

Mothers' UNION



Prayer Diary 2024

Uniting members in
prayer and fellowship
around the world

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PRAYER DIARY

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

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The *Prayer Diary* is published by Mothers' Union

Editor: Lauren Marriner
Design: Arca Creative
Print: Halcyon Print Management Ltd

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

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Dear friends,

I am delighted to introduce you to the 2024 *Prayer Diary*, a valuable resource to help us grow in our faith and deepen our relationship with God. As we begin this new year, let us open ourselves up to God's love and wisdom. Let us trust Him to guide us and equip us for the challenges and opportunities that lie ahead.

I believe that prayer is one of the most powerful tools for transformation. When we pray, we invite God into our lives; we open ourselves up to His love and His power for positive change.

This year's *Prayer Diary* is filled with prayers and reflections for each day of the year. As we pray together, with Mothers' Union members around the globe, let us try and keep God front and centre of all that we do.



As we enter into a new year, let us recommit ourselves to the work of Mothers' Union. Let us pray for God's guidance and strength as we work to end poverty, end injustice and end violence.

I hope this *Prayer Diary* is a blessing to you as you grow in your relationship with God and seek His guidance.

'God works in different ways, but it is the same God who does the work in all of us.' *1 Corinthians 12:6 (NLT)*

Thank you for your continued commitment to the work of Mothers' Union. Your dedication makes a real difference to people all around the world. May God's love and peace surround you in this new year.

With my love and prayers,

Sheran

Worldwide President

Joined-up prayer

Each day at midday, Mothers' Union members all over the world pause to pray. We approach God with confidence, knowing that God hears us and values our prayers.

Running throughout the year, the global Wave of Prayer expresses our commitment in prayer to each other, in all the places we work and reside. We focus on the vision of a future where everyone can thrive. By joining with and sustaining this Wave of Prayer, we can be part of something bigger than ourselves. As we pray, we know that we, too, are being prayed for by others around the world. Spanish translation of the *Prayer Diary* continues to aid us in our endeavour to do this.

These daily prayers can be used to join this Wave of Prayer, praying for each diocese in turn. The calendar is divided into three-day sections, focusing on a group of dioceses. On one day of the week there is a Bible verse to aid our reflections, when we can pray for aspects of our work which particularly come to mind.

Gracious God, we thank you for giving us strength, perseverance and comfort throughout our lives. We pray that you continue to nurture us and help us grow in our faith and service to others. Bless the members of the Mothers' Union around the world. Amen

Today we pray for *

**see the Wave of Prayer diary.*

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people...

Colossians 1:3-4





JANUARY

Faith for the future

Reflection

The start of another year may elicit in us a mixture of hope and apprehension. But the psalms highlight one way to build our faith for the future; by looking back and remembering how God has helped us in the past. Psalm 77 urges us to remember and meditate on the deeds of the Lord, whilst in Psalm 40 David remembers a past time of deliverance while he waits for God to rescue him from his current troubles. Let's do the same at the start of this year that we may approach the future with thankfulness and faith.

Monthly prayer

Loving Lord, our faith is in you.
We place our future in your hands as we follow where you lead.
Inspire us with your vision and empower us with your Spirit,
that we may walk forward together,
knowing you are our guide and companion. Amen



Creative prayer

Consider the footwear you own. Which, do you think, are most appropriate for this year's journey ahead? Sturdy brogues, comfy slippers, a spare pair with you for when conditions change? Slip them on and commit the year to God, with trust and thanks for his ongoing presence and provision.



Monday 1st Monthly prayer

Loving Lord, our faith is in you. We place our future in your hands as we follow where you lead. Inspire us with your vision and empower us with your Spirit, that we may walk forward together, knowing you are our guide and companion. Amen

Tuesday 2nd

Lord of the harvest, we pray for an increase in the number of members in the Mothers' Union that our mission to give Christian care to families and communities will flourish and grow throughout the world.

Wednesday 3rd

Gracious God, guide us in your plans for Mothers' Union that we may flourish in every way; in our prayers and worship, our fellowship with one another and our service to our communities.

Thursday 4th

Jesus said: No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. *John 15:4-5*

Friday 5th

Heavenly Gardener, give us your wisdom and discernment to prune back works which are no longer thriving or relevant, that there may be space for flourishing growth as you identify new areas of service.

Saturday 6th Epiphany

This Epiphany may we, as did the Wise Men, bow down in worship to our Saviour, Jesus Christ, and offer ourselves to serve him anew with all the gifts he has given to us.

Wave of Prayer

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

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

Sunday 7th

Dear God, we pray for your Church here on earth, that putting its trust in you, both clergy and laity may be emboldened in their sharing of the gospel. "All our hope on God is founded".

Monday 8th

Dear God, we pray for the future of our beautiful world. We have faith and trust that solutions will be found to reverse climate change, and we pray that we may all do our part in achieving this. "In you we put our trust".

Tuesday 9th

Dear God, we pray for the nations of the world. For future peace and acceptance of each other and our differences. May there be hope and delight in the rich tapestry of the human race and may trust abound.

Wednesday 10th

Dear God, we pray for the Mothers' Union, giving thanks for all our members throughout the world. As we put our trust and hope in you, our God, may we see the path ahead for this wonderful global community.

Thursday 11th

Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, who made heaven and earth, the sea, and all that is in them; who keeps faith for ever. *Psalms 146:5-6 (NRSV)*

Friday 12th

Dear God, as we are part of your family the Church, we pray for families we know who are under stress and pressure. May we be of help to them and steer them to see the wonder of lives guided by your word and presence.

Saturday 13th

Dear God, we pray for ourselves at the beginning of this year. What will it bring? Having trust in you, our God, we know that we are not alone. We give ourselves to you afresh, in sure and certain hope of your love for each of us.

Wave of Prayer

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

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

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

Sunday 14th

Father God, as we pray this week for the global mission of Mothers' Union, we do so because you first loved us and gave your Son for us. Alleluia!

Monday 15th

Triune God, in your three persons, we have all we need, as individuals and as your worldwide Church. May the sum of the parts of Mothers' Union be greater than the whole, that we may have everything we need to carry out your mission, enabling all people to thrive.

Tuesday 16th

Generous God, thank you for members everywhere, who give so freely of their time, talents and resources to bring your transforming love to all. As we bless others in your name, may we always remember that we too are blessed.

Wednesday 17th

Sustaining God, on days when things go wrong, keep us mindful of those for whom simply living is a daily struggle. Through MU projects throughout the world may they gain practical help and hope for the future.

Thursday 18th

For God so loved the whole world, *John 3:16*, not just the people we agree with or find easy to love. May we continue to show compassion and unconditional love to everyone we pray for and work with.

Friday 19th

In our global mission to promote peace and reconciliation, hope and justice, may we not only look to bring authorities to account, but may each of us have patience and perseverance in our own relationships, that we may show others how to live as you intended.

Saturday 20th

Creator God, we ask for your Spirit to inspire us with creative ways to meet the challenges we face as a global movement. May we be bold to push open doors and try new things. May we always fix our eyes on Jesus.

Wave of Prayer

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

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

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

Sunday 21st

As we gather to worship in our various churches today let us pray for our unity in diversity. We are each uniquely created yet as we work, worship and pray together may we be a light to the nations and may we strive to be one.

Monday 22nd

Father, in unity is strength. May we be united in our love for you, each other and the world; may your peace enfold us as we work for unity in our churches. Enable us to love and respect one another in all areas of life.

Tuesday 23rd

Lord, as individuals and as different churches, show us how many things we have in common and teach us not to concentrate on our differences. Join us together in the love of God that our unity may become even stronger.

Wednesday 24th

We give thanks for the rich tapestry of our different churches. May we rejoice in each other's traditions and come together in love and respect to experience new ways of worshipping God and growing closer to each other.

Thursday 25th

Jesus said: I pray for those who will believe in me... that all of them may be one, Father, just as you are in me and I am in you. *John 17:20-21*

Friday 26th

Lord, we thank you for those you've given to walk alongside us, those who think and act the way we do and those who are different from us. May we see Christ in each one as we journey through life together, supporting and encouraging one another.

Saturday 27th

We thank you, Father, for the relaxation of the weekend. May we rest in your love, be built up in the unity of the Spirit and be forever thankful for your grace at work within us all, whatever our church tradition.

Wave of Prayer

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

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

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

Sunday 28th

Dear God, we have great excitement and anticipation about our future. Please keep our minds strong so that we always look optimistically at the future. May we always have cause to hope. Amen

Monday 29th

Heavenly Lord, we have so much to look forward to in the coming year. Keep our hearts and minds focused on what is important and help us to be positive for the future. Amen

Tuesday 30th

Lord, help us to hear you saying, "I am your hope". You are hope for the hopeless so we are running to you with both hands stretched out grabbing on to you. Give us a reminder today that hope is an unbreakable spiritual lifeline. Amen

Wednesday 31st Monthly prayer

Loving Lord, our faith is in you. We place our future in your hands as we follow where you lead. Inspire us with your vision and empower us with your Spirit, that we may walk forward together, knowing you are our guide and companion. Amen

Wave of Prayer

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

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

Female empowerment in South Sudan**FAITH IN ACTION**

Therefore encourage one another and build one another up, just as you are doing

1 Thessalonians 5:11

One of our programmes in South Sudan looks at the difference of responsibility between women and men. This is called the 24 hour clock participatory learning activity. It is known as the safest way to bring up gender equality in these communities.

The 24 hour clock activity aims to highlight how much work and responsibility falls on the women in a day.

On the daily activity chart, the women's day was filled with cleaning, washing, cooking and looking after the children.



Photo credit: Taking Pictures, Changing Lives Foundation

In contrast, the father has activities such as reading the Bible, listening to the radio, going to community meetings and watching sport.

It reveals the levels of responsibility in the household. Despite the men believing they have a full day, the activity shows that this is not the case. By supplying the women of the household this knowledge, it gives them the confidence to ask for help and raise their voice, not only for themselves but for their children.

This tool gave women in Juba the confidence to 'give some duties to my children' and redistribute some of their daily tasks. The learning trickles down into the community from the initial training, and one woman 'educated the [neighbour] girl on the daily activity chart'.

We also run literacy circles. They use interactive Bible studies and learning activities. The literacy circles contain up to 30 participants and are led by community volunteers trained by Mothers' Union. The literacy circle becomes a safe place where all participants feel secure. They trust each other to share deep issues affecting their lives, which included gender-based violence, women's rights, understanding traditional practices, health and hygiene. It enables women to use their voice, often for the first time and speak freely, helping to promote female leadership.

Around 70% of participants in Juba now feel they have coping mechanisms as well as being involved in advocacy activities for peace in their communities.

Pray for: the empowerment of women worldwide

February:

Works of transformation

Reflection

There is a difference between tending to a wound by covering it with a sticking plaster and actually addressing the root cause of the damage. The latter not only brings about total healing but may also ensure the wound doesn't reoccur, whilst the plaster brings some protection, the underlying pain sometimes remains. Similarly, as we serve our communities, let's pray for the understanding, resources and supernatural power to effect total transformation, rather than a superficial, temporary covering over of issues.

May our starting point be the sharing of God's transforming love in all we do and are.



Monthly prayer

Generous, loving God, you have provided all the resources for works of transformation which create a sustainable future. Help us to use your provision well to effectively serve our communities, wherever we live in your world.

Amen

on



Creative prayer

When you prepare a hot drink, ask God for his power, as the kettle boils; pray for the blending of resources to transform lives and situations, as you pour the water for your chosen brew; then pray to bring the fragrance of Christ to those in need, as you savour your drink.



Thursday 1st Monthly prayer

Generous, loving God, you have provided all the resources for works of transformation which create a sustainable future. Help us to use your provision well to effectively serve our communities, wherever we live in your world. Amen

Friday 2nd

Thank you, Lord, that you promise to make all things new. Please use us in your plans to transform lives, relationships and communities for good. Amen.

Saturday 3rd

We are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. *Ephesians 2:10 (ESV)*
Lord, transform us, then use us for works of transformation.



Wave of Prayer

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

Sunday 4th

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

Monday 5th

Loving Lord you have made us all special, you have given us different abilities and different possessions. We offer them back to you and ask that we may never lose the opportunities we have for using them in your service.

Tuesday 6th

Today we pursue love, righteousness, patience, gentleness and humility. Father, we realise that we must commit and respond to your lead in what we think or do. Thank you for giving us the strength to act on your behalf.

Wednesday 7th

Heavenly Father, great is your faithfulness. We know your words to be true and trusting in your power makes us obedient to the work we do for your glory, as we put our faith into action.

Thursday 8th

If you say, "Good-bye and have a good day; stay warm and eat well"—but then you don't give that person any food or clothing what good does that do? Faith by itself isn't enough. Unless it produces good deeds, it is dead and useless. *James 2:16-17 (NLT)*

Friday 9th

Lord show us the way to move forward with your guidance. Open our hearts to embrace change, encouraging us to grow spiritually, and enable us to receive resources to transform us and make us more effective in putting our faith unto action.

Saturday 10th

We live by faith, not by sight. *2 Corinthians 5:7* Father, help us to walk by faith and not by sight; help us live our lives using the opportunities you ordained for us; Help us to remain in your constant presence for our daily bread.

Wave of Prayer

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

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

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

Sunday 11th

May we realise the power of our prayers and bring before God those around us who are suffering and feeling helpless. May our prayers bring God's transforming, healing love to others, changing their lives from places of darkness to light.

Monday 12th

May we realise the power of our words and use them positively to transform the lives of those around us. May our words encourage others through difficult times and support them with compassion and understanding.

Tuesday 13th

Pray for those around the world bringing hope and comfort to those in distress. Pray for God's people working in areas of conflict, or natural disasters. May they bring the tenderness and love of God to the hungry, homeless and persecuted.

Wednesday 14th Ash Wednesday

Today may we particularly show our repentance in serving others in Christ-like humility, giving our time and friendship to help those around us who are weary and isolated, struggling with their lives.

Thursday 15th

Let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. *1 John 4:7,12*

Friday 16th

Pray that we can readily show love to those who feel unloved or for whom love has been painful in the past. May we, through acts of kindness, restore their faith in what humanity can do and touch their lives with the love of God.

Saturday 17th

Pray for those who are spreading the word of the Lord in hostile environments abroad. May the Lord protect them from danger, as they share the Gospel and God's love in the most difficult areas of the world.

Wave of Prayer

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

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

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

Sunday 18th

Father God, thanks for placing us in communities, where you call us to share your transforming love and the good news of your Son who came to save us and restore our relationship with you. May we demonstrate your compassion, especially to the vulnerable, just as Jesus did on earth.

Monday 19th

Heavenly Father, let our light so shine in our communities as we do the good works you have prepared for us to walk in, that our friends and neighbours may see you at work and give you all glory.

Tuesday 20th

Our gracious Lord, may we have a desire for our lives to be transformed by your Word, so that we are enabled by the Holy Spirit to look for opportunities to give solace, and 'To help those whose family life has met with adversity.'

Wednesday 21st

We pray for those who experience homelessness, hunger, broken relationships or hurt. Please Father, walk with these people, calm their fears, and encourage them to connect with you and your Son throughout their lives. Give them hope in a very troubled world.

Thursday 22nd

If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. *1 Peter 4:11*

Friday 23rd

Let us pray for those who live in aged care communities, who feel weary and confused towards the end of life's journey, we lift them to the Lord for his mercy. May the transforming love of God give them peace. In Jesus' name. Amen

Saturday 24th

Loving Father, we thank you for the privilege of serving you and those you place around us, for the freedom and opportunity to reach out to women and families. We pray that our presence brings comfort into stressful situations.

Wave of Prayer

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

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

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

Sunday 25th

Lord, you have entrusted us with abundance and filled us with your love. You came that we may have life, and have it abundantly. Bestow on us discernment and wisdom to understand the impact of our choices, and change our habits where necessary.

Monday 26th

God hates cheating in the marketplace; he loves it when business is above board. *Proverbs 11:1 (The Message)* Lord, forgive us when we ignore unfair trade practices, to gain a bargain for ourselves.

Tuesday 27th

We pray for farmers, both in this country and overseas, that they may be paid a fair price for their produce and be enabled to produce much needed food and crops.

Wednesday 28th

Many workers throughout the world work long hours in poor working conditions for pitiful wages so that we may benefit from cheaper goods. Lord, we pray that their plight may be highlighted and they may no longer be exploited.

Thursday 29th Monthly prayer

Generous, loving God, you have provided all the resources for works of transformation which create a sustainable future. Help us to use your provision well to effectively serve our communities, wherever we live in your world. Amen

Wave of Prayer

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

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



March: Inspiring women

Reflection

Inspiring women appear in our lives in many guises. Like Martha, some are busy serving, whereas others like Mary, relish being present in the moment. Both were inspired by Jesus, and in turn are inspiring models to follow. Like them, we each have differing traits and personalities. But whatever our individual qualities we are all equally valued and loved by God. And whether we are a 'doer' or a 'thinker' (or maybe a mixture of both) God can, and does use us as a light to inspire others. Let's savour that thought!

Monthly prayer

'First at the cradle and last at the cross',
women from every walk of life continue to inspire us.
Whether we are a 'Mary' or a 'Martha', we pray to be blessed
with a prayerful heart and a spirit of hope
that brings encouragement and light to others. Amen

Creative prayer

We may have many demands upon us which lead to our feeling drained and depleted. Reflect on the story of Mary and Martha in Luke 10. Then determine to connect purposefully with God in even the simplest daily tasks, breathing God's love into each thought and action. At the end of each day rest in God's presence, in thanks for how he has led you.



Friday 1st Monthly prayer / World Day of Prayer

'First at the cradle and last at the cross', women from every walk of life continue to inspire us. Whether we are a 'Mary' or a 'Martha', we pray to be blessed with a prayerful heart and a spirit of hope that brings encouragement and light to others. Amen

Saturday 2nd

Let us take time today to thank God for the women in our lives who are or who have been an inspiration to us. We pray that, whether we are male or female, we too may affect people's lives in a positive way.

Wave of Prayer

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

Knitting teddies for Ukraine refugees

FAITH IN ACTION

And do not forget to do good and to share with others, for with such sacrifices God is pleased.

Hebrews 13:16

Since war started in Ukraine in 2022, families have been fleeing their homes to find safe havens. This means a lot of children have left their lives behind, including family and friends, for an unknown life in the UK.

Mothers' Union Manchester were contacted by Manchester Airport Chaplaincy Team asking them for help. They knitted teddies for a charity called Teddies 4 Tragedies. The movement started as a pattern for knitted teddies intended to bring comfort and hope to children around the world. Members involved in knitting groups throughout greater Manchester started knitting. Tricia

Deanery, Leader for Bury and Rossendale, agreed to coordinate the project.

Over 140 teddies have been knitted. Tricia sent some knitted bears direct to the Ukrainian front line via a volunteer, and has planned to send more.

Reverend George Lane, a member of the airport chaplaincy team, has been on the front line at the airport welcoming Ukrainian refugees. "The purpose... is to reassure the children – and their anxious siblings and parents that they are safe and among friends. We have no idea of the immediate situation before they boarded their flights to the UK."

Members have offered their homes, essential living supplies and love to Ukrainian refugees.

Pray for: everyone affected by conflict throughout the world.

Sunday 3rd

Father, you trusted women with many gifts and talents; kindly instill in them the gift of humility that they may remain in your presence, trusting only in your strength. Awaken in every woman the heart of a Deborah for this time. *Judges 4:4*

Monday 4th

Father, your abounding love for women emanates from creation. In your capability, bestow on women globally, varieties of gifts like you did to Dorcas, who was full of good works and acts of charity. Grant us the ability to change the world for the better.

Tuesday 5th

Father, we come before you today with grateful hearts and deep desire to honour and celebrate the incredible women of our time. Guide them with courage to break through barriers and pursue their purpose. Grant them strength and unwavering faith.

Wednesday 6th

Dear God, thank you for creating women. We pray for women worldwide as they are pillars of influence; may you grant them with love, happiness, strength and inspiration so to overcome the challenges they face.

Thursday 7th

Lord, help us to embody the wisdom of Abigail. *1 Samuel 25* To know when to speak up and when to keep silent. To know when to give and when to withhold. Help us be a good influence on those around us, and protect them from harm.

Friday 8th International Women's Day

She is strong and respected and not afraid of the future. *Proverbs 31:25 (GNT)* Lord, may women internationally have influence for good, both in the present and for the future.

Saturday 9th

Lord, Mary offered to be your servant and carry Christ in her womb; guide us to live a life like hers, that we may hear, trust your truth and act upon it.

Wave of Prayer

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

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

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

Sunday 10th Mothering Sunday

Heavenly Father, we rejoice with thanks for all those who have mothered us in our lives. In a world that is broken and in need of your motherly love, please use us to aid others as you do us in providing comfort, nurture, protection and support. *St. Mellitus Mothering Sunday liturgy*

Monday 11th

We pray today for all who have taken on a mothering role in the lives of those children and adults, who need this special care. May they have wisdom and insight as they build relationships and model family love.

Tuesday 12th

Heavenly Father, we pray today for the many child-led families in the world. In your mercy provide help for children who shoulder this role when they actually need the security of being mothered themselves.

Wednesday 13th

Jesus, like a mother you gather your people to you; you are gentle with us as a mother with her children. In your compassion bring grace and forgiveness; for the beauty of heaven may your love prepare us. *St Anselm of Canterbury*

Thursday 14th

Lord 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.

Friday 15th

Never! Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I would not forget you! *Isaiah 49:15 (NLT)*

Saturday 16th

We pray for those who have lost a motherly presence, and for those who have never known a mother's love. May they find consolation in God, the one in whom every family on earth finds its home. *St. Mellitus Mothering Sunday liturgy*

Wave of Prayer

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

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

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

Sunday 17th

Is it not to women that our Lord appeared after His Resurrection? Yes, and the men could then blush for not having sought what the women had found. *Jerome, 347-402*. We thank God for women through history and across the world who have shared the good news of Jesus Christ.

Monday 18th

We pray for women throughout the world who still suffer inequality and injustice, whether in education, the workplace or in relationships. May this state of affairs be challenged that lasting change may take place.

Tuesday 19th

We thank you, Lord, for the women across the world who boldly stand up against injustice; many at great personal cost. May they be empowered by your Holy Spirit as they speak your words of truth.

Wednesday 20th

All-powerful God, we pray for women across the world who hold positions of authority and responsibility at local, national and international level. May they be given the same respect as men in similar positions, and their influence grow for good.

Thursday 21st

Loving Lord, we give thanks and pray for the initiatives of Mothers' Union throughout the world which bring literacy and education to women, thus improving their opportunities and quality of life.

Friday 22nd

I thank my God through Jesus Christ for all of you, because your faith is proclaimed throughout the world. *Romans 1:8 (NRSV)*

Saturday 23rd

Take time today to pray for God's blessing on the women across the world in your link dioceses, and others with whom you are connected.

Wave of Prayer

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

19-21 March: Antisirana 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

Sunday 24th Palm Sunday

We women came in droves to see him, seated on a donkey. We waved palms, danced and sang, 'Hosanna! Blessed is he who comes in the name of the Lord'.

Monday 25th

Mary of Bethany - discerning, devoted, and generous - poured precious perfume to anoint her Lord for burial. May we reflect her example through our lives of wholehearted devotion.

Tuesday 26th

The widow gave her all – two coins! Like her, may we share our spiritual and worldly gifts with a generous open heart.

Wednesday 27th

Lord, you reached out and brought women alongside, giving them respect and hope. Today, as we journey with you, may we inspire our Church to also liberate and respect women.

Thursday 28th Maundy Thursday

"Greater love has no-one than this, that he lay down his life for his friends."
Lord we praise you that you call us all your friends, women and men alike, and we all are made whole through your loving sacrifice.

Friday 29th Good Friday

Mary, who watched Jesus draw his first breath, now watches him breathe his last. Amidst the agony appear words of hope - "Woman, here is your son." Then to John, "Here is your mother." Lord, may life's pain never cause us to doubt your love.

Saturday 30th Monthly prayer

See monthly prayer on page 22.

Sunday 31st Easter Sunday

Mary Magdalene weeps in the garden, bereft of hope, unaware of your presence. You speak and ... faith is renewed, hope fulfilled, and the future eternal. Let us too, spread the good news of the resurrection. 'Hallelujah! Christ is risen!'

Wave of Prayer

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

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

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



Monthly prayer

We celebrate abundant life with full and thankful hearts.
We give thanks for the imprint of heaven
which enhances our life in the here and now.
May our appreciation of all we enjoy
bring praise to our bountiful God. Amen



Reflection

Life can be hard, and it's easy to feel overwhelmed, struggling with everyday living. Our hearts ache at the sadness in the world.

In these moments it's good to remember that we are not on our own, but that Jesus is at the right hand of the Father, praying for us. Christ died, but rose again, opening the way for us to enjoy abundant life; not only in our heavenly future, but here and now on earth.

So let's revel in that which brings us joy, whether a beautiful sunset, coffee with a friend or a precious answer to prayer.

Creative prayer

Look out of a window or go for a walk and take note of three things you see which give you pleasure. Give thanks for the lens of faith and thankfulness through which we can appreciate and enjoy God's gift of abundant life.



Monday 1st Monthly prayer

We celebrate abundant life with full and thankful hearts. We give thanks for the imprint of heaven which enhances our life in the here and now. May our appreciation of all we enjoy bring praise to our bountiful God. Amen

Tuesday 2nd

Gracious God, help us to taste of the new life in Christ, reborn and cleansed by your precious blood which will earn us rich rewards for eternity. May this new life fill us with the radiance of Christ to reach out to the lost.

Wednesday 3rd

Father you have offered yourself that we may experience a life worthy of all praise and honour that we give back to you. We are made in the likeness of God, so remind us that this new life must reflect the image of God to the world.

Thursday 4th

Lord let me not be conformed to the desires of this world, but help me to live in newness of life to my journey's end. Transform me by the renewing of my mind and enable me to accomplish what is good and pleasing in your sight.

Friday 5th

If anyone is in Christ, the new creation has come: The old has gone, the new is here! *2 Corinthians 5:17*. Father, we praise you for the offer of new life; may we comprehend the grace that is freely available.

Saturday 6th

Holy Father, let me be a source of blessing and gather many more into your fold that they too might experience the richness of a new life in Christ that you have promised for all of creation.

Wave of Prayer

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

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

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

Sunday 7th

Blessed assurance, Jesus is mine O what a foretaste of glory divine! Heir of salvation, purchase of God; born in his Spirit, washed in his blood. This is my story, this is my song, praising my Saviour all the day long. *F.J. Crosby; 1820-1915*

Monday 8th Lady Day

Lord Jesus Christ, as we remember the faith of Mary that all things are possible with God, we pray to be blessed with the qualities that she portrayed; grace, patience, obedience, thankfulness and courage. Amen

Tuesday 9th

We give thanks today for the blessings of new growth in creation; each new season bringing hope of new beginnings. Each sign of blossom and fruitfulness which lifts our spirits and deepens our faith in our Creator God.

Wednesday 10th

Loving Lord, we pray today for everyone who has woken up anxious and unhappy. Please bless them and lighten their darkness we ask; turn despair into hope, sorrow into gladness. Bless them with encouragement and support from caring friends.

Thursday 11th

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!

Friday 12th

God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. *2 Corinthians 9:8* Lord, we praise you for the abundance of your blessing!

Saturday 13th

Let us take time today to thank God for the blessings of friendship. To ask God to bless specific friends who come to mind, and to pray that we also will be a blessing to them.

Wave of Prayer

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

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

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

Sunday 14th

Your word is a lamp to my feet, a light for my path. *Psalms 119:105*. Thank you Lord that even when our walk is difficult you are always with us, shedding light on the challenges we face.

Monday 15th

Lord, inspire us to stay the course throughout our life and be ever present with us at each step along the way. Give us everything we need to carry out your plans and shelter us in your protection until our journey ends.

Tuesday 16th

Will you come along unknown paths with me – paths unknown to you but not to me? I will watch over you to keep you safe. *Joyce Huggett, author, 1937-2017*. Lord, thank you that as you walk with us you know the way ahead.

Wednesday 17th

Loving Lord, we pray today for families with children growing up in such a confused world, that they would come to know you and walk in your ways of love and true freedom.

Thursday 18th

We pray for everyone who is housebound or who cannot physically walk, that they would know that they can still walk with God in a special way. May they know the joy of leaning on him for strength and comfort today.

Friday 19th

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. *Micah 6:8*

Saturday 20th

If you are able, go for a walk and pray to sense God's presence with you. Thank him for creating the beauty you see in nature; pray for those you pass by; listen for what God may say as you walk together.

Wave of Prayer

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

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

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

Sunday 21st

Heavenly Father, we thank you for the great love of your Son, our Lord Jesus Christ, who willingly went through such pain to sacrifice himself for us, that we may have the gift of eternal life. Amen

Monday 22nd

Lord, thank you that knowledge of eternal life helps us to live this day knowing that whatever we face we can overcome. We pray for all who fear the future, that you will fill them with your peace and hope .

Tuesday 23rd

Lord, we may not fully comprehend the concept of eternity, but we know by faith that life forever in your presence will be wonderful. We pray for all who have not yet heard your word that they will hear and believe your promise of eternal life.

Wednesday 24th

Our life cups become the cups of salvation. When we have emptied them to the bottom, God will fill them with “water” for eternal life. *Henri Nouwen, Dutch priest and theologian, 1932-1996.* Lord, please fill us with your eternal life today.

Thursday 25th

Today we pray for those who are persecuted for their faith, may they never lose sight of your promise of eternal life. May this promise give strength in the present; may God in his mercy bring them timely deliverance.

Friday 26th

Jesus said: Those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life. *John 4:14 (NLT)*

Saturday 27th

Take time to reflect today on the aspects of life that give you the greatest joy. Then thank God that these are just a foretaste of the joy we will know in our eternal future.

Wave of Prayer

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

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

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

Sunday 28th

On this day of rest, resting in the Lord, we pray to be restored to start a new week. We ask that we will embrace Christ's promise of abundant life, which will give us joy and hope throughout the coming days.

Monday 29th

As we look ahead to Ascension and Pentecost, we pray the grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us and those we love for evermore. Amen

Tuesday 30th Monthly prayer

We celebrate abundant life with full and thankful hearts. We give thanks for the imprint of heaven which enhances our life in the here and now. May our appreciation of all we enjoy bring praise to our bountiful God. Amen

**Wave of Prayer**

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

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



May:

Building God's Kingdom

Reflection

When St. Paul's Cathedral was being built in 1675, different craftsmen were once asked what were their tasks. Their answers included laying bricks, carving stone and other specific undertakings. One man, however, replied that he was helping to build St. Paul's Cathedral. He had a bigger and better vision of what his work was achieving. As we live out the values of Christ by our example, words and actions, let's ask God for a bigger vision of what we too are achieving. Let's rejoice that our specific offerings are contributing to the wonderful task of building God's Kingdom on earth.

Monthly prayer

Our Lord and heavenly King,
fill our lives with the presence of Christ.
Strengthen our faith to trust in you
and set our hearts to pursue your ways,
that we may work in partnership
to build your Kingdom on earth. Amen

Creative prayer

Sing or listen to the song "Seek Ye First the Kingdom of God", or another hymn which focuses on God's Kingdom. Offer it as your prayer to God. You could add your own words to make it particularly personal to you.



Wednesday 1st Monthly prayer

Our Lord and heavenly King, fill our lives with the presence of Christ. Strengthen our faith to trust in you and set our hearts to pursue your ways, that we may work in partnership to build your Kingdom on earth. Amen

Thursday 2nd

Heavenly Father, as we seek first your Kingdom may we reflect the values of your kingdom through the way we listen to the problems of others, care for their needs, and not judge others unkindly.

Friday 3rd

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. *Matthew 6:33 (NLT)*

Saturday 4th

Loving Lord, help us not to worry about the practical necessities of life but to truly have faith in your promise to provide all we need as we seek first your Kingdom above all other desires.



Members from DRC

Wave of Prayer

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

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

Sunday 5th

Heavenly Father, we thank you for giving us our Helper, the Holy Spirit. Thank you for your love as we share it with others, giving them joy and happiness when serving you. Give us the peace that passeth all understanding. We pray for peace around the world. Amen

Monday 6th

Heavenly Father, you have blessed us with so many gifts including that of the Holy Spirit. Help us, O Lord, to use our gifts to enable others to transform their lives to serve and worship you sincerely. Amen

Tuesday 7th

Dear Lord, thank you for the indwelling of the Holy Spirit which transforms our lives and enables us to transform others. In Jesus name we pray. Amen

Wednesday 8th

Almighty and ever loving God. we pray that you will help us to listen to your Spirit and to be witnesses for you. We pray, Lord, that you will lead, transform and control us by your Holy Spirit to live better lives for you. In Jesus' name. Amen

Thursday 9th Ascension Day

Risen, Ascended, Glorified Lord, we worship you. May the wonder of your Ascension inspire us, and the gifts of your Spirit empower us to go forward to 'make disciples of all nations.' Amen

Friday 10th

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work.

1 Corinthians 12:4-6

Saturday 11th

Lord, as we step out as your hands and feet in our communities, enlighten us with the spiritual gifts of knowledge and understanding to understand the needs of the people we serve in your name, and to know that it is thy will we do on earth, not ours. Amen

Wave of Prayer

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

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

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

Sunday 12th

Almighty God, your ascended Son has sent us into the world to preach the good news of your Kingdom: inspire us with your Spirit and fill our hearts with the fire of your love, that all who hear your word may be drawn to you, through Jesus Christ our Lord. Amen *Thy Kingdom Come prayer*.

Monday 13th

Our Father in heaven who unites us together from the four corners of the world, we declare your praise and pray with one voice - from the North, South, East and West - send your Holy Spirit in power, may your Kingdom come!

Tuesday 14th

We pray for Mothers' Union members throughout the world as they proclaim *Thy Kingdom come* by sharing the love of Christ through their witness and their work. We pray for transformation in families and communities worldwide as we proclaim *Thy Kingdom come* as the heart of our mission.

Wednesday 15th

We bring before God today family and friends who need a kindling of faith and to know Christ in their lives. May God open their eyes to see the wonderful reality of his love for them.

Thursday 16th

We pray that the world may know Jesus Christ as the Prince of Peace; that the day may come when every knee shall bow and every tongue confess that Jesus Christ is Lord, we pray: Thy Kingdom come. Amen *Thy Kingdom Come prayer*

Friday 17th

Jesus said: This, then, is how you should pray: Our Father in heaven: May your holy name be honoured; may your Kingdom come; may your will be done on earth as it is in heaven. *Matthew 6:9-10 (GNT)*

Saturday 18th

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.

Wave of Prayer

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

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

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

Sunday 19th Pentecost

Dear Lord, fill all people with your love and peace, that by the power of your Holy Spirit, we may experience your hope at all times. Help us to live a life marked by the undefeatable joy of your presence in our lives.

Monday 20th

Gracious God, transform me into someone who loves others just like you love me. Help me to show empathy and compassion to everyone with whom I interact, and to act with gentleness and respect.

Tuesday 21st

Dear Lord, make me more effective in sharing your love. Please show me the parts of my life that I need to change, what I must stop doing and what I must start to do so I can truly bear the fruit of your Spirit.

Wednesday 22nd

Holy Spirit, help me to show grace and understanding in my dealings with others. May the words of my mouth and the thoughts of my heart be pleasing to you so all my interactions bear witness to your Lordship in my life.

Thursday 23rd

Father, you make all things beautiful in their proper timing. You keep your promises and nothing is too difficult for you to accomplish. Help me to be patient, constantly aware that you are with me and have given me everything I need to live a faith-filled life.

Friday 24th

The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. *Galatians 5:22-23*

Saturday 25th

Heavenly Father, I surrender to your will and ask you to take control of my life that through your Holy Spirit I may be transformed and empowered. I renew my commitment to you today and invite you to show me how to live with humility and grace.

Wave of Prayer

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

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

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

Sunday 26th

Without God's Spirit, there is nothing we can do that will count for God's Kingdom. Without God's Spirit, the Church simply can't be the Church. *N.T. Wright, theologian*. Lord, send your Spirit to empower your Church today.

Monday 27th

Holy Spirit, envision your Church with holy purpose; that we may build God's Kingdom on earth. Christ our Lord, fill your Church with the power of your Spirit to boldly declare the wonders of God. Amen

Tuesday 28th

We pray today for our own church and the other churches in our area. May we be empowered through our love and unity together as we seek to proclaim Christ through word and action to our local community.

Wednesday 29th

God's wisdom, in all its rich variety, was to be made known to the rulers and authorities in the heavenly places – through the Church! *Ephesians 3:10 (NET)*. Lord, let it be so! Amen

Thursday 30th

Let us remember before God churches which are suffering discrimination and persecution because of their country's regime. May they know the power of the Spirit to stand firm in faith and be filled with joy, despite their adverse circumstances.

Friday 31st Monthly prayer

Our Lord and heavenly King, fill our lives with the presence of Christ. Strengthen our faith to trust in you and set our hearts to pursue your ways, that we may work in partnership to build your Kingdom on earth. Amen

Wave of Prayer

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

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

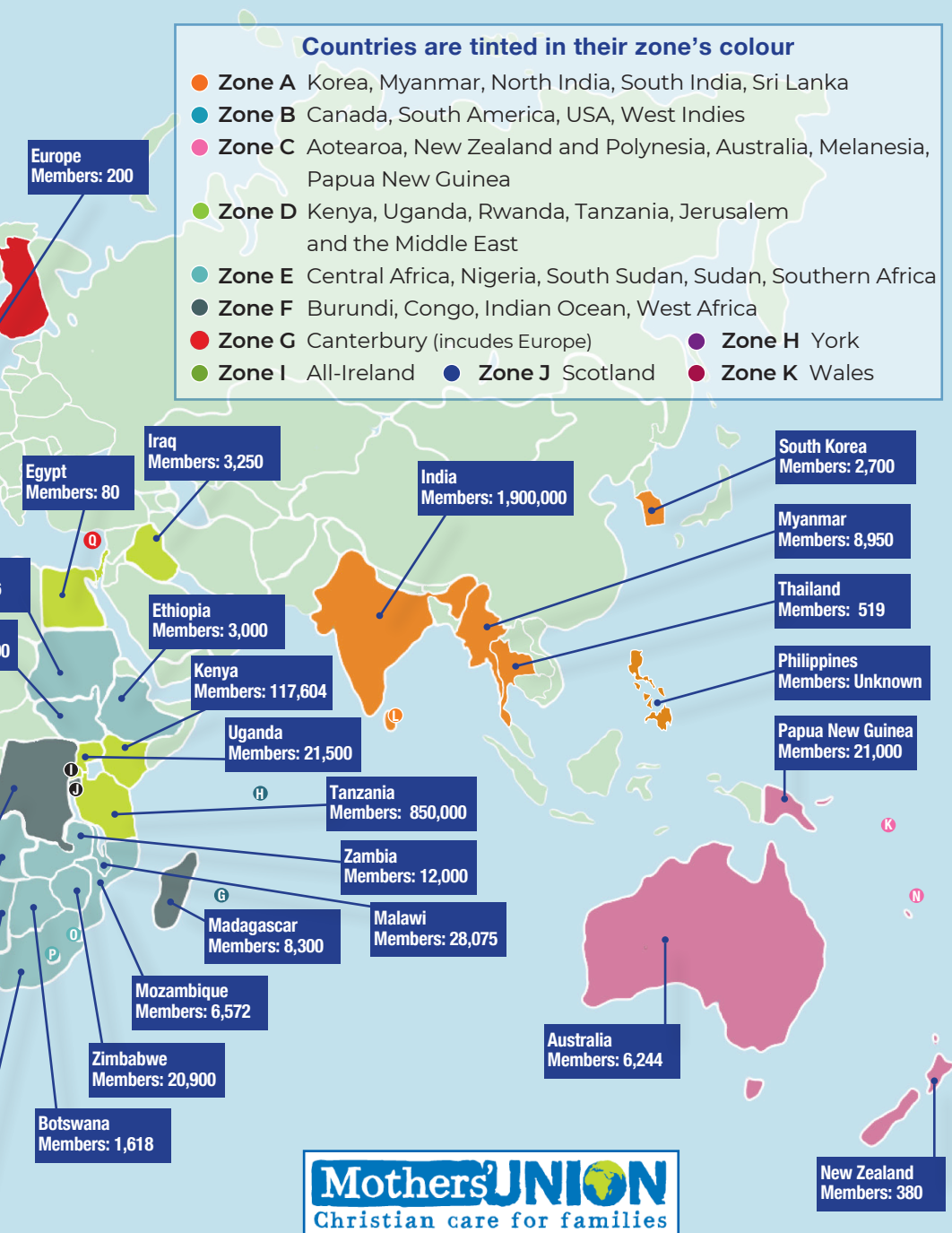
Mothers' Union – 4 million members

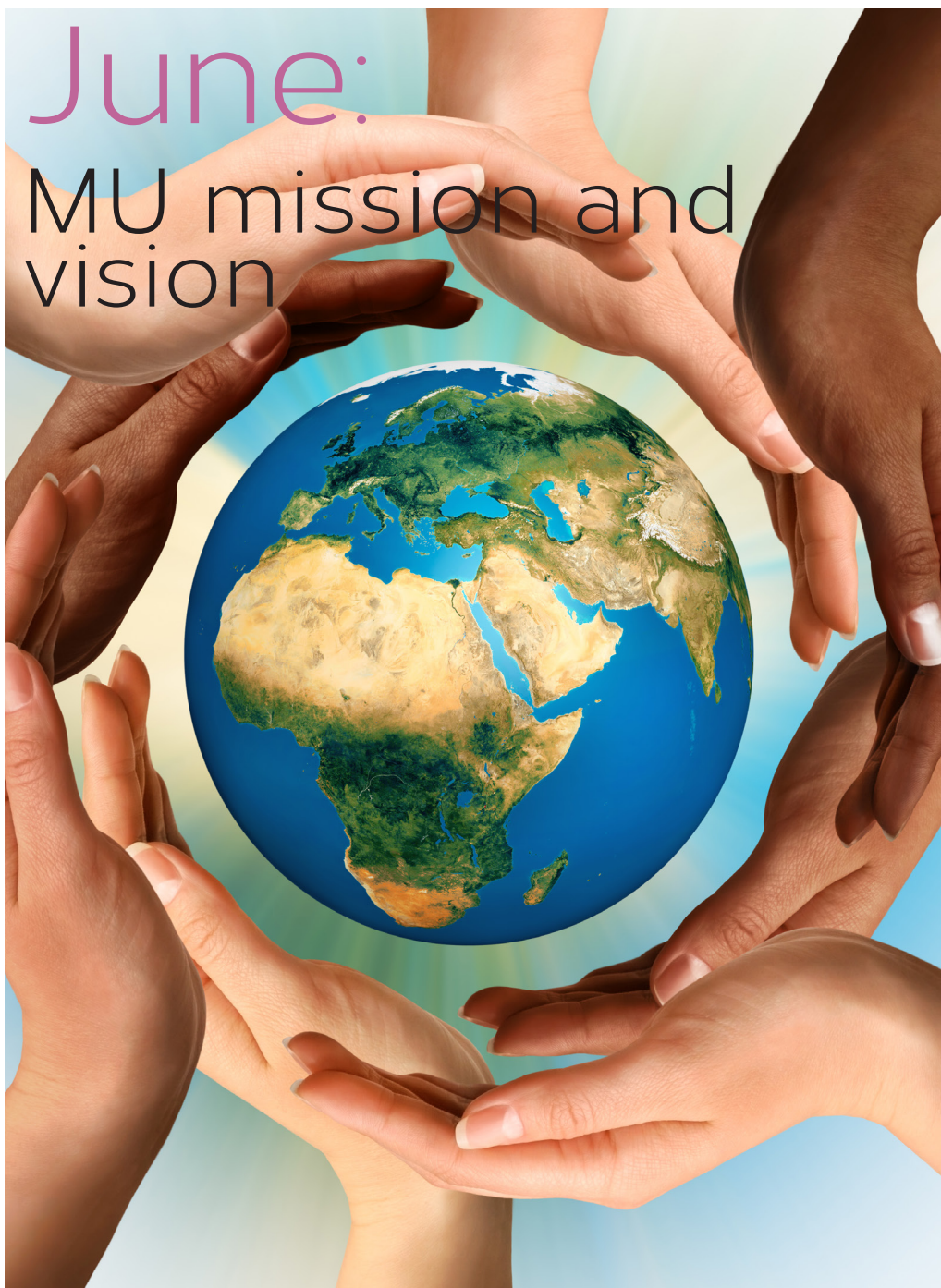


members around the world

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





June:

MU mission and
vision

Reflection

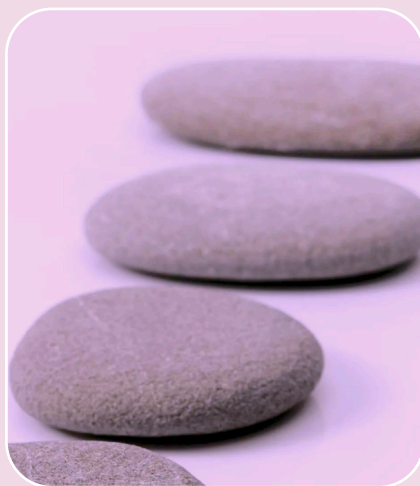
The founder of the China Inland Mission, James Hudson Taylor, displayed a plaque in each of his residences which read “Ebenezer—Jehovah Jireh”. Together, these Hebrew words say, “The Lord has helped us to this point, and he will see to it from now on.” As we continue to follow our MU mission and vision in our own day, it’s good to acknowledge and celebrate that the Lord has indeed helped us to this point. Then, as we look to the future, we can also have faith that God will continue to help us in our future endeavours.

Monthly prayer

God of unchanging power, your Holy Spirit enables us to proclaim your love in challenging times and places. Give to all members of Mothers’ Union steadfastness, fresh understanding and a clear vision, that together, we may continue the mission to which we are called. Amen.

Creative prayer

Just as the Israelites set up a stone to commemorate God’s help (1 Samuel 7:12) gather some flat stones together as a symbol of God’s faithfulness to Mothers’ Union thus far. Then rearrange the stones to represent stepping stones. Silently pray for God’s ongoing help and vision as we continue our mission in the future.



Saturday 1st Monthly prayer

God of unchanging power, your Holy Spirit enables us to proclaim your love in challenging times and places. Give to all members of Mothers' Union steadfastness, fresh understanding and a clear vision, that together, we may continue the mission to which we are called. Amen

Wave of Prayer

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

Supporting fathers in prison

FAITH IN ACTION

Continue to remember those in prison as if you were in prison with them...

Hebrews 13:3

Mothers' Union works in a number of prisons in a variety of ways – knitting hats for the prisoners, supporting families and running crèches.

During Covid, the visits to prisons had to cease completely due to lockdown both for MU members and visitors, which was a struggle for family relationships. Once visits were permitted again, physical contact was still not allowed due to social distancing, which was a continued strain on the prisoners and their families. Children were not able to hug or touch their parent in prison.

Mothers' Union Diocese of Worcester shared how they support fathers in prison in various ways. 'Baby Bags' are provided for the prisoners who are expecting a baby. The dad's then have something to give their new babies when they are visited and it gives them the best positive start as a new father.

The bag may consist of items such as a knitted cardigan, booties, blanket and toiletries for both baby and the mum. Mothers' Union also provides something for the new dad to give to their partner separately to encourage loving relationships.

Mothers' Union Diocese of Worcester also supports during larger Family Days. For the Family Day at HMP in May half term 2023, there was a Teddy Bears picnic theme, which incorporated the celebration of the Coronation of King Charles III. To mark this special occasion Mothers' Union was asked for teddies complete with crowns to give out to the children of prisoners. The teddies are also crafted to give to children visiting the prison and so were much appreciated by visitors.

Pray for: ideas that bring comfort and hope to prisoners and their families

Sunday 2nd

Lord, help me discern what I must do today to bring someone else to know you more dearly. May I be a conduit through which you support families to grow in faith and inspire me to work with others to build a people of God.

Monday 3rd

Father, I pray for the members of my family. You know them so well and love them all. May you bind us together in your love, uniting us in the power of your Spirit, that we may live and work to your praise and glory.

Tuesday 4th

Lord, inspire a spirit of generosity in us that enables us to cheerfully share the many things with which you richly bless us. May our homes be places of hospitality and may we find ways to reach out in love to support the families in our communities.

Wednesday 5th

Father, thank you that you made each of us unique and individual. Draw us together as your family in all its diversity and beauty. Help us to love and respect each other and encourage one another on our journey of faith.

Thursday 6th

God of new starts and fresh beginnings, restore unity and peace to families experiencing difficulties. May they discover you in the midst of their troubles and find ways to mend their broken relationships.

Friday 7th

We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders. *Psalms 78:4 (NLT)*

Saturday 8th

Lord, may families across the world come to know you and live in the shelter of your love. May they experience the peace and hope that can resolve differences and overcome adversity, and the wisdom that guides us to fulfil your purpose for our lives.

Wave of Prayer

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

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

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

Sunday 9th

Loving Lord, we thank you for your love and understanding so freely given to us as we encourage all those we meet to help us transform our communities into safe and happy places in which to live.

Monday 10th

Gracious Lord, we daily see transformation in churches and communities through selfless service; valuable resources; the kindness of donations and living words from the Bible. We thank you for these blessings by which you bring change for good.

Tuesday 11th

Father, we give heartfelt gratitude to you for calling people to care for each other and their communities. Bless and guide us to serve our communities with the love of Jesus in our hearts.

Wednesday 12th

Lord, help us to raise up people who will intercede for our communities. People willing to put feet on their prayers. We will give you all the praise and glory, because we know that without the work of your Holy Spirit nothing lasting will happen.

Thursday 13th

Lord, in our community we, as Christians, may be in the minority. Help us to shine as a light for you to our neighbours, showing kindness and acceptance of all, and being ready to share the faith we have in you.

Friday 14th

You are the light of the world. A town built on a hill cannot be hidden. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. *Matthew 5:14, 16*

Saturday 15th

Do what you can, with what you have, where you are. *T. Roosevelt, 1858-1919, US President*. We pray for the guidance of the Holy Spirit that we may be used to effect transformation in our own communities.

Wave of Prayer

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

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

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

Sunday 16th Father's Day

Lord God, we worship you today as our loving, compassionate, heavenly Father – a Father whose love has no limits – who wants the best for each one of his children in all corners of the world.

Monday 17th

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 build hope and confidence in those we serve.

Tuesday 18th

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.

Wednesday 19th

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 20th

We link hands in fellowship with our family across the world. Together may we be inspired with faith for the present and envisioned for the future. May God unite us in worship; build us in service, as together we seek to share his love.

Friday 21st

You are members of God's family. And because you belong to him, you too are being built together. You are being made into a house where God lives through his Spirit. *Ephesians 2:19, 22 (NIRV)*

Saturday 22nd

Let all the world, in every corner sing, My God and King! We celebrate with joy the global family of Mothers' Union. We join with our members worldwide to celebrate our precious fellowship in Christ.

Wave of Prayer

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

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

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

Sunday 23rd

Loving Father, you want us to live in peace and harmony. Help us, O Lord, to avoid conflicts and seek peace at all times, in Jesus' name. Amen.

Monday 24th

Direct us, O Lord, to forgive those who have offended us. Father, cleanse us from all spirit of retaliation that we may live in peace and safety, with one another.

Tuesday 25th

We thank you for your sacrifice of redemption for humanity. Help us to reject all forms of discrimination and injustice, as we follow your example of love for all.

Wednesday 26th

Gracious Lord, help us to desire peace in all our interactions with others. Let us humble ourselves as we put others before ourselves, to enhance peaceful co-existence and safety, in Jesus' name, Amen.

Thursday 27th

Loving Father, we pray that our homes, communities and places of work will be where love and peace reside as we enjoy the safety that peace brings, in the mighty name of Jesus, Amen.

Friday 28th

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

Saturday 29th

God of peace, we pray for all world leaders, as we pray for peace, stability and safety worldwide. May your Holy Spirit direct them to reject pride, injustice and selfishness, that the nations may live in peace and safety.

Sunday 30th Monthly prayer

God of unchanging power, your Holy Spirit enables us to proclaim your love in challenging times and places. Give to all members of Mothers' Union steadfastness, fresh understanding and a clear vision, that together, we may continue the mission to which we are called. Amen.

Wave of Prayer

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

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

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

July:

Transformation of relationships



Reflection

Christ's parable of the houses built on sand and rock highlight the importance of strong foundations in withstanding adverse conditions. In the context of relationships, for these to be stable enough to withstand adverse conditions in life, they too need strong foundations. As the meaning of the parable highlights, the ultimate foundation is faith in Christ. Like all properties, relationships sometimes need repair work or shoring up. But whether in our own relationships, or as we seek to support others, let us check that the foundations are secure before attempting to fix or improve other features.

Monthly prayer

As we share our lives together, we pray to reflect the perfect relationship between Father, Son and Spirit; perfectly loving, perfectly equal, united in total harmony. For then we will see true transformation as we value each other above ourselves.
Amen

Creative prayer

Draw or make shapes using pipe cleaners or modelling clay, to represent relationship challenges: an unfinished heart, separate figures... Use these as a symbolic prayer for God to transform your own and others' relationships. Then, in faith, draw or shape your models so they now represent the answer to your prayers.



Monday 1st Monthly prayer

As we share our lives together, we pray to reflect the perfect relationship between Father, Son and Spirit; perfectly loving, perfectly equal, united in total harmony. For then we will see true transformation as we value each other above ourselves. Amen.

Tuesday 2nd

God of all peoples and nations, we praise you for the wonderful differences of colour and culture, of creeds and clans, of multi-generations that make up the human race. Where it is needed, please turn suspicions into celebrations that relationships may be transformed.

Wednesday 3rd

Lord of all, forgive us for the times when we ignore opportunities to enjoy the company of those younger or older than ourselves; choosing instead to fellowship simply with our peers. Transform our attitudes that our relationships with all ages may be enriched.

Thursday 4th

We pray for the aged who live in fear of the young; for parents and children where conflict abounds; for communities where tensions exist between different cultures; for the young who feel their voice is ignored. Lord, transform relationships that all, may live in peace.

Friday 5th

There before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. *Revelation 7:9* Lord, make us one on earth as we will be in heaven.

Saturday 6th

Reflect today on your relationships with those of other generations and cultures. Thank God for them and pray for ongoing acceptance of one another.

Wave of Prayer

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

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

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

Sunday 7th

To be loved by God is the highest relationship, the highest achievement, and the highest position in life. *Henry Blackaby, Christian Minister*. Lord, help us to value our relationship with you, above all.

Monday 8th

Saviour Christ, we worship you for your sacrifice by which we have been reconciled with God. Greater love has no-one than this; that he lays down his life for his friends. We are blessed that you call us your friends.

Tuesday 9th

Heavenly Father, we thank you that when you adopt us into your family we also gain relationship with our spiritual sisters and brothers. What joy it is to walk with you through life in company with one another.

Wednesday 10th

Merciful God, forgive us when we spoil our relationship with you through our faults and weaknesses. Please cleanse us and restore us, that we may continue to worship and serve you wholeheartedly, trusting in your wondrous grace.

Thursday 11th

Lord God, we praise you that you love and accept us as we are, but love us too much to leave us that way; instead, you send the Holy Spirit to transform us bit by bit into the likeness of Christ.

Friday 12th

Now you are no longer a slave but God's own child. And since you are his child, God has made you his heir. *Galatians 4:7 (NLT)*

Saturday 13th

We are so grateful for Christ's eternal work of reconciliation which has enabled us to know peace with God. May we be quick to share this message of hope with those in need of God's love.

Wave of Prayer

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

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

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

Sunday 14th

Church relationships: Father of us all, we are your Church, may we live together in peace and harmony, building bridges where we do not agree; listening and learning from each other, that all people will come to know your love in their lives.

Monday 15th

Family relationships: We pray today for all families where relationships have broken down, where one part of a family will not acknowledge another. Help them to build bridges between themselves that they may be reconciled in love.

Tuesday 16th

Personal relationships: 'I plead with Euodia and Syntyche to be of the same mind in the Lord.' *Philippians 4.2*. Lord, please help me to heal and restore any broken relationships in my life. Give me grace to love the person you made and see beyond the differences between us.

Wednesday 17th

Community relationships: Father we thank you for our own community, for our neighbours and all who work here to serve our needs. We pray for those in authority that they may work together for the good of all.

Thursday 18th

National relationships: Nation will not take up sword against nation, nor will they train for war anymore. *Isaiah 2:4*. Father, we pray that nations will reach out to each other and build bridges of peace, that all peoples may live in harmony alongside each other.

Friday 19th

There is one God and one Mediator who can reconcile God and humanity—the man Christ Jesus. *1 Timothy 2:5 (NLT)* Jesus, thank you for being the bridge which connects us to the love of God.

Saturday 20th

Family relationships: We pray for our own family, near and far. Those to whom we are closely related and our extended family. Lord, may we build bridges of love to accept them as they are; may we be encouraging and welcoming, rejoicing in your love for us all.

Wave of Prayer

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

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

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

Sunday 21st

Jesus, we thank you that you grew up in a family here on earth, and experienced the joys and challenges that family life can bring. We pray for your blessing on all struggling to cope with the complexities of family relationships.

Monday 22nd

We pray today for those being stretched in different directions as they deal with the challenges both of teenage family and elderly relatives. Gracious God, give them times of rest to “recharge their batteries” and enjoy a break from the demands upon them.

Tuesday 23rd

We pray for lone mothers and fathers bringing up families. May they have all the support they need as they care for their children, particularly when going through difficult times.

Wednesday 24th

Loving Father, we pray for parents who are struggling to provide for their children in material and other ways. Please grant them the means to support and nurture their family and to give them the security they need.

Thursday 25th

We pray for all families who are facing adversity at this time. Lord Jesus be with them always and assure them that they are never alone. May they find the encouragement and practical support they need to transform their circumstances.

Friday 26th

Parents, do not irritate your children, or they will become discouraged.
Colossians 3:21 (GNT)

Saturday 27th

Lord, we ask for your mercy on families who are facing the challenge of living apart for however long, and for whatever reason. May they be comforted by your love and constant presence.

Wave of Prayer

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

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

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

Sunday 28th

Dear friends, let us love one another, for love comes from God. *1 John 4:7*
Father we thank you that love comes from you as we share love with each other. Help us to seek to glorify you in all we try to do in Jesus' name today.

Monday 29th

Holy Father, thank you that your love is forever. Thank you that you bless us with your ability to love one another and serve you in ways that bring glory to you. We pray for your Holy Spirit leadership and guidance each day of our lives.

Tuesday 30th

Holy are you, Lord, and worthy to be praised. We pray that by your guidance and our willingness, we may show your love to all those we meet as we serve our church and community. May your love continually shine through in all we do.

Wednesday 31st Monthly prayer

As we share our lives together, we pray to reflect the perfect relationship between Father, Son and Spirit; perfectly loving, perfectly equal, united in total harmony. For then we will see true transformation as we value each other above ourselves. Amen.

**Wave of Prayer**

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

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



August:

MU at prayer

(based on The Mary Sumner prayer)

Reflection

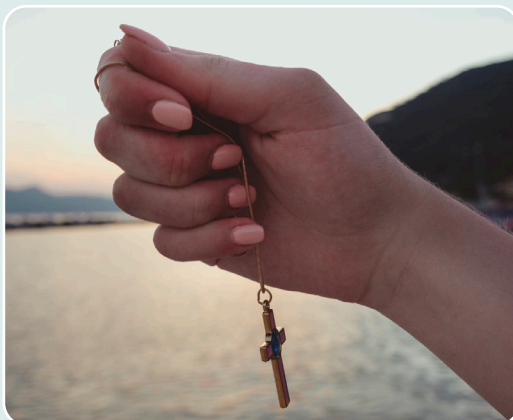
As we meet people on our journey through life, whether family, neighbours, friends; whether Christian, of other faiths or none, we touch each other's lives just as Mary Sumner prayed. We interact together, and pray for the power of the Holy Spirit to work through us, enabling us to touch others for God. As we live our lives, as we speak and as we pray, we need to trust in that unseen guidance. We ask "what would Jesus do?" as we daily try to be more like him and be the change we want to see in the world.

Monthly 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

Creative prayer

Repeat the Mary Sumner Prayer slowly several times as you hold onto a holding cross, or something similar. Then commit your day to God, asking him for opportunities to share his love in different ways with the people you will encounter today.



Thursday 1st Monthly prayer

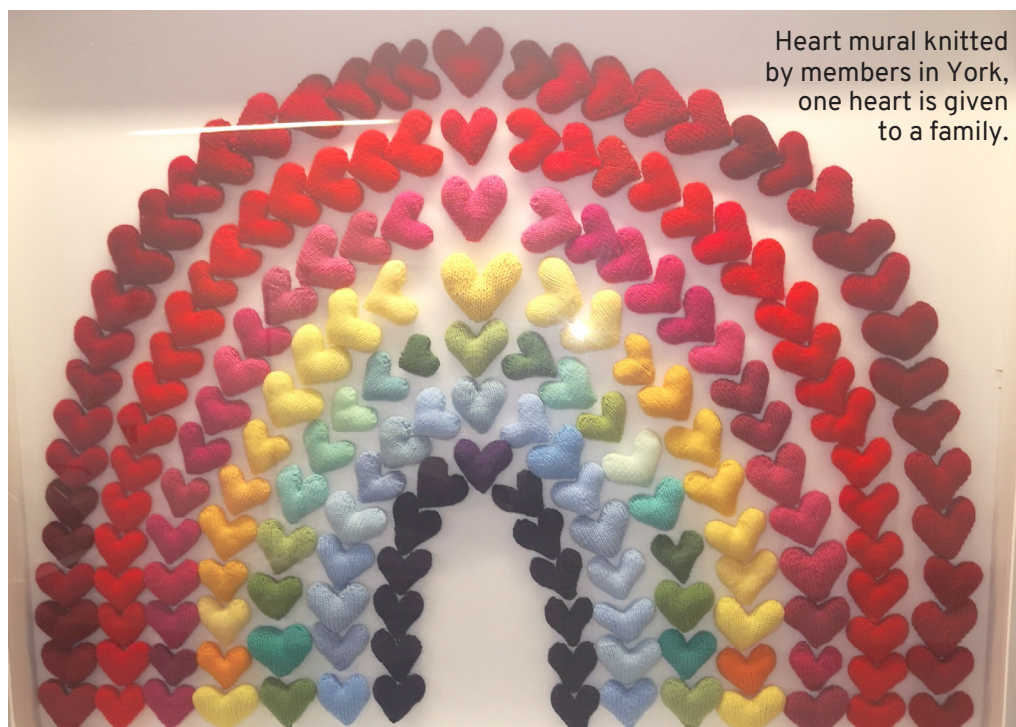
All this day, O Lord, let me touch as many lives as possible for thee; and every life I touch, do thou by thy Spirit quicken, whether through the word I speak, the prayer I breathe or the life I live. Amen

Friday 2nd

Almighty God, may we know your presence and peace in our homes, fill them with your love and use them to your glory. Amen

Saturday 3rd

Empowered by your Spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world. In Jesus' name. Amen



Wave of Prayer

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

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

Sunday 4th

Getting out of bed: As I put my feet on the floor, like St Patrick, I am putting on Christ, praying I may show his graciousness and forgiveness, love and humility towards everyone with whom I have the privilege of contact today.

Monday 5th

Mealtimes: As I prepare food for others, I pray for discernment in choosing products consonant with concern for the planet and the wellbeing of suppliers.

Tuesday 6th

Housework: As I clean the home, I pray for those with no such security. May I take steps to encourage policies providing decent housing, and find practical ways to help the homeless.

Wednesday 7th

Meeting people: As I meet others today, I pray to be courteous, considerate and friendly, bringing Christ's love to each person. I pray for business integrity, civic pride, community harmony and safe journeying for all, and that I may play my part diligently and honestly.

Thursday 8th

Media: As I listen to the news or make contacts on social media, I pray for an open but critical awareness of the world. May those working for peace and justice feel supported by prayer; may we all find ways to influence the world for good.

Friday 9th Mary Sumner Day

Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness. *Psalms 145:7 (NLT)* We give thanks for the vision of Mary Sumner and celebrate God's goodness to Mothers' Union through the years.

Saturday 10th

Leisure: As I enjoy 'me-time', I pray it will ensure I am fit and ready to find ways to replicate Jesus' action of washing feet, wherever, whenever and to whom the opportunity presents itself.

Wave of Prayer

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

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

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

Sunday 11th

All this day, O Lord, please give us your words of blessing and love to share with those you call us to serve. Amen

Monday 12th

Living Word, give us your compassion to speak words of comfort to the troubled. Loving Lord, please give us words of life for those you call us to serve. Amen

Tuesday 13th

Living Word, give us your courage to speak words of challenge to the compromised. Loving Lord, please give us words of life for those you call us to serve. Amen

Wednesday 14th

Living Word, give us your insight to speak words of encouragement to the weary. Loving Lord, please give us words of life for those you call us to serve. Amen

Thursday 15th

Living Word, give us your vision to speak words of hope to the downhearted. Loving Lord, please give us words of life for those you call us to serve. Amen

Friday 16th

Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time! *Proverbs 15:23 (NLT)* Loving Lord, give me grace that the words I speak today may be the right ones at the right time. Amen

Saturday 17th

All this day, O Lord, may the lives we touch through the words we speak be assured of your love and drawn into your family by the power of the Holy Spirit. Amen

Wave of Prayer

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

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

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

Sunday 18th

This is the day the Lord has made, we will rejoice and be glad in it. Father God, you are the God of creation. We thank you for your marvellous works. Help us to appreciate the beauty around us and daily give you thanks.

Monday 19th

Lord, there is never enough time for all the things that ought to be done today so show me the ones you want me to do. Help me to remember you are always with me and hear even the shortest, quietest prayer that I breathe.

Tuesday 20th

Lord, we ask for your understanding when people upset us or relationships are difficult. May we offer a prayer and know that you listen. Help us to accept others as they are and not judge or condemn, for we are all created in your image.

Wednesday 21st

Father, when we find ourselves in difficult places, or any unforeseen situation, we can come to you in prayer, asking your help for others. Thank you that when we feel helpless, we know that a prayer breathed in silence is heard by you.

Thursday 22nd

Lord, we bring our requests to you where there is sickness, bereavement or any kind of pain in the lives of those we care about. Make known to those for whom we pray the gift of your peace and your loving care.

Friday 23rd

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for but the Spirit intercedes for us. *Romans 8:26* Lord, teach us how to pray and direct us through the power of the Spirit.

Saturday 24th

Heavenly Father, we give thanks for your constant presence. In those special moments in life when we experience something wonderful, help us to remember to breathe a prayer to say "thank you God" wherever we are or whatever situation we are in.

Wave of Prayer

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

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

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

Sunday 25th

Heavenly Father, you know the hour has come for us to wake from sleep. We pray for a sense of urgency so we do not become lazy in our witness of Jesus Christ. Open our heart, fill us with your Holy Spirit, we pray.

Monday 26th

Lord, we pray for all believers who are engaged in spreading the gospel, that we would keep our focus and not get distracted with the worldly stuff that clouds our eternal perspective. Guide us to be effective as a witness in our circle of friends.

Tuesday 27th

Heavenly Father, letting our speech be effective witness of your grace includes speaking graciously to others. As a sinner who has received grace, let us not speak in a condescending or condemning manner, but share your love with others.

Wednesday 28th

Loving Lord, help us to walk with your wisdom so our daily life is an effective witness of your Word. That others may know the truth of the gospel, and be drawn to the salvation of Christ. Amen

Thursday 29th

Holy Lord, fill our hearts with gratitude for your boundless love. Guide our steps to share your light with others. Our mouths shall tell of your righteousness and our lives witness of your salvation all day long.

Friday 30th

Lord, as Paul exhorted us, we should be rejoicing in hope, persevering in trouble, devoted to prayer. *Romans 12:12*. Help us to be rooted and strengthened in our prayers for all people to know your wondrous love.

Saturday 31st Monthly 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 breath or the life I live. Amen

Wave of Prayer

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

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

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



September:

Seasons

Reflection

For everything there is a season and a time for every purpose under heaven. Ecclesiastes 3:1 Is this a time to emphasise the Fifth Mark of Mission of the Anglican Communion? A time for the leaves of the trees to become the healing of the nations. Mothers' Union has always engaged in the first four Marks of Mission. The 5th is less well known: To strive to safeguard the integrity of creation and sustain and renew the life of the earth. What can we each do to treasure and safeguard God's gift of creation for future generations and families?

Monthly prayer

As the tides of time wash over the shores of my life,
bless me with the joy of living.
As I sift through the shifting sands of my years,
bless me with understanding.
As the seasons of budding and fruiting come and go,
bless me with a thankful spirit. Amen

Creative prayer

Collect twelve leaves of different shapes and shades of green or fallen autumn leaves in their brilliant colours. Arrange them in a circle like a clock. Touch the leaf which best reflects how you feel today. Thank God for the changing cycles and seasons of life.



Sunday 1st Monthly Prayer

As the tides of time wash over the shores of my life, bless me with the joy of living. As I sift through the shifting sands of my years, bless me with understanding. As the seasons of budding and fruiting come and go, bless me with a thankful spirit. Amen

Monday 2nd

In every family there are seasons of joy and of challenge. In every age there are times of fruitfulness and of loss. In every moment – there is God... Give thanks in all circumstances. *1 Thessalonians 5:18*

Tuesday 3rd

In seasons of laughter and seasons of sadness... we thank you, even when we are confused. In times of unexpected joy and times of unwanted trauma... we thank you, even when we are disturbed.

Wednesday 4th

In circumstances to cherish and circumstances to overcome... we thank you, even when we are afraid. In seasons of harmony and seasons of discord... we thank you, even when we do not understand.

Thursday 5th

In times of resilience and times of weakness... we thank you, even when we are frail. In moments to look forward with hope and moments to look back with thanksgiving... in every circumstance and season we bring you, God, our worship and praise. Amen

Friday 6th

God changes times and seasons... He gives wisdom to the wise and knowledge to the discerning. *Daniel 2:21*

Saturday 7th

Lord, give me a heart of contentment in every season through which I walk. An attitude of thanksgiving, whether the storehouse for life seems empty or overflowing with blessed provision. The peace beyond all understanding, which guards my heart and turns fear to faith. Amen

Wave of Prayer

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

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

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

Sunday 8th

You make marvels in all of creation! You are the sun that never sets, the oxygen that sustains us, the water that renews us.

Monday 9th

Lord, you allow us to fluctuate like the seasons. "For everything there is a time." A time for our sunny joys, a time for introspection in the warmth of our homes, a time to watch the budding of our longings. Give us wisdom to understand, value and enjoy every season.

Tuesday 10th

Wheat and chaff grow together. They receive the same ray of sunshine, the same fresh water. Teach us, Lord, not to discriminate, not to judge that we may be part of your sowing through every season.

Wednesday 11th

Nature's seasons teach us to be wise. To find what we need to live. Give us grace, Jesus, to be satisfied with the bread of your word, body and life. Teach us to create communities that become bridges of love to feed the needs of those who seek you.

Thursday 12th

Jesus, you are the vine and we the branches. We are equals in your love and gaze. Help us to mirror your seasons of creation as we find our sisterhood, and serve one another through every circumstance of life.

Friday 13th

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease. *Genesis 8:22* Lord, we thank you for your faithfulness through every season.

Saturday 14th

Jesus, help us to mirror your seasons of creation as we carefully work the clay of our lives. We are fragile and limited earth; we are fertile, life giving earth; earth, loved and called to be one in you.

Wave of Prayer

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

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

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

Sunday 15th

Loving Lord, we place our hands in yours as we step through each season of life. Give us your strength to carry on serving throughout changing seasons, knowing that we will reap blessings both now and for eternity.

Monday 16th

God of all seasons, we thank you for the rhythm of life which sets our day. Guide us to use the gifts you gave us, every day, in every season, to your service and glory.

Tuesday 17th

Lord, on the feast day of Hildegard of Bingen, we give thanks that she never wavered in her love or service for you, always using the many gifts you gave her. May she be an inspiration to all women, especially in parts of the world where women have few rights.

Wednesday 18th

Don't judge each day by the harvest you reap but by the seeds that you plant.

Robert Louis Stevenson

We celebrate our seed sowing and harvest and thank God for his many gifts with which we can serve our families, friends and communities.

Thursday 19th

Seeds of love are sown in children and develop throughout our seasons of life. May that love grow and develop as we serve you by caring for others. Help us, as we change with age, to continue to serve you as we are able.

Friday 20th

Let us not grow weary in doing good, for in due season we shall reap, if we do not give up. *Galatians 6:9 (MEV)*

Saturday 21st

Thank you God for making each of us, all with different skills, so that we may serve your people. We are all part of the rhythms and seasons of life. Keep us grounded in you so that we can serve you as we care for one another.

Wave of Prayer

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

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

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

Sunday 22nd

Merciful God, be present in all seasons of suffering, violence and pain and bring hope to those who are living in darkness and fear. Guide and encourage the leaders of the world in seeking justice and peace for all.

Monday 23rd

We pray for those who, through no fault of their own, need to leave their dangerous homeland. In this new season of their life, may they find hands to welcome them, arms to hold them and hearts filled with compassion to help them.

Tuesday 24th

In our life with others we have seasons with conflict. May we find space in our life for prayer, space for tolerance and understanding, leading to peace in our hearts. Help us to be at peace in our own life and with one another.

Wednesday 25th

Let there be peace on earth and let it begin with me. In the midst of the turmoil of conflict, may we serve your people through our prayers and giving. Give us the courage to speak out against discrimination and bias, defending those in need.

Thursday 26th

Lord Jesus, you are the Prince of Peace. We pray for the world to be filled with peace and harmony. Bind together the nations of the world with the respect and understanding that can end a season of conflict and lead to lasting peace.

Friday 27th

There is a time for everything, and a season for every activity under the heavens: a time for war and a time for peace. *Ecclesiastes 3:1,8*

Saturday 28th

Jesus said: Blessed are the peacemakers, for they will be called children of God. We ask you, Father, to be with agencies and individuals who work for peace. Help them to trust in you and bring your light into the dark seasons of war and conflict.

Wave of Prayer

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

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

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

Sunday 29th

Loving Lord, we take delight in you. Plant your love within us and nurture us with your goodness that we may enjoy seasons of abundant fruitfulness. Amen

Monday 30th Monthly prayer

As the tides of time wash over the shores of my life, bless me with the joy of living. As I sift through the shifting sands of my years, bless me with understanding. As the seasons of budding and fruiting come and go, bless me with a thankful spirit. Amen

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

Continuing our work against FGM

FAITH IN ACTION

God is within her, she will not fall; God will help her at break of day

Psalms 46:5

In Tanzania, Diocese of Mara, Mothers' Union members are fighting against female genital mutilation (FGM). Faith House, an organisation run by Mothers' Union, has been working with young girls since February 2015. Their aim is to protect girls in the community and educate them about the effects of FGM, gender-based violence and child marriage.

Since the organisation started, 500 girls have been rescued from FGM, providing temporary residence to girls who flee from their families or caregivers. Faith House visits the girls' family and works to reconcile the victims of FGM and/or early marriage with their parents and relatives. This

only takes place once the District Social Welfare Officer has thoroughly researched both the family and the girl. If they feel the girl will not be safe back at home, they wait for some time to pass then go back to the home to discuss again. Only when an agreement is made are the girls taken back.

When in the care of Faith House, the girls are enrolled in classes, as well as attending school. Faith House also monitors girls who accomplish their training at the centre once they return home to make sure they continue to be safe and cared for. As soon as a girl turns 18 she is seen as a grown up and able to make her own decisions. Faith House will continue to work on their important vision: to build the community which is free from traditional ties and bad beliefs.

Pray for: an end to FGM and safety of women and girls worldwide.



October: Social justice

Monthly prayer

Let us not turn from the world, but be engaged within it.
Where there is injustice let us strive for equality and dignity.
May our actions be based upon Gospel values,
our motives be to serve God alone,
and through him, to transform this world.
Amen



Reflection

Throughout scripture, elements of family and community life in adversity are highlighted as issues to be addressed. Isaiah 1:17 calls us to seek justice and take up the cause of the vulnerable, whilst Proverbs 31:8 challenges us to speak out for justice on behalf of the voiceless. As we seek to address the impact of social injustice, we know that our faith is much more important than simply being a tool to supplement our social awareness. Rather it is the inspiration that awakens that conscience and then provides both the motive and the power to carry out our work.

Creative prayer

Knotty problems - tie knots in a piece of string or ribbon to represent different examples of social injustice, locally and further afield. Use it as a bracelet or bookmark and pray for each knot at a time. Loosen or untie the knot as progress for change is made.



Tuesday 1st Monthly prayer

Let us not turn from the world, but be engaged within it. Where there is injustice let us strive for equality and dignity. May our actions be based upon Gospel values, our motives be to serve God alone, and through him, to transform this world. Amen

Wednesday 2nd

Forgive us, Lord, when we feel that we “know it all”, when the world is full of learning opportunity. Make us ever ready to receive fresh insight and knowledge; to learn from those younger in years but mature in character and gifting.

Thursday 3rd

We thank God for all that we learn through the good and the hard times of life. May we always be open to learn from our loving Father as he journeys with us, step by step, through each and every day.

Friday 4th

A wise person will listen and continue to learn, and an understanding person will gain direction. *Proverbs 1:5 (GW)* Lord, make us eager to listen and gain understanding, that we may be equipped for life.

Saturday 5th

The path of spiritual growth is a path of lifelong learning. *M. Scott Peck, 1936-2005, Christian psychiatrist & author.* Dearest Lord, keep me learning and exploring so that I can keep my focus on you as the centre of my life.

**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

Sunday 6th

In the darkness of this world, Lord, we long for your light to shine. We pray for the day when all people have equal opportunity and equal shares of the world's resources. We pray for those who are disadvantaged because of where they live.

Monday 7th

Many people are hungry, yet there is enough food for everyone. Teach us to live more simply than others may simply live. May we be aware that the choices we make when we shop will affect the lives of others.

Tuesday 8th

May every child have access to education, encouragement and means to reach their full potential. We pray for children who go to school hungry, children who miss school to care for their families and children whose parents cannot afford to send them to school.

Wednesday 9th

You are all one in Christ Jesus. *Galatians 3:28* In your eyes, Lord, all people are equal. We pray that discrimination may disappear and that all individuals will receive the same opportunities and care whatever their gender, race or creed.

Thursday 10th

Jesus said, 'Foxes have holes, and birds of the air have nests; but the Son of Man has nowhere to lay his head.' *Luke 9:58*. Lord, help us to help the homeless to find homes and jobs that they may know fulfilment in life.

Friday 11th

The wolf will live with the lamb, the leopard will lie down with the goat, the calf and the lion and the yearling together; and a little child will lead them. *Isaiah 11:6* Lord, may the whole world live as Jesus taught us.

Saturday 12th

Lord, may we always treat people with respect, show them mercy and deal with them fairly. We are all your children, let us be servants of one another, willing to help those in need and let them help us.

Wave of Prayer

5-7 October: Mbashe 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

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

Sunday 13th

Lord, make us loving, welcoming and caring in the world of darkness that surrounds prisoners. Help us not to judge but to see you in everyone we meet. May we be an example of Christian love to those in need.

Monday 14th

Lord, we think of those in prison in our own country and our dioceses. We thank you for Mothers' Union volunteers who go into prisons, and ask your blessing on their work. We pray they will bring cheer and love to all whom they meet.

Tuesday 15th

We pray today for those called to serve in the chaplaincies of our prisons. Lord, bless their work, that your Holy Spirit will enable them to bring hope for the future through your love.

Wednesday 16th

May all who work in prisons help prisoners to gain the confidence and knowledge they need to live a better life when they are released. We pray for all leaders, teachers, supervisors and support staff in every part of the establishment.

Thursday 17th

Father, we know that many are held prisoner without trial and illegally. We pray for their safety and release. Give them courage, give their captors compassion and mercy. Please strengthen the resolve of those working for freedom, that all people may be justly treated.

Friday 18th

Jesus said: God has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favour. *Luke 4:18-19*

Saturday 19th

We pray for those who are prisoners in their own home, prisoners of their own mind and prisoners of disease. We pray they may experience freedom through the love of Jesus radiating from those around them.

Wave of Prayer

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

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

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

Sunday 20th

Creator God, give us the courage to stand up to racial injustice when we see it. Help us to express the words that many fear to say... We are all beloved children of God. Let us stand together.

Monday 21st

Father, you have promised that we are all one as you are one, yet our attitudes towards racial injustice continues to rule in our communities. We ask your protection for your children no matter their race or colour.

Tuesday 22nd

Father, when you knit us together in our mother's womb, you gave us all the same inward parts. Help us to see beyond the outside coverings into the hearts of your people, that we may live united and in peace.

Wednesday 23rd

Lord, we are burdened by the pain of racial injustice. Grant us wisdom, humility, and strength to challenge systems that perpetuate inequality. May your love and grace transform hearts and bring healing to our broken world.

Thursday 24th

Lord, help us to seek ways to eliminate racial injustice in our world. Through your mercy and wisdom, guide us to recognise our weaknesses and errors in how we perceive others. Give us courage to change our misconceptions and seek ways to show your love to all humankind.

Friday 25th

The royal law is found in Scripture. It says, "Love your neighbour as you love yourself." If you really keep this law, you are doing what is right. But you sin if you don't treat everyone the same. *James 2:8-9 (NIRV)*

Saturday 26th

Christ taught that all are created equal in the sight of God. No one race is judged less important than another. We pray that those in authority will treat those in their care with fairness and justice, despite differences in race, colour or creed.

Wave of Prayer

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

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

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

Sunday 27th

Speak up for the poor and helpless, and see that they get justice. *Proverbs 31:9 (NLT)* Merciful God, use us to speak against social injustice with a clear and influential voice in a world where the vulnerable strive to be heard.

Monday 28th

We pray for those unjustly treated. Those who are going through the storms of life. Those whose lives are affected by cruelty and injustice. Those who face daily struggles and are in danger. We ask for God's mercy, compassion and divine protection.

Tuesday 29th

Loving Lord, we pray for all in vulnerable positions and situations. Look upon them with mercy and help and protect them. Grant them peace and hope. We pray for all those who are working with them to make their lives better. Grant them wisdom and strength to continue.

Wednesday 30th

We pray today for the vulnerable. May we be a voice and support them in their troubles. Bring fairness in all unfair situations. We pray for peace, for love, that all wrongs may be corrected; for justice that makes a difference. Amen

Thursday 31st Monthly prayer

Let us not turn from the world, but be engaged within it. Where there is injustice let us strive for equality and dignity. May our actions be based upon Gospel values, our motives be to serve God alone, and through him, to transform this world. Amen

Wave of Prayer

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

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



Carry each other's burdens, and in this way you will fulfil the law of Christ

Galatians 6:2

For two decades, Mothers' Union has been working to promote literacy and education in Burundi, with a particular focus on empowering women.

Over a 20 year period, the programme in Burundi trained nearly 1,300 facilitators to work locally within communities and directly benefitted over 165,000 participants. Over 144,000 of the participants are now accredited as both literate and numerate. They can now access loans and save money due to the numeracy skills acquired from these programmes. The course promoted financial stability and expanded beyond the classrooms across the community.

In June 2023 we released a report that looks at the long term impacts of our Literacy and Financial Education Programme in Burundi. We received coverage from *Church Times* highlighting the impact. The important impacts of the programme are:

Gender equality and women's empowerment

- 86% of female and 90% of male programme participants reported reduced domestic and intimate partner violence
- 165,400 participants, 77% women, have benefitted from the programme

Financial Empowerment

- 88% of female participants have increased personal income
- 80% of women were no longer financially dependent on their husbands

Transformation of Families

- 78% can afford higher education for their children
- 96% can afford health insurance

Helping Mothers' Union deliver its mandate sustainably

- 6,650 of the Mothers' Union Burundi members have been accredited literate

Contributing to community development and nation building

- 98% of participants have improved relations with neighbours and community

Faith in Action

- Nearly all the programme participants reported that they can read the Bible for themselves

One MU coordinator in the Diocese of Makamba noted, "It opened the eyes of the participants... they started to question some cultural values that hindered girls' education... women are no longer powerless... they have dignity."

You can read the full report by visiting the website: mothersunion.org/burundireport

Pray for: the growth of knowledge and opportunities for women.

November

Women's equality and empowerment

A close-up photograph of a hand placing a wooden block with an equals sign on top of another wooden block that features a silhouette of a woman. The blocks are resting on a wooden surface. The background is a blurred blue and brown gradient.

Monthly prayer

May our championing of women's equality and empowerment provide women with the means to lift themselves up in their communities; highlighting God's restoration of human dignity in relationships, based on love and justice, not domination.

Amen

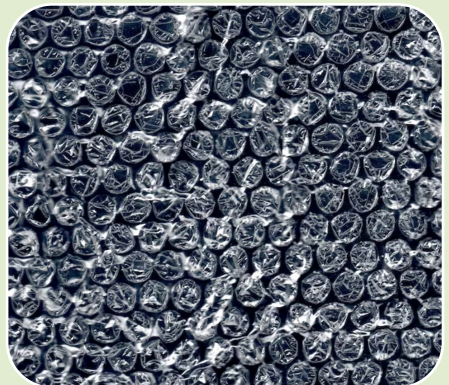


Reflection

A woman's place in her society or culture can affect the potential power she might hold. Thousands of women and girls struggle to be educated and live with the threat, fear and consequences of gender-based violence; the root of this is gender inequality. Yet Jesus embodied empowerment. He related to women on equal terms and sought to transform the unjust structures of his society. With wisdom and compassion Jesus broke down the cultural barriers of his day, conversed with women, met their needs and included them as his followers and supporters. May we mirror his example, in our day.

Creative prayer

Slowly pop the bubbles in a piece of bubble wrap until all are gone; praying as you do so for all obstacles to women's equality and empowerment to be removed. For each bubble you burst you could mention specific obstacles which come to mind.



Friday 1st Monthly prayer

May our championing of women's equality and empowerment provide women with the means to lift themselves up in their communities; highlighting God's restoration of human dignity in relationships, based on love and justice, not domination. Amen

Saturday 2nd

We praise our gracious God that in him we are equal, male and female alike. We give thanks for the empowering of the Holy Spirit, by which we are able to experience life in all its fullness, as we love and serve the Lord.



Wave of Prayer

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

Sunday 3rd

Creator God, thank you that everyone is made in your image and equally loved by you. We pray for all to follow Christ's example of treating women with equality and respect, that justice and peace may flourish.

Monday 4th

We give thanks today for the example of Christ who always treated women with dignity and respect; as befits those created equal by God. May his example be followed in our own day and age.

Tuesday 5th

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* Lord, hear our prayers.

Wednesday 6th

Loving Lord, we pray for the courage to challenge inequality where we find it, and not accept the status quo, simply because it has always been the case. Give us clear discernment to see with the eyes of Christ and respond as he would have us.

Thursday 7th

We bring to God today women struggling in the workplace because of behaviours and practices which still treat them as unequal to their fellow male workers. We pray for a change in hearts and minds as well as in outward actions.

Friday 8th

God created human beings in his own image. In the image of God he created them; male and female he created them. *Genesis 1:27 (NLT)*

Saturday 9th

We pray for different cultures which still perpetuate the lie that women are inferior to men. May strong voices of influence be raised up and used to change deep-rooted attitudes; may the eyes of the blind be opened to the truth.

Wave of Prayer

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

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

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

Sunday 10th

Lord of life, thank you that many women and girls are now free from injustice and violence. Thank you for your healing power which brings peace in the present and hope for the future.

Monday 11th

We pray that the cause of gender justice will be increasingly championed by those with power and influence throughout the world. May there be a heart change in individuals and society, and not just a pragmatic acceptance.

Tuesday 12th

Lord, stir us into action and awaken our hearts to advocate and unite for gender justice. To create a just world filled with your love, a world where discrimination is challenged, the wealth of creation is shared and where people live in harmony and respect.

Wednesday 13th

Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance. *Kofi Annan, 1938-2018, former UN Secretary General*

Thursday 14th

We pray today for Mothers' Union members who are involved at any level in working for gender justice. May they be given a platform for change, be empowered by the Holy Spirit and be supported by their fellow members.

Friday 15th

In those days I will pour out my Spirit on those who serve me, men and women alike. *Joel 2:29 (NIRV)*

Saturday 16th

Lord of justice and mercy, we praise you for your perfect pattern of how to treat everyone, women and men alike, with equal value. Give us grace to follow your example, that we may be agents of change for good.

Wave of Prayer

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

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

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

Sunday 17th

Father, you show mercy by your will and not for our efforts. (*Romans 9:16*) We thank you for your mercy upon Mothers' Union and the opportunities for empowerment. Help us to graciously maximise this empowerment opportunities for your Kingdom, to your glory.

Monday 18th

Father, you empowered Pharoah that you might use him to display your power to the world. (*Romans 9:17*) We ask for this grace upon Mothers' Union for opportunities for empowerment as you display your might in our lives.

Tuesday 19th

Father of all mercies, from whom each persons have their being, we implore your presence in Mothers' Union as you have chosen us for empowerment opportunities.

Wednesday 20th

Almighty God, we are your workmanship created in Christ for good works. Help us to be honourable vessels, set apart and fit for the master's use, through Jesus Christ our Lord.

Thursday 21st

Almighty God, we thank you for creating us in your image to share and be part of Kingdom builders. Receive the works of our hands through these opportunities for empowerment.

Friday 22nd

Who knows but that you have come to your royal position for such a time as this? *Esther 4:14* Lord, help us to make the most of whatever position of influence you give us. Amen

Saturday 23rd

Gracious God, we thank you for the grace to be part of this divine adventure of opportunities for empowerment. Fill us with your wisdom, knowledge and understanding to boldly express this grace we have received from you through Jesus Christ our Lord.

Wave of Prayer

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

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

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

Sunday 24th

Lord, we pray that our embodiment of gender equality will understand the place of equity in combatting gender-based violence. Teach us to ensure fairness, equal rights, respect and representation in decision making, and in how we each benefit.

Monday 25th

Lord, help us encourage men and boys to stand up and call out abuse against women. May boys be mentored on the effects of harmful gender stereotypes that drive abuse; may empowering conversations be created that include all.

Tuesday 26th

With one in three women affected worldwide, loving Lord, help us nurture right relationships in our lives that embrace zero tolerance of gender-based violence, and ensure shared decision making and leadership in our countries, communities and homes.

Wednesday 27th

May we welcome new perspectives on scripture, bringing new understandings as to how we can live equally and mutually as the hands and feet of Christ.

Thursday 28th

Women with disabilities are twice as likely to experience abuse and ten times as likely to experience sexual abuse. Lord, help us look out for the vulnerable and examine our hearts as to how we can support and empower.

Friday 29th

UN research suggests 96% of violence reported is against women and girls. Jesus said: just as you did it to one of the least of these who are members of my family, you did it to me. *Matthew 25:40*.

Saturday 30th Monthly prayer

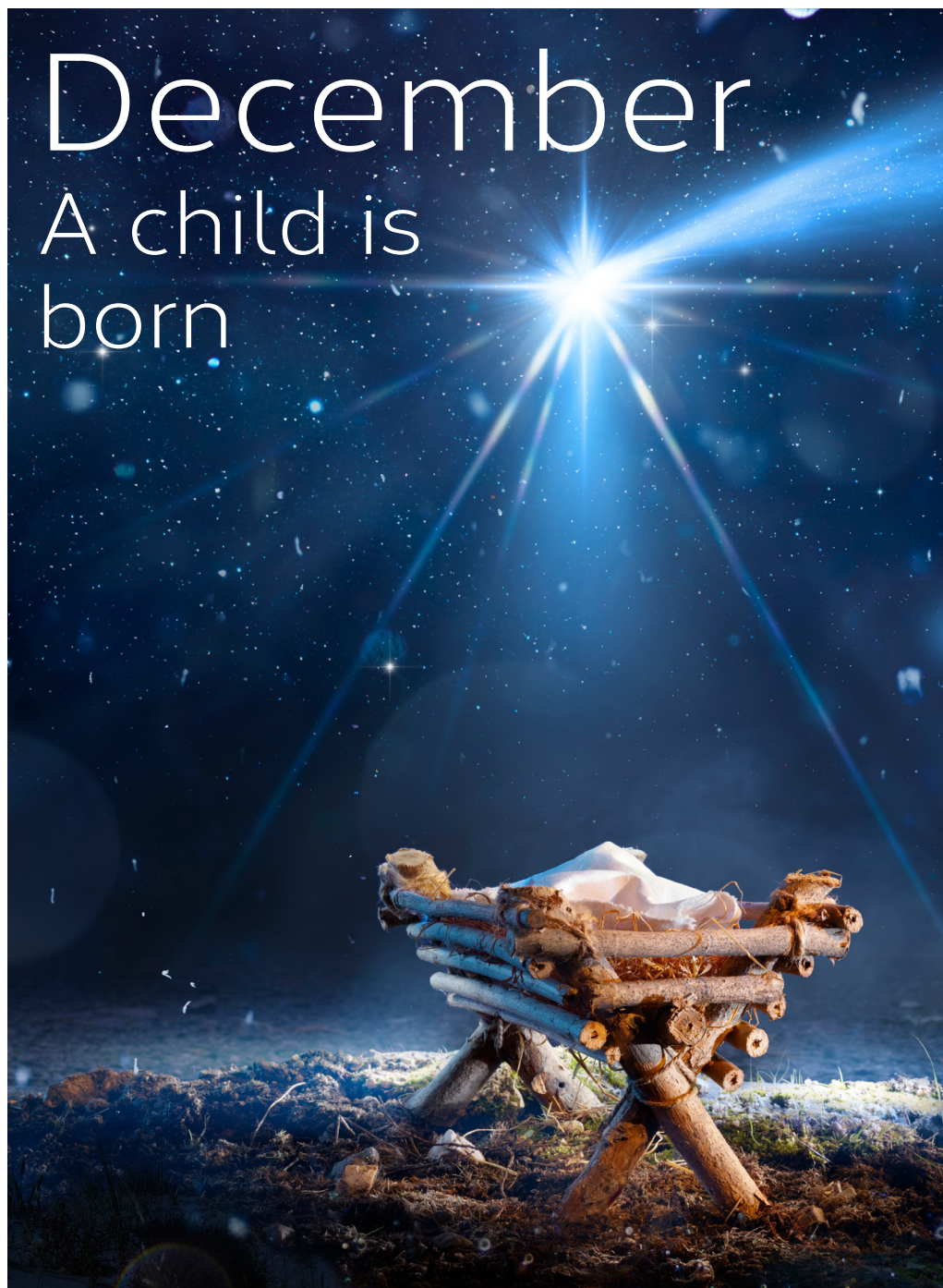
May our championing of women's equality and empowerment provide women with the means to lift themselves up in their communities; highlighting God's restoration of human dignity in relationships, based on love and justice, not domination. Amen

Wave of Prayer

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

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

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



December

A child is
born

Reflection

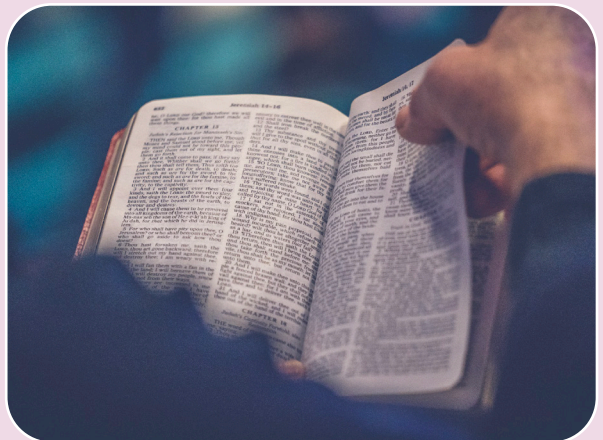
This Advent, in the joy of looking back to when the Messiah was born, let us not forget to look forward to when the King will return. We live in the time of now and not yet, between the first and second coming of Christ. The story is only half told; the other half awaits. The plan of salvation is complete, yet its outworking is still to unfold. Unlike Christ's first coming, which was witnessed by a select few, his second coming will be seen by all. May we always be ready and waiting to meet our glorious Lord.

Monthly prayer

As we journey through Advent
we praise God for his Word
which leads us to the stable of salvation.
As we draw near to adore the Christ-child,
we share in the joy that the risen Lord
accompanies us every step of the way. Amen

Creative prayer

Read an account of the Nativity in a version of the Bible less well-known to you. Take some time to reflect upon it, asking God to highlight specific words or phrases. Then weave these into a prayer of thanks for the coming of the Messiah.



Sunday 1st Monthly prayer

As we journey through Advent we praise God for his Word which leads us to the stable of salvation. As we draw near to adore the Christ-child we share in the joy that the risen Lord accompanies us every step of the way. Amen

Monday 2nd

Father, we pray that in this season of Advent you give us a heart of patience and a listening ear to heed all your prompting towards our work with you. Give us patience to work in your vineyard and heed your instructions.

Tuesday 3rd

We pray for help to prepare ourselves spiritually in this season of Advent when God broke into time and space and entered our world. Let us adequately pray and look forward to what God wants us to do for his Kingdom in this season.

Wednesday 4th

In this season of Advent, we pray, Father, to walk in your will. Grant us the grace to hear your voice, obey your word and walk in your will for our lives, that we would find rest, peace, joy and fulfilment.

Thursday 5th

In this season of Advent, Father, grant us the grace of your rest. As Mary trusted the word of the Lord that came to her on your promise and enjoyed your rest, grant us the ability to believe in your word and enter your rest.

Friday 6th

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. *Isaiah 9:6*

Saturday 7th

Lord Jesus, as we prepare for the joy of celebrating your coming to the world as a vulnerable baby, may we also look forward to the time when you will come again in all your glory. Help us to be ever ready to receive you then.

Wave of Prayer

1-2 December: Mpumalanga in South Africa; Central Buganda in Uganda; Zonkwa in Nigeria; Bo in Sierra Leone; Newcastle in England and Barrackpore in India

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

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

Sunday 8th

Beautiful Lord, when our hearts are full of sorrow, thank you for filling us with your joy. When we are lost, we find peace in your Word of promises. We have the hope that we are safe in your loving arms, this Advent season.

Monday 9th

Our Father, we give you thanks for your Beloved Son, who became flesh and lived among us on earth. He was the only Hope for mankind to be saved for eternal life. Prepare our hearts this Advent for the glory of the Saviour's second coming.

Tuesday 10th

Father God, you are our King, our hope and safe refuge. During this time of Advent, may we turn our eyes to you. Help us to know that the real gift that lasts is Jesus Christ your Son, the Prince of Peace.

Wednesday 11th

Merciful God, we thank you for giving us this Advent season to meditate on Christ our Lord as we await his coming among us. Strengthen our faith to get rid of our hopelessness and make us ready to welcome you with joy and peace.

Thursday 12th

This Advent may Christ deliver us from distress, despair, trials and fire. He is the fulfilment of our hope. May he restore us from the brokenness and scars caused by our sins as he is the Giver of eternal life full of joy, peace and love.

Friday 13th

Our Father, our rock and salvation, fill us with Your Holy Spirit. May Jesus shine in our everyday lives and may we become blessings to others this Advent season.

Saturday 14th

Merciful God, we are really sorry for our sins, cleanse us and help us to change especially this Advent season. Give us the grace of purified hearts that we may fully rejoice to welcome your son Immanuel.

Wave of Prayer

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

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

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

Sunday 15th

Wondrous God, we joyfully await the dawning of your Light, Jesus Christ. May the light of his Word and the radiance of his love illumine the lives of those in darkness. Transform us into a people of his light, that we may reflect your saving grace to our waiting world.

Monday 16th

We remember those for whom this season is a time of sadness rather than joy; for the lonely and bereaved, and those who struggle to provide for their family. We pray for people to draw alongside them who will lessen the pain and provide practical help.

Tuesday 17th

We pray today that our hearts may be filled with joy and praise as we contemplate the salvation of God made available through the gift of the coming Messiah.

Wednesday 18th

Advent overlays the joy of Christ's arrival as a helpless babe with the hope of his appearing as conquering King. Both arrivals are anticipated in celebrating Advent. *Glenn Packiam, Anglican priest*

Thursday 19th

We pray today that our hearts may be filled with joy and praise as we contemplate the salvation of God made available through the gift of the coming Messiah.

Friday 20th

Mary said: My soul glorifies the Lord and my spirit rejoices in God my Saviour. *Luke 1:46-47*. Lord, today may we, too, rejoice in the coming of our Saviour.

Saturday 21st

By the grace of Advent we are blessed with the favour of God in the sending of his beloved Son. Joy is re-kindled in our hearts as we receive anew the Advent blessing of God; the majesty of the holy reaching down to earth.

Wave of Prayer

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

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

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

Sunday 22nd

We pray for all for whom the celebration of Christmas is difficult; those who are ill, at home or in hospital, for the bereaved, the lost and the lonely. May they know the light of the Christ-child in their lives at this time.

Monday 23rd

In the busy world in which we live, may God help us to make time to reflect on the coming of our Lord and Saviour Jesus Christ. May our hearts be open to receive fresh insight and understanding of the significance of the Nativity.

Tuesday 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.

Wednesday 25th Christmas Day

O come, all ye faithful, joyful and triumphant, come ye, O come ye, to Bethlehem. Come and behold Him, born the King of angels; O come, let us adore Him, Christ the Lord. *JF Wade, 1711-1786*

Thursday 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.

Friday 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*

Saturday 28th

He was created of a mother whom He created. He was carried by hands that He formed. He cried in the manger in wordless infancy. He is the Word, without whom all human eloquence is mute. *Saint Augustine*

Wave of Prayer

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

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

Sunday 29th

As we remember that there was no room at the inn for the Christ-child we pray for all giving birth and caring for children in less than ideal circumstances; for refugees, victims of war and natural disasters. Lord, in your mercy, hear our prayers.

Monday 30th Monthly prayer

As we journey through Advent we praise God for his Word which leads us to the stable of salvation. As we draw near to adore the Christ-child we share in the joy that the risen Lord accompanies us every step of the way. Amen

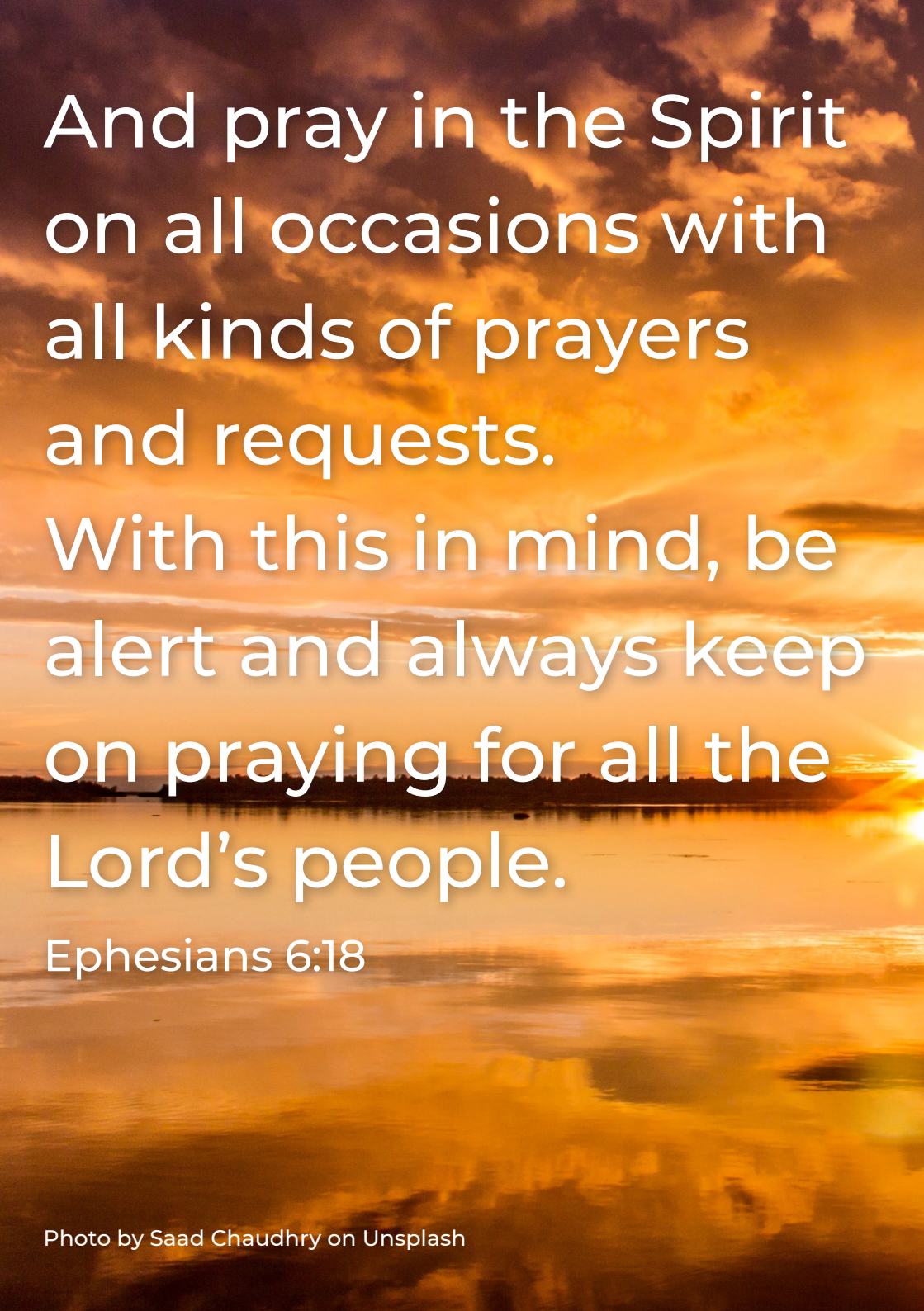
Tuesday 31st

We pause in contemplation at the crossroads between the old and new. We thank God for his faithfulness through the joys and challenges of this past year; we look forward with hope and faith for all that lies ahead. Amen

**Wave of Prayer**

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

31 December: Mothers' Union worldwide

A vibrant sunset scene with a city skyline visible on the horizon. The sky is filled with orange and yellow clouds, and the sun is low on the right side, creating a bright glow. The water in the foreground reflects the colors of the sky and the city lights.

And pray in the Spirit
on all occasions with
all kinds of prayers
and requests.

With this in mind, be
alert and always keep
on praying for all the
Lord's people.

Ephesians 6:18



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.