

WAVE OF PRAYER – ST EDMUNDSBURY AND IPSWICH MOTHERS' UNION 2020

As we are not able to meet together in our branches during this pandemic, we are suggesting that members pray over the three days allocated to our diocese. In this way we can ensure that a wonderful wave of prayer is flowing from our diocese. As we begin praying on 16th July, we take over from Rochester diocese and their link dioceses in Toliara Madagascar, Mbale Uganda, Zaria & Ndokwa Nigeria and Chhattisgarh India.

If you are on your own then ignore the bold text. If you have family with you, we welcome them to join this Wave of Prayer. You can lead your service and they can join in the parts in bold.

The suggestion is that if you surname begins with: A- H pray on Thursday 16th July.

I – Q on Friday, 17th July and R – Z on Saturday 18th July

Please choose your favourite hymns to sing

You might like to light a candle to start the service.

Let us pray for our brothers and sisters overseas.

Loving Lord, as we sit in our homes, warm and snug,

We pray for all who are homeless and cold.

As we shop in shops overflowing with foods of all descriptions,

We pray for those who have little or nothing to eat.

As we turn on our taps with clean water whenever we want,

We pray for the many places where the only source of water is a muddy dirty river reached only with a long walk.

As we go to the doctors or hospital when we are sick,

We pray for all who do not have access to any medical help at all.

As we have many forms of education from primary school to Universities that we can use,

We pray for countries where there is very limited schooling, usually for only a limited time and often excluding girls. We pray for women in places where they are at risk of slavery, rape and discrimination.

We pray that one day all will be equal in opportunities, food, resources and safety. Sometimes we feel powerless to help, Lord. We ask that with the combined power of our prayers and the help of Mothers' Union and other charities lives can be improved.

We pray that governments and leaders will put all their power and resources into helping their people. May the religious leaders of all creeds work together for peace and understanding to stop the anger and bloodshed.

Let us put our faith in the wonderful works of our Lord as we pray for comfort for those in need. AMEN

Reading: Matthew 25 v 35- 40 For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and

you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you, a stranger, and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and went to visit you?' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Hymn

Loving Lord, we bring before you Mothers' Union members in Lake Malawi.

There are around 13,000 Mothers' Union members in the diocese of Lake Malawi. Located in central Africa and bordered by Zambia, Tanzania, and Mozambique, the nation of Malawi ranks among the world's least developed countries.

Its economy is heavily based on agriculture, with a largely rural population. The name Malawi comes from the Maravi, an old name of the Nyanja people that inhabit the area but the country is also affectionately called the "warm heart of Africa." members are actively identifying and responding to the challenges that individuals and families face. Their work includes, Agriculture and permaculture programmes, Savings and credit groups, Orphan care programmes, Health awareness programmes, Malaria prevention and work with young girls (St Agnes Guild)

Lord, we pray that the lives of our members in Lake Malawi will be filled with praise, we pray that the diocese will be protected from Covid 19 and that the project work will continue to transform lives and build up communities. We ask you this in Jesus' name. Amen

Reading: John 15 v 8-12 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. "As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you.

Hymn

Loving Lord, we bring before you Mothers' Union members in Jalingo, Nigeria.

Mothers' Union has been present in Nigeria for 110 years having started in 1908. Conservative estimates of membership numbers start at 60,000 but in reality, our numbers could be far greater than this. Mothers' Union in Nigeria is very active in creating opportunities for women and young girls to reach their full potential, working closely alongside the Women's Guild in each diocese.

Mothers' Union outreach activities include: Hospital visitation, Health clinics, Support for widows and orphans, Day care centres/ Nursery schools, Marriage preparation, Vocational training, Orphan care, Prison ministry, Parenting Programme

Lord, we thank you for our members in Jalingo, Nigeria who are having an impact in their communities.

We pray for their vocational training for rural women and their pastoral work with the vulnerable in society. We pray for them and all the people affected by coronavirus much more directly than us in Europe. Please send them your healing and comfort as we pray in Your name. Amen

Reading: John 15 v13-15 Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

Hymn:

Loving Lord, we bring before you Mothers' Union members in Byumba, Rwanda

Located in central Africa, Rwanda is known as the "land of a thousand hills". It shares a border with Uganda, Tanzania, Burundi and the Democratic Republic of Congo. In recent years Rwanda has itself become a safe haven for those fleeing from conflict in DR Congo and Burundi. Today, Rwanda is endeavouring to rebuild and strengthen its economy, with a growing tourism industry and exports of coffee and tea.

Mothers' Union was started in Rwanda in 1966. Today, more than 24,000 Mothers' Union members across the country are actively engaging in initiatives to transform the lives of individuals, families and whole communities responding to local needs, their projects include: Health awareness programmes, Parenting Programme, Savings and Credit groups, Peace and reconciliation, Marriage preparation and counselling, Support for widows, Sunday School, Addressing gender-based violence, Vocational skills training. We pray for the Mothers' Union Leader, Consolata Mukahakuzimana and the Mothers' Union workers Pascale Tuyisenge and Angelique Uwimana.

Loving Lord, we pray that our members in Rwanda will be filled of hope and faith for the continuing development of their activities, specially their work with the women refugees. In Jesus' name. Amen

Reading: John 15, 15-17 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

Hymn:

Loving Lord, we bring before you Mothers' Union members in Lucknow North India

With more than 1.3 billion people, the South Asian country of India is the second-most populous country in the world, only outnumbered by China. Despite rapid economic development in the last few decades, India still has high levels of poverty, particularly in rural areas. Members are very active within their local communities reaching out to meet the needs of the most vulnerable, often women and girls. Their work includes programmes such as: Vocational skills training, Campaigning against gender-based violence, Marriage preparation, Health awareness programmes. Currently there are challenges with communication to the dioceses in North India

Dear Lord, we bring before you Mothers' Union members from the Diocese of Lucknow India, and Roshini Mendis, the Zone A Trustee who is the link person for a vast region and where challenges in communication have meant that Lucknow and the other diocese in North India have had very limited contact with the Mary Sumner House over the past two years . We give thanks that our links with Lucknow have provided up to date emails for Roshini and Mary Sumner House.

Loving Lord, we want to continue to serve you and be your hands across our world and our community.

Dear Lord, we bring before you Mothers' Union members from our Diocese of St Edmundsbury and Ipswich.

Please give us a generous and loving heart as we reach out with our Ministry of Befriending, our work with the Clewer initiative and our AFIA holidays. We pray especially as we respond to the new circumstances of living with the Covid-19 virus and the new challenges of reaching out to support families whose lives have met with adversity. Also, for the care home communities and NHS workers who are on the front line and coping with a lack of resources and uncertainty for the future.

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.

The Mothers' Union Prayer

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

Thank you for being part of the crest of the Wave of Prayer today. Prayer is the most important part of the work of Mothers' Union. As we finish praying on July 18th the dioceses of Gitega Burundi, Murag'a South and Mbeere Kenya, Enugu North Nigeria, Polynesia in Tonga and Jaffna in India take up their position on the crest of the Wave of Prayer.

As refreshments are always served after the Wave of Prayer service now is the time to put the kettle on and find the biscuit tin.