

Mothers' UNION

Prayer Diary 2021

Uniting members in prayer and
fellowship around the world

Formerly known as *Families Worldwide*

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Prayer Diary 2021

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My dear friends,

We listened! Here's the action!

As usual, there is always something exciting popping up in the life of Mothers' Union each year. This is great as it gives us new opportunities to share and celebrate with each other in a rich and inspiring way.

So, 2021 is no different as I introduce to you our brand new inspirational annual *Prayer Diary* which captures the depth of prayers from *Families Worldwide* and merges it with new initiatives; such as additional reflections, and stories of our impact around the world.

Prayer is central to our lives and work, and I recommend this *Prayer Diary* to be a faithful companion in your life as a member and in your commitment to lifting others up in prayer. Keeping it within reach or next to your comfy chair will help you to be more intentional in setting aside time to pray as a global family, as together we experience some of the most profound insights and prayers that will strengthen our connection with God and each other, and encourage our faith.



There's still more news! Following months of research and consultation, a new membership publication has now been developed to serve you all in a new way, providing every member in Britain and Ireland with opportunities to share even more stories of the difference you are making to lives in your parishes and communities, as you motivate and inspire one another to grow God's Kingdom together.

I invite you to join me in looking forward with great anticipation to this new twice-yearly membership publication, which will be released in spring and autumn 2021 and will replace *Families First*. You are receiving this annual *Prayer Diary* at the end of 2020 so we can start 2021 strong

in prayer and togetherness, with hands linked across the oceans and distances near and far.

The work of MU in Britain and Ireland and worldwide is truly amazing, changing lives and bringing lasting transformation. The new membership publication features members and puts their work in the spotlight under our three global themes: peace and safety, self-reliance and gender justice. The COVID-19 pandemic has clearly driven home the importance in these three areas.

There will also be reflective articles such as prayerful pieces and articles from members, leaders and partners of Mothers' Union; updates on our policy and advocacy work; a mini review of the year and maps and graphics to help bring the huge impact members make around the world to life. Of course there will be other bits and pieces that showcase events, encourage others to join, and give ideas for meetings. I believe this new publication will certainly help Mothers' Union to grow and deliver God's work for years and years to come.

My grateful thanks to each and every member and friend for your love and support for *Families First* and *Families Worldwide*; thank you to all who generously contributed to making these publications a pleasure to read and a reason to celebrate the difference Mothers' Union makes; and to faithful staff who worked hard to make it all a huge reality.

The year 2020 has been one of surviving the challenges of the COVID-19 pandemic, finding new ways of working and coping, and recognising that our God is alive and still performs miracles. I pray that 2021 will bring with it bright new beginnings, a renewal and revival in each and every heart, home, community and nation. May 2021 be a year of prosperity as together we rebuild hope and confidence in every sphere of our lives and in our Mothers' Union.

With my love and God's blessings as always,

Sheran

Worldwide President

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 the annual *Prayer Diary* is translated into French, Spanish and Swahili it's even easier for us to pray for each other.

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

1 Thessalonians 1:2

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



United in Prayer



January-March

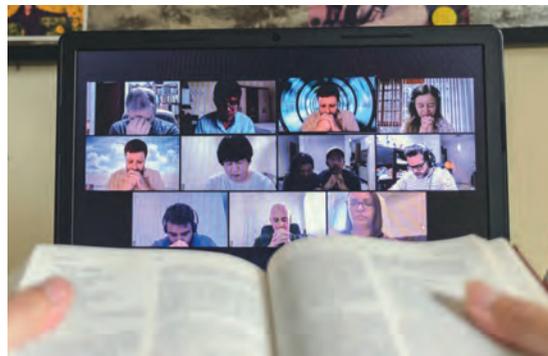
Written by Thembsie Mchunu, Mothers' Union Trustee for Zone E

Scripture: **Where two or three gather in my name, there am I with them.** (*Matthew 18:20*)

Most people from Mozambique, Zimbabwe and other neighbouring countries have been able to support their families with the work that they were doing in South Africa. Since COVID-19, many workplaces have been closed and those workers are not allowed to come into South Africa to look for something else to do.

Even within the country, we are facing a high rate of crime, including robbery, car hijacking, and burglary etc. Young people are looking for ways of gaining an income quickly. In homes there is a lot of financial or material tension which leads to physical and sexual abuse. Life is really difficult in our zone. Communities in Sudan and South Sudan are also facing poverty, which means domestic violence is increasing.

Heavenly Father, we praise your name and worship you as you are still God even in bad times. You taught us that 'the body is united though it is made up of many parts. Therefore if one part suffers, every part suffers with it.' (1 Corinthians 12:12 and 26). As Mothers' Union members around the world, we come united in prayer with your promise that 'where



two or three come together in your name, there you will be with them.' Please heal every human being and reveal that each one of us is made by your image. Lord in your mercy, hear our prayers!

Prayer points

- The whole world is in turmoil due to COVID-19. Our zone is facing a high rate of unemployment since many workplaces are closed. Please pray for workplaces to reopen safely.
- For those suffering from gender-based violence and domestic violence.
- For crime to decrease in our zone and around the world.

Our impact

MU Vicoba Groups

Vicoba is our Credit and Savings programme in Tanzania. We have over 5,000 participants in 218 groups. From the savings that groups have accumulated and the credit that they are accessing from each other, all MU Vicoba groups report that members are primarily using their loans to start small businesses that benefit their families. For example, Daisy is an MU Vicoba group member in the Diocese of Masasi. She used a loan to start a business processing flour. From the profit of her flour business, she was able to start two further income streams – making and selling soap and coconut oil. With Daisy's increased income, she is able to support her two children with an improved household diet, paying school fees and buying school materials.

Another MU Vicoba member, Helen, from the Anglican Cathedral in Zanzibar, took a loan from her group and used it to dig



a shallow well in her home, enabling her family to simultaneously access fresh water and to start two small businesses – fattening livestock and irrigating short cycle vegetable crops that she sells in the market. Helen and her MU Vicoba group have used the additional income from their businesses to access national health insurance for each group member and their families. Now, Helen can always afford to take her children to the clinic when they fall ill.

Daisy and Helen are just two examples of the many MU Vicoba members that have started businesses, which support their families.

Rejoice and reflect

1-2 January 2021

Friday 1st

If this is to be a Happy New Year, a year of usefulness, a year in which we shall live to make this earth better, it is because God will direct our pathway. How important then, to feel our dependence upon Him! *Matthew Simpson, 1811-1884*

Saturday 2nd

Loving Lord, as we take the first steps along the path of this new year, we rejoice in the fact that you will be our constant companion through the ups and downs of all that lies ahead. We rejoice in your promise to never leave or forsake us.

Wave of Prayer

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

Sunday 3rd

Lord, yesterday's events are past and we cannot change them. Give us courage and vision as we step into the future, trusting that you will be our constant guiding light and protect us on our journey.

Monday 4th

Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. *1 Chronicles 16:10-11*

Tuesday 5th

Where there is no vision, there is no hope. *George Washington Carver, 19thc. US scientist.* Lord, as we seek to rebuild hope and confidence in people's lives in the wake of the global pandemic, we pray for your vision for a better future ahead.

Wednesday 6th Epiphany

The wise men travelled a vast distance to seek the baby Jesus. As we also seek him, let us journey into our hearts and minds and we will find him. He is with us always. Thanks be to God.

Thursday 7th

Lord, grant us a clear vision for the future of Mothers' Union so that we maximise our resources and work together effectively. Inspire us with ideas and bless our planning that we may achieve our goal of a world where God's love is shown through loving, respectful and flourishing relationships.

Friday 8th

Thank you Lord for giving us trust in you. We place our future in your hands as we follow where you direct us. Inspire us with your vision and empower us with your Spirit. May we walk together into the future knowing you are our guide.

Saturday 9th

God of time and space, lift our gaze beyond the present. Flood the eyes of our hearts with light and expand our eternal vision. Fix our eyes on Jesus, who endured the cross, for the joy set before him; everlasting glory at the right hand of God.

Wave of Prayer

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

5-7 January: Swaziland; Ruaha in Tanzania; Aquata & Lagos Mainland in Nigeria; Norwich in England and Chotanapur in India

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

Mothers' Union worldwide 10-16 January 2021

Sunday 10th

Today we celebrate with joy the family of Mothers' Union; we link hands in fellowship with our members across the world. May we be united together in purpose as we seek to rebuild hope and confidence in those we serve.

Monday 11th

Among the people of the world you shine like stars in the heavens. You shine as you hold out to them the word of life. *Philippians 2:15-16 (NIRV)*

Tuesday 12th

Heavenly Father, we pray for Mothers' Union office holders around the world. Give them discernment and grace to be ever mindful of the needs of those they are called to serve. May your Spirit guide them in all that they do in your name.

Wednesday 13th

May the Mothers' Union continue to grow together in faith, hope and love, bringing these blessings to the world. *Rachel Carnegie: Anglican Alliance*. Lord, in your mercy, hear our prayer. Amen

Thursday 14th

Lord, we thank you that as Mothers' Union we do reach out as hands across the world to support each other. We pray today for our members who are coping with particularly challenging circumstances. May they be strengthened by our love and prayers for them.

Friday 15th

Gracious God, we praise you for the numerous lives and relationships which have been transformed by the ministry of our members throughout the world. We pray for your ongoing provision of resources that we may continue to be a global influence for good.

Saturday 16th

Take a moment today to pray for the members of your own link dioceses, or for worldwide initiatives with which you have a particular interest and concern.

Wave of Prayer

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

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 17th

Lord, help us all to walk in the light as you are in the light. Draw us together in love, unite us in fellowship, and sustain and strengthen each one of us in our Christian walk. In Jesus' name we pray.

Monday 18th

Dear brothers and sisters... Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you. *2 Corinthians 13:11 (NLT)*

Tuesday 19th

The theme for this week of prayer for Christian unity is "Abide in my love and you shall bear much fruit". We pray for Christian groups of different denominations meeting together, for renewed joy and fellowship, and commitments to do more together.

Wednesday 20th

Father God, help us to pray for the fruits of closer Christian fellowship, loving one another as you have loved us, that we may celebrate abiding in your love by our unity with each other and a greater solidarity with the whole of creation.

Thursday 21st

Lord we ask you to bring us together as one in prayer and praise and to daily lift each other to your throne of grace. May we feel your love helping our fellowship to be a witness to you as we serve you even in difficult times and challenges.

Friday 22nd

Merciful God, protect and provide for each member of your worldwide Church and lend your support, encouragement and strength to all who are facing the increasing trials, tribulations and persecutions that are present in our world today.

Saturday 23rd

Loving Lord, thank you for the fellowship of Christians we enjoy. You have made us one, each with our own gifts and talents. Give us an ever-deepening love for each other that we may minister to one another in true Christian fellowship and godly love.

Wave of Prayer

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

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 24th

Jesus said, 'Blessed are the poor in heart, for they shall see God'. We pray for those who are 'poor in heart', who feel unloved and unwanted; may we recognise them, value them and show them your love so they may grow in confidence and come to accept you into their lives.

Monday 25th

Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done. *Proverbs 19:17*

Tuesday 26th

Jesus said, 'Blessed are the poor in spirit for theirs is the kingdom of heaven'. Help us Lord to encourage those who feel lost and hopeless. May our actions show them they are loved and valued by you.

Wednesday 27th

We remember all those who lost their livelihood in last year's pandemic, as they rebuild their lives. May they find new ways of using their talents and skills to be fulfilled and to earn enough money to sustain them and their families.

Thursday 28th

Pray today for schools in the poorest areas of the world, which supply not only education, but food, clothing, and medical care. Give thanks for the staff in those schools, whose hard work and dedication enrich the lives of those around them.

Friday 29th

Today we think of those who are poor in affluent areas of our world, where people are ashamed to admit their needs. We pray for them to regain their dignity and to receive what help they need to be comfortable and confident day by day.

Saturday 30th

We pray for all who live in squalor and discomfort, because they have no means of earning money to buy food and clothing. We give thanks for those who work in these places to give them hope and skills to improve their lives.

Wave of Prayer

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

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

Light of the world 31 January-6 February 2021

Sunday 31st

Today as you come to worship, open your heart to let the light of Jesus shine into the darkest corners of your world, chasing away the gloom of despair and filling you with hope and peace.

FEBRUARY

Monday 1st

I have seen your salvation which you have prepared for all people. He is a light to reveal; God to the nations, and he is the glory of your people Israel. *Luke 2:30-32 (NLT)*

Tuesday 2nd

May the light of Jesus be reflected in the work of Mothers' Union locally and globally. May we be inspired with his vision for whatever part of the world we have been called to serve and may we be known as light-givers in shadowy places.

Wednesday 3rd

Loving Lord, we give thanks that the members of Mothers' Union shine as beacons, bringing hope and care to those we serve. Enable us all to shine in the darkness, to stand up for justice and peace and reflect your love for all.

Thursday 4th

Lord God may our words and actions reflect the light of your love in Jesus' name. As we walk through life inspire us to shine your light in the most effective way, that it would reach to those in greatest need.

Friday 5th

Heavenly Father we know that Jesus is with us lighting our way in times of trouble and pain and we give thanks for his constant care when the way ahead seems dark.

Saturday 6th

We thank you, Lord, that, through your grace, we are the light of the world. May we shine ever brighter with the light of your love as we live out our faith in action. And may we be faithful lights that point the way to you who is the true light of the world.

Wave of Prayer

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

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 7th

We rejoice in our relationships with one another as members of the Mothers' Union across the world. Help us to strengthen these relationships and guide us as we support and encourage each other in our daily lives.

Monday 8th

Be kind *and* helpful to one another, tender-hearted [compassionate, understanding], forgiving one another [readily and freely], just as God in Christ also forgave you. *Ephesians 4:32 (AMP)*

Tuesday 9th

Lord, thank you for the perfect example of relationship that we see in the Trinity. May the power of your Holy Spirit sustain us in all our relationships, with your love that knows no end.

Wednesday 10th

May families work together to create stable relationships based on the words of Jesus 'Love one another as I have loved you'. We pray for the Mothers' Union Parenting programme across the world as they help families to build such stable relationships.

Thursday 11th

Father, we give you thanks for all the people you have surrounded us with. Keep us loving and caring in all our relationships, so that we may live together in harmony.

Friday 12th

Teach us Lord to be understanding and tolerant to each other, to acknowledge that differences can be fruitful and that we can learn from each other.

Saturday 13th

Countless mistakes in marriage, parenting, ministry, and other relationships are failures to balance grace and truth. Sometimes we neglect both. Often we choose one over the other. *Randy Alcorn, US author.* Lord, help us to get the right balance in our relationships that they may be strong and stable.

Wave of Prayer

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

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 14th

Father God, as we prepare to observe the Season of Lent, help us to make sensible decisions about how we are to do this. May our aims be worthwhile for our spiritual development but achievable so that we will not feel that we have failed.

Monday 15th

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you. *Psalms 33:20-22*

Tuesday 16th

We look forward with anticipation to Lent and the opportunities for deeper prayer and study. May we take these opportunities to learn, to grow and to develop our faith and commitment.

Wednesday 17th Ash Wednesday

Lord Jesus, as we recall your time fasting and praying in the wilderness, help us to be strong in our resolve to imitate you in our devotions. May we come closer to you and know your power in our lives.

Thursday 18th

Lord, you faced great discomfort in your wilderness experience. Be with those whose lives are blighted by poverty and inadequate housing. Bless all who work to alleviate their conditions and show us how we, too, can make their lives easier.

Friday 19th

Lord, we are only at the beginning of this Lenten Season. Give us perseverance and determination in our observances that, like you, we 'may not faint nor fail'.

Saturday 20th

Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we come from, where we must go, what path we must take in life. *Pope Benedict XVI*

Wave of Prayer

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

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 and Argentina

Sunday 21st

Compassionate Lord, teach us to understand, encourage and inspire as we seek to act as your hands and feet, in our responsibility to care for our global family across the world.

Monday 22nd

A poor person's farm may produce much food, but injustice sweeps it all away.
Proverbs 13:23 (NLT)

Tuesday 23rd

Today we remember farmers who grow the crops and crafters in community workshops. Grant them wisdom and discernment in their decision-making for the advancement of their community as they work together to create the stories of the future.

Wednesday 24th

We pray that God's love and justice will transform the rules and practices of trade. We pray for fairer treatment for all involved in the fair trade chain – remembering those today who handle and transport the goods to market, and to our shop shelves.

Thursday 25th

Lord, may we encourage our local shops and supermarkets to make a genuine commitment to fair trade. As we make our choices may we deepen our interconnectedness through our growing understanding of unjust structures.

Friday 26th

Lord of hope, grant us vision and strength to speak out and advocate for fair trade, justice and love. Encourage us to play our part in freeing people around the world who are trapped in extreme poverty. May our actions create a lasting impact for the sake of your kingdom.

Saturday 27th

Almighty God, we pray for wisdom and a strong social conscience for those in positions of power, so that they may make positive and far-reaching decisions to improve the lives of the world's poor.

Wave of Prayer

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

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

Sunday 28th

We thank God for Mary Sumner who through her influence has made Mothers' Union what it is. We pray for mothers and mother figures, that by their prayer, love, actions and care they may teach and guide children in the way they should go.

MARCH

Monday 1st

A woman who fears the Lord is to be praised. Honour her for all that her hands have done, and let her works bring her praise at the city gate. *Proverbs 31:30-31*

Tuesday 2nd

'And who knows but that you have come to your... position for such a time as this?' *Esther 4:14* Pray for women who speak up for the injustices they see around them. Pray for courage for them. Our voices matters and can change things.

Wednesday 3rd

Let us remember women in the public arena in positions of authority: politicians, those in the media, in the church, in business and in education. May God grant them the wisdom to fulfil their influential role to the benefit of all.

Thursday 4th

The prophetess Anna devoted her life to waiting and trusting in God's provision. By her quiet prayer she was rewarded by the sight of the infant Jesus. Let us thank God for the many women in the world today who strive to have a good impact on others through their quiet and steadfast prayers.

Friday 5th Women's World Day of Prayer

Today we pray especially for women of Vanuatu, including Mothers' Union members, as they have inspired this years' World Day of Prayer. May we all build our faith on the strong foundation of love and caring support for one another.

Saturday 6th

Today let us pray for ourselves as people of influence on those we have contact with. May our faithful God help us to encourage others through all we do in his name.

Wave of Prayer

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

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 7th

Loving Lord, open our hearts Lord that we may know you better, so that as we grow in faith, we recognise that you are beside us in every circumstance.

Monday 8th

Live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God. *Colossians 1:10*

Tuesday 9th

The path of spiritual growth is a path of lifelong learning. *M. Scott Peck, 1936-2005*. Father, help us to grow to be more like you through prayer, Bible study and a longing for your presence, throughout the whole of our life.

Wednesday 10th

Gracious God, give us wisdom to perceive and understand you and ourselves through the grace of Your Holy Spirit who is the Spirit of truth.

Thursday 11th

Righteous Lord, help us grow in faith, so that whatever we do in the name of justice, truth and goodness, we know that we do it in your name.

Friday 12th

Lord, we pray that in times of hardship and adversity we may find we have the greatest spiritual growth spurts, rather than slipping backwards and turning away from your love. Help us to trust in you all the more and come through having grown in maturity and character.

Saturday 13th

'Anyone can become an old Christian. All it takes is time. Not everyone becomes a mature Christian.' Lord, help us to grow in spiritual maturity as well as in the number of years we have followed you. Make us eager to move from spiritual milk to solid spiritual food that we may grow strong in Christ.

Wave of Prayer

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

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 14th Mothering Sunday

Gentle God, on this day we bring to you our prayers of gratitude for all mothers. Grant to them the courage that Mary had as they look after and cherish all those in their care.

Monday 15th

This is what the Lord says: As a Mother comforts her child so I will comfort you. *Isaiah 66:13*

Tuesday 16th

We give thanks that through the work of the Mothers' Union we are able to nurture and care for those in need throughout your world, as we share God's love in practical ways.

Wednesday 17th

Today we remember in our prayers all those whose mothers are no longer with them. May they know the comfort of Christ and his tender care as they hold their mothers forever in their hearts.

Thursday 18th

We give our grateful thanks to those who work in care services as foster carers, social workers and other vital roles, as they give their love and constant support to some of the most vulnerable children in our societies.

Friday 19th

Loving Lord, we are eternally grateful for the achievements of our Mothers' Union parenting programme throughout the world. We celebrate its success and pray that it will be able to continue and flourish in the future.

Saturday 20th

Lord Jesus we pray for all mothers and carers who are struggling as they care for children of all ages. Please encourage and strengthen them, and bring alongside them those who can share the load and offer practical help.

Wave of Prayer

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

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 21st

Loving Lord, break down the walls that divide and guide those who search for peace between nations. May all people respect the rights and customs of others and place their trust in your wisdom and love.

Monday 22nd

The Sovereign Lord will show his justice to the nations of the world. Everyone will praise him! *Isaiah 61:11 (NLT)*

Tuesday 23rd

Social media and all forms of technology bring greater awareness of the interdependence of all countries and the problems faced. We pray for positive relationships to be built based on greater understanding, compassion and responsible communications.

Wednesday 24th

Lord we pray for world leaders involved in complex international discussions to listen to each other and the people they represent. May their decisions reflect true understanding of the needs and fears of all in this troubled world, and give hope and peace for future generations.

Thursday 25th Lady Day

Heavenly Father you chose Mary to be the Mother of our Lord Jesus Christ; help us to follow her example of obedience and trust as we respond with love to those who seek our help and nurture the growth of Christian life in your world.

Friday 26th

We pray for the United Nations dealing with issues that transcend borders and affect the whole world. May real progress be made on turning debate into action, always recognising the equal rights and dignity of all people.

Saturday 27th

Lord, as members of this worldwide organisation may we continue to play our part in serving the communities in which we live, and show love for our neighbours in all parts of the world.

Wave of Prayer

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

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

Power of Prayer



April-June

Written by Kathleen Snow, Mothers' Union Trustee for Zone B

Scripture: The prayer of a righteous person is powerful and effective. (*James 5:16*)

One blessing during the COVID-19 pandemic was how our Mothers' Union members came together worldwide through prayer. We prayed for one another on WhatsApp, on Zoom, during Midday Prayers on Facebook and when able to in person, physically distancing and wearing masks. We did what we do best – when we are faced with trials, we pray.



Our prayers do make a difference - God never lets us down. He answers our prayers in his time and in his way. He hears our prayers as we pull our lives together. But we can become distracted from focusing on Jesus when our lives are in turmoil. Peter became distracted when Jesus invited him to walk on water

to meet him. We need to keep our focus on Jesus and cry 'help!' when we are drowning.

Jon, a priest and friend shared with me, 'It's all about Jesus. Jesus is large and in charge and he hasn't left the building'. He reminded me of three things we can do:

1. Pray for direction.
2. Wait for direction.
3. Follow direction.

And leave the rest to Jesus!

Prayer points

- For wisdom and guidance for the people of Brazil and USA, and for their leaders to give good direction in containing and overcoming these grave outbreaks.
- For continued strength of Mothers' Union members in the West Indies and South America as they strive to maintain good health and healthy relationships in their homes and communities.
- For peace, reconciliation and unity in the USA as they struggle with division and polarisation among their people.

Sunday 28th Palm Sunday

Many who welcomed Jesus with shouts of ‘Hosanna’ did not sustain their joy, as they were influenced by those who did not recognise the love of God. As part of that crowd, may we truly welcome Jesus into our lives and not be led astray by others.

Monday 29th

The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many [paying the price to set them free from the penalty of sin]. *Matthew 20:28 (AMP)*

Tuesday 30th

As Mary anointed Jesus’ feet with her ointment, she was giving Jesus her whole life. Dear Lord, we offer you all that we have, all that we do, all that we say, and all that we think; we submit our lives to you, that we may become more like you, day by day.

Wednesday 31st

As Lent draws to an end, we think of the disciples who went to prepare the Upper Room for your last meal on earth. May we prepare ourselves to receive your salvation, and remember your command to ‘love one another’.

APRIL

Thursday 1st Maundy Thursday

On this day when we remember the first communion, may we share in your broken bread and wine outpoured to become one with you and all who share this meal.

Friday 2nd Good Friday

On this solemn day you paid the ultimate price for us. May we look at our lives and confess our sins, so that on Easter Day we may rejoice in the freedom of forgiveness.

Saturday 3rd

Jesus, as we remember you dead in the tomb, we pray for all who despair, that they may be raised from their darkness into a lightness of life. As we prepare to celebrate your resurrection, may we be renewed in our faith to live a new life with you.

Wave of Prayer

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

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 4th Easter Sunday

Alleluia, Christ is risen! He is risen indeed, Alleluia! We praise you for your triumph over sin and rejoice at your glorious resurrection. Grant us grace to live as Easter people, always rejoicing in this new life you have opened to us through your resurrection.

Monday 5th

As Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. *Romans 6:4 (ESV)*

Tuesday 6th

Risen Lord, after your resurrection you came to your disciples through closed doors. May the doors of our hearts always be open to you that we may know your guidance and companionship as we continue on our Christian pilgrimage.

Wednesday 7th

Risen Lord, your first words to your disciples were “Peace be with you”. May we know your peace in our lives today and every day, and be peacemakers wherever we have influence.

Thursday 8th

Risen Lord, your wounds were visible even in your resurrection body. May we have compassion on all who are wounded physically, mentally or spiritually and be a channel of your love as we reach out to them with compassion and acceptance.

Friday 9th

Risen Lord, although we cannot see you, we have your promise: “I am with you always”. Help us to be aware of your loving presence to guide, encourage and strengthen us at all times.

Saturday 10th

The light, the heaven, the fields and the sea duly praise the God ascending above the stars, having crushed the laws of hell. Behold, He who was crucified reigns as God over all things, and all created objects offer prayer to their Creator. *Venantius, 6th Century Priest and Poet*

Wave of Prayer

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

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

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

Sunday 11th

Simplicity is not about deprivation. Simplicity is about a greater appreciation for things that really matter. *Author unknown.* Lord, help us today to value the simple things of life and to take time to reflect on what truly matters to us.

Monday 12th

I am not concerned with great matters or with subjects too difficult for me. Instead, I am content and at peace. As a child lies quietly in its mother's arms, so my heart is quiet within me. *Psalm 131:1-2 (GNT)*

Tuesday 13th

Loving Lord, help us to be grateful for what we have and to remember that joy is found in simplicity, rather than hankering after the complex and superficially attractive pleasures often found in 21st century life.

Wednesday 14th

Heavenly Father, you don't require us to bring elaborate and longwinded prayers in order to impress. So today we pray simply to you to calm the storms in our lives. Help us to have a simple and childlike trust in you.

Thursday 15th

Simplicity brings us balance, freedom and joy. Help us to show these qualities in all the work that we do as Mothers' Union, and to show the love of Jesus by our simple acts of kindness.

Friday 16th

We pray today with simple, childlike faith for our members worldwide that they may know the peace and comfort of our God's love in their lives and be filled with the joy that comes from following Christ.

Saturday 17th

Jesus gives us this simple but profound message 'Do not worry about your life what you will eat or what you will wear. Do not worry about tomorrow; tomorrow will take care of itself.' *Matthew 6: 25-34.* Lord, give us the faith to live each day trusting you.

Wave of Prayer

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

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; Egbo in Nigeria; Te Pihopatanga O Aotearoa in New Zealand; Cork, Cloyne & Ross in All Ireland and Eastern Himalayas in India

Sunday 18th

Loving Lord, we pray for those who walk alongside us sharing tasks, sharing vision and pressing forward to build your Kingdom here on earth. Grant us ears to listen, eyes that open and lips that speak of your love, hope, beauty, peace, and mercy.

Monday 19th

The Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. *Micah 6:8 (NLT)*

Tuesday 20th

Loving Christ, forgive us our selfish desires, encourage us in our spiritual journey and enable us to walk in your ways continually as we seek to serve you in love and service.

Wednesday 21st

Justice denied anywhere, diminishes justice everywhere. *Martin Luther King, 1929-1960.* Lord, in our journeying with you, lead us to challenge unjust structures and to walk with peace and reconciliation in our hearts.

Thursday 22nd

Lord Jesus, you have searched us out and you know us. You call us out of the safety of our boats to walk with faith on the water towards you. Even when we stumble and flounder you reach out to save and steady us.

Friday 23rd

Lord of life, a walk with you generates kindness, compassion, justice and humility – may this be the reflection of our daily lives. May we be alert to spiritual treasures and life lessons along the way and be ready to share these with those whom we meet.

Saturday 24th

Lord, be our guide: where you lead we shall follow, where you pause we shall wait, journeying together as pilgrims of Christ.

Wave of Prayer

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

20-22 April: Kinshasa in DR Congo; Victoria Nyanza in Tanzania; Ahoda & 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 25th

Let us give thanks today for the diverse spiritual journeys we each make that lead to our joining together as one in prayer and praise to celebrate our Heavenly Father.

Monday 26th

God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. *1 Corinthians 12:18-20*

Tuesday 27th

Take time to listen, to see, to touch and to feel the intricacies and interdependence of nature, giving harmony to the world around us. Lord help us to appreciate the diversity we experience and to wonder afresh at your creation.

Wednesday 28th

We praise God today for the teams of people who, each with their own special skills, training and diverse experiences, work together to bring, hope and healing in emergency situations across the world.

Thursday 29th

We rejoice today in the diversity of people who respond to God's call. Lord, in our differences we have the same goal to be part of your glorious light and as we unite together the light shines ever brighter.

Friday 30th

There never were in the world two opinions alike, no more than two hairs or two grains; the most universal quality is diversity. Lord, guide us to celebrate the diversity of Mothers' Union members as we reach out into our own different communities.

MAY

Saturday 1st

Take time to reflect on the variety of ages, cultures, languages and talents found in your church family, friends and community and give thanks for the richness it brings to your life. As you recall specific people, ask God for his blessing to be upon them.

Wave of Prayer

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

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 2nd

Today we give thanks for the businesses and industries which will serve our needs in the week ahead. We offer thanks for the employment and the goods and services provided and we pray for the health and wellbeing of all who work in business or industry.

Monday 3rd

Do not rob or take advantage of anyone. Do not hold back the wages of someone you have hired, not even for one night. *Leviticus 19:13 (GNT)*

Tuesday 4th

We pray for sole traders, small businesses and new businesses. We pray for peace of mind and stability for them all in precarious times; for good relationships between businesses, and between all who work together in them.

Wednesday 5th

We pray for all who employ others, for skill and wisdom in working together, for resources to care for employees, for good, fair and just relationships between employers and employees.

Thursday 6th

We pray for all who work in the service industries, for energy and for wisdom. We pray especially for those who feel that their work is taken for granted, or not appreciated. We ask for encouragement and blessings today for all who serve other people.

Friday 7th

We pray for manufacturers and for the safety of those whose work in the manufacturing industries is dangerous. We pray for safe working environments for all people.

Saturday 8th

We pray for financial services and all who work in this sector. We pray for integrity in all financial dealings, and for fair distribution of wealth throughout the world, particularly in times of fiscal uncertainty.

Wave of Prayer

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

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 9th

Heavenly Father, thank you for the gift of eternal life, given to us through the great love of your son, our Lord Jesus Christ, who willingly sacrificed himself for us.

Monday 10th

Our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, what is unseen is eternal. *2 Corinthians 4:17-18*

Tuesday 11th

Lord, you are Alpha and Omega, the beginning and the end, so we ask you to help us live with eternity in view, trusting that you will inspire us to do what we need to accomplish and that you will be with us as we step out into the unknown.

Wednesday 12th

Lord, thank you that knowledge of eternal life helps us to live this day knowing that whatever we face today we can overcome.

Thursday 13th Ascension Day

Risen Lord, as we celebrate your ascension we visualise you returning to your Father in heaven to sit at God's right hand in glory. We offer you this day that we may live it in a way that is pleasing in your sight.

Friday 14th

Dear Lord, you have known me for all of time and will know me throughout eternity. Thank you for loving me just as I am and for preparing a place for me in heaven.

Saturday 15th

Eternal Lord, my master and my friend, I offer you all that I am. Make known your path for me and focus my heart and mind on your will so that you may gently guide me on the journey you have planned, and we can travel together until you finally lead me home.

Wave of Prayer

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

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 16th

Lord, let us play our part in ushering in your kingdom today, by abiding in your truth, loving others and helping those in need. Please continue to provide us with every good thing we need to share your good news so that we may bring your love into our community.

Monday 17th

We pray that your kingdom will come. We pray that what you want will be done, here on earth as it is in heaven. *Matthew 6:10 (ICB)*

Tuesday 18th

We are all made by you, our Lord God, and through you all the people of the world are connected. May our lives reflect your love so that we look after each other and share all the good things that you give to us who are citizens of your kingdom.

Wednesday 19th

Creator God, help every person to recognise that we are all created by you and to look for common ground and similarities instead of focussing on our differences. Let everyone prioritise working together for the greater good and find ways to promote a caring society that benefits all.

Thursday 20th

In praying 'Thy Kingdom Come' we all commit to playing our part in the renewal of the nations and the transformation of communities. *Archbishop Justin Welby*. Lord, in your mercy, hear our prayer.

Friday 21st

Lord, help us to build your kingdom on earth by living peacefully with others and promoting love and justice for all. Strengthen our faith to trust in you to meet all our needs here on earth as we seek to live out the values of your kingdom.

Saturday 22nd

Dear Lord, make us ready so that when you return in glory you may find us busy about the work that you have appointed to each of us to build your kingdom, and that we carry out through your grace.

Wave of Prayer

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

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 23rd Pentecost

'Come down, O love divine, seek thou this soul of mine, and visit it with thine own ardour glowing.' On this Pentecost Sunday, may we be filled with your love and enthused by your Spirit to share that love with all we meet in this coming week.

Monday 24th

The Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law that says these things are wrong. *Galatians 5:22-23 (NCV)*

Tuesday 25th

As we look around our part of the world help us to see where kindness and goodness would make a difference. Help us, in the power of your Spirit, to lead the way in acts of kindness that are needed so that the people they touch will know your love.

Wednesday 26th

When we see people acting selfishly or greedily, and treating others badly, give us self-control to avoid becoming part of it, and courage to change its effect.

Thursday 27th

Filled with your Spirit and fired with enthusiasm to bring love to all, Lord, give us patience and wisdom to know how and when to act. May we follow your leading to share love in a way that those who receive it may recognise it as your own freely given love.

Friday 28th

'Let holy charity mine outward vesture be, and lowliness become mine inner clothing' Lord help us to see the world through your eyes, to have courage to speak out against injustice, and lowliness to give unnoticed help.

Saturday 29th

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control are the result of seeds sown daily by the Spirit in our lives. Each day, in some small way, may we nurture those seeds within us so that we will show the resulting fruit of the Spirit in all situations.

Wave of Prayer

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

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 30th

Lord Jesus, our Prince of Peace, we are reminded through the Bible not to be afraid, but to trust in you and to be faithful in prayer. We ask you to calm the storms of fear prevalent in our world today and bring us your abiding peace.

Monday 31st

Those who are peacemakers will plant seeds of peace and reap a harvest of righteousness. *James 3:18 (NLT)*

JUNE

Tuesday 1st

Father God, we pray that your abiding love will overcome all differences and that you will send peacemakers to reconcile people caught in the midst of hatred and conflict who are suffering today.

Wednesday 2nd

Heavenly Father, may the Governments of all the countries in the world work together to make your vision for humanity become reality across the earth. May they help people to live together in harmony and to offer support to one another.

Thursday 3rd

We draw near to the God of peace with thanks for our reconciliation, through the work of the cross. We offer ourselves as peacemakers in a world that cries out for peace. May God help us to make the Christian message of loving one another heard above the discord.

Friday 4th

Loving Lord, please bless people in positions of authority and guide their decision making. Help them work together to promote respect, justice, and peace.

Saturday 5th

Lord, help us to live peacefully with others and bring love and reconciliation into our own communities. May we emulate the example of Jesus who brings forgiveness, reconciliation and hope to broken, hurting people.

Wave of Prayer

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

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 6th

May we sing and pray with a grateful heart, 'O be joyful in the Lord all ye lands; serve the Lord with gladness and come before his presence with a song'... it is he that hath made us and we are his. *Psalms 100*

Monday 7th

God, took the person and put him in the garden of Eden to cultivate and care for it. *Genesis 2:15 (CJB)*

Tuesday 8th

Gardener God, we delight in the abundance and beauty of your creation. Remind us always to establish and form habits that will protect and honour the earth for our own sake and for those who will come after us.

Wednesday 9th

Lord, encourage us to be ever mindful of climate change. Give us a sense of urgency, for whilst we think about it, others live with its devastating effects, as families are uprooted and livelihoods destroyed.

Thursday 10th

The waste we create reflects the way we live our lives. Lord, instil in us this important guiding principle in our responsibility to live a life of stewardship during our time on earth.

Friday 11th

Creator God, you made us in your wonderful image to be stewards of your world. So please help us to make wise sustainable choices that future generations may be able to revel in your creation rather than suffer from the selfish actions we have made.

Saturday 12th

The earth is the Lord's, it is ours to enjoy it, ours, as his stewards, to farm and defend. From its pollution, misuse and destruction, good Lord deliver us, world without end. © *Fred Pratt Green, 1903 - 2000*

Wave of Prayer

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

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 13th

'Father we adore you, lay our lives before you.' Father, we bring to you every part of our lives, that we may be filled with your Holy Spirit. Send us out into the world to share your gift with others.

Monday 14th

True worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. *John 4:23*

Tuesday 15th

'Take my life and let me be filled with messages from thee.' Lord Jesus give us courage to speak out when we encounter injustice and unfairness in our society. Help us to be true to your message of love to all.

Wednesday 16th

'The Spirit lives to set us free, walk, walk in the light.' May we value the freedom to worship that we have and not take it for granted, knowing that there are many in the world who do not enjoy the same liberty. We pray for them today, that their circumstances will change for the better.

Thursday 17th

'The truth shall set you free.' Lord, help us to be true to our calling – true to those around us and a witness to the Gospel, both in words and in action. May the whole of our lives be an offering of true worship.

Friday 18th

'Spirit of holiness, wisdom and faithfulness, Wind of the Lord, blowing strongly and free: strength of our serving and joy of our worshipping – Spirit of God, bring your fullness to me! Holy Spirit, inspire us today to worship in spirit and truth.

Saturday 19th

May we emulate our brothers and sisters throughout the world in exuberant, joyful worship full of praise and adoration. As Mothers' Union we join together in prayer and worship across the world.

Wave of Prayer

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

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

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

Our impact

Combatting “holiday hunger” in Down & Dromore, Northern Ireland

Since 2019, Mothers’ Union in the Diocese of Down and Dromore, had planned to get involved in a “Grub Club” during the 2020 Easter and summer holidays by providing a team to prepare and serve hot meals twice a week, to children suffering from “holiday hunger”. Organised by Mount Merrion Church, when the plans had to be altered due to the COVID-19 pandemic, the Mothers’ Union members quickly adapted and offered their support in different ways.

They also supported the project financially through their “Mums in May” fund, which awards grants to support projects in communities across the country. Clare Stewart, Action and Outreach Coordinator, said, ‘One of our objectives as Mothers’ Union is “to promote conditions in society favourable to stable family life and the protection of children”, so when we heard about the “Grub Club” project which Rev Adrian was planning we were very keen to support the project in every way we could.’

Every week during the school summer holidays, a mini-bootcamp and packed lunch giveaway took place instead, on the green in the middle of the estate. Free for all to join and attended by up to 30 people each time in order to abide by social distancing and coronavirus gathering laws at the time.

The project also attracted support from Active Belfast, who provided funding



for the development and production of exercise stop signs that were placed around the green. Three sports coaches, Carl Green from Peninsula Fitness Bootcamps and local volunteers Rachel Colligan and Rachel Warnock, all of whom had already been providing various exercise classes through Mount Merrion Church’s Community Fitness Hub, helped run the bootcamp.

When asked why Mount Merrion Church wanted to provide this service, Adrian said, ‘The “Grub Club” idea and now this mini-bootcamp and packed-lunch giveaway simply reflects our heart for the community we are part of. During the pandemic we have sought to work in partnership with others to provide for the most vulnerable and isolated in the area. It is clear that finances are tight and through the uniform recycling scheme that we are currently running and this weekly give-away, we hope to share something of the love of Jesus in a practical way.’

Mothers' Union – 4 million members

Canada
Members: 600

USA
Members: 500

Jamaica & The
Cayman Islands
Members: 4,000

Belize
Members: 75

Guyana
Members: 2,300

A North Eastern
Caribbean and Aruba
Members: 532

B Barbados
Members: 2,500

C Grenada
Members: 187

D Trinidad & Tobago
Members: 970

E St. Lucia
Members: 47

F St. Vincent &
The Grenadines
Members: 250

G Mauritius
Members: 250

H Seychelles
Members: 70

I Rwanda
Members: 27,150

J Burundi
Members: 17,030

K Solomon Islands
Members: 16,500

Peru
Members: 60

L Sri Lanka
Members: 3,200

M Tonga
Members: 60

N Vanuatu
Members: 1,139

O Swaziland
Members: 1,130

P Lesotho
Members: 3,500

Q Cyprus
Members: 7

R Malta and Gozo
Members: *

S Lanzarote
Members: *

T Bermuda
Members: Unknown

* European
Members: 200

Suriname
Members: 10

Guinea
Members: 120

Sierra Leone
Members: 1,300

Ghana
Members: 2,500

Nigeria
Members: 60,000

Cameroon
Members: 650

DR Congo
Members: 26,904

Angola
Members: 4,193

Namibia
Members: 2,500

South Africa
Members: 61,644

Scotland
Members: 497

All-Ireland
Members: 7,000

Wales
Members: 5,665

Canterbury
Members: 29,088

York
Members: 18,025

Sudan
Members: 386

South Sudan
Members: 53,000

Argentina
Members: 1,300

Uruguay
Members: 15

South Africa
Members: 61,644



members around the world

Countries are tinted in their zone's colour

- **Zone A** Korea, Myanmar, North India, South India, Sri Lanka
- **Zone B** Canada, South America, USA, West Indies
- **Zone C** Aotearoa, New Zealand and Polynesia, Australia, Melanesia, Papua New Guinea
- **Zone D** Kenya, Uganda, Rwanda, Tanzania, Jerusalem and the Middle East
- **Zone E** Central Africa, Nigeria, South Sudan, Sudan, Southern Africa
- **Zone F** Burundi, Congo, Indian Ocean, West Africa
- **Zone G** Canterbury (includes Europe)
- **Zone H** York
- **Zone I** All-Ireland
- **Zone J** Scotland
- **Zone K** Wales



Our impact

Community Transformation through Literacy and Agriculture (CTLA), Democratic Republic of Congo (DRC)

Mothers' Union Democratic Republic of Congo is starting a new three-year project to reduce gender-based violence and poverty through literacy and agriculture training.

Despite a wealth of natural resources, DRC is one of the world's poorest countries. In 2019, over three quarters of its population were estimated to be living below the poverty line. Economic opportunities in DRC are very limited with over 70% of the working population employed within the agricultural sector. Yet with over 80 million hectares of farmland, only 10% is used.

During MULOA (Mothers' Union listens, observes and acts) and through many years of working with vulnerable women, MU DRC identified illiteracy as the main barrier facing vast numbers of communities in moving out of poverty. Lack of basic literacy and numeracy skills prevents them from running their own businesses and income generating activities, and undermines their confidence and ability to engage.

The aim is that within the three-year duration of the project, beneficiaries will improve their literacy levels and agricultural knowledge and skills and start their own business activities. Similar projects have also seen women go on to leadership or decision-making roles at community level.



In order to realise these changes, the project will deliver a programme of literacy, business and agricultural skills training through community-based literacy circles, savings and credit groups and farmers cooperatives for 6,600 people across 12 Dioceses of the Anglican Church of Congo.

In addition to its expected outcomes, the project hopes to contribute to a reduction in sexual gender-based violence at household and community level and improvements in level of basic health, hygiene and nutrition as the content of materials and stories used in the literacy programme promotes better awareness and understanding of these issues. The literacy circles, savings groups and farmer cooperatives offer safe spaces in which people can share their concerns and experiences and learn together without fear of conflict or retribution.

Sunday 20th Father's Day

We thank God today that he is our perfect Heavenly Father who defends the cause of the fatherless and the widow, and loves the foreigner residing among us, giving them food and clothing. *Deuteronomy 10:18*

Monday 21st

I was a stranger and you welcomed me. Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me. *Matthew 25: 35, 40 (NRSVA)*

Tuesday 22nd

Father God, we remember before you all who have to make decisions on the status of refugees. May they exercise compassion, wisdom and insight as they process applications.

Wednesday 23rd

Lord, you lived as a refugee in Egypt, fleeing from danger and tyranny. May we be a place of welcome to those seeking refuge from those who would cause them harm, destroying lives and livelihoods.

Thursday 24th

We pray for those desperate enough to make dangerous sea crossings in order to escape from hopelessness and find a place of safety. Wherever they land we pray that they will be treated with grace, dignity and compassion.

Friday 25th

We remember children who are growing up knowing nothing but an existence in crowded conditions in refugee camps, who are constantly hungry and afraid. We pray for a time when they can have a normal family life, with a home of their own.

Saturday 26th

Lord we pray for a global response to the refugee crisis to enable those fleeing from danger to be integrated into society where they can work and use their skills to provide for their families. We thank you for the work of Mothers' Union in supporting displaced families to give them hope and a future.

Wave of Prayer

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

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

Persistence in Prayer



July-September

Written by Rev Canon Libbie Crossman, Mothers' Union Trustee for Zone C

Scripture: Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)

As a young child I asked my mother what prayer was. Her answer has stayed with me, 'Prayer is all of your life.' While it took quite a bit of time to work that one out, my answer now is, when asked, 'Prayer is our conversation with God'. A two-way thing and if I want to maintain my relationship with God, I need to maintain that conversation.

Members from Papua New Guinea are taught from an early age that daily prayer is a part of their lives. In most instances morning prayer from their Prayer Book is a daily ritual. Also at the end of every Eucharist no one moves from the church until the candles are extinguished and it is a time of silent prayer.

Another help to my prayer life was a sermon, still when I was quite young, that included the word ACTS, as a pattern for prayer. Adoration, confession, thanksgiving and supplication – that is praying for our wants and needs. I have used it ever since, I cannot go to sleep without praying with this formula, although nowadays the supplications for myself are often lost as I fall asleep!

So along with regular formal prayers



and essential "arrow" prayers, my conversations with God are regular, with moments all day to hear God, joyful, and, I hope never-ending.

Prayer points

- For each of the four provinces in Zone C to recover from the effects of COVID-19.
- For those grieving and rebuilding their lives due to loss of income, supplies and stability.
- For more families to be helped through the Parenting Programme in Melanesia.

Sunday 27th

Transform our lives, Loving Lord, that we may shine as lights in the world, showing love and compassion, reaching out as your hands and heart on earth.

Monday 28th

We are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. *2 Corinthians 3:18*

Tuesday 29th

We thank you, Lord, for the guidance of your Holy Spirit in leading us to areas of need, to families struggling to cope, and for giving us your courage and strength to bring transformation to those in distress.

Wednesday 30th

As we campaign for changes in society to bring transformation to those living with danger, in poverty, with hunger, and without basic amenities, help us to be bold in standing up for those who are marginalised throughout the world.

JULY

Thursday 1st

Thank you, Lord, for lives transformed by the power of your Holy Spirit. For prisoners finding freedom through your love, for those struggling with mental health issues given hope for the future. We pray that you will continue to transform the lives of all who feel vulnerable or outcast.

Friday 2nd

Lord, we bring to you the troubled and dark areas of our world. As you brought about beauty and order from darkness and chaos, please bring about change in our world to give peace and hope in areas of conflict and disorder.

Saturday 3rd

Heavenly Father, we thank you for the transforming work of Mothers' Union, and for members who are bringing about changes in their own communities.

Wave of Prayer

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

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

1-4 July: Renk in South Sudan; Cyangugu in Rwanda; Arochukwu/Ohafia & Ile- Oluji in Nigeria; St Andrews, Dunkeld & Dunblane in Scotland and Sittwe in Myanmar

Sunday 4th

We gather as the people of God today to worship our righteous Lord and King and pray for his kingdom on earth. May his justice set the captives free and his mercy prevail forever.

Monday 5th

The Lord is waiting to be merciful to you, and will rise up to show you compassion. The Lord is a God of justice; happy are all who wait for him. *Isaiah 30:18 (CEB)*

Tuesday 6th

Loving Lord, help us to play our part in championing the cause of justice that your people may flourish and your kingdom advance. And may we do this in such a way that we reflect your mercy in a harsh and demanding world.

Wednesday 7th

We pray today for our members throughout the world who work tirelessly and mercifully to challenge social injustices which adversely affect family life. May their voices be clearly heard by those in positions of influence and authority.

Thursday 8th

Spare me through your mercy, do not punish me through your justice. *Anselm of Canterbury, 1033-1109*. Lord, we praise you for your mercy in Christ, by which we are saved from the just consequences of our faults and failings.

Friday 9th

Righteous God, we ask for courage to speak up when we see injustice and stand beside those who are treated unfairly. Help us to live out your command to love our neighbours as ourselves; putting their wellbeing before our own comfort.

Saturday 10th

Gracious God, we thank you that your mercies are new each morning. May we cherish the freedom we know through your grace, and be people who show mercy ourselves in all our dealings with others.

Wave of Prayer

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

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

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

Sunday 11th

God bestows His blessings without discrimination. The followers of Jesus are children of God, and they should manifest the family likeness by doing good to all, even to those who deserve the opposite. *F.F. Bruce, Biblical scholar, 1910-1990*

Monday 12th

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. *Ephesians 1:3*

Tuesday 13th

As members of Mothers' Union we give thanks for the blessing of being part of a worldwide family, united together in love and service. We pray that God will continue to bless our fellowship and our mission as we reach out as his hands across the world.

Wednesday 14th

Lord God, we thank you today for the blessings of your creation, which lifts our spirits with its beauty and deepens our faith with its majesty. We are filled with wonder and praise at the minute detail of the smallest flower and the grandeur of the greatest mountain range.

Thursday 15th

The blessings of a home, finances and loving family and friends are too easy to take for granted. We pray for a greater awareness of the blessings we have received and ask for God's provision for those who are in need.

Friday 16th

Generous God, we bring you our praise today for the blessings from you that we enjoy in this life, and the promise of eternal blessing in perfect communion with you in heaven. Surely our cup overflows with your goodness!

Saturday 17th

Take a moment to pray the Aaronic blessing in Numbers 6:24-26 for someone God particularly puts on your heart today.

Wave of Prayer

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

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

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

Sunday 18th

Faith in action is love - and love in action is service. *Mother Theresa of Calcutta*
Lord, today may I live out my faith through my loving service to others.

Monday 19th

Someone might claim, 'You have faith and I have action.' But how can I see your faith apart from your actions? Instead, I'll show you my faith by putting it into practice in faithful action.
James 2:18 (CEB)

Tuesday 20th

Thank you, Lord, that as we grow in faith so we grow in commitment to those you call us to serve. We pray that we will be increasingly open to respond to the needs around us by living out our faith through practical deeds of service.

Wednesday 21st

Lord, you call us not to hide ourselves away but to shine as your light in the world. We pray today that the light of Christ will be seen in us as we put our faith into action, and that this light will illumine the path for others to find their way to you.

Thursday 22nd

As we seek to live out our faith in practical ways may we recognise the image of God in the face of our neighbour and lovingly care for their needs as though we were serving Christ.

Friday 23rd

We give thanks for our members across the world who share the love of God through their lives of faithful action. We pray especially for those serving in challenging and dangerous situations, that they may be kept from harm.

Saturday 24th

Let us take a moment today to prayerfully consider afresh the practical ways that God is calling us to share his love with others as we live out our faith through action.

Wave of Prayer

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

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

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

Sunday 25th

God of compassion, we pray for those we know who are in need of healing today, the sick in body, mind or spirit. Surround them with your love and tenderness and give them the blessing of your peace.

Monday 26th

The Lord sustains them on their sickbed and restores them from their bed of illness.
Psalm 41:3

Tuesday 27th

Heavenly Father, as we acknowledge that healing comes from you, we pray for all involved in the ministry of healing; whether professionals in the medical services, church ministry groups, or friends and family of those who are ill.

Wednesday 28th

It is too easy to neglect our spiritual health in the midst of the busyness of life. Let us ask God to lead us today to still waters, to lift our spirits and restore our soul.

Thursday 29th

We pray today for the work of Mothers' Union in caring for the sick and suffering, especially in places where the healthcare available is limited or expensive. May our members be agents of God's mercy as they minister in his name.

Friday 30th

We pray for all those who are worried about their own health or that of a loved one. Those undergoing tests or waiting for results. Please give us compassion and the right words to bring comfort and hope to those who are anxious.

Saturday 31st

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. *World Health Organisation, 1948*. Lord, we thank you that you are great physician who makes us whole in every way.

Wave of Prayer

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

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

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

Sunday 1st

Lord, help us to take the opportunity today to draw aside and rest in you. We pray for those who do not have the opportunity of a Sabbath rest, that they will find some space for refreshment.

Monday 2nd

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. *Matthew 11:28-29*

Tuesday 3rd

We pray today that the peace of the Father of joy, the peace of the Christ of hope and the peace of the Spirit of grace may be with all those in places of conflict where restfulness seems far away.

Wednesday 4th

Heavenly Father we bring to you all parents and carers of young children who keep them “on the go” all day, and sometimes in the night. Please bless them with extra resources of energy, and unexpected opportunities to put their feet up and recharge their batteries.

Thursday 5th

Lord we pray for those for whom enforced rest is a normal and unwanted state of life. For the frail elderly, those who are unwell or limited in their physical movement. Help them to know that they are precious to you and their lives have meaning and value.

Friday 6th

Gracious God, we pray for all who feel tired, unsettled or anxious today. Please draw near to them with your love that they may experience your abiding peace and know the reality of true rest in you.

Saturday 7th

Rest provides fine-tuning for hearing God’s messages amidst the static of life. *Shelly Miller, writer*. Lord speak us today as we pause to relax and reflect. Still our minds before you that we may be open to hear your voice and to rest in your love.

Wave of Prayer

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

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

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

Sunday 8th

Loving Lord, as we link hands with our Mothers' Union family worldwide let us be united in purpose, inspired with faith for the present and envisioned for the future, that we may continue to enrich family life for future generations.

Monday 9th Mary Sumner Day

The Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation. *Psalms 100:5*

Tuesday 10th

I pray we will continue to grow and build on all that has been achieved. May we remain faithful to our aims while looking to the future with great faith and hope. *Sheran Harper, Worldwide President*

Wednesday 11th

Lord of yesterday, today and forever, help us adapt to the challenges of this present age that we may achieve our vision of a world where your love is shown through loving, respectful and flourishing relationships.

Thursday 12th

Loving Lord, we pray that you will inspire us with your vision for the future that we may continue to be a people who honour and worship your name, who seek and follow your will, and who reach out to the world with your love.

Friday 13th

Gracious God, we praise you for the numerous lives and relationships which have been transformed through the vision of our members throughout the world. We pray for your ongoing provision of resources that we may continue to be a global influence for good.

Saturday 14th

Loving Lord, we give thanks for the far-reaching vision of our founder, Mary Sumner. Help us, in our time, to continue on the path you have set before us. As we step forward with thankfulness we place our future in your hands.

Wave of Prayer

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

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

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

Sunday 15th

Lord we give thanks today for the young people we know; for their zest for life and their ability to adapt to change. We pray for the humility to learn from their example that we may always experience life to the full.

Monday 16th

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. *Isaiah 40:30-31*

Tuesday 17th

We pray today for all young people for whom circumstances have caused them to be weighed down with untimely responsibilities and to miss out on the joy of youth. We ask for opportunities for them to enjoy life in a way appropriate to their age.

Wednesday 18th

Lord, forgive us when we mistake youthfulness for immaturity and respond with cynicism rather than openness. Make us ever ready to be renewed by the Holy Spirit that we may reflect the mercies of God, which are new every morning.

Thursday 19th

The great man is he that does not lose his child's heart. *Mencius, Chinese philosopher, 372-289 BC*. Lord, may we always look at life through the eyes of a child, so we can marvel at the world you created and view it with wonder and praise.

Friday 20th

Lord, help us to remain young at heart, with a childlike spirit to trust in your goodness to guide our ways so that we do not worry about what tomorrow may bring.

Saturday 21st

Take a moment today to think about those you know who have a youthful outlook, whatever their age. Thank God for them and ask him to highlight anything you can learn from their example.

Wave of Prayer

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

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

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

Sunday 22nd

Lord, we thank you for drawing close to us to hear our requests and petitions, and that the Holy Spirit helps us put our needs into words, and to plead our case before you. May our prayers play a significant part in the building of your kingdom on earth.

Monday 23rd

You must help us by praying for us. Then many people will give thanks because of what will happen to us. They will thank God for his kindness to us in answer to the prayers of many.
2 Corinthians 1:11 (NIRV)

Tuesday 24th

Keep us faithful, Lord, in our intercessory prayer. May we be increasingly aware of those in need of our petitions on their behalf, whether they are near or far away, and may we never grow weary in bringing their needs to you.

Wednesday 25th

In faith we bring our prayers for the needs we have or for those who are too weak to pray. We keep on seeking the answers we long for to find the way ahead. We keep on knocking on heaven's door to open the resources we need.

Thursday 26th

Father God, we long for change in our world. May our prayers for changes in society be like ripples in the water, reaching out into ever widening circles.

Friday 27th

We give thanks today for our members for whom prayer is the most vital component of their work as they serve their communities and share the love of Christ.

Saturday 28th

Praying is the most critical activity we are capable of. For a person who prays is never satisfied with the world of here and now. We know it is possible to enter into dialogue with God and so work at renewing the earth. *Dorothy Friesen, author and church development worker*

Wave of Prayer

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

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

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

Sunday 29th

Loving Lord, we bring you our thanks and praise for your constancy through every season of our lives. We walk from old to new with hope and confidence, knowing you will never leave or forsake us.

Monday 30th

The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and for evermore. *Psalm 121:7-8*

Tuesday 31st

Father, we pray today for children and young people who will be entering a new season of education. May they look forward with excitement and not apprehension, and may their teachers be equipped to inspire and care for their new students.

SEPTEMBER

Wednesday 1st

Lord of creation, we thank you for the changing seasons in each year. Help us to appreciate each one, taking time to enjoy their unique qualities.

Thursday 2nd

Compassionate God, we know that not all new seasons are expected or welcome. We pray today for those who have to give up independent living or a well-loved home because of a change in health or circumstances.

Friday 3rd

We remember in prayer all members contemplating a new season of service for Mothers' Union, whether an official role or the start of a new initiative. May they know the leading and assurance of the Holy Spirit for the way ahead.

Saturday 4th

'You can't enter into a new season, until you're willing to leave the old one!' *Joe Joe Dawson, US Christian author.* Lord, make us willing to embrace whatever new season you have planned for us.

Wave of Prayer

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

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

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

Sunday 5th

Loving Teacher, open our hearts today to learn from you, that we may be filled with a deeper understanding of your precious Word and blessed with your riches of divine wisdom.

Monday 6th

Always remember what you have been taught. Don't let go of it. Keep safe all that you have learned. It is the most important thing in your life. *Proverbs 4:13 (ICB)*

Tuesday 7th

Loving Lord, we pray for all our schools; for the teachers, and staff who work in them and the children who study there. May they be places of discovery, adventure and learning; where children feel accepted and secure.

Wednesday 8th

Heavenly Father please hear our prayers for all whose education has been interrupted because of conflict or other adverse circumstances. Also, for women and girls across the world who are denied access to avenues of learning.

Thursday 9th

We pray today for the teachers of children who have particular learning challenges. May they be given abundant resources of patience, insight and creative ways of imparting education.

Friday 10th

Gracious God, forgive us for the times when we have ignored valuable lessons of life. Give us teachable spirits that we may have the humility to learn from others, even those who are younger than us.

Saturday 11th

Lord Jesus we remember with gratitude all the people who have taught us through the different stages of life, and helped us to take steps forward in our journey with you. In your mercy, will you also give us opportunities to influence others for good.

Wave of Prayer

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

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

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

Seedtime and harvest 12-18 September 2021

Sunday 12th

Loving Lord, we pray for the work of Mothers' Union throughout the world to sow seeds of hope in those whose lives are full of despair. Then may we be ready to reap a harvest of hope in individuals, families and communities.

Monday 13th

He who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. *2 Corinthians 9:10*

Tuesday 14th

Lord, we thank you for the miracle of harvest; for the abundant yield arising from tiny seeds. We pray for all involved in the bringing in of the harvest. May weather conditions be favourable and there be a good contingent of workers.

Wednesday 15th

Lord of the harvest, we praise you for the seeds of life that you have planted within us. May we yield a harvest of righteousness as we seek to follow Christ and work for the growth of his kingdom on earth.

Thursday 16th

We pray for those around the world who have little harvest to reap because of the failure of crops. We ask that what they lack will be supplied by others who have plenty. Help them to discern the best seeds to sow for a better harvest in the future.

Friday 17th

Loving Lord, send us out to do your will in the harvest fields of life. Give us your strength to carry on throughout changing seasons, knowing that we will reap blessings both now and for eternity.

Saturday 18th

Lord of the harvest, we thank you for all who have worked on land and sea to provide our daily food. We remember those in other countries who have planted the seed and tended crops, so that we may enjoy the fruits of their labours in and out of season.

Wave of Prayer

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

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

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

Sunday 19th

We bring our praise today that as children of God we can be secure in the knowledge that Christ has given us eternal life and we will live with him in peace for evermore. Thanks be to God for our sure and certain hope!

Monday 20th

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. *John 14:27*

Tuesday 21st

Lord, we pray for peace in the many troubled areas of the world. May those with authority and influence work tirelessly to establish peace, that communities may be able to live in places of security and safety.

Wednesday 22nd

Loving Lord, we thank you so much for everything that makes us feel secure– for homes, people who love us, and purpose in life. We pray for those who lack these reassurances and ask for your wonderful intervention that they may experience a measure of peace in their circumstances.

Thursday 23rd

We give thanks today for our members across the world who work with families and communities to overcome situations which cause insecurity. May they be enabled to promote conditions which lead both to peace of mind and secure livelihoods.

Friday 24th

Deep peace of the running wave to you. Deep peace of the flowing air to you. Deep peace of the quiet earth to you. Deep peace of the shining stars to you. Deep peace of the infinite peace to you. *Gaelic Blessing*

Saturday 25th

Take a moment to prayerfully reflect today on any areas of your life in which you feel insecure and lacking peace. Ask God to change either circumstances or yourself, that you may be able to rest in his peace which transcends all else.

Wave of Prayer

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

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

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

The Joy of Prayer



October-December

Written by Rev Dr Deborah Chapman, Mothers' Union Chaplain for the Diocese of Europe

Scripture: Rejoice in the Lord always. I will say it again: Rejoice! The Lord is near. (*Philippians 4:4, 5b*)

I like to think of prayer as becoming one with the heart of God - complete union with him and his loving will for our world. When God's loving heart became flesh in Jesus (Hebrew "Emmanuel" = God is with us!) God drew near to us. And the angels said, 'Do not be afraid.' (Luke 1 and 2)

Zephaniah's prophecy has come true in Jesus. 'The Lord, the King of Israel, is with you; never again will you fear any harm... Be glad and rejoice with all your heart...' (Zephaniah 3:15b, 14b). NEVER is a big word! God does not tell us that 'never again will you suffer harm'. No - he tells us we will never again FEAR any harm.

On quiet days to pray and praise God, leaving everything in his powerful and able hands, I have deep peace and joy. And I become aware of how much God delights in me - I receive the stillness that comes from knowing how much I am loved - I hear him singing, as I sing in praise to him, about how he rejoices in me - not because I am perfect or strong, but because in my imperfection and weakness, I turn to him - God with us! Come!



Prayer points

- What do you fear? Make a list and offer each one to God in prayer. As you listen to Him, cross out each item and write down what God has put in its place. Savour the joy of freedom from fear and the strength it gives to live life to the full.
- Repeat this litany from Zephaniah 3:17 as a prayer:
 - He is mighty to save
 - He will take great delight in me
 - He will quiet me with his love
 - He will rejoice over me with singing.
- Pray daily for a fresh filling by the Holy Spirit.

Our impact

Sewing machines for disadvantaged women in Rwanda

Mothers' Union members in Rwanda have been responding to local needs with health awareness, Savings and Credit groups, peace and reconciliation, support for widows, and vocational skills training.

A particular project, which has helped women in Rwanda to support their families, was boosted by members in Ringmer, Sussex at a Mothers' Union coffee morning. Two members from the Ringmer group, Sue and Margaret, visited the Diocese of Cyangugu, Rwanda in early 2019 and came across a tailoring project which Berthe, the wife of the Bishop of Cyangagu, had started.

Berthe realised that there were many young single mothers abandoned by their families. These women barely had enough to feed their children, earning a few francs by weeding and digging for a neighbour, and most mothers were going hungry in order to feed their children. She decided to set up an MU project to teach these young women tailoring in order to give them skills to earn more money.

The project only had a few sewing machines for the whole group to use and needed more so that they could help more women. The women would then sell what they produced and thereby earn more money, giving them the dignity of being able to feed their family.

Sue and Margaret identified a need to provide more sewing equipment and



education on tailoring. The treadle sewing machines cost £90 and were to be sourced locally, to help support the local economy as well as reducing shipping costs. Ringmer MU decided to hold a coffee morning and raise enough money to buy at least one of the treadle sewing machines they use. The coffee morning was advertised widely and immediately people started to donate, some people even gave enough to buy a whole machine. The final sum raised was £2,000 (or two million francs in Rwanda), far more than the group had dared to hope. Sue and Margaret gave the two million francs into the hands of Berthe and Esther as cash – in a brown paper bag!

Sunday 26th

Loving Lord, we praise you that you accompany us in every season; through the valleys and the heights. We pray for all who have followed you through many years that they will be very aware of your love for them at this particular time in their lives.

Monday 27th

The ways of right-living people glow with light; the longer they live, the brighter they shine.
Proverbs 4:18 (The Message)

Tuesday 28th

Compassionate God, please hear our prayer for all who suffer from dementia. In the days of changing memories and confusion, be with them in their fears.

Wednesday 29th

Lord God, we thank you for the encouragement of Anna and Simeon in the Bible, who served you into their old age, continually worshipping and faithfully waiting for the fulfilment of your promises.

Thursday 30th

Today we remember those who increasingly need help to cope in life but find this difficult to accept. Where they are no longer able to be independent may they still retain their dignity and a sense of purpose as they adapt to a new way of living.

OCTOBER

Friday 1st

Lord we thank you for all Mothers' Union initiatives to reach out with help and friendship to the elderly. We pray that we will help to alleviate loneliness, bolster self-respect and be sources of joy to those in their later years.

Saturday 2nd

Take time today to reflect on older people in your life who have been an encouragement and support to you over the years. Pray for ways in which you can show them how much they are valued and loved.

Wave of Prayer

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

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

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

Sunday 3rd

Our gracious God, we thank you for the wonderful paradox that maturity of faith can only be reached through a childlike response to your love: You are our Father, we are your children; with simple trust we follow you.

Monday 4th

Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.' *John 8:31-32*

Tuesday 5th

Lord God, our shield and protector, we bring before you our members across the world as they walk the path of discipleship, often in very challenging circumstances. May they be kept safe and at peace in whatever situations they face.

Wednesday 6th

Lord, we thank you that as your disciples we are not alone but are part of a whole family of followers. Help us to encourage and support one another as we seek to learn from you and to follow your ways together through life.

Thursday 7th

At every step of our Christian development and in every sphere of our Christian discipleship, pride is the greatest enemy and humility our greatest friend. *John Stott, 1921-2011*
Lord help us to follow you in humility and with a teachable spirit.

Friday 8th

Make us ever ready, Lord, to follow in your footsteps whatever the cost to ourselves. Help us to daily take up our cross with joy, walking in faith, wherever you may lead.

Saturday 9th

Loving Teacher, help us to learn and be encouraged by the example of those who were called to be your disciples when you were on earth. Thank you that although they had faults and weaknesses, just like us, yet they were ready to give up everything to follow you.

Wave of Prayer

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

5-7 October: Mbhashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

Sunday 10th

Christ our Saviour, you came to proclaim freedom for the captives. When we struggle to break free from the bonds of sin and selfishness, please loose their hold, through your atoning love, that we may gladly follow you.

Monday 11th

He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free. *Luke 4:18 (NLT)*

Tuesday 12th

There are many in society who are imprisoned by addiction, abuse or emotional trauma, some known to us personally We pray for them today that God may supply the means for them to escape their chains and move into a life of freedom.

Wednesday 13th

How hard it must be to be forbidden to openly worship God. We pray for the places across the world where people are denied this freedom that we too easily take for granted. Lord, in your mercy, hear our prayers.

Thursday 14th

Thank you, Lord, for the work in prisons carried out by our members across the world. May they be a source of hope for prisoners and their families, all of whom, in different ways, are experiencing the effects of captivity.

Friday 15th

Righteous God, we bring you our prayers today for all who are unjustly imprisoned or denied their basic human rights for political reasons. May justice prevail in each case that they may enjoy the freedom that they deserve.

Saturday 16th

Lord, we pray for victims of crime who are held in captivity to fear because of what they have suffered. May they be set free from the grip this has had on their lives and, where needed, find practical help to enable this to happen.

Wave of Prayer

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

Sunday 17th

Gracious God, we bring you our praise and thanks today for rescuing us out of our spiritual poverty and bestowing upon us the riches of our salvation, which provide a wealth of blessing both now and for eternity.

Monday 18th

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. *Isaiah 58:10 (NLT)*

Tuesday 19th

Lord, hear our prayers for our members throughout the world who are actively involved in challenging and alleviating poverty. May they have the spiritual and practical resources they need to keep on giving in the midst of such hardship.

Wednesday 20th

We pray today for those who experience real hardship by having too much income to qualify for government assistance and too little to make ends meet. Lord, please open up practical ways for a solution to be found to ease their circumstances.

Thursday 21st

Poverty is not made by God, it is created by you and me when we don't share what we have. *Mother Teresa of Calcutta, 1910-1997*. Generous God, forgive us when we find excuses to not share our resources with those in hardship.

Friday 22nd

Lord, we pray for all who, whilst blessed with material riches, are poor in unseen ways. May we look beyond the surface to their emotional, social or other needs and be ready to help where we are able.

Saturday 23rd

We are sometimes more aware of poverty and hardship in other countries than here on our own doorstep. May God give us eyes to see what is close by and hearts to respond to the needs of our neighbours.

Wave of Prayer

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

Sunday 24th

We look back with gratitude at those who have been an inspiration in our spiritual journey. We pray that we, too, may inspire others to build their lives on godly and worthwhile foundations.

Monday 25th

We remember before our God and Father your work produced by faith, your labour prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.
1 Thessalonians 1:3

Tuesday 26th

Heavenly Father, we praise you for the inspiration of the Holy Spirit at work in our lives; showing us your love, your character and your purposes as we read your Word and seek to grow in faith and spiritual maturity.

Wednesday 27th

Loving Lord, we give thanks for the inspiration of our members across the world, who selflessly serve their communities in the name of Christ, even in difficult and challenging circumstances. We pray for the courage and determination to follow their example in our own situations.

Thursday 28th

We pray today for all who are finding their work, whether paid or in the home, uninspiring and dreary. May God give them a revelation of its value to him and may they be able to feel that they are serving Christ in all they do.

Friday 29th

It is difficult to inspire others to accomplish what you haven't been willing to try. *Source unknown.* Lord, inspire us to make the most of all that life offers us; may our attitude to life be an inspiration to others.

Saturday 30th

Take some time today to enjoy some favourite music, literature or art and praise God for his creative inspiration which brings such richness into our lives.

Wave of Prayer

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All Ireland and Pusan in South Korea

Sunday 31st

Lord, on this All Hallows Eve, we pray that you will fill us afresh with the light of your presence, and bring to our minds the many instances of your perfect goodness and grace. We praise you, the Light of the world, in whom is no darkness at all.

NOVEMBER

Monday 1st

God saved us and made us his holy people. That was not because of anything we did ourselves but because of God's purpose and grace. *2 Timothy 1:9 (NCV)*

Tuesday 2nd

Lord, in your Word you call us to be holy and set apart for you. We are so grateful that, although we are powerless to do this in our own strength, through your grace you enable us to respond to your call.

Wednesday 3rd

Lord, we give thanks for our members across the world who are shining beacons of your holiness, often in places of darkness. We pray that you will help them to stand firm in their faith as they share you love through their words and deeds.

Thursday 4th

We thank God for everyday saints throughout history, whose quiet devotion and faithful deeds have marked the way of holiness down the generations. We pray to follow their example in our own time, our lives attuned to serve the purposes of God.

Friday 5th

If you would be holy, you must live close to Jesus. *Charles Spurgeon, Preacher, 1834-1892.* Lord Jesus, help us to live close to you that we may reflect your holiness in all we do and all we are.

Saturday 6th

Let us take time today to prayerfully reflect on aspects of our lives which may be an obstacle to God's work of producing holiness in us, and pray for the power of the Holy Spirit to enable us to change.

Wave of Prayer

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan-North in Nigeria; Connor in All Ireland and Pusan in South Korea

2-4 November: Lebombo in Mozambique; Makueni in Kenya; Newala in Tanzania; Niger-Delta North in Nigeria; Riverina in Australia and North East India in India

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

Remember and reflect 7-13 November 2021

Sunday 7th

Chris our Lord, as we take bread and wine today to remember your death with deep gratitude, help us to reflect on how we should live our days in the light of such sacrifice and your gift of eternal life.

Monday 8th

Reflect on what I am saying, for the Lord will give you insight into all this. Remember Jesus Christ, raised from the dead, descended from David. *2 Timothy 2:7-8*

Tuesday 9th

God of compassion, we pray today for all in their later years who are struggling with dementia and memory loss. In the midst of their confusion may they still know the reality of your love for them and may this give them a sense of safety and peace.

Wednesday 10th

Loving Teacher, we ask for your help for all who are studying for exams and have a great amount of knowledge to remember and reflect upon as they prepare. Please give them clarity of thought and the ability to retain the information they need.

Thursday 11th

Lord, today we remember with gratitude all who have given their lives to safeguard our freedom. We pray for those who mourn the untimely loss of loved ones who sacrificed their future for the sake of others.

Friday 12th

Remembrance is acknowledging that a life was lived... *Leo Tolstoy, Russian author, 1828-1910*. Lord, today we reflect on and remember with thanks those people from our past whose lives touched ours for the good.

Saturday 13th

Let us take time today to remember past times. Where memories bring joy may we reflect with thankfulness; where memories are tinged with pain may we know God's peace and grace.

Wave of Prayer

5-7 November: Antananarivo in Madagascar; Taita Taveta in Kenya; Ikara & Ife in Nigeria and Argyll & The Isles in Scotland

9-11 November: Kadugli & Nuba Mountains in Sudan; Kinkiizi in Uganda; Amichi & Igbomina West in Nigeria and Ottawa in Canada

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

Sunday 14th

Morning by morning new mercies I see. All I have needed Thy hand hath provided. Great is thy faithfulness, Lord, unto me. *Thomas Chisholm; 1866–1960*. At the beginning of a new week we give thanks that whatever awaits us, we can trust in the constant faithfulness of God.

Monday 15th

Know that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. *Deuteronomy 7:9*

Tuesday 16th

Heavenly Father, we pray today for all who hurting from the breakdown of a relationship and the faithlessness of someone they trusted. In the midst of their pain may they find comfort in your solid, enduring love for them.

Wednesday 17th

Loving Lord, we praise you for your wonderful faithfulness to Mothers' Union over the years and across the world.

Thursday 18th

God's faithfulness means that God will always do what He has said and fulfil what He has promised. *Wayne Grudem, US Theologian*. Lord, we are so thankful that we can put our trust in you and know that you will never let us down.

Friday 19th

Lord, please forgive us for the times when we waver in our faithfulness to you or others. Help us to be people who are trustworthy throughout good times and bad, putting others' wellbeing ahead of our own comfort.

Saturday 20th

Faithful God, we praise you that you are the rock upon whom we can depend, whatever our circumstances. A rock, which is large enough for us to stand firmly upon and know safety and security.

Wave of Prayer

12-14 November: Ukhahlamba in South Africa; Maseno West in Kenya; Oji River in Nigeria; Dunkwa-on-Offin in Ghana; Guildford in England and Coimbatore in India

16-18 November: Iraq; Katakwa in Kenya; Kafanchan & Asaba in Nigeria; Lincoln in England and Trinidad & Tobago

19-21 November: Musinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

Championing gender justice 21-27 November 2021

Sunday 21st

God of righteousness, who made us all in your image, we pray for all to follow your example of treating women with equality and respect. We pray for the dawn of a better world where justice and peace may flourish.

Monday 22nd

Speak up for people who cannot speak for themselves. Protect the rights of all who are helpless. *Proverbs 31:8 (GNT)*

Tuesday 23rd

Loving Lord, hear our cries for justice and break the chains of abuse that all may live in safety. Hear our cries for righteousness and break the chains of oppression that all may live in freedom, whatever their gender.

Wednesday 24th

We pray today for the work of Mothers' Union across the world as we address the impact of gender justice on women and girls. We give thanks for the opportunities to campaign for change and to minister to those who are currently suffering injustice and discrimination.

Thursday 25th

We pray for right and just relations between women and men that together we may transform and overcome violence in all its forms and learn to celebrate our diversity and interdependence. *World Council of Churches*

Friday 26th

Lord God, we pray for a change of heart within governments and systems that perpetuate gender injustice. May champions of this cause arise who have influence to bring about permanent change for good.

Saturday 27th

Lord, forgive us when we have stayed silent in the face of gender injustice and have declined to challenge unacceptable actions and attitudes. Fill us instead with new resolve to be champions of justice, in the name of Christ. Amen

Wave of Prayer

19-21 November: Muyinga in Burundi; Lake Rukwa in Tanzania; Okrika in Nigeria; St Asaph in Wales; Bendigo in Australia and Gujarat in India

23-25 November: Southern Malawi in Malawi; Northern Uganda in Uganda; Lafia & Ilaje in Nigeria and Thoothukudi-Nazareth in India

26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

Sunday 28th

Lord God, as we begin our Advent journey to meet your promised one, open our eyes to see the wonders of Christ's appearing; open our ears to hear the angelic song of salvation, open the way for us to bring hope in lives of despair.

Monday 29th

A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit. The Spirit of the Lord will rest on him – the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the Lord. *Isaiah 11:1-2*

Tuesday 30th

Loving Messiah, help us during this Advent season to reflect on our faith, to take stock of our lives and our faith journey thus far.

DECEMBER

Wednesday 1st

At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving the others with God's own love and concern. *Mother Teresa of Calcutta, 1910-1997*

Thursday 2nd

Lord, your kingship over our lives is a gift more precious than gold. The fragrance of your presence is a gift sweeter than incense. Your selfless sacrifice is a gift more costly than myrrh. Thank you Lord!

Friday 3rd

Compassionate God, we pray for all who approach this Advent season with sadness rather than joy. We pray for your loving mercy for those facing the first Christmas without a loved one or whose circumstances have worsened during this year.

Saturday 4th

As we prepare to welcome the light of the world into our hearts once more, we also prepare to be light in the world, particularly through the work of Mothers' Union.

Wave of Prayer

26-28 November: Zululand in South Africa; Lodwar in Kenya; Isiala Ngwa South in Nigeria; Accra in Ghana; Bangor in Wales and Colombo in Sri Lanka

30 November- 2 December: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

3-5 December: Akot in South Sudan; South West Tanganyika in Tanzania; Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India

Sunday 5th

Lord, as we prepare for the Christmas festivities with all its hustle and bustle, things to do and things to buy, help us not to forget to prepare our hearts for your coming amongst us once more.

Monday 6th

In the wilderness prepare the way for the Lord; make straight in the desert a highway for our God. And the glory of the Lord will be revealed, and all people will see it together. *Isaiah 40:3,5*

Tuesday 7th

Christ our Saviour, please help us to prepare the way of the Lord so that others may be able to see your glory through our acts of kindness and compassion; in our words of hope and love. Then may they be ready to worship you as their Messiah.

Wednesday 8th

Compassionate God, we pray today for all whose expectations of this season are ones of fear and dread, knowing it brings family pressure or an increase in domestic abuse. May they find refuge from their situations and the practical help they need.

Thursday 9th

Lord, forgive us when the years have dulled our sense of spiritual expectation for this season. Please take away any cynicism and world-weariness from us and replace it with a childlike spirit of wonder and joy.

Friday 10th

Lord God, we are amazed when we reflect on the intricate preparations that you have made from the beginning of time for the coming of the Messiah in humility and for his coming again in glory. We worship you, God of history and eternity.

Saturday 11th

Let's approach Christmas with an expectant hush, rather than a last-minute rush. *Source unknown*. Lord, in the midst of busyness help us to keep before us the holiness of the moment, preparing ourselves not just for superficial festivities but for an encounter with love incarnate.

Wave of Prayer

3-5 December: Akot in South Sudan; South West Tanganyika in Tanzania; Aba & Irele-Ese Odo in Nigeria; Coventry in England and Cuttack in India

7-9 December: Namibia; Mount Kenya South in Kenya; Northern Izon & Ijebu North in Nigeria and Durham in England

10-12 December: Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

Sunday 12th

Eternal God, fill our hearts with wonder as we contemplate afresh the glorious mystery of Christ's coming to earth to bring us salvation; the fulfilment of your prophetic words, uttered down the ages.

Monday 13th

God wanted his people throughout the world to know the glorious riches of this mystery—which is Christ living in you, giving you the hope of glory. *Colossians 1:27 (GNT)*

Tuesday 14th

Lord, you chose the unexpected to reveal yourself; a lowly stable, a bowl of water and towel and a rough wooden cross. Help us to keep a sense of awe and wonder as we worship you; with praise that you have given us a glimpse of your majesty.

Wednesday 15th

The central miracle asserted by Christians is the Incarnation. They say that God became Man. Every other miracle prepares for this, or exhibits this, or results from this. *C.S. Lewis, theologian, 1898-1963*

Thursday 16th

Father, in a world that looks for evidence and demands explanations for every fact and assertion, we pray that you will open hearts and minds to explore the wondrous mystery of your plan of salvation and be ready to acclaim you as their Lord.

Friday 17th

We look back at the mystery of how the majesty of the Lord of heaven and earth was distilled into the frailty and weakness of a tiny baby, and left in the care of a hostile world. We look forward to his coming again in majesty, to a world which will not fail to recognise him.

Saturday 18th

Take time today to pause in the midst of the busyness of the season and ask God to open your eyes to see fresh insights as you ponder anew the wonder of the Nativity.

Wave of Prayer

10-12 December: Lusaka in Zambia; Shyogwe in Rwanda; Sokoto & Ikka in Nigeria; Ely in England and Karimnagar in India

14-16 December: Fianarantsoa in Madagascar; Central Tanganyika in Tanzania; Calabar & Igbomina in Nigeria; Derry & Raphoe in All Ireland and Banks & Torres in Vanuatu

17-19 December: Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

Sunday 19th

We unite in worship today in praise that we come to a God who is not far off but, who, because of Jesus, is with us completely in every aspect of our lives and relationship with him.

Monday 20th

All this took place to fulfil what the Lord had said through the prophet: 'The virgin will conceive and give birth to a son, and they will call him Immanuel' (which means 'God with us'). *Matthew 1:22-23*

Tuesday 21st

Lord, forgive us for the times when we seek to exclude you from a part of our lives or a situation we face. As we prepare to celebrate the birth of Immanuel, we actively open our whole being to your loving presence.

Wednesday 22nd

God simply told us to think of Jesus as Immanuel, which means 'God with us.' How amazing that one of the main ways God wants us to think about the person of Jesus is as 'a sharing, an embrace of life by Life, a total identification of God with the object of his love.' *Holly Sprink, author*

Thursday 23rd

We pray for all who feel lonely and isolated, particularly in this festive season. May they know the joy of Christ with them, giving them value, companionship and love.

Friday 24th Christmas Eve

'Glory to God in the highest heaven, and on earth peace to those on whom his favour rests.' In wonder and faith this night we listen to hear the angels proclaim anew their good news of great joy for all the world. We prepare to bow down and worship the new born Christ.

Saturday 25th Christmas Day

Christians, awake, salute the happy morn whereon the Saviour of the world was born. Rise to adore the mystery of love which hosts of angels chanted from above. *John Byrom, 1691-1763*

Wave of Prayer

17-19 December: Lui in South Sudan; Embu in Kenya; Orlu & Awori in Nigeria; The Murray in Australia and Medak in India

21-23 December: Archbishops, Bishops and all clergy in the Anglican Communion

24-26 December: Refugees, internally displaced families & those living in a climate of fear

Sunday 26th

As we celebrate today the feast of St. Stephen, we remember the selfless example of King Wenceslas in caring for his page, and pray for our members worldwide as they selflessly care for the vulnerable. We ask for God's blessing on our work as a new year dawns.

Monday 27th

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth. *John 1:14*

Tuesday 28th

As we remember that there was no room at the inn for the Christ child, we pray for the homeless, the destitute and the dispossessed across the world. We give thanks for all who supply provisions and shelter for them and pray for permanent solutions to be found for their needs.

Wednesday 29th

Christmas is a gift of love wrapped in human flesh and tied securely with the strong promises of God. It is more than words can tell, for it is a matter for the heart to receive, believe and understand. *Source unknown*

Thursday 30th

We pray for all who have celebrated this Christmas without celebrating Christ. May the coming year be the moment when they become much more aware of the love of God for them. Amen

Friday 31st

Faithful Lord, we stand at the crossroads between the old and the new and pause to thank you for all the blessings of the year past – and for the promise of your continued presence throughout the year to come. Whatever lies ahead, we put our hand in yours, with hope and confidence.

Wave of Prayer

24-26 December: Refugees, internally displaced families & those living in a climate of fear

28-30 December: All involved with the responsibility of caring for & supporting family life

The Mary Sumner 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.