

families worldwide

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Building
hope and
confidence



Mothers' UNION
Christian care for families

PRAYER DIARY: JANUARY - JUNE 2020
NEW: ZONAL UPDATES

2020 Theme:

Building Hope and Confidence

During our global listening process MULO (Mothers' Union Listens, Observes and Acts), the voices of over 200,000 members worldwide were heard. This enabled Worldwide Council to draw together key emerging elements, and thus shape the way forward for us as a movement.

“Building hope and confidence”

has been placed at the heart of our call to support individuals and families to transform their lives.

As we build our hope and confidence in God we will be inspired and equipped to build hope and confidence in others, in both local and global context.

Themed resources for 2020 are available here

www.mothersunion.org/2020-theme-building-hope-and-confidence



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Families Worldwide

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Dear sisters and brothers,

This Christmas is very special because in addition to celebrating the gift of the Nativity, we are celebrating the gift of a new look Families Worldwide! Following discussions at Worldwide Council 2019, it is now translated into three languages; South American Spanish, Kiswahili and French!

This is a tremendous achievement as more members than ever before can stay connected across the zones through midday prayers. One member said, 'Families Worldwide goes everywhere with me so regardless of where I am, I am a part of the worldwide prayer circle.' This is so reassuring because as some members rest in one part of the world, others are awake and lifting Mothers' Union up in prayer, every minute of every day.



Another new dimension to Families Worldwide is replacing country profiles with zonal updates in which key stories of impact and change are featured. I am sure you will enjoy it as I cannot think of a more effective way to highlight our work with families and communities, and at the same time increase its reach across the zones.

As we open our arms and welcome 2020, let us join hands in prayer asking for God's guidance and direction in the changes we aspire to make and his blessing as we remain faithful to our identity as a movement.

Loving Lord,

We thank you that Mothers' Union is a global, women-led, volunteer movement.

We thank you that united in our diversity and living out our faith, we support individuals and families to transform their lives.

Empowered by your grace, we are embedded in the Church and community, and have unprecedented reach that gives a voice to the marginalised and vulnerable.

We thank you for your blessing on our work as we glorify your Holy Name. Amen

A very happy and blessed New Year to you and your family!

With my love and prayers,

Sheran Harper
Worldwide President

A global membership

In this edition of Families Worldwide we're introducing you to the 11 Mothers' Union zones and their trustee. These zonal updates have been put together by zonal trustees and Mary Sumner House and include membership numbers, geographical information, projects, new initiatives and stories of change. If you have a story to share in your zone, please let us know at communications@mothersunion.org, so we can feature it in an upcoming edition.

Clockwise from the top: Members respond to flooding in Myanmar; the 2018 delegation outside the UN building; Members in Lincoln, raising awareness of gender-based violence; Members in Tampa Bay, Florida; A savings and credit group in Rwanda.



Korea, Myanmar, North India, South India, Sri Lanka

Trustee: Roshini Mendis

Mothers' Union members: 1,915,369

Main languages: Hindi, Burmese, Korean and Sinhalese



Zone A covers our Asian countries and incorporates our largest number of Mothers' Union members at over 1.9 million! A large majority of these are affiliated members in North and South India, belonging to the Women's Fellowship for Christian Service (WFCS). The zone has a total population of 1.4 billion individuals making it the largest in terms of inhabitants and potential reach.

After completing MULO, members in Zone A agreed that prayer should be the main focus in all that they do. Much like other zones, they identified the types of people they wanted to help were underprivileged children, marginalised women, and the lonely.

They decided to do this in various ways. For underprivileged children members wanted to improve their nutrition and health and support their education. In Sri Lanka they are already offering free classes in Sinhalese, English and Mathematics. They provide tea and refreshments for patients and visitors at the cardiology unit of the national hospital and at the National Children's Hospital in Sri Lanka. One particular project is called "Christ Care" where once a week families are able to bring their disabled children to the church parish hall and members provide physiotherapy, special education and food. At the same time, the mothers of the children are taught how to sew pillow cases and ways in which they can care for their children. Thirteen children currently attend this programme and are of various religions – Christianity, Islam, Hinduism and Buddhism.

For marginalised women, members wanted to raise awareness of gender inequality. In Myanmar they are doing this by engaging with men and partnering with Bread for the World and Diakonia.

Finally, in order to support those who are lonely, members decided to make it a priority to care for, visit and provide for those who may not have any one else in their life to help them. In Sri Lanka members volunteer in elderly homes by providing love and care. In South Korea they run a number of programmes that help lonely people. Mothers' Union members provide financial



Myanmar members at the Asia MULOA 2 workshop

support for retired priests who are unwell, they feed people who are living on the streets and support patients with Alzheimer's disease.

In Myanmar, 385 families have been helped by a Mothers' Union micro finance programme – technical support given to those who are self-employed and loans provided for those who need them.

Through MULOA, some priority areas for advocacy and policy change became apparent. These areas were human trafficking in India and gender-based violence (GBV) in Myanmar. In both these areas members want to raise awareness of the issues in order to decrease the amount of victims and change protection laws.

Stories of change

Mothers' Union in Sri Lanka stepped in to help a single mother whose little boy is disabled. He had to be in hospital on and off for surgeries to fix prosthetic hands and feet. He can now manage to walk, attends school and does well in his studies.

A child whose father is serving a life imprisonment sentence is supported with his education. The family is grateful to Mothers' Union because without their support he would have had to drop out from school due to lack of finances.

Both these children were helped after members completed MULOA which showed them they must listen to the cry of those in need.

Canada, South America, USA, West Indies

Trustee: Kathleen Snow

Mothers' Union members: 13,271

Main languages: English, French, Spanish, Wichi, Toba, Dutch, Papiamentu



Members in USA prepare food for the homeless

When combining the countries in Zone B the population reaches almost 1 billion. In terms of geographical size it is our largest zone at 42.5km². Zone B was the first zone to pilot MULO back in September 2017 and roughly 6,000 members were enthused and impacted by the process. They realised that similar themes were emerging across the different regions and that all members wanted to focus on reaching the vulnerable and powerless, and advocating for the disenfranchised.

The Parenting Programme is very successful in this zone and is currently present in Canada, Argentina, Guyana and the West Indies. Over 15,000 people have already been helped and there are plans for programmes to begin in the USA, and with the indigenous Cree in Canada.

Awareness of human trafficking is a priority area in Canada, the USA and the West Indies, as is activism against drugs and crime in South America.

Stories of change

In Guyana members have been making sanitary packs to give to young women so they can continue to attend school once menstruation commences. And in Northern Argentina Mothers' Union members joined the Catholic Church on a march against drugs in Juarez.

One branch in the USA were working with African refugees and rather than just giving them gifts at Christmas they asked what they needed. Now the members host a market-style food giveaway event for the children which meets a more urgent need.

Aotearoa, New Zealand and Polynesia, Australia, Melanesia, Papua New Guinea

Trustee: Libbie Crossman

Mothers' Union members: 45,323

Main languages: English, Maori, Niven, Solomon Island Pidgin, PNG Pidgin, Motu + over 700 local and island languages



Union members desire to see a change in government policy so that more refugees can be helped and supported. And finally, in Melanesia and Papua New Guinea – members would like to see more inclusion of disabled people in society.

The Parenting Programme in Melanesia has been very successful and has already helped about 2,000 individuals. Members have seen a reduction in violence in, and between, families. Literacy programmes in Melanesia and Papua New Guinea have helped over 8,000 people and members have been able to encourage education for children – especially girls.

113 million people live in this zone which includes countries in Oceania. Most of the members live in Melanesia and Papua New Guinea (38,000). 1,250 members took part in MULO and they discovered the main themes for their zones were to restore relationships within families and communities, and to restore independence to those who are vulnerable and in need.

The main priority areas for policy and advocacy change are to see a reduction of gender-based violence in Australia, New Zealand, Papua New Guinea and Melanesia. Members want to see more acknowledgement of this problem in local communities in order for change to occur. In Australia, Mothers'

Stories of change

One branch in Australia now provides breakfast for children travelling long distances to school. Other churches in the town assisted and they were offered the State Government Award for Community Service. Now other Mothers' Union branches around the country are starting similar programmes.

The Parenting Programme in Melanesia is restoring relationships. In one instance an adolescent son returned home after two years of refusing to associate with his family.

Kenya, Uganda, Rwanda, Tanzania, Jerusalem and the Middle East

Trustee: Mary Kamwati

Mothers' Union members: 1,019,591

Main languages: Kihyarwanda, English, Swahili, Luganda, Arabic, Hebrew



This zone mainly incorporates countries in eastern Africa along with Jerusalem and countries in the Middle East (which includes the Diocese of Cyprus). 573 million individuals live in this zone, the majority of them residing in the Middle East. Tanzania has our second largest population of Mothers' Union members at over 850,000!

Through the MULO process, members in Zone D said 'prayer' was the main theme that emerged. They agreed that the top three groups of people they wanted to reach and help were those with disabilities, sex workers and people suffering with HIV/AIDS. They agreed that firstly they needed to listen more and then create safe spaces for the people they wanted to help. They recognised that networking

with other members and organisations would benefit their work and that mobilising and equipping people in their communities to recognise and use their own resources would bring about the most effective transformation.

In Kenya, Rwanda, Uganda and Tanzania the priority areas for advocacy and policy are campaigning against female genital mutilation (FGM) and child marriage – with 'a complete stop' to these practices being the desired change. Exact numbers are unknown but members are already changing attitudes to FGM in the communities that practise it. In Kenya, members are challenging child marriage and in some cases have been able to stop them going ahead. Sometimes members have needed to move at-risk girls to safer areas in order to protect them from early marriage.

A reduction in gender-based violence and sexual abuse is a priority area for Rwanda. There is also a desire for all children to receive an education in Kenya. Members want to see a change in the law which will mean parents who don't take their children to school will be prosecuted.

There are lots of projects and programmes that Mothers' Union members are involved in in this zone. In Uganda, members train girls in sanitary towel making, operate a school canteen, plant trees and run nursery and day care centres. In Kenya they have a



Savings and Credit group in Gisanga, Rwanda

school feeding programme, a fellowship group for widows and run parenting and youth mentorship programmes. In both Rwanda and Tanzania members run very successful savings and credit programmes. In Tanzania they also run seminars and workshops on family life, child care and health.

In the Middle East we have members in Iraq, Cyprus and Egypt. Although only 1% of the population in Iraq are practising Christians, Mothers' Union members there are very dedicated and active in their local communities. There is a strong sense of spirituality and fellowship amongst them and special occasions such as Mothering Sunday, Christmas and Easter are celebrated together with much singing, praise and joy. Their practical outreach work is particularly valued by local families as there are no official care or support systems in place in Iraq to support

vulnerable individuals. Their work includes feeding programmes, orphan care, visiting the sick and running Sunday schools.

Stories of change

A mother and daughter were chased away from their family by the father. The mother became a Mothers' Union member and they helped her reconcile with her husband and gain access to education.

One woman heard about the love of Mary Sumner and felt encouraged to act as she had. When her mother-in-law was too sick to get to church she and her husband purchased a vehicle so they could take her.

Central Africa, Nigeria, South Sudan, Sudan, Southern Africa

Trustee: Thembsie Mchunu

Mothers' Union members: 259,168

Main languages: English, Nguni, Portuguese, Dinka, Arabic, Shona, Yoruba, Abon



Zone E has a population of 419 million people and incorporates 15 countries in Africa where we have Mothers' Union members. Over 100,000 members took part in the MULO process – the most from any of our zones!

170 members from South Sudan took part in a two-week residential MULO workshop hosted by the Diocese of Madi West Nile in northern Uganda in February 2019. The workshop gave participants a chance to reflect on their involvement in Mothers' Union as well as reflect on the situation in their own country. Many members travelled to the refugee camps in northern Uganda to visit family members that they had not seen in some cases for years, including their children.

Like other zones, through taking part in MULO, members in Zone E agreed that they wanted to focus their support on the vulnerable and marginalised and those affected by poverty. They wanted to do this by living out their faith with advocacy, education, and connecting people to government provision. They also concluded that building self-reliance and creating safe spaces for the people they wanted to reach would help them to transform their own lives.

In southern Africa the priority areas for advocacy and policy are to change mindsets around albinism and HIV/AIDS and to have more inclusivity for these individuals through educating the local communities. Members in southern Africa also want to prevent climate change. In South Sudan and central Africa the priority area for change is an end to forced marriages and gender-based violence (GBV).

Mothers' Union members in central and southern Africa have already been raising awareness of GBV. Astonishingly, roughly 60,000 individuals have been helped so far with men joining a campaign called 'Not in My Name' and pledging to protect women.

Over the entire zone there have been 12,000 participants of Credit & Savings and Literacy groups. As a result of this women have become more independent and have ultimately been able to have homes built for their families



Members from South Sudan celebrating family groups as part of MULO A

to live in. The Church and Community Mobilisation (CCM) process has transformed the lives of 40,000 people with unhealthy mindsets changed and individuals learning to do things for themselves.

Although the third largest country in Africa, Christians in Sudan are very much in the minority and form just 1% of the population. Consequently, in comparison to the rest of the zone, Mothers' Union membership in Sudan is relatively small at around 400 individuals but it is growing steadily each year. Members are very active in their local communities reaching out to all regardless of sex, age, religion or tribe. Their projects include visiting the sick in hospitals, prison ministry, vocational skills training, peace and reconciliation and the Literacy & Financial Education programme. Members take part in monthly Mothers' Union meetings and prayer is essential to all they do.

Stories of change

A group of Mothers' Union members in this zone have "adopted" a school in need. They started by buying uniform and supplies for the children and after MULO A, began to listen to the students' parents and find out exactly what they needed. Some families have now been linked to relevant government departments and are now receiving much-needed grants.

Members in Zimbabwe have been working with a group of nurses from the Bonda Mission Hospital to undertake 'health-related outreach'. Mothers' Union members transport the nurses to rural areas so that they can do check-ups on their patients suffering with cancer, diabetes or high blood pressure.

Burundi, Congo, Indian Ocean, West Africa

Trustee: Marie-Pierrette Bezara

Mothers' Union members: 56,599

Main languages: French, Kirundi, English, Malagasy, Creole, Lingala, Swahili



in West Africa and the Democratic Republic of the Congo (DRC) – members want them to be able to keep their properties and not be forced to remarry.



A members worship session in Madagascar

The countries in Zone F have a combined population of 204 million, the majority of people living there speak French and English. Members in this zone want to help families, women and girls and especially those whom are vulnerable. The main themes that emerged from MULOA were healthy and restored relationships, peace and safety, and protecting the environment (especial priority in Madagascar). Members want to mobilise and equip their local communities to become self-reliant. These themes have become part of our wider strategy for Mothers' Union globally.

The main priority areas for policy and advocacy change are to see a reduction of gender-based violence across the zone (this includes domestic violence, sexual abuse and FGM). Protection of the environment through Disaster Risk Reduction in the Indian Ocean region, and land and citizen rights for widows

Stories of change

In the Diocese of Toamasina, Madagascar, Mothers' Union members in collaboration with other partners have assisted women living with fistulas. These women are usually excluded by their communities and husbands. They therefore become ashamed of their sickness and feel rejected. As a result, the women and their families can become financially unstable. Mothers' Union members held programmes that helped the women regain their self-confidence. They were taught new skills and lessons from the Bible and began to trust God again and understand more about their illness.

Canterbury

Trustee: Nikki Sweatman Mothers' Union members: 26,900 Main languages: English



The Province of Canterbury also includes the Diocese in Europe where we have over 200 Mothers' Union members across Belgium, Cyprus, Denmark, Finland, France, Germany, Italy, Malta & Gozo, the Netherlands, Portugal (including Madeira), Spain (including the Canary Islands), and Switzerland. Members in this zone are involved in a wide variety of projects and one new area of priority is modern day slavery. Members want to raise awareness and

engage with agencies and the wider Church in order to reduce the number of people suffering.

Stories of change

English for Women is a project in this zone which helps 120 women and 40 children of 20 different nationalities by introducing them to, and integrating them into, English culture. It has prevented isolation, helped communication and the initiative is being developed in other areas within the Province of Canterbury.

York

Trustee: Catherine Hilton Mothers' Union members: 18,025 Main languages: English



There are 16 million people living in the Province of York, 273,400 of them are worshipping Anglicans. Mothers' Union members help vulnerable people, those met with adversity and the lonely. They do this by providing pastoral care and emergency provision for refugees, the elderly, prisoners, and patients in

hospitals. In November 2018 a new branch was opened when two teenagers requested to join Mothers' Union. They call themselves 'Mini MU' and now have over 20 young members in attendance with adult members supporting.

Stories of change

In the Province of York a family of eight refugees were provided with joint sponsorship from Mothers' Union and the Home Office. A house, equipment, school places and uniform were all supplied and medical care was organised. Members also helped to organise ESOL classes (English for speakers of other languages) and for the family to gain access to Government benefits.

ZONE I

All-Ireland

Trustee: June Butler MU members: 7,000 Main languages: English, Irish



Ireland has a population of 6.7 million people, 375,400 of whom are part of the Anglican worshipping community. The term “All-Ireland” encompasses two jurisdictions - the Republic of Ireland (ROI) and Northern Ireland which is within the UK. This zone has 12 dioceses and members focus their time and resources in raising awareness of gender-based violence, supplying goods for and supporting those in women’s refuges, providing Away From it All holidays, running projects in prisons, and helping parish communities and those who are lonely, housebound or have dementia. The Diocese of Clogher organised a family fun day, attended by over 500 adults and children, and each year members provide baby-changing and play areas at the National Ploughing Championships in the ROI.

ZONE J

Scotland

Trustee: Paul Hindle MU members: 497 Main languages: English, Gaelic



There are 5.4 million people in Scotland and 31,656 are worshipping Anglicans. Members in Scotland knit clothing for premature and stillborn babies. They also engage Alzheimer’s patients in doing the knitting, making it a project that connects and helps many different people in different ways. Members also volunteer in care homes by running hymn singing sessions for the residents with dementia. The hymns are from their younger days and the sessions are enjoyed by all involved.

ZONE K

Wales

Trustee: Jenny Barton Mothers’ Union members: 5,665 Main languages: English, Welsh



Wales has a population of 3.2 million and a church population of 210,000. There are 900 parishes and Mothers’ Union is represented in 30% of these. One example of ongoing work in the Diocese of Llandaff is a partnership with Gwalia Housing where members donate food and starter kits to young homeless people, some of whom also have mental health problems. Mothers’ Union members have also been teaching them new skills like cooking and building up their self-esteem and confidence to prepare them for living independently.

Joined-up prayer

Join Mothers' Union members worldwide as we support families and projects around the globe in prayer.

Prayer is central to our work as Mothers' Union and each day, at midday, members all over the world pause to pray. The Wave of Prayer is a continuous expression of our commitment in prayer to each other, which runs throughout the year and encompasses all the places in which we are represented.

You can use these daily prayers to join this 24/7 Wave of Prayer around the globe, praying for the dioceses in turn. The calendar is divided into three-day sections when we pray for a group of dioceses. On one day of the week there is a Bible verse which you can reflect on and take the opportunity to pray for aspects of the work of Mothers' Union worldwide to which you are drawn at the time.

As we play our part in sustaining the Wave of Prayer, we can do so with confidence, knowing our prayers have meaning and power. We can be encouraged, too, by knowing that throughout the world there are others who, in the same way, are praying for us. And now that Families Worldwide is translated into French, South American Spanish and Kiswahili it's even easier for us to pray for each other.

Jesus, Lord of life, by the power of your word and through your actions of love, call us to be your disciples.

Give us strength to be different, to stand up for justice and peace and be signs of your reconciling love for all.

*God of grace, enable your servants to carry out your mission on earth through the work of Mothers' Union worldwide. Today we pray for **

**see the Wave of Prayer diary.*

We pray for all members. May God be with them in every part of their lives, encouraging them and leading them, sheltering and strengthening them so they may work to your praise and glory. Amen

We always thank God for all of you and continually mention you in our prayers.

1 Thessalonians 1:2



Wednesday 1st

Faith never knows where it is being led, but it loves and knows the One who is leading. Oswald Chambers, 1874-1917, Scottish evangelist and teacher. Lord, on the first day of this new year we put our faith in you for all that lies ahead.

Thursday 2nd

We bring our prayers today for all Mothers' Union members throughout the world. May they approach the coming year with joy and faith in our Lord, who holds the future in his hands.

Friday 3rd

Loving Lord, our faith is in you: we trust in your plans for a future where we will bear eternal fruit as we follow your commands. May we always be a source of blessing to the world you have called us to serve.

Saturday 4th

'I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11

Sunday 5th

Deep within us there is a place where God can speak to us. Let us spend time dwelling in this space so that we can discern God's will for our lives.

Monday 6th Epiphany

Today we celebrate the visit of the Magi, who were inspired to journey to find the Holy family. As they acted with wisdom and discernment they witnessed the fulfilment of the scriptures as God revealed Jesus as the Messiah. May God help us, like them, to discern the part that he has planned for us to play in life.

Tuesday 7th

We pray today for discernment for our members as they engage in their family and community initiatives. May they be guided by the wisdom of God who gives generously to all who ask in faith.

Wednesday 8th

Dear Lord, help us to discern what we should stop doing and what we should start to explore so that we can be effective in sharing your love and fulfilling your will for us. Amen

Thursday 9th

Your ways are perfect, Lord. Help me to always discern the path that you have prepared for me and to follow in your footsteps as we journey together.

Friday 10th

Heavenly Father, thank you for your guidance in my life; help me to make time to stop and listen for your direction. Remind me daily to let my spirit focus on you, that you may inform every action I take.

Saturday 11th

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2 (ESV)

Wave of Prayer

5-7 January: Swaziland; 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 12th

Lord of the harvest, we pray for growth in our membership that our mission to give Christian care to families and communities will flourish throughout the world.

Monday 13th

Loving Lord, we pray that you will give us strength as we seek to share your love through our campaigns for social justice. May the voice of the Mothers' Union be respected by all who hear it.

Tuesday 14th

We pray for the work of the Mothers' Union in our local communities, and all the projects and initiatives undertaken by our members as they demonstrate the love of God through their lives of faithful action.

Wednesday 15th

Lord, we give you thanks today for the mission of Mothers' Union worldwide to bring transformation to individuals, families and communities in loving, compassionate, bold and non-judgemental ways.

Thursday 16th

Heavenly Father, we thank you for the members across the world who faithfully carry out the mission of the Mothers' Union, often in challenging situations. Please bless us all as we seek to love you, and our neighbours, with all our heart.

Friday 17th

Lord, we thank you for the Mothers' Union members who, over the years, have used the gifts you have given them to change the world. Help us to discover within ourselves your power, and the ways we can use it for your glory.

Saturday 18th

Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and love your neighbour as yourself. Luke 10:27

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 19th

Jesus prayed for his disciples that 'they may be one so that the world may believe' John 17.21. All over the world hearts are touched as Christians come together to pray for unity. Lord, today as we gather to worship, we proclaim our unity in Christ.

Monday 20th

Loving Lord, we thank you for the joy of being family in Christ with our fellow Mothers' Union members as, united in prayer and worship, we reach out in love and service as your hands across the world.

Tuesday 21st

The unity of the Church is not simply an end in itself but for the glory of God and as a sign, instrument and first fruits of his purpose to reconcile all things in heaven and earth through Christ. Swanwick Declaration 1987. May our relationships as churches together glorify God.

Wednesday 22nd

Lord, please forgive us for the times when, as Mothers' Union and as churches, we have paid lip service to Christian unity but this has not been borne out in attitude and action. Change our hearts that we may truly be united in Christian love.

Thursday 23rd

Eternal Father, we praise you for sending your Son to be one of us and to save us all. Look upon your people with mercy, for we are divided in so many ways, and give us the Spirit of Jesus to make us one in love.

Friday 24th

We pray today for the unity of the churches in our local areas, and give thanks for the joint initiatives we share together.

Saturday 25th

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. 2 Corinthians 13:11

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 26th

We pray for those who suffer the insecurity of poverty, homelessness or displacement. May we as Mothers' Union members challenge injustice and campaign to make changes for the better in all our communities.

Monday 27th

Come, Holy Spirit, fill the hearts of your people and kindle in us the fire of your love. Lord we pray for all who use foodbanks to feed their families and for all who run foodbanks in our country, that compassion and dignity will be given and received by all.

Tuesday 28th

Whether we are poor or rich, we ask that our words and our actions may shine forth with justice and with hope through our outworking of the MULO process. Lord, help us to show your love to all.

Wednesday 29th

Lord we pray for those who spent last night sleeping on the street, those who stayed awake fearing that this would soon be their fate, all those who slept in cold, damp conditions with no heating, and those who went without a meal in order to feed and clothe their children.

Thursday 30th

We pray today for the work of our members to alleviate poverty and help those in need of shelter. We ask that as they give out to others so they will receive refreshment and renewal by the power of the Holy Spirit.

Friday 31st

May God, who left his home in glory, have mercy on all who live in the world with no place to call their home. May God, who had nowhere to lay his head, champion their cause and give them refuge. Amen

FEBRUARY

Saturday 1st

If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth. 1 John 3:17-18

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

Sunday 2nd

Heavenly Father, I offer myself into your service as a living sign of your Lordship in my life. May all my actions be founded on your love and be pleasing in your sight. Amen

Monday 3rd

Faithful Lord, as the potter with the clay, I give myself into your hands this day for you to mould and shape me into the person you have designed me to be.

Tuesday 4th

In faith, I affirm that God has created me for a purpose to play a part in making his will happen on earth. I ask that he may bless me with every good thing I need to fulfil my work for him today.

Wednesday 5th

Loving Lord, give us the energy and courage we need to live according to our faith. May we be a source of encouragement to others and conduits of peace and reconciliation in our troubled world.

Thursday 6th

Dear Lord, we thank you that you are there when times are hard and the path ahead is difficult. Strengthen us to face what is to come, safe in the knowledge that your love conquers all. May we reaffirm our desire to align ourselves with you so that your will may be done whatever lies before us.

Friday 7th

We give thanks for Mothers' Union members across the world as they share their faith in practical ways. We pray that the foundation of faith on which their lives are built will grow deeper and stronger with every passing season.

Saturday 8th

Abraham did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. Romans 4:20-21

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 9th

Lord, who experienced family life in Nazareth, we thank you for our families and pray that we may so live that we reflect your love in our relationships. Be a presence in our homes and help us to serve you faithfully through our lives together.

Monday 10th

Lord, help us in our vital role of caring for our families, especially if we have children to nurture. Give us discernment day by day so that, in your strength, we may fulfil all of our responsibilities well.

Tuesday 11th

We pray for lone mothers and fathers bringing up families. May they have all the support they need as they care for their children, particularly when going through difficult times. May they always be aware of your love enfolding them.

Wednesday 12th

God of compassion, we pray for families facing particular difficulties through unemployment, poverty or illness. Bring alongside them those who can help, and may we recognise and act upon opportunities we might have to ease their burdens.

Thursday 13th

We pray for all Mothers' Union initiatives to actively encourage stable family life and support the lonely and vulnerable. We thank God for the transformation that is taking place in individuals, families and communities throughout many countries.

Friday 14th

Thank you, Lord, for our friends. May we be a mutual support to each other, sharing our joys and sorrows, encouraging and, where we are able, guiding one another through our shared experiences.

Saturday 15th

There are persons for companionship, but then there are friends who are more loyal than family. Proverbs 18:24 (CEB)

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 16th

Heavenly Father, we pray that you will be our sure foundation today and always. Give us the strength to be steadfast in our faith, despite the obstacles that we may meet along our journey.

Monday 17th

We give thanks for the steadfastness of our members involved in situations of conflict and crisis throughout the world. We praise God that even when others leave they remain, as a tangible expression of the love of Christ.

Tuesday 18th

Now may the God and Father of our Lord Jesus Christ, and the eternal high priest himself, the Son of God Jesus Christ, build you up in faith and truth and in all gentleness and in all freedom from anger and forbearance and steadfastness and patient endurance and purity. Polycarp, 69-155 AD, Bishop of Smyrna

Wednesday 19th

Gracious Lord we give thanks that our movement is grounded in faith, and for the steadfastness of our members who do not turn aside when problems arise but continue to help those in need across your world.

Thursday 20th

Father we pray for persecuted Christians throughout your world. We pray that they will be steadfast in spirit and that they will feel your love surrounding and upholding them.

Friday 21st

We pray today for all who are struggling to hold firm to a right course of action and are wavering because of the opposition of others. May they draw strength from the love and encouragement of Christ.

Saturday 22nd

Therefore, my friends, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain. 1 Corinthians 15:58 (ESV)

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 23rd

Lord, you gave us a wonderful world. Guide us to use your gifts wisely so that all people are able to enjoy a fair share of your riches.

Monday 24th

Lord, we thank you for the vision of all those who in 1992 started the Fair Trade Foundation and for its global influence today. We pray for continued success that world trade might soon be fair to all.

Tuesday 25th

We pray that all governments will become aware of the value of fair trade and promote good practice and fair prices in their quest for a fairer economy.

Wednesday 26th Ash Wednesday

As we begin the season of preparation for the joy of Easter, may we reflect on our sinful ways and pray for repentance. Loving Lord, teach us to live simple lives so that others may simply live.

Thursday 27th

We give thanks for the work of our members to uphold the values of fair trade as they help individuals, families and communities reach their full potential and take control of their lives with dignity. We pray for their work on environmental protection that farming may flourish despite the challenges of climate change.

Friday 28th

Lord, give us the courage to ask ourselves if the food and clothing we think we need in our lives means hunger and exploitation for others, and destruction of their culture and livelihood. Help us to request and use shops that have a range of fairly traded goods.

Saturday 29th

Those who do what is right want to treat poor people fairly. But those who do what is wrong don't care about the poor. Proverbs 29:7 (NIRV)

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

APRIL

Sunday 1st

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Psalm 63:1.

Monday 2nd

Lord, we recognise this season as a solemn time, but that it need not be gloomy. Help us to use it in a positive way, deepening our knowledge of you through prayer and study, to be ready to celebrate with joy the glorious Eastertide.

Tuesday 3rd

Lord, you chose to use your power only for the good of others and not for your own benefit. Help us, also, to use responsibly any influence we have over others.

Wednesday 4th

We pray for those who are going through a wilderness experience, feeling isolated and weak. Lord, give them a sure knowledge of your presence and your love and strength to come through this time into a better place.

Thursday 5th

We pray for all of our members throughout the world that in the midst of their busyness they will also have time to pause, draw close to God and reflect during this precious season.

Friday 6th Women's World Day of Prayer

God of all, God of hope, we pray for women and girls today that they will be all they can be. Give us courage to speak and work for equality and justice until the earth is filled with righteousness and love. Amen © Church of England

Saturday 7th

Lord, you triumphed over temptations in the wilderness; help us to resist when we are tempted to do what we know is wrong. Give us grace to know your will for us and keep us strong to live in accordance with that will.

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 8th

The woman to be admired and praised is the woman who lives in the fear-of-God. Give her everything she deserves! Festoon her life with praises! Proverbs 31:30 (The Message)

Monday 9th

Loving Lord, Son of Mary, we give thanks today for the women in our families and amongst our friends who have nurtured and inspired us. We pray today that each one will know that she is loved and valued.

Tuesday 10th

Loving Lord, we give thanks today for the women whose work touches and enriches our lives. May every woman whose lives have blessed us know today that she is loved and valued.

Wednesday 11th

Loving Lord, we pray today for women whose efforts are unseen and whose work goes unnoticed. We pray today for every silent and invisible woman, that she will know that she is loved and valued.

Thursday 12th

Loving Lord, we pray today for women who encounter negativity and discrimination and are denied opportunities on account of their gender. May all barriers be broken which prevent their flourishing and may each one know that she is valued

Friday 13th

Loving Lord, we pray for ourselves, for eyes and ears open to perceive where a woman known to us needs encouragement today, and to bring that encouragement. Give us boldness every day to affirm the value of all the women we know, through our words and in our actions.

Saturday 14th

Take a moment today to reflect with gratitude on the women who have influenced your life for good; both those whom you know personally and those who have been role models from afar.

Wave of Prayer

9-11 March: Awerial 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 15th

He will judge between the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore. Isaiah 2:4

Monday 16th

Give us all, Father, a vision of peace and reconciliation and help us to follow your way of love for each other as you commanded us to do. May those in power realise that goodwill between nations will bring more respect and harmony in the world.

Tuesday 17th

We pray for this year's UNCSW as the five-year milestone is reached towards achieving the Sustainable Development Goals. May there be an accelerated realisation of gender equality and the empowerment of all women and girls everywhere.

Wednesday 18th

Lord, help us to bring an end to greed, fear and prejudice. Let every nation demonstrate respect for the diversity of people in the world and may we be prepared to learn from each other.

Thursday 19th

Father, guide those involved in the role of the United Nations. Give them wisdom as they seek to bring about peace and justice throughout the world.

Friday 20th

We thank God for the representation that Mothers' Union has at the UNCSW and pray that our distinctive voice will be clearly heard as discussions and decisions take place this year.

Saturday 21st

May all nations show respect for the gifts the earth has to offer. Help us to use resources for the benefit of all; removing conflict and supporting countries which have little to share among their people.

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 22nd Mothering Sunday

He tends his flock like a shepherd: he gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young. Isaiah 40:11

Monday 23rd

Heavenly Father, we give thanks for those who have nurtured us in our faith, enabling us to grow in love and understanding. We pray that in turn we will be able to nurture others in their faith and be a source of blessing to those on their Christian journey.

Tuesday 24th

We give thanks today for the nurturing of gifts and talents within Mothers' Union and pray that opportunities will open up for members to flourish and grow in all that God is calling them to do.

Wednesday 25th Lady Day

O Lord Jesus Christ give us, we pray, the graces of Mary; faith, patience, ready obedience, thankfulness and courage. Amen

Thursday 26th

Management is about arranging and telling. Leadership is about nurturing and enhancing. Tom Peters, US Executive. Lord, in whatever ways we are able to, may we nurture and enhance those we lead.

Friday 27th

Gracious Lord we give thanks for the success of the Worldwide Parenting Programme, and for all who have learnt to nurture their family by sowing the seeds of love and care which can grow and be passed on to ensuing generations.

Saturday 28th

We pray for all children living in the care sector. We give thanks for foster carers who nurture the children in their care, giving them homes where they can feel safe, loved and part of a family.

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 29th

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

Monday 30th

Merciful Lord, as you are a God of justice, so may we be your people of justice. Fill us with compassion for the needy. Let everything we do be rooted in honesty and integrity.

Tuesday 31st

We pray today, for all who promote the cause of justice in government, in the church and in their communities. May their voices be clearly heard and noted above the clamour of other agendas.

APRIL

Wednesday 1st

Heavenly Father, we thank you that your mercies are new every morning. May we cherish the freedom we know through your grace, and be people who show merciful justice to others.

Thursday 2nd

May God bless us with anger at injustice, oppression, and exploitation of people, so that we may work for justice, freedom and peace. Franciscan Benediction

Friday 3rd

Grant us, Lord God, a vision of your world as your love would have it: where the weak are protected, and none go hungry or poor; where different races and cultures live in harmony and mutual respect; where peace is built with justice, and justice is guided by love.

Saturday 4th

O Lord, open my eyes that I may see the needs of others; my ears that I may hear their cries; my heart that they may not be without help. Show me where love, hope, and faith are needed, that I may be able to do some work of peace and justice for you.

Wave of Prayer

30 March-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 5th Palm Sunday

Rejoice greatly, Daughter of Zion! Shout, Daughter of Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey. Zechariah 9:9

Monday 6th

As we reflect on the momentous events of Holy Week let us seek to be a witness for Jesus to those around us, whether fellow Christians or those without faith, that more may come to know the love of Christ for themselves.

Tuesday 7th

As Mary anointed Jesus' feet as a loving act of service, may we be ready to listen to the promptings of our hearts and find new ways to love and serve our Lord.

Wednesday 8th

God our Heavenly Father, we worship you for your sacrificial love; the giving up of your beloved Son in a costly act of redemption which brought life to our hearts and eternal hope to the world.

Thursday 9th Maundy Thursday

On this night Jesus washed his disciples' feet, as loving example of servanthood. Help us to learn to do for others as he has done for us. Strengthen our hands and hearts to follow his will with love.

Friday 10th Good Friday

When the centurion who stood there in front of Jesus saw how he died, he said, "Surely this man was the Son of God!" Mark 15:39 Son of God, we stand before the cross and worship you. Amen

Saturday 11th

Lord we pause in quiet reflection as the world waits for the dawn of resurrection. The starkness of the cross is over; the joy of new life is a moment away. Our hearts fill with wonder and thanks to God.

Wave of Prayer

6-8 April: Cuebiet 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 12th Easter Sunday

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3

Monday 13th

As we rejoice in the resurrection of Christ, we give thanks for the brave women who ran to the tomb and then brought back wonderful news. We pray for women who have the courage to lead the way in their own community to bring about new life.

Tuesday 14th

The cross is the victory, the resurrection is the triumph... The resurrection is the public display of the victory, the triumph of the crucified one. Eric Sauer, Theologian, 1898-1959 We praise God for the eternal triumph of the resurrection.

Wednesday 15th

In the excitement and joy of Easter we remember those for whom this is a difficult time, for whatever reason. We ask that those who are still living in darkness may find light and new life very soon.

Thursday 16th

We give thanks for those moments in our life when we have had a resurrection experience. Let us reflect on the significance of that time and help others towards their own resurrection experiences.

Friday 17th

The Lord is alive; our hope is renewed. Fear has been vanquished; our future is eternal. Hallelujah. Christ is risen and we will rise with him. Praise be to God for the miracle of resurrection.

Saturday 18th

We pray for all those who were baptised or confirmed at Easter, that as they start their new life and continue their Christian journey, they may grow closer to God, day by day. May they have close and supportive companions to share their spiritual walk.

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

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 19th

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9

Monday 20th

We give thanks today for the courage and witness of Mothers' Union members who work in dangerous situations and pray that they will know God's protection from harm and opposition to their mission.

Tuesday 21st

As we meet with adversity, we praise God that he gives us the strength and peace of mind to move forward with courage. We give thanks that no situation is too difficult for him to see us through.

Wednesday 22nd

Heavenly Father we pray for children everywhere that they will be enabled to run the race of life set before them with courage, determination and perseverance. (1 Corinthians 9:24-27)

Thursday 23rd

Faith can give us the courage to face the uncertainties of the future. Martin Luther King Jr. Lord we pray that our faith will be greater than fear and be founded on Christ that we may be able to face with courage whatever lies ahead.

Friday 24th

Many of our members have difficult lives and live in difficult situations. Gracious God, blanket their hearts with peace and fill them with courage for each day as they share the love of Christ through their lives of faithful action.

Saturday 25th

Lord Jesus in the times of our lives when we particularly need your courage, we give thanks for providing us with miraculous ways to take one remarkable step of faith after another.

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 26th

Like the Holy One who called you, be holy yourselves in all your conduct [be set apart from the world by your godly character and moral courage]; because it is written, 'You shall be holy (set apart), for I am holy.' 1 Peter 1:15-16 (AMP)

Monday 27th

Holy, Holy, Holy, you are the Lord God Almighty. Help us Lord to live by your example, that we may always be considerate to others and their needs.

Tuesday 28th

Holy Father, give us wisdom to discern your presence in our lives, and understand what you ask us to do. Send your Holy Spirit on us to set us apart from the world by living holy lives as Jesus desires.

Wednesday 29th

Almighty God, may your Church worldwide reflect your holiness and blaze as light in a darkened world. May each local church reflect your holiness and be known for radiating the love of Christ.

Thursday 30th

Lord, today show us the joy of holiness; the privilege of living as your people, set apart from the world and longing for the power of the Spirit to work within us to produce godly conduct and character.

MAY

Friday 1st

If you think you can walk in holiness without keeping up perpetual fellowship with Christ, you have made a great mistake. If you would be holy, you must live close to Jesus. Charles Spurgeon, 1834-1892, Baptist Preacher. Loving Lord, draw and keep us close to Christ. Amen

Saturday 2nd

Lord, when you call us to work for you, please help us to persevere in the tasks you give, so that we may reach our journey's end in your peace and holiness.

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

Sunday 3rd

If you obey the Lord your God, here are the blessings that will come to you and remain with you. You will be blessed in the cities. You will be blessed out in the country. Deuteronomy 28:2-3 (NIRV)

Monday 4th

Help us, Lord, to recognise the inter-dependency between local production in rural areas, and the markets and enterprises in urban areas, resulting in well-developed links that create vibrant local economies and regional growth.

Tuesday 5th

'All people that on earth do dwell, Sing to the Lord with cheerful voice' [A&M 166]
Loving Father, we are all your people wherever we live, so may we follow your example of love and peace and live in harmony together.

Wednesday 6th

Thank you Lord for modern technology; we pray that its use leads to better communication and greater understanding of the problems faced in different communities, and assists enterprises to thrive in all locations.

Thursday 7th

Today we pray for all who work with the poorest communities in urban and rural areas. We ask for positive ideas and government and local commitment to tackle the roots of poverty in both town and country.

Friday 8th

Lord, we live in different communities, cultures and families but are united in faith and prayer. We pray for better understanding of each other's needs, as we continue to put our faith into action and make a difference in your world.

Saturday 9th

Reflect today on a rural or urban area that is special to you. Pray for those who live there, that they will appreciate the joys and overcome the challenges of living in that location.

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 10th

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

Monday 11th

Sing to him, sing praises to him; tell of all his wondrous works! 1 Chronicles 16:9
Lord, help us to offer ourselves to you each day with a cheerful heart, knowing that we belong to you and you are in charge of all.

Tuesday 12th

Let everything that has breath praise the Lord! Psalm 150:6
Loving Lord, we pray for a heart of gratitude that will centre our lives on you and help to hold us steady regardless of the circumstances.

Wednesday 13th

How great is our God! He is the same today as at the beginning of time and he will live forever! There is no problem too big or too difficult that he cannot overcome. So we bring our prayers to him today in an attitude of praise and worship.

Thursday 14th

Lord, we praise and thank you for the miracles you have worked in our lives – may our witness, and our rejoicing, lead others to celebrate and rejoice in your kingdom.

Friday 15th

Lord, as we bring you our thanks and praise, we intercede for all who are troubled, in danger or suffering illness or disability. Give us grace to help those we encounter who are in any kind of need.

Saturday 16th

Lord, grant us wisdom and foresight to place prayer and praise as the focus for our lives so that through our joy your voice may be heard far and wide.

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 17th

I wait for the Lord, my whole being waits, and in his word I put my hope.
I wait for the Lord more than watchmen wait for the morning. Psalm 130:5-6

Monday 18th

Lord we pray for mothers-to-be waiting with joy and expectation for the birth of their child. Give them patience in their travail and courage as they look towards the responsibilities of guiding a new person in the new chapter of their family life.

Tuesday 19th

Lord of compassion be with all who sit waiting at the bedside of those who are ill. Give them patience and the assurance of the comfort they bring by their presence.

Wednesday 20th

Forgive us, Lord, when we doubt you in our waiting and question your plans and purposes. You, the Lord of glory, draw near and patiently wait for us to turn to you. You share our waiting in your love and make it a place of grace.

Thursday 21st Ascension Day

This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven. Acts 1:11 Let us rejoice today as we see Jesus return to the Father with the promise that he will be with us always. Thank you Lord that we are never alone when we put our trust in you.

Friday 22nd

We pray today for all who are waiting for the results of medical tests. May they know the peace of Christ, which transcends all understanding, and may they be treated with kindness and compassion, whether the news is good or bad.

Saturday 23rd

As we wait for the coming of the Holy Spirit at Pentecost we pray that we might be ready to proclaim Christ as Lord and King in all we do and say each day of our life on this earth.

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 24th

The coming of the kingdom of God is not something that can be observed, nor will people say, 'Here it is,' or 'There it is,' because the kingdom of God is in your midst. Luke 17:21

Monday 25th

Lord God, you are always with us. You care for each one of us in your kingdom here on earth. We praise you for your many answers to prayers that arrive in unexpected ways. Amen

Tuesday 26th

Heavenly Father, let us show that your kingdom is here with us by reflecting your kingdom values through the way we listen to the problems of others, care for their needs, and not judge others unkindly.

Wednesday 27th

The only way the kingdom of God is going to be manifest in this world before Christ comes is if we manifest it by the way we live as citizens of heaven and subjects of the King. R. C. Sproul, 1939-2017, US Theologian Lord, may your kingdom come here on earth as we love and live with those around us.

Thursday 28th

Heavenly Father, may your Church proclaim your kingdom by its prayerfulness and its practical care for the hungry, the homeless and the persecuted.

Friday 29th

Lord, we thank you for the work our members do to build the kingdom of God in their part of your world. We pray for their highlighting of kingdom values to encourage stable family life and transformed communities.

Saturday 30th

Christ our King and Saviour, we thank you for shining the light of your kingdom in our lives. May that light inspire us to work eagerly to see your kingdom come here on earth.

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

Sunday 31st Pentecost

You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. Acts 1:8

JUNE

Monday 1st

Come, Holy Spirit, bring us into the way of truth. Free our lives from all that hinders our lives of faith that we may love and serve you in true obedience.

Tuesday 2nd

Come Holy Spirit. Fill our weak and empty lives with your strength and power. Flood our parched lives with streams of living water. Ignite our cold lives with the intensity of holy fire. Clothe us with power to witness to the love of Christ.

Wednesday 3rd

Trying to do the Lord's work in your own strength is the most confusing, exhausting, and tedious of all work. But when you are filled with the Holy Spirit, then the ministry of Jesus just flows out of you. Corrie Ten Boom, 1892-1983

Thursday 4th

Come, Holy Spirit, come as a surging wind and fill every nook and cranny of our lives; fill us with your powerful presence that we may be Spirit-filled and Spirit-led in our daily walk with you.

Friday 5th

Come, Holy Spirit, fill our lives with the strength of your presence. Empower us for whatever task, great or small, that is your will for us.

Saturday 6th

Although the Spirit never changes, the effects of the Spirit's action, by the will of God and in the name of Christ, are both many and marvellous. Cyril of Jerusalem. Fire of God ignite us. Wind of God invigorate us. Word of God inspire us. God of Pentecost be our blessing today and always. Amen

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

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

Sunday 7th

A generous person will prosper; whoever refreshes others will be refreshed.
Proverbs 11:25

Monday 8th

Calling is not only a matter of being and doing what we are, but also of becoming what we are not yet, but are called by God to be. Os Guinness, Author. As we celebrate volunteers, sources of hope and a gift to many, we pray for Christ to be the strength that constantly renews and refreshes their spirits.

Tuesday 9th

We thank you for the joy and peace of mind that volunteers bring. May they have strength and stamina to cope with all situations and may they know your presence in every encounter.

Wednesday 10th

We celebrate today the willing hearts of our members throughout the world who faithfully serve you in ways unseen to the many, and give selflessly of their time and gifts to follow your command to love our neighbour as ourselves.

Thursday 11th

Loving Lord, thank you that when we undertake each task as a work of love, we bring the joy of your presence into the lives of those we serve.

Friday 12th

Loving Father, we pray for those who are feeling overwhelmed by their voluntary work, whether by external circumstances or their own concerns. Give them renewed strength and sense of purpose, where this is needed; give them wise counsel and practical help, where this is appropriate.

Saturday 13th

Lord, we give thanks for the generosity and sharing of gifts by volunteers in our communities. May their example lead us to being more giving and generous towards others who need our help.

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 14th

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Hebrews 13:2

Monday 15th

‘When I needed a neighbour were you there?’ There are so many neighbours in need, let us meet each one with your love in whatever form will help them the most.

Tuesday 16th

‘And the creed and the colour and name won’t matter, I’ll be there’. Help us always, Lord, to see others as you see them. May we not judge by appearances but treat every person as is if they were your angel.

Wednesday 17th

‘I was hungry and thirsty were you there?’ Help us dear Lord to extend our hospitality beyond those we know well and invite those we hardly know, that we may share your love through food and drink to all whom we meet

Thursday 18th

‘I was cold, I was naked were you there? May we provide warmth to those who are cold in body, mind or soul, and clothe with love those who are vulnerable or needy for any reason.

Friday 19th

We pray for the plight of all refugees and displaced peoples who journey in search of sanctuary. Bless the work of our members, who offer welcome and practical aid in the name of Christ.

Saturday 20th

‘Wherever you travel I’ll be there’. As we travel through life may the Holy Spirit give us words to say and the discernment to act appropriately. May we see the lost, the shy and the lonely and like Jesus, bring light into their lives.

Wave of Prayer

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 21st Father's Day

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! 1 John 3:1

Monday 22nd

Heavenly Father we thank you for our parents who gave birth to us. For the parents who nurtured us as children and helped us to become who we are today. We pray for the children who have no parents and live in a child-led family.

Tuesday 23rd

God our Father, you sent your son into our world to live among us. May parents have discernment to see what is best for their children, to guide them according to your will and courage to let them find their own way as they grow up.

Wednesday 24th

Our Father in heaven, as you watched your son suffer and die for us we ask you to be close to those parents whose children are suffering from illness or degenerative disease. Give them patience and courage, surround them with your love and the support of others.

Thursday 25th

We pray for the increase of Mothers' Union parenting initiatives throughout the world, that families everywhere may experience joy in the adventure of parenting.

Friday 26th

We pray today for all who long to bear children but cannot, for whatever reason; also for those who have had stillborn babies or babies who died soon after birth. May they be comforted by the love and compassion of Christ.

Saturday 27th

We pray for parents who are struggling to cope with life, for whom the future seems bleak and every task seems like a mountain to climb; that they will receive the help and support they need.

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 28th

The Lord lift up His countenance (face) upon you with divine approval,
And give you peace [a tranquil heart and life]. Numbers 6:26 (AMP)

Monday 29th

Our loving Shepherd, we look to you to lead us to rest in the pastures of your love.
May the waters of your peace refresh our souls that we may face the challenges of life
with a calm and tranquil spirit. As we relax in your presence may your Holy Spirit
breathe upon us and still our hearts.

Tuesday 30th

Lord, we pray today for all who are burdened by the cares of life. We ask that the love
of Christ will touch their hearts and bring tranquillity within despite the pressures
they face.

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



MU PRAYER

*Loving Lord
We thank you for your love so
freely given to us all
We pray for families around the world.
Bless the work of The Mothers' Union
as we seek to share your love
through the encouragement,
strengthening and support of
marriage and family life.
Empowered by Your Spirit,
may we be united in
prayer and worship;
and in love and service
reach out as Your hands
across the world.
In Jesus name
Amen*

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 by thy Spirit quicken, whether through the word I speak, the prayer I breathe or the life I live. In the name of Jesus, Amen

MIDDAY PRAYERS - FORM 1

We beseech you, O Lord, pour your grace into our hearts; that as we have known the incarnation of your Son, Jesus Christ, by the message of an angel, so by his cross and passion we may be brought to the glory of his resurrection; through the same Jesus Christ, Our Lord. Amen

O God, our heavenly Father, we ask you to bless the work of Mothers' Union throughout the world, and especially in each diocese for which we pray today..... (See Wave of Prayer) Bless our members in their lives and in their homes, that they, being strengthened in love for you and to each other, may serve you faithfully to your glory, through Jesus Christ our Lord. Amen

Blessed Saviour, at this hour you hung upon the cross, stretching out your loving arms, Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. Amen

O Saviour of the world, by your cross and precious blood you have redeemed us; save us and help us, we beseech you O Lord.

MIDDAY PRAYERS – FORM 2

Jesus, Lord of life, by the power of your word and through the actions of love, call us to be your disciples. Give us strength to be different, to stand up for justice and peace and be signs of your reconciling love for all.

God of Grace, enable your servants to carry out your mission on earth through the work of Mothers' Union worldwide. Today we pray for the people and work of (see Wave of Prayer)

We pray for all members. May you be with them in every part of their lives, encouraging and leading them, sheltering and strengthening them so they may work to your praise and glory. Amen.

Faithful and loving God, who called Mary Sumner to work for the renewal of family life; inspire us to follow her example and respond to your call to new adventures, new possibilities and new visions for the work of Mothers' Union around the world. May we always see the world through the eyes of Christ, speak to those we meet with the words of Christ, and take with us on our journey the peace of Christ. Amen

Mothers' Union

is a global, women-led,
volunteer movement.

United in our diversity
and living out our faith,

we support individuals and families to
transform their lives. Embedded in the

Church

and community,

we have unprecedented reach

that gives a voice to the

stigmatised and vulnerable

around the world.

Mothers' UNION

Christian care for families

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another...

Hewbrews10: 24-25

