



*Mothers' Union  
Diocese of Bunbury  
Autumn (March)  
2024  
Bunuru -Wanyarang*

*Be salt and  
light:  
Shine brightly!*



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*From the Editor ...* Hello everyone! I hope that you have all had a good start to 2024, and that life will continue to treat you kindly. I know, however, that some members are not well and would like to assure you that you are in our prayers.

I recently I started looking at this year's Lenten studies from the Bishop - *Growing in Love and Encouragement for One Another* - which our Diocesan President attached to February's 'Wendy's Writings'. I think it will be an interesting course.

I find it is very easy to tell myself that I love someone. But what about the encouragement? I have worked out that to really show love for a person and encourage them I have to DO something about it -



Tell them that I love/ appreciate/ admire them.

Do something to show this. It may be taking the time to visit, talk or make a phone call.

I could buy a small gift, or take some flowers, or a rose from the garden. These acts show that I was thinking about them when they were not there.

If I am able and they have a need, I can offer to do something to help them.

This practical loving is what I think is meant by encouragement; it's doing and not just saying.

Of course, there are times when we have to call someone into question to show that we really love them. I was recently going through some old letters and I found one from my father who loved me very dearly. I was at Uni and involved in far too many things He warned me about trying to do too much, wanting to be all things to all people. And he was right. He loved me and he called me into question.

*Our faith comes from hearing the word of God. May our action towards helping others emulate the love you have for us. We choose to put actions behind our faith today, trusting you are at work in our lives.*

But it is NOT possible to do this with everyone we love. Jesus was very good at it and knew exactly who to say this to - for example to Peter - "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things." If Jesus said this to me I would consider myself loved, though it would not be easy to accept!

*Priscilla*

## From the President – Autumn 2024

***Salt, to be effective, must be in contact with the meat or fish it is to preserve. To be effective, we must be involved where we work and where we live. Bible Commentary / Produced by TOW Project***



If we are the salt and light of the world (Matthew 5.13-14), how do we live this out? How do we be salt and light and shine brightly?

Dan Rhodes wrote in 2017:

‘Every Christian is called by God to be an influence on the world around them. Jesus began teaching this concept early in his ministry when he told his disciples that he would make them fishers of men. (Matthew 4:19) Then, in the Sermon on the Mount, he used the illustrations of salt and light. (Matthew 5:13-16) Both salt and light have properties which affect things around them. Salt is used to enhance flavour, and as a preservative. To 'be salt' means to deliberately seek to influence the people in one's life by showing them the unconditional love of Christ through good deeds. Light is a symbol used to mean awareness, knowledge, and understanding. To 'be light' means to be a witness to others concerning the truth of God's Word, especially about who Christ is and how he died and rose again for our salvation.’

Could it be this simple? By ‘doing’ good things we show those around us what it is like to be embraced by the unconditional love that Christ offers to all. As a witness for Christ we share how that love came to be.

Doing good things seems to be easy. We give baptismal gifts, anniversary cards, joy bags/boxes, care packages, dignity bags, wedding Bibles; we sponsor holidays in our caravan; we engage with the Angel Tree project; we knit blankets, beanies, baby clothes, toys and more to give away; we care for housebound members, we visit the aged and the infirm, we provide meals for the sick and disadvantaged; and we do so much more. Being a witness for Christ may seem a little more challenging. After all, what does this really mean?

Each Wednesday, following the reading of the Psalm in morning prayer, we hear the words ‘We consecrate this day to your service, O Lord; may all our thoughts, words and actions be well-pleasing to you and serve the good of our brothers and sisters; through Jesus Christ our Lord. Amen.

Does this sound familiar? Consider the words of Mary Sumner’s personal 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.

Both of these prayers share the essence of Christian witness. It is by our words, our actions and our thoughts (our prayers and attitudes), that we demonstrate to others the forgiveness and eternal life offered to us through our belief in Christ.

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And so, we pray;  
Lord, let us be your salt and light in this world.  
Empower us by your spirit to live in obedience and faith.  
Let our words and actions have a great impact on those around us,  
and use us to draw people to you. Amen  
(Proverbial homemaker)

Blessings

*Wendy*

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*From the Branches ...*

*BUNBURY* A lovely Christmas lunch followed our Christmas eucharist taken by Rev Darryl at St Boniface Cathedral. The lunch, at the Cathedral Hall, was thoroughly enjoyed by 30 members. Lunch included roasted ham, chicken and beef. There was a choice of two salads plus a hot vegetable medley. Dessert was a choice of either Trifle, beautifully presented in a glass jar, or Christmas pudding and custard. Thoroughly delicious and we sincerely thank Lynne Markham for another wonderful spread.

Members enjoyed a lovely Christmas and New Year. There has been some sickness amongst some of our members and some family members and we pray for them constantly.

We also delivered 16 crocheted and knitted knee rugs to Wheelchair for Kids. They were gratefully received. *See the photos below.*

Our February meeting started as always with a eucharist by Father Darryl, followed by morning tea and was a more casual day. March will see us having a guest speaker – Adrian Price – who will speak to us regarding recycling and will be accompanied by members from a couple of our local shires so they can help us understand what goes in what bin!! Hopefully we are full bottles after the session.

We look forward to Lady Day in March and hope many of our other branches will join us in celebrating this very special day. Menus have been sent out to branches and we know you will thoroughly enjoy the luncheon that will be provided.

Our year has been planned out – and we look forward to sharing fellowship and prayers with many of our wonderful members.

We remind members if they change address or contact details please let Beth at Bunbury know to ensure the Mia Mia and Mustard Tree finds its way to your doorstep.

*Blessings and prayers - Diane Hill President Bunbury.*



*If we can't do anything else to show our love, try this -  
"The first duty of love is to listen." Paul Tillich.*



## *From the Branches ....*

BOYUP BROOK members had a lovely gathering in late November at the home of lone member, Melva Browne, who supplied a delicious meal. Lone member Gail Kammann and Rev'd Sue Kemp also joined us. Rev'd Sue had only just commenced her part-ministry in Bridgetown and we were delighted to meet her as she will come to Boyup Brook on the third Sunday of the month to celebrate the Eucharist with us. Blessings -*Jan Ritson*

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CHRIST CHURCH ANGLICAN CHURCH MANDURAH On 30 November at 10am with lots of dignitaries, politicians and guests a short service was held for the the installation of two Red benches outside the church in support of the Red Rose Foundation.

This installation was well supported by Zonta, the Men's Shed and our local members. This was well received in the community and now there are plans for more to be installed at Frederick Irwin High School.

**MU Caravan** – a holiday has been provided for a family in need during January 2024 and will become a regular booking. *Blessings -Sandra Keelty*

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BOYANUP held our first meeting for the year on Friday with a service from the Worship and Prayer Book. Following General Business we enjoyed a special morning tea to celebrate our long time Member, Mary's, 95th birthday. *Meryl Jarvis*

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ALBANY branch of Mothers' union recently had our planning meeting for the year 2024.

Rev. Karen Cave commenced proceedings by conducting the 'Service before a Committee Meeting' from the MU prayer book.

On 16<sup>th</sup> March, we will have our local Lady Day service. We will be joined this year by our Diocesan president, Wendy Mabey, and the Australian president, Robin Ray. We will commence with morning tea at 10.15am in the Dorothy Wood hall, next to St John's church. The service in the church will commence at 11am. After the service, we will have our BYO lunch which will be followed by 'Conversations with Robin.' We welcome everyone to join us for the day. To give us some idea of numbers to expect, please notify our secretary, Wendy Minchin, or our president, Jane Sattler, on if you plan to attend.

17<sup>th</sup> March will be Mothering Sunday and we will once again have our two guests with us. Our members have made arrangements to provide flowers and Simnel cake to be given to attendees at the two morning services at St John's.

We went on to plan various activities for the year. We will spend one day making Joy Bags for people who need a bit of a loving 'lift'. We are planning a movie afternoon and will, of course, celebrate Mary Sumner Day in August. Rev. Karen will lead us in monthly Bible study sessions.

We also discussed sponsoring a family to use the MU caravan in Busselton.

In October it will be our turn to host the Annual General Meeting and Country Rally. This will be on Friday 18<sup>th</sup> October. There are still many arrangements to be finalised, but mark the day on your calendar.

We look forward to another year of prayer, companionship and support.

*Wendy Minchin*

## *CHRISTMAS IN DUNSBOROUGH*

MU Dunsborough branch produced Christmas Bags for people who are isolated or grieving in our community. We used meeting times to package them and members contributed to the bags in different ways. The bags are delivered personally to the person – so they are blessed twice – by the gift and the personal contact. This is especially appreciated by those who are isolated in their homes.

The precinct was busy on the day we packed the bags, as our Emergency Relief hampers were also distributed. Although not an official MU project, members supported this ministry through donations of goods and money.

We also held a Christmas Eve Children's Service which was attended by some of our MU members. It was a delight to see so many children come and participate in worship with us – arming them with musical instruments being a highlight. As one member said 'wouldn't it be wonderful if it was that chaotic every Sunday!'. We were able to give each family a book to take home about the message of Christmas.

Plans for 2024 include guest speakers, our MU monthly cuppa on the verandah, knitting for the diocese of Kapsabet, assisting with a repair coop and our biennial Christmas Tree exhibition.

Blessings from Dunsborough,

*Rev'd Justine Richmond* (MU president Judy Lundie was away in December).

## *BUSSELTON BRANCH*

We meet in the St. Mary's Family Centre every 3rd Thursday of the Month at 1:30pm.

We began our new year with our January Planning meeting in SMFC. This is done by the month, so that we know what's coming up each month in the Diocese, and anything that we might add. (Guest speakers, craft days and Birthday lunch venues etc.) We were delighted that our new Priest-in-Charge, Fr Nick was with us on that day.

At the February monthly meeting we asked the members who were absent at our planning meeting if they were happy with the outcome of the January meeting as there were only 6 of us who attended that day. Everyone agreed with the arrangements, so we continued our discussion on to the Month of March..

As we provide a spray or posey to the Mothers who attend the 8am & 9:30 am services on Mothering Sunday, and a piece of Simnel cake to all the Parishioners, the members who were making the flowers and the cakes were decided.

We also planned the travel arrangements for the members who want to attend the Lady Day Festival in Bunbury. All being well we hope about 9 ladies will attend.

Many MU ladies attended the Shrove Tuesday Pancake evening in SMFC, which was most enjoyable, and also the Ash Wednesday service the following morning in St. Mary's Church. March is a busy month so we have a lot to look forward to.

*Lesley Hooper*

*If we want a love message to be heard, it has got to be sent out. To keep a lamp burning, we have to keep putting oil in it." Mother Teresa*

*From the MU Diocesan Chaplain - Reverend Cathie Broome*

Blessings to you all, Well it's hard to believe that it is late February already, and we have had Ash Wednesday and started the season of Lent.

Perhaps I am surprised, and it snuck up on me this year, because the family and I were distracted by the birth of little Daniel Joshua on the 8<sup>th</sup> February. My daughter Raelene dropped off her two-year-old at 3 in the morning on the way to the hospital earlier in the month, only to return a couple of days later and retrieve her, and then a few days later we started all over again, but praise God, eventually the baby arrived.

I have often found over the years, that God uses these unplanned, messy times; you know this gave me plenty of time with Elizabeth and plenty of time to reflect upon new life. I am sure there are many other grandparents or parents or aunties and uncles reading this and saying to themselves; Cathie I know exactly what you mean..... when our kids were born ....

Anyway, I mention this for two reasons, firstly to share with you all, my brothers and sisters in Christ, the joyous news of Daniel's safe arrival. And secondly because in the season of Lent we often think about the wilderness, suffering and pain, repentance and renewal. But it is also an opportunity to reflect upon creation, new life, and new beginnings.

Lent is the season when we again prepare for new [kingdom] life. Lent isn't about giving stuff up. Lent is preparing for the new world God has birthed at Easter. Lent is about making room for the arrival of new life, Easter life, the New Creation.

St. Paul wrote extensively about the new life which we can experience in Jesus, sharing in all that is our Lord's, the suffering, death and his glorious resurrection.

Jesus tells His disciples in the Last Supper Discourse that he is the Way, the Truth, and the Life (John 14:6). There is no life apart from him (John 15:4).

**Prayer** - God, who makes all things new, new stars, new dust, new life; take my heart, every hardened edge and measured beat, and create something new in me. **Amen**

With God's Grace and Blessings,  
*Cathie*

## **SOCIAL ISSUES AND ACTION REPORT**

As I write this report I heard some good news just recently, the Federal Government is to ban the sale of Vapes. This comes as a great relief it will protect the health of our young people, particularly in regard to lung diseases. Apparently in some States however they are being imported on the black market and gangs are involved, so we hope this actually works. I believe the Cloud Nine shop in Albany remains closed at present.

The conflict between Israel and Palestine is a dreadful issue where many innocent lives have been lost. If the Hamas group would go ahead and release the Israeli hostages it would help. A difficult and deadly situation for many ordinary Palestinian citizens and all of us feel for the many affected.

The war in Ukraine continues. Unfortunately there seems to be no desire to end the war from the Russian leaders and there is not much chance of a change in the Leadership in Russia as all those who stand in opposition for the coming election appear to have been denied the opportunity for many varied and spurious reasons. A democracy in name only it seems. We need to constantly pray for peace in our world.

Issues such as homelessness continue. I have heard through our Katanning Regional Emergency Accommodation Manager, that as far as State Housing homes are concerned in our area, if a home falls into disrepair for whatever reason, vandalism etc, there is one team that works in three towns Katanning, Narrogin and Wagin. Of course this then makes the progress of repairing these properties slow denying a possible tenant the opportunity to rent a home. Another issue is the rising costs of rental for many throughout Australia.

We can only hope and pray that as time goes by things will begin to improve. For we Christians that begins with our earnest prayers. *Sylvia Spicer: Social Issues and Action Coordinator*

*More news from Liz Byleveld who is working with the Mothers Union in the Diocese of Kapsabet, Kenya*



The Baby clothes and blankets were extremely well appreciated. (See the picture on the left.) Usually they are taken to the Kipmoro Mission Hospital but this time half of them were taken to the Hospital and the other half were shared out between the Mother's Union areas to be handed out to those in the area.

I handed out to three children this week. One was a toddler of a mother attached to one of the primary schools. The picture below, the baby has a cleft lip and I gave her a blanket. The other was for a deaf girl who got taken advantage of and had a baby - We gave her a couple of outfits.

This picture on the right was of the PITA (Widows and Single Mothers) group and their soap making business. The soap is sold for the mother's union Quota and it is also exchanged as school fees for those who can't afford the cost. It was a really touching time, also because I was able to share with them that God sees and knows them and he can use their tough times. A few of them then shared their stories which Mama Alice has never known them to do. So it was a time of healing. I was touched that I could be part of that.



Further comments from Liz:



One of my highlights was visiting an old grandmother to give her communion. She has been in a wheelchair for 14 years with her needing help to do everything, yet her faith and gratitude is inspiring.

The last thing that caught my attention is that almost every church I went to was connected to one of the nearby schools. The Mothers Union is doing mentoring in a number of them and the big thing they wanted me to encourage was that they work hard and improve their circumstances. I have to admit my word of encouragement was to leave a legacy wherever they were, whether in University, Overseas or in their own community. I used 1 Tim 4:12, that they don't have to wait to be grown up to be an example.

*'We should not ask, 'What is wrong with the world?' for that diagnosis has already been given. Rather we should ask, "What has happened to the salt and light?'*

## Mothers' Union, Diocese of Bunbury 2024 Events and Dates of Importance

<b>March</b>	1st	World Day of Prayer
	7th	RSVP for Lady Day Bunbury
	11th	Branch reports to Diocesan secretary
	11th	Executive members reports to all executives.
	15 <sup>th</sup> – 20 <sup>th</sup>	Visit of Australian AMUA president – Dr Robin Ray
	<b>*16th</b>	<b>Lady Day gathering in <u>Albany</u>.</b>
	18th	Executive meeting in Bunbury
<b>19th</b>	<b>Lady Day Festival Eucharist in <u>Bunbury</u>.</b>	
	24 <sup>th</sup> - 31 <sup>st</sup>	Holy Week
<b>April</b>	<i>Public school holidays 29th March –15th April</i>	
	30th	Membership fees due to Diocesan Treasurer
<b>May</b>	13th	MU worldwide president, Sheran Harper, visits WA
	14th	Mustard Tree contributions to Editor
	21 <sup>st</sup> - 23 <sup>rd</sup>	Wave of Prayer (p 40 of MU Prayer Diary)
<b>June</b>	23rd	Branch reports to Diocesan secretary
	30th	Executive member reports to all executive
<b>July</b>	<i>Public school holidays 29th June - 14th July</i>	
	8th	Executive meeting – Boyup Brook
	<b>*9th</b>	<b>MU Friendship Day – Boyup Brook</b>
<b>August</b>	9th	Mary Sumner Day
	13th	Notice of AGM and request for agenda items to branches.
	14th	Mustard Tree contributions to Editor
<b>September</b>	20th	Agenda items for AGM to Diocesan secretary
	<b>20th</b>	<b>Branch annual reports to Diocesan secretary</b>
	<b>20th</b>	<b>Executive annual reports to Diocesan secretary</b>
	27 <sup>th</sup> –28 <sup>th</sup>	Synod
	<i>Public school holidays 23rd Sept - 6th Oct.</i>	
<b>October</b>	<b>Branch annual meetings to be held this month</b>	
	11th	Annual Report Book to be distributed.
	11th	AGM agenda to all branches and executive
	14th	Executive members reports to all executive
	17th	Executive meeting in Albany
	<b>*18th</b>	<b>Diocesan AGM and Country Rally in Albany</b>
<b>November</b>	<b>Branch annual meetings to be held if not held in October</b>	
	14th	Mustard Tree contributions to Editor
	30th	Branch annual returns to Diocesan Secretary
<b>December</b>	31st	Financial year ends for branches