIOCESAN PRESIDENT**

Dear Friends,

I hope you enjoyed the summer and perhaps were lucky enough to see some sunshine. This year seems to have flown by so far. On a personal note we celebrated my daughter, Emily's wedding at the beginning of the year and now, as we approach the end of the year , we are eagerly awaiting the birth of our first grandchild. As a Mothers Union we celebrated a wonderful Festival service in Ayr. The service was uplifting and much enjoyed by all who attended. The members of Ayr's MU provided a delicious and much appreciated lunch. It was

great to catch up with all those who came. Some of our trustees attended Unit Committee Meetings and Worldwide Council during a very hot 5 days in Swanwick in May. It was a time to join in prayerful worship, meet new friends and look forward to the future of the Mothers Union. Many of us were inspired by what we heard and discussed, although working some days from 9am to 9pm was exhausting!! I hope I will be able to share what we learned in the near future. I have found the following verse from Romans 12: 5-6 very appropriate to our work in the MU :
'We are many parts of one body, and we all belong to each other. In his grace, God has given us different gifts for doing certain things well.'

And so let us thank God for each other's gifts and work used in his service. Let us listen to hear his plans for our future.
God Bless,
Jill x

SHARING THE BEST KEPT SECRET

It has been said that Mothers union is" the best kept secret. "In other words we don't shout or communicate the wonderful work we engage in. We have been asked by Mary Sumner House to send more information on the work we do, on a regular basis. In this way we can not only celebrate the impact we have on peoples' lives but tell the world about it too. In our diocese we simply support our projects in a practical way and support MU campaigns when we can eg: the 16 Days of Activism against Gender Violence held in November/December each year.

Hilary Moran has also been involved with various organisations on Anti Human Trafficking.

On the practical side, we have been well supported by lots of amazing knitting being done for maternity units both here and in Malawi. I recently delivered 40 'New Baby Parcels' to the

Raven Trust for transport there. We were asked to keep on knitting as they are definitely saving lives by encouraging women to attend ante natal classes and give birth in hospital. The big surprise was that the banana boxes in which they were packed are seen as highly prized items, being used as storage in village huts for the few possessions owned by families.

My own branch has also been collecting toothpaste and toothbrushes for the Smileawi Project. I learnt that a tube of toothpaste costs the equivalent of 2 days wages in Malawi!!! I can buy one for as little as 27p in my local supermarket! What a difference the box of toothpaste and brushes will make to over 20 people.

A number of branches and churches have donated to the Smalls For All Appeal. This resulted in 45 bras and 283 new pairs of pants being delivered for transport to Africa.

If we add up all the above numbers we can see the

amount of people whose lives we are impacting!!! It is a truly humbling experience to be able to help so many with such simple things.

I ask you if you would keep track of the items you make/deliver/collect for your various projects and send the numbers and if possible a photo to me. In this way we will be able to celebrate our work.

Jill.

MOTHERS UNION CONFERENCE MAY 2016

A number of us were able to attend the Mothers Union Central Unit Committee Meetings and/or Worldwide Council in Swanwick in May. I personally spent 5 hectic, inspiring and exhausting days at the Hayes Conference Centre.

For me arriving on the Saturday for the Fundraising and Communications Unit Committee was quite nerve racking. However most of the MU representatives on

my committee were new too. We have a vibrant, enthusiastic group with a fantastic team from MSH. One of the main issues which all MU members can be involved in is 'Sharing our Story. I have written a separate article on this. The main MU council started on Monday afternoon and was entitled 'Equipped to Serve.' I attended two individual workshops, one entitled 'What can we do for the Elderly people?' and the other 'The Centrality of Prayer.' Both of these certainly lived up to the conference title and I certainly felt equipped to serve. I hope to be able to share some of the ideas I heard, either with individual branches or at group 'Sharing Ideas' sessions. Most dioceses, including ourselves, had sent posters outlining two/three projects in their area and these were displayed for all to study. The council ended with the business meeting on the Wednesday morning. At this both Beverley Jullien and

Lynne Tenby outlined the 20:20 Strategic Vision. This is basically our plan of work to be achieved by the year 2020. Our vision of a world where God's love is shown through loving, respectful and flourishing relationships and our mission to express our Christian faith by the transformation of families and communities worldwide remains the essence of our work. How we achieve this however is encompassed in 6 strategic goals, some of which will require change. At the heart of all our time at Swanwick was prayer and worship, quiet times for reflection and celebratory stories and hymns. The bishops and chaplains who led us inspired us all. The meeting of members from other dioceses and sharing of ideas forged many valuable friendships. Despite on some days working from 9am to 9pm I cherish the time I spent at Swanwick this year. I hope to be able to pass on the ideas and plans I learned about. A quote from one of the services : Let us thank God

for each other's gifts and work, used in his service. May this give us confidence in God's continued provision as we listen to hear his plans for our future.
Jill.

FLAVOURSOME FOOD ON A BUDGET

All branches are encouraged to make use of the latest recipe booklets produced by Hilary Moran for Mothers'Union in Scotland. They are intended to be used at foodbanks and other outlets where people may make use of them to produce meals on a limited budget. It provides recipes for people who like to cook, but have a very tight budget. It requires minimum utensils (generally one-pot cooking) and minimum ingredients to make great-tasting meals. Some branches have laminated the pages and placed them in supermarkets (Tesco and Waitrose have been very co-operative) so customers can refer to them to help make a decision about what to put in the baskets for local

foodbanks. Feedback on the use of these booklets would be very much appreciated by Glasgow and Galloway Mothers' Union including whether we require to print more booklets for distribution. The booklets are also available on the website for printing www.muscotland.org.uk.

*Richard Horrell,
Action and Outreach Trustee*

PROVINCIAL RETREAT Tuesday 25th to Thursday 27th April 2017

We are back at St Mary's, Kinnoull in 2017. We've visited and seen the improvements that have taken place. They are impressive and have managed to maintain the ambience that we so much enjoy. Most of the rooms are now single ensuite. The shower rooms are similar in layout to those at last year's venue (Conforti Institute in Coatbridge) and we no longer have to ask people to volunteer for the third floor since the lift now goes all the

way from the basement up to the full height of the building. The lift in the basement is reached from the car park to the right of the church and is to the right of the steps that lead up to the main entrance. The lift entrance is across the hall from the kitchens.

Our leader is Revd Sr Ann-Marie Stuart, who is Chaplain to Sherborne Abbey in Dorset. She comes highly recommended by Jean Richardson, who experienced some of what Ann-Marie has to offer when she and a fellow Franciscan sister provided holiday cover at St Michael & All Angels, Ballintuim and at a day with the MU in Dunblane. There's more about her and her approach on the webpage. It sounds like it will be another great experience, though it should be emphasised that people are free to participate in what is offered or not as they feel inclined. It is intended to be a Retreat after all!

The cost of the Retreat will

be the same as last year at £165 full board for those in a single ensuite. If you have to share a shower room, there is a £20 discount – this applies to four rooms on the top floor.

If you have any questions, please feel free to phone me on 0141 776 3237 or email me at
retreat@muscotland.org.uk

Paul and I are very much looking forward to going to the Retreat ourselves again this coming year and hope to see you there.

*Pat Hindle
MU Provincial Retreat
Organiser*

PRAYER CHAIN

Dear Friends

First of all some words from Ecclesiastes:3 v1. "there is a time for everything, and a season for every activity under heaven:" Now we are in the season of mellow fruitfulness, the nights are drawing in, although I managed a little gardening after tea today, I harvested

the rest of the runner beans, the apples are already in a chutney, it is the season of tidying up for me. I would like to share some more words from Ecc.:3. 11-14. "God has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil - this is the gift of God. I know that everything God does will endure for ever; nothing can be added to it and nothing taken from it. God does it so that men will revere him."

My first memory of Himalayan balsam, is from about 40 years ago, when visiting a friend in Kent, there it was lining the river bank. It throngs river banks here in Scotland, and now has spread to



roadside verges. Some years ago I managed to gather some seeds and grow them in my garden.

September Sun

A soft September sun shines brightly against a clear blue sky.

Soft wispy clouds trail into the distance.

A robin swings sweetly and bees still gently hum,
Amongst lilac mint blossoms,

Then bravely enter the deep, pink caves of the Himalayan balsam.

Against the mellow brick wall basks a red admiral, Impervious to the wheeling and soaring of house

martins,

Whose memories of winter sun, urge them on to warmer climes.

Stillness, tranquillity reigns supreme!

Sue Brough

Our final words are from Hebrews 13: 5b-8. "Be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So

we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" Remember your leaders who spoke the word of God to you.

Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever."

The seasons change, our circumstances change, may we be reassured by these words of scripture.

Please pray for our overseas link dioceses.

Malaka, S. Sudan. All Saint's Cathedral Kenya. Kontagora and Osun N.E.Nigeria. Pune, India.

*Sue Brough
Prayer Chain Co-ordinator.*

ACTION AND OUTREACH SURVEY 2016

I am looking for details from all branches on what Action and Outreach activies they are engaged in order to fill in the Diocesan Survey Form for Mary Sumner House. The headings are :- Faith Development/Prayer ; Prisons; Hospitals; Young

people/Teenagers/Students; Couples, Parents, Families; Relationship support in the community; Refugees; Homeless; Craft; Practical resourcing; Central Programmes; Communications; Fundraising; Campaigns/ Policy; Other.

As you will see it is a very comprehensive list and I would urge all branches to send me as much detail as they are able so that I can complete the form. I will be giving a presentation on this at Autumn Council but for any branches not able to attend I can provide more detail on what is required or answer any queries.

Richard Horrell, Diocesan Action and Outreach Coordinator

01436 676936
rghorrell@talktalk.net

BALMORE COACH HOUSE
on
WEDNESDAY 16TH
NOVEMBER 2016



OPEN 1030 – 1700

All profits raised that day will go to the Mothers Union.

An ideal opportunity to buy your Christmas gifts and cards, Fair Trade goods etc, maybe have a coffee or a light lunch.

Viewfield, Balmore,
Torrance, Glasgow G64 4AE

**16 DAYS of ACTIVISM
AGAINST GENDER
VIOLENCE**

Each year members of Glasgow and Galloway Mothers' Union are asked to participate in some way to raise awareness of the 16 Days of Activism Against Gender Violence 25th November—10th December.

This year on 25th

Novembers, the first of 16 Days of Activism, Mothers Union members throughout the world are asked to take part in a show of solidarity to shine a light on gender-based violence. As a global act, we are asking everyone to light a candle, in memory of those affected and to symbolise hope for a world where violence against women and girls no longer exists. Get together with others in church, at home or other venue and at 12 noon light a candle and hold a service. There is a service on the website <http://www.mothersunion.org/content/16-days-activism-2016-downloadable-resources> as well as prayers you could use. Hilay Moran has a service which she put together for use in Largs which you may wish to use. Also as Hilary about "Souls of our Shoes" exhibition which a branch could organise by itself for display in your church.

Contact Hilary on 01475 686213 or e-mail
hilary.moran@btinternet.com

It is staggering to realise that globally more women die as a result of male violence than die from cancer, malaria, traffic accidents and war combined.

In Britain every week more than two women are killed by viioent partners, their children traumatised and taken into care. Domestic abuse takes many forms including mental abuse, tolling, stalking and on-line abuse and we must be aware that it happens around us. We can all do something to help, tory asking your local Woman's Aid worker for suggestions. Several Mothers' Union Branches collect goods to help supply the shelters for women and children, food parcels, toiletries, cash donations. Donations of diaries and calendars are always welcome so that records of appointment can be kept. You can write to you local paper asking the editor to carry an article raising awareness of the 16 days. You can sell or buy

white ribbon badges www.whiteribboncampaign.co.uk which show you are against domestic violence. Raise interest by sharing information about the 16 days on social media. For more ideas look on the Mothers Union website as it has many suggestions. If you do something special send a photo and report to Mary Summer House Policy unit, they will be delighted to hear from you.

*Margaret Horrell
Trustee Glasgow & Galloway*

PROVINCIAL PRESIDENT
Jean McPherson-Richardson was re-commission as Provincial President of Scotland on Saturday 30th April at St Ninian's Cathedral in Perth. It was a beautiful spring morning which greeted the guests. The event began with a light lunch in the chapter room. An anniversary cake held centre stage, and was cut by Jean along with welcome speeches to mark the start of the occasion. The Right

Rev'd Bob Gillies was the preacher. The Primus; the Most Rev'd David Chillingworth re-affirmed Jean in her role as Provincial President for Scotland and presented her with the Badge of Office. The Rev'd Christine Fraser; Provincial Chaplain and Bishop of Aberdeen and Orkney led the service. The Mothers' Union Provincial President of York, Barbara Taylor attended as Jean's guest. The afternoon finished with tea and a piece of the anniversary cake.

**23rd SEPTEMBER -
GENERAL MEETING,
Hampshire Court Hotel,
Basingstoke**

Several members from our diocese attended the General Meeting to find out more about the work we do, the vision for the future and is above all, a time of fellowship with members from around the world. Worship was enhanced by our sisters from Zambia. The meeting celebrated the 140th



Hospitality at the Festival Service in Ayr, May 2016

