

Transformation Now!

News from Branches.

Fressingfield Branch

In September, our expected speaker cancelled with a week to go, so, instead, we had a discussion entitled, "What is family?" Unsurprisingly, this led to the recognition that the ideas about family that each of us holds are very different and complex. We all got to know each other a bit better and to understand how very individual each family is. A common thread was that we think of family as those with whom we have an emotional and mutually supportive relationship and a shared history, constantly changing, as members of our family die and others are born. Family is much more than the definitions one can find in a dictionary. It is much more than "Descendants of a common ancestor," or, "one or more parents and their children living under one roof." The strapline for the Mothers' Union is "Christian care for families." It recognises the value of all families in society and that family life can sometimes be very challenging. I am so pleased to belong to an organisation that is here to help. Christine Christian.

Martlesham Branch.

In October, members are looking forward to hearing about the work of East Anglia's Children's Hospices and they are planning to sing carols in December with a fish and chip supper.

St. Michael's Church Hall, Martlesham - Coffee Morning - Sat. 19th November 10am – 12noon.

Stalls, Coffee and Biscuits, MUe Stall

Cathedral Branch The Cathedral MU branch has had a busy summer. They held Strawberry Teas which raised £829 for MU charities. A Jubilee Lunch was held on 21st June where £83.00 was raised from the Grand Raffle. Members went on a Summer Outing to Columbine Hall, Stowupland in August where they had Afternoon Tea and an enjoyable time together.

Ipswich Area - Money raised in the Ipswich Area has been used to purchase craft items and treats for the Ipswich Women's Refuge .

North Suffolk Area – We are currently running the Pop -Up Shop in Halesworth. Over the 3 days it has been open so far, £1,000 has been raised from the sale of donated items, for the work of Mothers' Union. There is still time to visit the shop in the Thoroughfare in Halesworth. We are open from 10am to 4pm on Monday, Tuesday and Wednesday this week.

Come together to end Domestic Abuse - 5 Things Everyone can do

MU and Women's Aid have joined forces to end Domestic Abuse

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Make a change where you are in a church, school, sports club – Do people know where they can get help?

Dispel myths about domestic abuse and challenge sexism.

Take action, your voice counts.

Learn what to say to someone experiencing abuse.

Speak Up – we are standing together against Domestic Abuse.

Shadow Minister for Domestic Abuse and Safeguarding, Jess Phillips MP says: "For domestic abuse to truly end it requires every part of society to take action. It is wonderful that the 45,000 Mothers' Union members across Britain and Ireland are standing up and being counted, not only taking action as individuals but also sharing information and support with the wider community."

16 Days of Activism Against Gender Based Violence and Abuse – 25th

November to 10th December. The recent mailing of Connected includes a Prayer Diary for the 16 Days of Activism. It includes information, reflections and prayers about Gender Based Violence to use on each day of this campaign. Mothers' Union is against all forms of violence and abuse. Let's stand together to say 'No more 1 in 3'

North Suffolk Area Morning on 22nd Sept at St Margaret's Church in Reydon

Members gathered to enjoy a service led by our chaplain Revd. Catherine Forsdike entitled 'Transformation Now! A Service of Thanksgiving.' Both Catherine and our Diocesan President Linda were speakers during the morning and several stalls were organised by north Suffolk Area branches. We all shared lunch together at the end of the morning.

Christmas Cards for Prisoners – We have recently held 2 workshops at Great Barton and at Fressingfield to make the Christmas cards needed for prisoners at Highpoint. Members were busy on each afternoon helped by the provision of tea and cake! We have now made the 1,500 cards that will be needed this year. Many thanks for the help given by these branches.

Emergency Prayer Chain – If prayer is needed for any sort of need like accident, illness, bereavement, mental illness, worldwide crisis, financial poverty or loneliness please contact Sue Doe on 01473 231558 or Email susan.doe1@btinternet.com

Subscriptions - At this time of year our Treasurer, Amanda has quite a few cheques for subscriptions to pay into the Diocesan Account. To avoid unnecessary bank charges there may be a delay in cheques being paid in. Anyone who may wish to set up a Direct Debit would need to contact Clare Thomas 01473 832808 or clare.thomas@btinternet.com by 1st November.

Re-Imagining Mothers' Union. Once again Mothers' Union members in our diocese have demonstrated what an amazing and committed group of people they are. At the Re-Imagining feedback sessions, which were held across the diocese as well as on zoom, 24 of our 32 branches were represented. As well as both our Fellowship groups and some diocesan members.

Contributions from our members, on how we can reimagine Mothers' Union, revealed three main themes.

- **Across the diocese there was a desire to introduce new ways of being Mothers' Union, which required initiatives from the diocesan trustee board as well as from branch leaders and branch members; supported by MSH.**
- **A recognition that we need to raise the profile of Mothers' Union within the church, as well as the community.**
- **A will to work more visibly within the church and with the clergy.**

Do come to council on **16th November**, where you will hear more about how we can move each of these priorities forward, based on the feedback you, as Mothers' Union members, have already given.

Jeanette Appleton

Prayers

- Please pray for – _____
- Refugees – remembering that Christ was a refugee.
- People who have need of Foodbanks to meet their daily needs.
- People who are worried about the cost of heating their homes.
- Women and Men who have been abused
- Prisoners and all who help them and their families.
- All who suffer because of War especially in Ukraine.
- Poorer nations where climate change creates problems of drought or floods.
- Mothers' Union as it seeks to be more effective in a changing world.
- The work of the Holy Spirit in every MU member across the world.