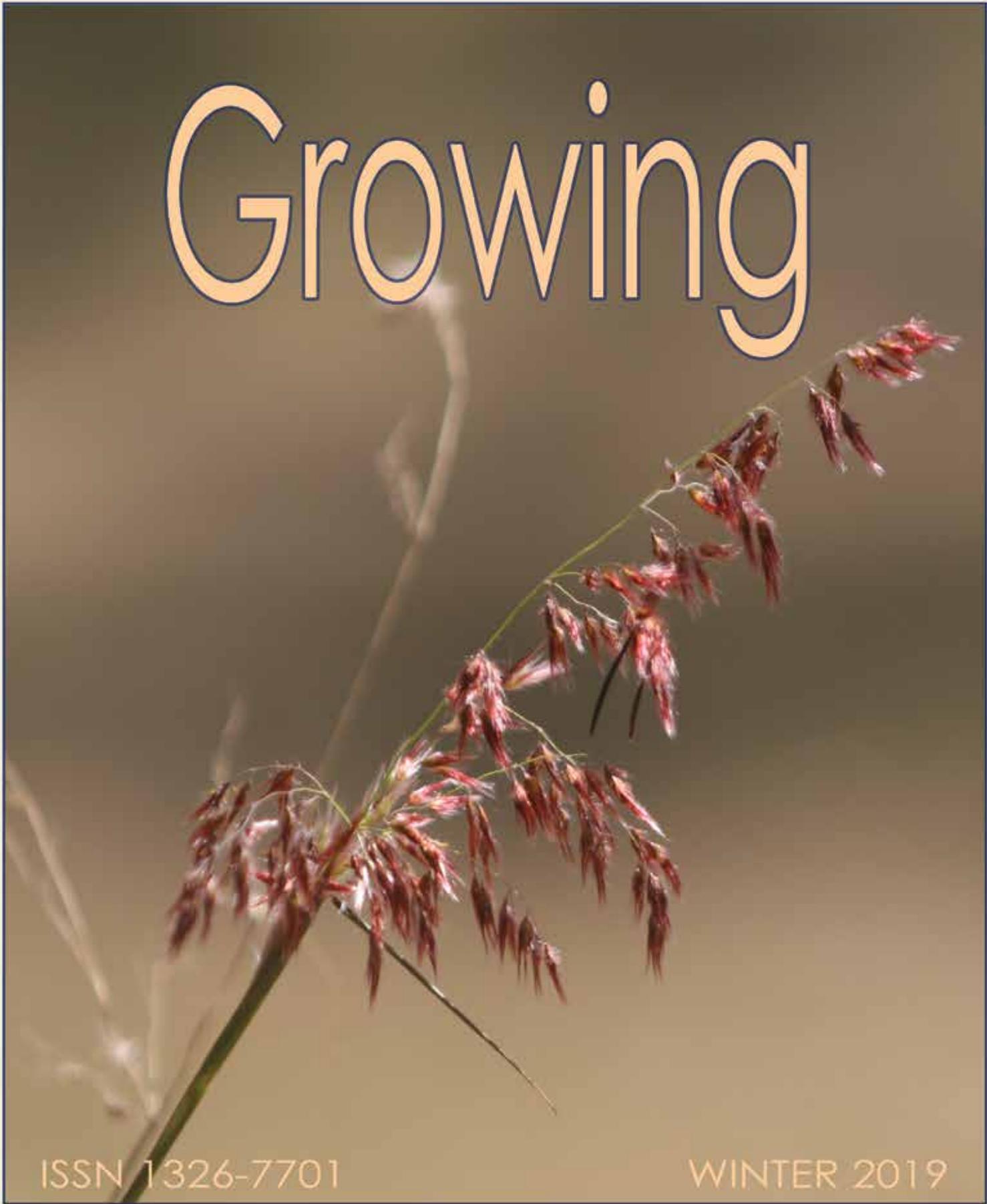


MIA mia

ANGELICAN
MOTHERS UNION
AUSTRALIA

Growing



ISSN 1326-7701

WINTER 2019

from the Editor ...

Greetings and welcome to the Winter issue of Mia Mia where our theme is 'Growing.'

What does this word suggest to you? Growing older, growing wiser? Growing plants or growing wealth? Growing in knowledge? Growing in happiness?

The idea of growing seems very positive, doesn't it? It implies a natural development, an increase in size. We are delighted to watch our children growing, our gardens flourishing, our understanding of life increasing, our relationships growing stronger and closer.

But sadly, we see a less positive side of growing when we look around and take note of our surroundings. A growing inequality in our society, a growing number of homeless people, a growing concern about the environment as we witness droughts and severe weather events. We see extreme terrorist attacks on the increase, a growing hatred between sections of our society, a growing sense of despair in our young people.

Why is this happening? What can we do to increase the positive side of growing? Would anyone listen to us?

Dr Peter Catt, Dean of St John's Cathedral Brisbane spoke at the AGM of the Brisbane Diocesan AMUA. He spoke about several social justice issues and said it was important to speak up, make sure your voice is heard. He explained that AMUA members are well placed for effective advocacy - our views would be respected and valued because we are not seen as part of the lunatic fringe or the rent-a-crowd protesters.

Believe you can make a difference. Believe that with God's help we can influence society for the better. Believe that if we uphold our aims and objects and make our views known, stable and respectful family relationships can be achieved.

Many blessings

Susan Skowronski
Editor



2/WINTER 2019

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Suggestions, comments,
contributions and insights are
welcome.

Please send all correspondence
to the editor.

Publication in Mia Mia is at the
editor's discretion.

Deadline for next issue

30 June 2019

Theme:

Kindness

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Mia Mia

A quarterly magazine of
Anglican Mothers Union Australia.

MIA MIA is an aboriginal word for 'home' and also
stands for Mothers
in Australia.

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Printed by:
Snap Printing
18 Neil St, Toowoomba Qld 4350
Websites -

Australia : www.muaustralia.org.au
UK : www.themothersunion.org
Mia Mia Vol 102 No 3 ISSN 1326-7701



ANGLICAN MOTHERS UNION AUSTRALIA

Vision:

Our vision is of a world where God's love is shown through loving, respectful, and flourishing relationships.

Aim & Purpose:

To demonstrate the Christian faith in action by the transformation of communities worldwide through the nurture of family in its many forms.

Objectives:

1. To promote and support married life
 2. To encourage parents in their role to develop the faith of their children
 3. To maintain a worldwide fellowship of Christians united in prayer, worship and service
 4. To promote conditions in society favourable to stable family life and the protection of children
 5. To help those whose family life has met with adversity
- from MU Australia Handbook Dec 2009

Cover: A design by Carmel Rowley

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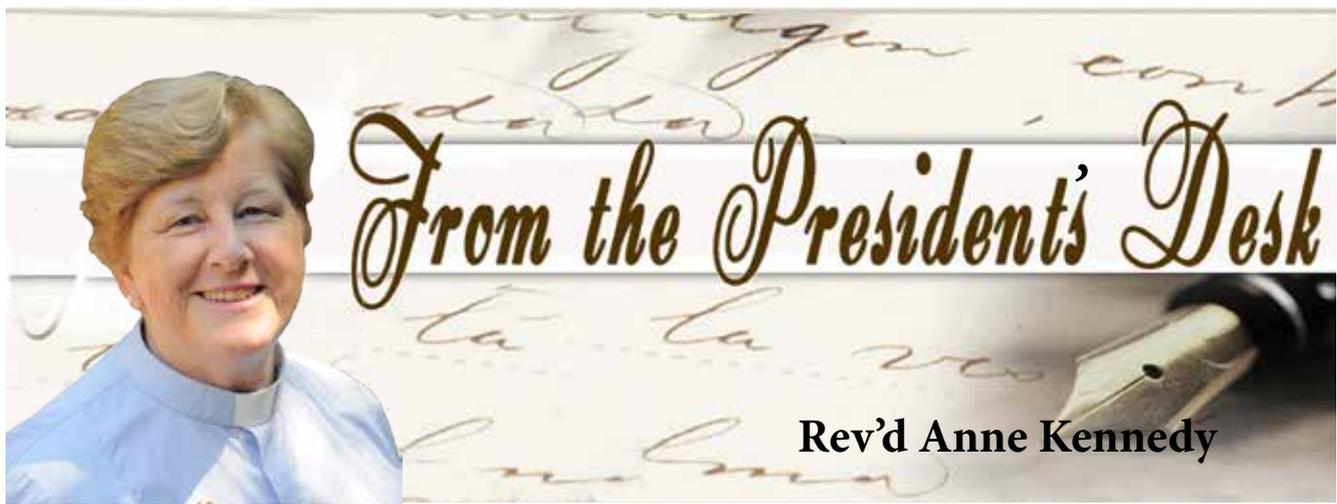
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Rev'd Anne Kennedy

Growing things successfully means you have to work at it.

I'm a terrible gardener! I love going to the nursery, and buying seedlings of flowers and vegetables – but I leave them on the garden wall, get distracted, and days later I have a container of dead plants. Or if the seedlings do make it to the garden, I forget to water them, and am confronted by dry vines of tomato plants with withered leaves and miniscule tomatoes clinging hesitantly to stakes hammered in at the time of planting.

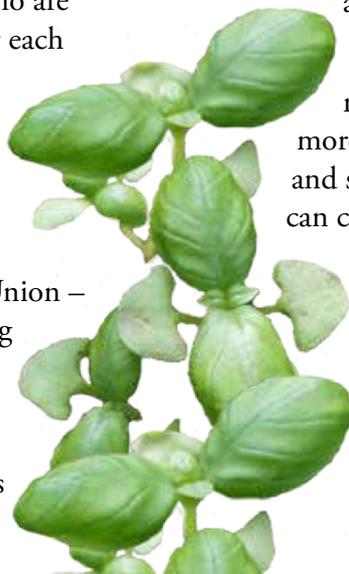
Growing things successfully means you have to work at it - you have to care for the plants, feed them, nourish them, shade or re-stake them if necessary. Rarely will they survive without your help (although some basil plants have proved me wrong – they looked so dead after our holiday, I gave up – after a huge downpour, they suddenly revived, and are looking very healthy just now!).

It's the same with our AMUA groups – we need to nurture, feed, encourage and support each member to enable them to grow to their full potential. And it's not just the leaders who are called on to do this – we must look after each other. Yes, we take special care of those in particular need, but have you ever thought to send a note just to say "Thinking of you" to your leader, an office bearer, or other member?

Remember MULO – Mothers Union – Listening, Observing, Acting. Observing is something we all do everyday. Taking in information, processing it, and evaluating needs or situations are things that come naturally to us – often parents have a 'sixth sense' when it comes to what a child is about to do, and our

actions happen in a split second.

Be observant about your group – is it cohesive, or too stuck-like-glue? Is one person doing all the work? Is there something you can offer (time, talents, treasure) to help grow your group - a speaker, an activity, a local project to take up, and idea you can share that might grow others' interests? Act by speaking up! Inspire interest, be enthusiastic, delegate the workload, offer to help in small or large ways. Learn about MU Worldwide projects and talk about them – people are interested!



Mothers Union has well over 4 million members, and reaches many more. But we need to grow in knowledge and skills, as well as numbers, so that we can continue to support and enable women and families around the globe to live in safety, respected and valued by those around them, in a world where Christ's love is all-encompassing.

Observe what's going on around you locally, and in the world, today. Where is God calling you to take action?

Growing a Spittitual Garden

*It is like a mustard seed when sown upon the soil,
though it is smaller than all the seeds
becomes the largest of all garden plants*

Mark 4:31-32

If everyone was asked to give an example of the word *growing* and what it meant or represented there would be an abundance of answers. For me it brings wonderful memories of my Father. He was always growing something. Our flower garden constantly a mass of colour, no matter the time of year. The veggie patch had everything imaginable growing, along with self-seeded fruit trees from pips he threw away or fresh berries from cuttings he had gathered. At times it seemed his green fingers could even make a dead stick grow. The soil would be fertilized and cultivated and well-watered in preparation for the next growing season. Weeds were soon pulled as he tendered his garden with loving care.

One year I recall the look on the faces of those who walked past our front garden as they pointed to rows of phlox and carrots. My Father discovered if you mixed these seeds together you would have a more even distribution of flowers as well as a good vegetable harvest. Neighbours children who came to visit would return home with something he had given them to pot, with careful instructions on how to look after it and watch the tiny seed grow into a healthy plant.

Sometimes I believe our faith journey is like a garden, but a spiritual one. Christ is our foundation, the soil in which we can grow.

If we follow his instructions through the Bible He will nurture and support us to spread the seeds of his love and grace to strengthen our faith to do his work. Weeds can very quickly outgrow plants so it's important they are not allowed to takeover. They are not unlike sin. But this reminds us of Christ's dying on the cross so all sins could be forgiven and washed away.

Our theme this year is Mothers Union Listening Observing Acting in Step with God. Mary Sumner started an amazing garden when she first planted the seed to form Mothers Union. This garden has grown and flourished all around the world. In this 21st century are we starting to see some weeds growing?

To sustain our garden, we need to improve our fellowship with God. We need to lead by example and not stray from what we are being called to do. MULOA is the new soil for us to replant the seeds to enable us to grow stronger within our Parishes and the wider community.

Our walk with Christ allows other people to see Him through our lives, and what better way to win homes for our eternal Father.

Please wear your badge and keep the banner flying. God bless you all.

Denise Lay

WINTER 2019/ 5



GROWTH OF MOTHERS UNION

Rev'd Canon Libbie Crossman



According to the Oxford Dictionary growth is 'the process of increasing in size'. From there it extends the increase in size of numerous things. So, when asked to write an article on growth one seems to have an almost limitless range of topics to write about.

During my membership of Mothers Union, now over twenty-five years, one of the things that does not seem to have grown, in Australia at least, is the number of members of our wonderful organisation. Each year I read the statistics and it could be depressing, but I tend to be both optimistic and an avid reader of history and I can remind myself that this has happened before. I remind others as well as myself that we are an organisation who carry the Christian faith in action to every corner of the world, and as the Archbishop of Canterbury reminded the congregation in Southwark Cathedral at the commissioning of the new Worldwide President, we are the largest grassroot women's organisation in the world. Therefore, it seems to me that if God wants us to continue this work God will make sure that it continues.

But growth doesn't just mean in numbers. Growth in Mothers Union happens in places other than here numerically and will continue to happen in many other ways. One of the most pressing needs at the present time is the need for significant financial growth to continue our programmes. Australia presently does contribute well to global finances, but it will only continue as long as members pay their annual dues. A proportion of each member's dues are sent to Mary Sumner House for international work, but unfortunately, we are among the few provinces that do so.



When Worldwide Council meets in Kigali, Rwanda in June this year all the Provincial Presidents will be asked to sign an affiliation document that includes a commitment to the paying of dues, tribute, or one of the other names given to them, so that our work may continue.

So, growth financially is a target, but don't forget our friends who may want to be asked to be members. How many times has it been said in response to the question, 'Why aren't you a member of Mothers Union?' is 'No one has ever asked me.' When we do ask, we may surprise ourselves. Try it!

The Rev'd Canon Libbie Crossman
Worldwide Trustee Zone C (South Pacific)

Photo Above: MU provincial presidents in Ireland from Mothers' Union Website

In the Hands of **the Master Gardener**

Christine Brain



WHENEVER I HAVE BEEN ASKED TO LIST MY HOBBIES, I HAVE BEEN QUICK TO ADD GARDENING TO THE LIST

Admittedly, it has fallen below reading and general lolling around, but it has been there, above watching football or cleaning the oven. There have been many different gardens in my life, and it has been very relaxing to dig, plant, fertilise, water and prune in whatever space available. Best of all though, is watching the plants I have dug around, fertilised, watered and pruned flourish and grow. But there is one aspect of gardening which is somewhat less enjoyable. I'm not such a great fan of weeding, especially when the soil I'm dealing with is clay, which is sticky and clings to everything when wet and rock-hard when dry. Even in my current garden, which is sandy and easy to weed, there is one unwanted plant I find almost impossible to eradicate-couch grass! What a tenacious and pervasive pest it is, crowding out the plants I love in my tiny cottage garden.

In dealing with this pest I have two choices-I can just pull up the invading runners whenever I see them encroaching on my petunias, or I can really dig deep and deal with the root of the problem. I know which is the better thing to do, but expediency and unwarranted optimism usually win out and I tug away at the loose runners and hope for the best. Can I hear you laughing? Of course you are! Just tugging at it is a waste of time. If I want a couchless garden, I must do the harder thing and get to the roots.

It's not very difficult to see parallels with our growth as Christians. Jesus described himself as the vine, and his followers as branches, organically attached to him and capable of bearing much fruit. ¹ He also warned that fruitlessness is not acceptable and even the fruitful vine will at times be pruned to increase its fruitfulness. I don't much like the idea of being pruned. I'd rather have the work of being made more fruitful occur painlessly while I sleep. You know, go to bed impatient, and wake up miraculously able to bear even the most irritating circumstance with a smile. Or go to bed selfish and wanting my own way, and wake up overflowing with love for others and desiring their good above my own. But Jesus didn't promise that. Instead, he promised his Spirit to help us to become like him, and he warned us that responding to the Spirit's promptings may well be painful.

The tendency to sinful behaviour is so deeply rooted that radical intervention is needed (remember, Jesus calls it pruning). Although the Father's work of pruning is not painless, nor does it happen overnight, we get to share in the process and rejoice and praise him when we see it taking place. When he shows us where we need pruning, and we seek his help in rooting out the weeds of selfishness, gossip, greed, discord, envy and such like we are opening ourselves to see him at work. Sometimes people say, *Show me a miracle and I'll believe in God*. As we allow God to do the hard work of pruning us, we can say, *I am a miracle! Praise God!*

If I want my garden to flourish I need to *add* to the soil by watering and fertilising and I need to *take* away the weeds and unfruitful branches which inhibit growth. As followers of Jesus we are called to do the same in our lives if we are to grow. We need to add the water and fertiliser of the word of God (which the apostle Peter calls *pure spiritual milk* by which we *grow in the grace and knowledge of our Lord and Saviour Jesus Christ*²) and we are to cooperate with the Spirit in eradicating ungodliness and cultivating Christ-likeness. (Paul calls it *crucifying the flesh* and *keeping in step with the spirit*³). In this our Father, the Master Gardener, will be with us all the way. Happy gardening!

1 John 15:1-8

2 1 Peter 2:2 and 2 Peter 3:18

3 Galatians 5:24-25

Growing a culture of respectful relationships

Robin Ray

Recently I had the opportunity to participate in a self-funded Anglican Overseas Aid (AOA) Board trip to gain some first-hand experience of some of the programs AOA supports. As Mothers Union has been a local partner with AOA in several projects in different countries, I was especially interested to see how our MU sisters were working to improve the health and wellbeing of their communities.

We spent the first week visiting AOA's long term partner, the Diocese of Mount Kenya West centred on the township of Nyeri (close to the middle of Kenya). Mrs Florence Nderitu, an active Mothers Union member, grandmother and midwife has until recently lead a program focusing on child rights and gender based violence (GBV). (The program is now being led by Millicent). I had met Florence when she was in Australia two years ago, so it was a special joy to meet her again. In keeping with this month's theme of 'growing', I would like to share one aspect of their work that combines both GBV and child rights.

We had left Nairobi that morning and traveled a couple of hours inland. We stopped at one project where groups were involved in propagating tropical fruits and trees and breeding fish. Through this activity they were learning to work together in respectful relationships to generate income as well as contributing to reforestation of hillsides. We met the senior chief and some workers including paralegals. Paralegals are chosen by their village to be trained in women's and children's rights and other aspects of local law as well as being equipped to negotiate and educate their communities. Paralegals play an important role in being the mediator and information conduit between villagers, the police and chiefs.

Our next stop was a school on the top of a steep hill. The principal welcomed us and told us about the school curriculum that aims provide 'knowledge skills and attitude that will enable the child to be self-reliant and an integrated citizen'. The school consisted of two long parallel building with another building across one end. We were very interested to see



bible verses painted on the outside of the class room walls such as Honesty Ephesians 4:25, Integrity Proverbs 11:3, Courtesy Colossians 4:6. It would be great to see such values displayed in our Government schools. The principal explained how the staff were all trained to identify and manage gender based violence and to facilitate the protection of children, including children's right to education. To improve school attendance they educate parents on the benefits of education and provide porridge for the children at lunchtime. Respectful relationships are practiced among staff and modeled in their interactions with students. As a result of the GBV education, staff have identified girls who have been abused and been able to follow strategies to ensure the girls' on going safety. In the two cases they shared, the perpetrator was managed by the legal system through support from paralegals, the police and the local chiefs. Working within the values and providing education through this program the school continues to grow 'citizens with integrity' (part of the school's aim). The school has mostly achieved 100% attendance and the rates of GBV have decreased. Changing the culture of the younger generation with support from their elders is certainly working to grow a healthier society founded on respectful relationships.

We too have issues with GVB in Australia. We too need to work on respectful relationships in all aspects of our lives. Try reflecting on ways in which we associate negative behavior with gender. I encourage you to discuss respectful relationships in your families, your branches and your parishes. What attitudinal and behavioural changes could you make to grow more Christ-like relationships?

A glimpse of Mothers Union at work in the diocese of Mt Kenya West

In late March, Robin and Tony Hickson (Glen Waverley Branch) and Robin Ray (AMUA Executive) had a brief opportunity to meet some Mothers Union members from the Diocese of Mt Kenya West and to learn of the activities undertaken by their 6000 members. As some of you may know, in many African countries the Diocesan Bishop's wife is the Diocesan President of MU. While we met Bishop Joseph unfortunately we did not meet his wife as she is a teacher and was committed to her students during the time we were there.

It was a joy to meet the Diocesan Vice-President Mrs Mary Nduhiu who is very enthusiastic in her faith and her MU work. Mary also holds a respected position as one of two MU members on the Board of the Anglican Development Service for the Diocese. The other MU member is Mrs Florence Nderitu, who retired last year following 17 years as the program coordinator for the Anglican Church of Kenya. Most recently Florence has led the program working against gender based violence. We met Mary at the ADS Board meeting where we presented her with AMUA shopping bags, pens and handkerchiefs and a letter from Anne Kennedy our Australian President. Robin Ray also gave Mary her Australian MU badge. Throughout the week, Mary can be found in the Diocesan MU office serving the needs of her members. Mary told us about their programs in schools where they teach girls about health issues and expectations for respectful relationships. They also visit families on a monthly basis.

During our visit to an Anglican Overseas Aid funded HIV program at Chaka, MU members in their Diocesan uniform made morning tea for us boiling the water over a fire outside the church to provide a welcome cup of tea with cake, boiled eggs and sausages.

Every year Diocesan MU members come together to celebrate MU coming to Kenya in 1993, much in the same way as we would celebrate Lady Day. During the last week in July each year MU members throughout the Diocese of Mt Kenya West undertake a week of intensive visiting including prisons, the sick and shut ins, schools, and the clergy sharing information and strengthening the relationships between MU and clergy. A special effort is made with church cleaning at the end of this week ready for the celebration of Talents Sunday.



Photos: Top Right; Robin Ray presents AMUA badge to Mrs Mary Nduhiu

Right: Chaka ladies in MU Diocesan uniform

Below: Robin Hickson Florence Nderitu Robin Ray and Mary Nduhiu





GROWING OUT AND GROWING UP

Rev'd Lesley McLean

Here is a Fat Fact – some people's fat cells are genetically geared to grow in size. Those of us on ample proportion don't have MORE fat cells, ours are just more accepting and enlarge, while others of another genetic disposition, don't. (Keo Gene Eating)

Which leads us to the question - do some people's hearts grow larger in loving capacity? And another: Do some people's brains absorb and assimilate the poetry and literary conundrums of the Bible and other religious writings such as hymns and prayers books and others don't?

Such scientific facts and puzzles were of course not in Paul's mind when he, encouraging his new flock in Corinth who were at sixes and sevens with the new teachings, wrote to them:

And so, brothers and sisters, I could not speak to you as spiritual people, but rather as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for solid food. Even now you are

still not ready, for you are still of the flesh. 1 Cor 3:1-3

Paul, as Jesus had done with his disciples, took on the role of teacher/rabbi in order to guide them into right pathways, to GROW them in the faith.

Jesus' teaching about growing in Matthew's gospel is the Sermon on the Mount. It is a wonderful call to his listeners to a Greater Righteousness. Jesus is addressing faithful Jews who obeyed rules and ritual practices, one was a Zealot, another a tax collector and another an eventual betrayer. He is saying, 'You may think you are righteous in terms of 'the rules and regs' BUT you GROW by being **Hungry** and **Thirsty** for Righteousness.' He encourages his disciples to GROW beyond what they know, beyond their decision to

follow him, beyond their comfort zone. He challenges them with striving towards Godliness, towards the godly attributes of mercy, purity, meekness, peace, empathy, and humility.

And we know from John's Gospel that any growth, any movement of the soul towards godliness is always to be fed by God who is LOVE. We need God's love for us if we are to GROW OUT towards others and to feel 'love to the loveless'. This must be the most difficult of all human striving, especially for those of us who have strong views. And it is in this respect that we need to GROW Up in order to GROW OUT.

The Collect for Peace in the *Book of Common Prayer* begins by describing God as 'the author of peace and lover of concord'. And we know from the Beatitudes that peace and concord are qualities we need to GROW in to as part of GROWING UP. The line 'love to the loveless', which had come to mind, is from 'My Song is Love Unknown'. It is a very modern sounding hymn and I was surprised to learn that its writer, Samuel Crossman (1624-84) lived through the reign of Charles 1 of England, through the terrible religious Civil War and into the Restoration of the Monarchy and the publication of the 1662 *Book of Common Prayer*. Crossman was a minister during this time. I was deeply moved when I read that he ministered to an Anglican parish and a Puritan congregation simultaneously. He agreed to the Act of Uniformity and then was ordained. There is something very courageous in his submission that is inspiring.

GROWING UP in Christ does involve eating solid food, as St Paul would have it. Charles Williams, a 20th century Anglican writer, says that 'humility is the only true opportunity for largesse.' (Williams p. 68). I understand Williams means generosity of heart here. How generous was Crossman ministering to two congregations whose people would fight to the death for their convictions and, in the midst of sectarian strife, he lovingly ministers to them all. He describes himself as 'loveless' in the hymn. His humility bears fruit for us in his writing. Humility can often mean painful acceptance of those whom we despised.

Charles Williams also said that we need to be ACCURATE. To honestly admit that we cannot love the sinner, that we judge others while excusing our

own prejudice, that **we** are clanging cymbals while noting someone else going on and on like a noisy gong. That's the solid food which can give us terrible indigestion. But to recognise our true selves in the light of Jesus' loving, generous, forgiving ministry is to begin to GROW UP.

There are no boundaries to LOVE. There is no ceiling to be broken, no goals to be reached in GROWING UP in Christ. Onwards, outwards, upwards. The richness and surprises, the depths of despair and the darkness, these all await us and revisit us, always with something new to learn and experience as in Sydney Carter's song 'One more step along the world I go' with the chorus:

And it's from the old I travel to the new;
Keep me travelling along with you.
Common Praise 548; *All Together* 200



Shakespeare described the boundlessness of God's Love:

Love is not love
Which alters when it alteration finds
Or bends with the remover to remove.

And St Bonaventure, at about the same time, wrote, 'God is a circle whose centre is everywhere and whose circumference nowhere' (Williams p. 24)

Every blessing,
Lesley
National Prayer and Spirituality Coordinator.

Giles Yeo *Gene Eating: The science of obesity and the truth about diets*. Orion books, 2019.

Charles Williams *The Figure of Beatrice: A Study in Dante* New York, Noonday Press, 1961.

COMMISSIONING SERVICE

The Worldwide Chairman of Mothers' Union,
Mrs Sheran Harper



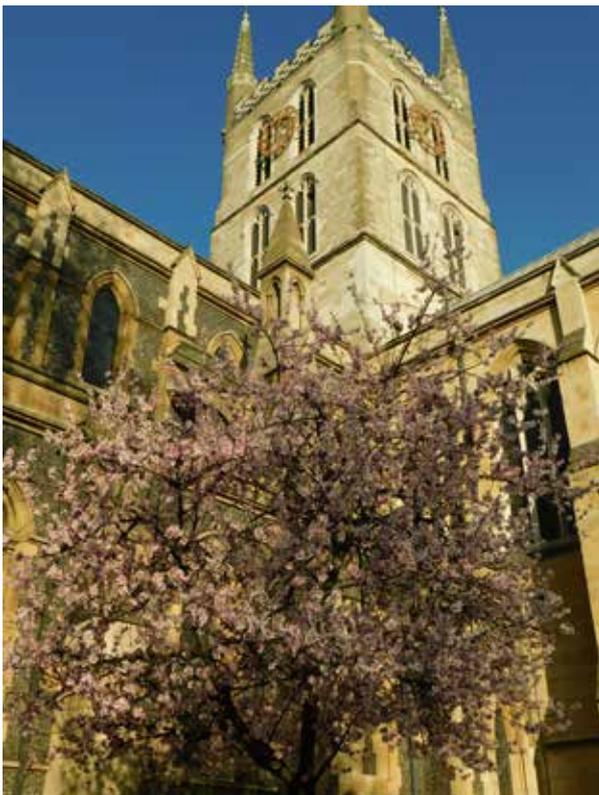
Southwark Cathedral, London, was full as the Archbishop of Canterbury commissioned the Worldwide Chairman of Mothers' Union, Mrs Sheran Harper in front of family, friends, and MU members from many parts of the world. It was a privilege to be at this event, and I passed on the good wishes of AMUA members to Sheran, and also to Libbie Crossman, who was commissioned as a Trustee Board member, and Leader of our Zone.

Sheran's election as the first non-UK member to take on this role is an indication of how global our movement has become. MU is on every continent (except Antarctica), and responding to the needs of families in all kinds of need. Our reach may be wide, as we support members in South Sudan through their Peace and Reconciliation Workshops, but we also continue to focus on issues that are locally based where people can see results of their input and contributions.

Encouraging parishes and our families and friends to support what we do is vital – without their support, AMUA will fail to grow. By supporting local projects, sometimes in partnership with other groups, such as the North Queensland help for the drought sufferers, we can make a difference to our own communities.

On the websites mothersunion.org and muaustralia.org.au you can find videos about local initiatives taken by members in England, Africa, and in Sheran's own country, Guyana, in South America. Have a look at them, share them with friends, add them to the powerpoint at Church, and see what can be done in these places. Then look around your own patch – where are the needs? How can you get involved? What can MU and the Church together in your town?

Rev'd Anne Kennedy





The Parliament of our Australia begins each day with prayer. After an acknowledgement of country, the Speaker of the House reads two prayers:

The first is this:

'Almighty God, we humbly beseech Thee to vouch safe Thy blessing upon this Parliament. Direct and prosper our deliberations to the advancement of Thy glory, and the true welfare if the people of Australia.'

Then follows the Lord's Prayer, including, of course, the words,

'Thy Kingdom come, they will be done on earth as it is in Heaven. Give us this day our daily bread. Forgive us our trespasses as we forgive them that trespass against us.'

What a great custom! It is an instant reminder that the Parliament is not the final authority or the fount of all wisdom. And it also reminds the Parliament that its fundamental task is to seek the glory of God and the welfare of the people of Australia.

Just recently and from time to time this practice is queried even by Christians, on the ground that we live in a multicultural society and that many people do not believe in Jesus.

But it is not a practice which should be abandoned. It reminds us that there is one God, the King of all things. It reminds us that he is the one who gives us our daily bread and keeps us from evil. It reminds us that we need forgiveness above all and that we should forgive others. It reminds us that our task on earth is to do the will of God – and that healthy communities are built on obedience to God. It reminds us that our nation is not the most important focus of loyalty for that honour belongs to the kingdom of God. It is a rightly humble prayer.

But it is not merely a symbolic reminder of these things. It is not an empty ritual even though to many it seems like it. It is the leadership of the nation praying for these things on our behalf. Our nation needs God's blessing above all. As years go by, we need it more and more.

We are thinking of growth. Is our nation growing? Well it is growing in population and wealth. We can thank God for his many blessings in response to our prayers. But is it growing in wisdom, in love, in godliness? God is the true King: is his rule, his kingdom, growing in our midst? Far from allowing the parliaments to abandon this practice, we should encourage them to continue it with all sincerity, placing themselves and all of us under the rule of God and seeking his blessing.

God will bless our Nation as we seek him first of all. If we do not care for God's kingdom, we will not experience all the blessings that this growth brings. One of the most patriotic things you can do is to pray the Lord's prayer with all your heart!



**HAVE YOU EVER FOUND YOURSELF
BETWEEN A ROCK AND A HARD PLACE?
HOW DO YOU RESPOND WHEN
THINGS DON'T GO AS YOU HAD
PLANNED?**

These are the questions Dr Chase Kuhn, explored as he opened the annual Mothers' Union Sydney Conference attended by over 500 people on 22 February at St Andrews Cathedral.

Dr Kuhn took listeners into the heart of Luke 6:20-26, offering them a *map for life* as he explored the realities of life in relationship with God, and how that places us at odds with the world around us. He said that by adjusting our expectations and being aware of present dangers, we are better able to live, trusting God, when things in life are not as we planned.

This year's conference offered two excellent keynote speakers. Psychologist Kirsty Bucknell helpfully addressed the topic of *Resilience in Family Life*, and author Simone Boswell shared realistic insights on the topic of *Growing up Online: Cyber Challenges Today*.

Bucknell skilfully surveyed the impact of the physical, intellectual and emotional
14/WINTER 2019





activities that help develop resilience within us: adequate sleep, exercise, enjoyable work and healthy relationships. However, Bucknell artfully captured her audience with the affirmation from science that those who participate in spiritual disciplines within a coherent belief system exhibit greater levels of resilience. This provided the firm footing for her encouragement to continue to cultivate and enjoy prayer, bible reading and rich relationships within a vibrant Christian community.

Perhaps one of the most significant challenges for families today comes from the cyber world. Author of *Cyber Parenting*, Simone Boswell tackled this vital yet sometimes overwhelming area of concern for parents and grandparents. Boswell offered practical tips about boundaries, time limits, content and safety. Her key point, however, was that of relationship. We can best guide, support and protect our children online, when we have invested ourselves and our time in the teaching and modelling of godly character and establishing open pathways of communication with our children. She said, 'Technology is not evil. Its potential for good is wonderful. The temptations however are also great.' All of us must consider how our technology decisions honour God in our home.

MU Sydney have shown us yet again that they are prepared to tackle the challenging questions of our day, and that they remain committed to sharing Christ's love by encouraging, strengthening and supporting families across this city.



NEWS FROM PERTH

The excitement began with the Lady Day Service in St. George's Cathedral. A really special Service presided over by the Most Reverend Archbishop Kay Goldsworthy AO, Archbishop of Perth. This was followed by unch in Burt Hall and a talk by guests Maralyn and Ruth from Myanmar.

The ladies spoke about MU in Myanmar and the work they do among their communities. The work they do is quite amazing, supporting and helping young mothers and children. They raise funds with craft sales and bake sales to ensure that no child goes to school without a uniform.

I am sure we really find it hard to imagine life without all the modern aides we have in Australia and these ladies have very little in comparison and do the most amazing things. Their membership is very high and their support of each other is outstanding.

Rev. Ross Jones the Chaplain from St. Bartholomew's Homeless Centre visited Carine Dunraig Branch and their guests from North Beach and Scarborough Branches to speak about the plight of the homeless in Perth. He spoke particularly about women aged over 50 years, a growing problem in the area. A lot of these ladies are victims of domestic abuse, including mental and financial control. Some are high achieving women including Nurses and Police who see dreadful things on a daily basis. This eventually wears them down and they cannot cope. If they have no-one to talk to about this and nowhere to go, they end up on the streets and homeless. These women are taken to a facility and once there St. Bart's try to find stable housing for them where they can start afresh and become members of a community once more: joining Churches, craft groups and other community groups where they can make new friends and have a fresh start. Of course this does not happen overnight, but it does give the women the opportunity and in time, many of them grasp that opportunity.

At the Southern Area meeting, a prayer written by Beryl Starr, a member of Lynwood Branch, was read, this prayer is included in *Dear Lord* a book of prayers published by Mary Sumner House.



16/WINTER 2019



Maralyn and Ruth

This was followed by the presentation of flowers to Jan Rose, (pictured) a member of Rossmoyne/Riverton/Shelley Branch, who was presented with the Order of Australia Medal in the New Year's Honours List for her work in the community. She was a member of the Girl Guides and began her leadership journey with a Brownie Pack. This was followed by several Regional positions, becoming a member of the State Advisory Team and culminating as Assistant State Commissioner.

Jan is also a member of the National Council of Women and a Committee Organiser lobbying the Government. She works tirelessly for MU and within her Church: a worthy recipient of the honour bestowed upon her.

Ann Herring

Celebrating Lady Day in the Brisbane Diocese

The Lady Day service was held in St John's Cathedral on 3 April. Within our Diocese there were several other services including one at Drayton and one at Childers to mark Lady Day for those who find it difficult to travel to the Cathedral.

Attending the celebration in St John's Cathedral this year was our patron, Mrs Kaye de Jersey and well over 200 members from throughout our Diocese. The service was presided over by Archbishop Phillip Aspinall and the preacher was Bishop Jeremy Greaves.

Bishop Greaves reflected on the age of Mary when she said her 'yes' to God to bear God's son. She was much the same age as Bishop Greaves' teenage daughters. He also compared Mary's courage to that of Rosa Parks, the African-American woman who refused to move to the back of the bus in Montgomery, Alabama during the bus boycotts, which helped launch the civil rights movement in the United States. Members of Anglican Mothers' Union Australia (AMUA) processed our Diocesan banner and banners from many parishes throughout our Diocese, which gave a colourful beginning to the liturgy.

At the conclusion of the service the Diocesan President, Mrs Beverley Perry presented The Rev'd Linda McWilliam with a cheque to support Anglicare chaplaincy. The support of Anglicare chaplaincy continues a long-term connection with the caring agencies of the Anglican Church in this Diocese.

Above: St John's service including presentation of cheque. Below Left: Childers Service. Below Right: Drayton service



Remembering the fires in Labertouche Parkdale

In February, four Mothers' Union Members of St. Aidan's Anglican Church, Parkdale, Victoria attended the commemoration of the 10th Anniversary of the fires at Labertouche and Jindivick in Victoria.

Thank God, no lives were lost in the fires, but a large number of properties in the surrounding areas were destroyed. People spoke of the trauma and recovery. A Commemorative Board was unveiled with WELCOME TO LABERTOUCHE and depicted plants and birds indigenous to the area. For 12 months after the fires, our Mothers' Union organised the collection of food, toiletries, plants and other items, which were regularly delivered by our members.



Left to right: Robert Lucas, Margaret Tye, Marian Brown & Rosalyn Lucas



ALBANY BRANCH QUIET DAY

Late last year Albany Branch held a Quiet Day. It was held out at the Gilmoor Scout Camp Site, which is set on the banks of the river in a beautiful bush setting.

Rev'd Tina conducted the Eucharist, using the bible reading from Matthew 5 13-16 and Mary Sumner's Prayer as part of the service.

After the service was a quiet time when each person went out to enjoy the very relaxing area. Using the bible reading and



Mary Sumner's prayer, those present reflected on 'through the word I speak' 'the prayer I breathe' and 'the life I live'

During lunchtime Rev'd

Tina read to us while we ate lunch. Later we spoke on our thoughts for the day and how we felt Mary Sumner's prayer spoke to each of us. Each person I am sure left feeling the time out of our busy lives was worth every minute.

Pauline Tutt

WA Editor's note: What a beautiful setting for a Quiet Day. Members are looking forward to visiting Albany for the Country Rally in October

18/WINTER 2019

The lifeblood of Mothers' Union is the commitment, faith and compassion of its members and friends.

Generations of women and men have invested in Mothers' Union, so that today it is healthy, alive and growing. Now the future is in our hands



'like a tree planted by water, with roots that reach deep by the stream...' Jeremiah 17.8

Legacies can make a lasting difference to MU Australia's future. To find out how you can include us in your Will, you can contact:

MU Australia,

Marilyn Robey,
Australia Council Secretary,
8 Darwin Drive,
Bathurst NSW 2795
email muaustsecretary@telstra.com



Today's World, Today's Child

NSW State Conference

Living as a child in today's world is fraught with unprecedented challenges. We live in a fast-paced, consumerist, technology-saturated world, which is immensely different to the world of 50 years ago. It is in this world that we face the many challenges of being children ourselves – as children of God, and of raising and ministering to the next generation of children. The task before us is daunting, and in order to flourish, we need to understand both the world in which we live, and the nature of childhood.



Lunch on the lawns at Peterson's Winery

This was the focus of the MU NSW State Conference held in Armidale on April 5-7 this year. Keynote speakers included James and Simone Boswell from Sydney, addressing aspects of parenting within our technological world, and psychologist Vanessa Boland, addressing the issue of anxiety in children and adults today. Saturday afternoon workshops gave attendees an opportunity to further explore some of these and other topics. The Bible talks on John 3

and Luke 12 encouraged us to think about how we become and live as children of God in today's world.



Diocesan Presidents and State President cutting the cake

Approximately 50 people, representing every diocese from NSW, gathered together to take advantage of the teaching, encouragement and fellowship of the weekend. Armidale displayed its best autumn weather, and we were treated to a wonderful dinner at Bishops Court on Saturday evening, and lunch on the lawns of historic Peterson's Winery on Sunday.

Those who attended seemed to really appreciate the weekend. Glenda McSorley from Sydney wrote: 'Every aspect of the weekend was welcoming, engaging, topical and well presented in such pleasant surroundings in such a beautiful city and the opportunity to catch up with old friends and meet new ones was a real blessing'. Isabel Farlow from Alstonville added: 'It was a wonderful blessing to all who attended... Was good to renew MU friendships formed over many years of membership'.

The Saturday programme performed a dual purpose. Not only was it part of the State Conference, but it also functioned as a Diocesan Open Day for other MU and non-MU members. Approximately 50 extra guests swelled the auditorium for the day, making it a wonderful opportunity to share with the wider Armidale Diocese all that MU has to offer.

On behalf of MU, Diocese of Armidale, I would like to thank all those who supported the weekend in any way. As a committee, we were thrilled with the response, and we really appreciated the effort many people made to travel so far. We give thanks to God for his obvious blessing on all aspects of the weekend.

Sharon Kirk
NSW State President



James and Simone Boswell and Vanessa Boland



JOYFUL GATHERING AT DROUIN

VICTORIAN MU STATE MEETING

Over 75 Mother's Union members from right across the five Dioceses of Victoria gathered at Christ Church in Drouin on Wednesday, 1 May. Representatives came from the Dioceses of Melbourne, Ballarat, Bendigo, Gippsland and Wangaratta. It was great that it could be held in a country region, not just a capital city.

The Theme for the state gathering was Listen, Observe, Act – in step with God. The purpose of the get together was to refresh and renew the identity of Mother's Union and to focus on our mission for the future. The session were based on MULO which stands for *Mother's Union Listening, Observing, Acting* and is the name the AMUA are using to explore the essence of what it is to be Mother's Union.

The Reverend Doctor Dean Spalding, Drouin parish Rector welcomed everyone to Christ Church hall for this special state meeting and he was followed by the Bishop of Gippsland, The Right Reverend Dr Richard Treloar who gave a short prayer and led the members alongside Jenny McRobb and Ethel Armstrong with the singing of the hymn Speak O Lord as we come to You. He followed this up with a short address on the theme for the day.

Reverend Tracy Lauersen from Warragul parish led the thought provoking session on the theme. She led a group activity based on real life scenarios of people in need. Each table discussed the stories, and various relevant questions that could relate how MU could assist such people in similar situations. Reverend Tracy ended by saying "Where is MU focussed? Wherever is it MU should do it with prayer.

The Provincial President of Anglican Mothers Union Australia, Reverend Dr Anne Kennedy gave the midday prayers and this was followed up by a lively group photo time of which I was in control of the camera. After a delicious finger food lunch the members regained their seats and a representative from each table gave a variety of feedback, thoughts, ideas and plans that could be taken up in the future.

Bev Cottell from the Melbourne Diocese committee was the scribe for the day, and she gave a comprehensive summary of the activity session and the feelings, thoughts, suggestions and prayers given by all in attendance.

One thing that really impressed me was a few times through the day, a complete silence filled the room. It was lovely, nearly spiritual (and amazing for more than 70 women in one room to be quiet) as it showed the attendees had listened to the subjects based on the theme of the day.

Thank you to all of the members on the planning committee and Drouin parish folk for their logistics and colourful table settings and sweet treats to help with the MULO theme process; Thanks also for the delicious lunch and food for the teas. And to all those folk who supported the state MU event from across Victoria for this special day.

DIANE GRANT

Peace and Reconciliation in South Sudan

We all know what it feels like to be misunderstood or to find ourselves at odds with someone. We may feel that the other party should apologise first or we may be afraid that our efforts to reconcile might be rebuffed, and so we are reluctant to take steps to restore the relationship. When this happens in a family or a church the damage caused can be quite severe. When it happens on a national scale the results are nothing short of catastrophic and the path to peace is often long and difficult. Caroline Welby, wife of the Archbishop of Canterbury, was so disturbed at the thought of Christians being at loggerheads with each other that



she initiated a program to help address this issue in some of the nations in Africa where conflict and war have caused untold misery. Mothers Union has undertaken to continue this program, particularly focussing on the nation of South Sudan, which has been dogged by civil war in recent years.

WHAT HAS BEEN DONE SO FAR?

Earlier this year a large group of Bishops' wives and Mothers Union leaders came together in Uganda, where facilitators from Mary Sumner House led them in a MULO meeting combined with a retreat. The program was designed to enable the women to get to know each other, to share joys and burdens and to pray together. While this may sound simple, in fact it was not, as there were many long-standing issues of misunderstanding and conflict to be overcome. However, by the grace of God, by the end of the retreat, participants were able to put aside their differences and rejoice together as sisters in Christ. As one participant said, 'It is a miracle that you can bring all these women together from all different parts of South Sudan', while another voiced the feelings of many when she remarked 'I thought I was on my own with these burdens. When sharing, I realised we are together.'

OUR PART IN THE STORY

One of the ways in which we fulfil our Mothers Union Australia 'Objects' is by contributing financially to the worldwide work of Mothers Union through our Overseas Fund. In recent years we have taken responsibility for literacy training in Ethiopia and the training of leaders to develop Church and Community Mobilisation groups in Tanzania. This year we have accepted the challenge of financing this Peace and Reconciliation retreat. There is no doubt that such a retreat was necessary, and there is no doubt that the results were very encouraging.



Every member can share in this exciting venture by praying that the good relationships begun in Uganda will continue to flourish, by telling others about this important work and by generously contributing to the Overseas Fund. We have our and our 'Objects' to guide us¹ and our Lord's words to encourage us 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' (see Matthew 25:34-40).

Christine Brain

AMUA Overseas and Northern Outreach Convener

¹ Especially 'to promote conditions in society favourable to stable family life and the protection of children' and 'to help those whose family life has met with adversity.'

Celebrating Mary

Mark Carlyon

The Feast of the Annunciation is, quite rightly, one of the great feasts of the Church, one which celebrates the role of Mary in submitting herself to God so that salvation might enter our human world. We give thanks to God for Mary's willingness to serve Him and us in that way.

Let us travel a journey of the imagination. You have a daughter in her late teens. You have guided and nurtured her in life. Surprisingly, for her generation, she wants to come with you to Church every Sunday without any prompting from you. Maybe she serves, or reads or offers a children's ministry.

One day she comes home, sits you down with a nice cup of tea, looks you in the eye and says, 'Mum, I'm pregnant!' She is engaged to a lovely guy but she says her fiancée is not the father of the child. She spins you a story about an angel of the Lord appearing and telling her she will bear God's child and the child will bring salvation for all.

How are you going to react? Do the words roll out, 'I'm too young to be a grandmother'?

Do you hastily organise a wedding before the pregnancy becomes obvious?

Are you young enough for people to believe you could have another child so you and your daughter go into hiding until the child is born and you claim it as yours?

Perhaps you send her off to relatives in the country or a distant city until she may return with a husband and a baby in tow.

Do you, unlovingly, kick her out of the house, to live on the streets and tell her you never want to see her or the baby?.

Do you, horribly, rush her to the local hospital where, at public expense, this unnatural growth may be scraped from her body?

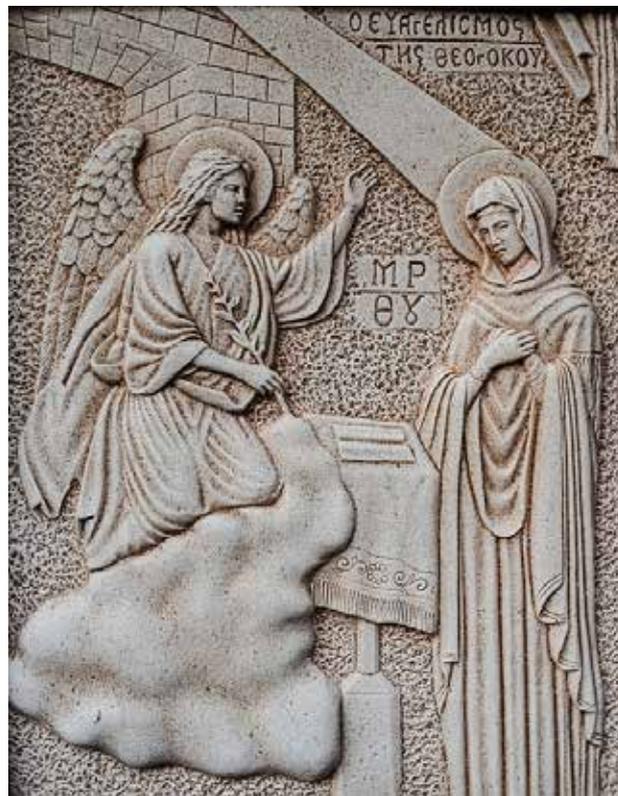
Or do you love and trust your daughter so much, and love and trust God so much, that you believe her? And as time passes are you drawn deeper into an understanding that the God has embraced your daughter and called her to be an integral part of the salvation story of all humanity?

Salvation that comes through the willingness and faith of Mary when it is somebody

else's child is incredibly easy to accept.

But at some point the act of salvation and the birth that instigates salvation becomes personal for all of us. Is our personal commitment to the salvation of all sufficient for us to accept we have a part in making salvation real? What is our response to the Annunciation? I don't believe the Annunciation requires a response only from Mary.

For people of faith, the Annunciation becomes a pivotal point in our own proclamation of the faith.



At some point in our lives, God's messenger comes to each of us. Perhaps they do come in the form of an angel. I suspect they more often come in the form of a friend or someone with whom we walk the journey of faith. We are asked to be bearers of the Christ Child.

In our bodies, in our minds, in our souls we are asked to bring into a sense of reality the message that God comes in human form, and in that human form he brings revelation and salvation.

We can pretend we did not hear the messenger; or that we overheard something intended for someone else.

Or we hear the words and accept them, but it never seems quite the right time, the subject does not come up, we are not sure if someone is ready to hear the good news or if they will think we are one of those bible-bashers.

Or we accept that it is not enough that we and our friends at church accept the good news. We accept that if we are to respond to God in the same way Mary did, we have to leave the safety and relative anonymity of these buildings.

We have to accept that others will misjudge us, laugh at us, see us in situations they think are embarrassing. For it is only when we have that same courage and dedication to our God that he will be born again in the lives of the people around us -- in the lives of friend and stranger.

We all do a fantastic job in recognising the decline in the Church and are powerful in talking about what we think needs to be done. The image we have of Mary is that she was willing to go beyond mere words. God was such a significant part of her life that she was prepared to serve him so his salvation might be made real in a physical being of this world. Ultimately she was prepared for ridicule. She was prepared to carry and raise the Christ Child on her own if Joseph rejected her. She was prepared to flee as a refugee away from Herod who would destroy her child. And ultimately she was prepared to stand at the foot of the cross and see her son die.

Mary was prepared to accept these experiences of misery to permit the salvation of all humanity. If we would celebrate Mary then we will go and do likewise.

A precis of a sermon by Rev'd Mark Carylton at the celebration of Lady Day in the Toowoomba Deanery held at Drayton on 25th March 2109

Encouragement is

Engaging with another where

New journeys unfold.

Comfort care calling

Openness and trust follow.

Unveiled sharing

Reveals the beauty of the soul.

A time and place in peace

Gives each courage to grow.

Enthralled in each other's grace.

Meant to lead one on in

Everlasting joy as is ever and

Now present in Our Lord Jesus.

Together the path is good.

Ernie Rennick 10.3.2019



LITTLE BY LITTLE

John Cronshaw



It is a wonderful and exciting thing to watch a baby grow. From birth they exhibit the reflex actions built in such as a reaction against sound or bright light, and we then start to see the little things that create such excitement. A smile on recognition of a familiar face, grabbing hold of a finger to use as leverage to stand, the development of personality and how they can wrap many around those tiny fingers. Children start school and with varying degrees of difficulty start to write letters and numbers, or write their name for the first time. Sometimes we wonder if they will ever be able to read or add numbers, then something 'clicks' and they are away – doing numbers in their heads or composing sentences with words they don't have to ask how to spell.

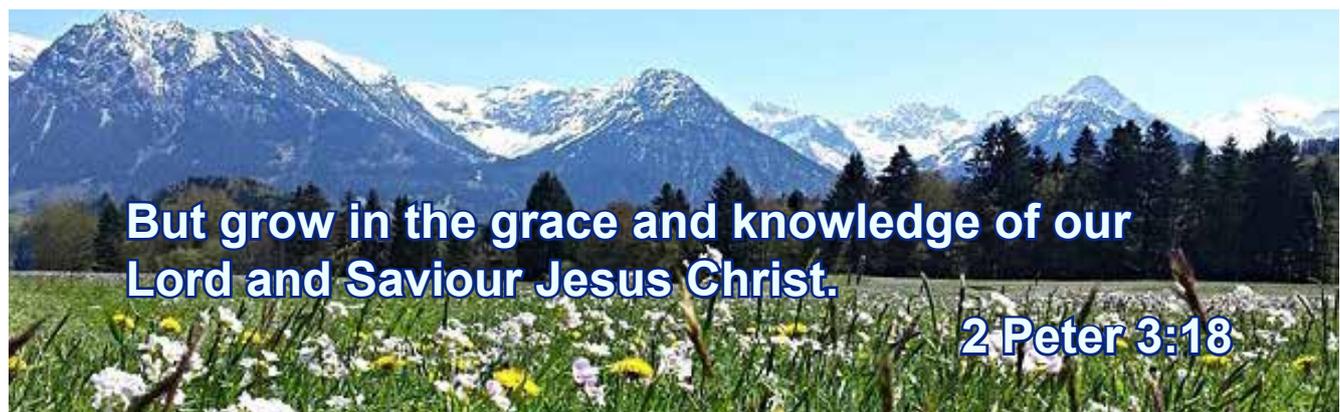
Our overall development and learning process is a gradual process – one thing builds on another and as we learn so we can build on that skill or knowledge.

Our Christian experience whether we are children or adults is the same. Our life is mapped out by God as we are encouraged in Jeremiah 29:11 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future' and this thought is further echoed in Isaiah 46:10 'I make known the end from the beginning.'

In one of life's conundrums with the mystery of how the Lord leads us to accomplish these plans, we can learn that The Lord has a timetable for our hope and our future. Read around this reference, but turn with me to Exodus 23: 29-30. God's promise to the Children of Israel was to conquer the land that was a land of abundance, 'But I (God) will not drive them out in a single year ... (but) little by little I will drive them out before you until you have increased enough to take possession of the land.'

Each of us, young or old, can take great encouragement from this thought. It is little by little that we learn (young or old, we are never too old to learn) and it is little by little that God reveals Himself to us. For a long time we may struggle with a learning problem or an attitude problem, a guidance problem or a holiness problem. Rather than remove the problem, little by little the Sovereign Lord God uses situations so that little by little we overcome the problem or achieve the goal.

Be patient with your little ones (or older ones) as they struggle to learn and overcome. Be patient with yourself as you also struggle to learn, to grow in maturity, to become more like Jesus - to overcome and to 'grow in the grace and knowledge of our Lord and Saviour Jesus Christ.' (2 Peter 3:18)





Change and Acceptance, Diversity and Harmony

A fellow parishioner has raised some valid points about respecting others' views. Examples of aggression seem to dominate the news. Look at domestic violence and road rage. Even informative, balanced television discussion has given way to verbal brawls!

Rapid change over the past six or seven decades has played a part. What was once the status quo has now become the opposite. Some have adapted to this, others less easily. It might depend on when and where you were born, urban or remote, degree of education and upbringing.

My early experience was in the UK. I often think of my Grandmother – born in Victoria's reign, who lived all her 93 years in north London - and the enormous changes in her life and since: from pony and trap to an 18 hour flight between UK and Perth, from losing several infant siblings to disease to organ transplants, from a restrictive environment to instant connection across the globe. It was a largely homogenous society, religiously and racially, with little diversity, except for class where the gulf was huge.

The wars changed all that. Postwar depression of the 1950s gave way to huge social change in the 1960s. There was a revolution affecting fashion, music, social mores, even home décor – I recall some horrendous orange kitchens!

Tertiary education expanded, the class divide began to break down, if slowly. Immigration increased from the late 1940s, causing some angst in a still war-ravaged nation, necessary as it was to bolster a depleted workforce. UK became less homogenous: inter-racial marriage, at first rare, became commonplace over time. Consequently, postwar generations, in particular generation X and millennials are used to a more diverse society; change bothers them less. Travel and overseas employment have widened their horizons.

On both a local and wider level, Christians can do their bit by promoting acceptance and harmony. How good it was on Palm Sunday to demonstrate this by joining with other churches, singing the same hymns, saying the same prayers. This would never have happened in pre-ecumenical times! Obviously such cordiality has to extend to all communities, whether Christian or not.

As Rev Paul Mitchell (Rector St Luke's Toowoomba) said in his Palm Sunday sermon, Jesus invites us to discover the capacity to overcome fear. Often this is a fear of change, yet this is not the stumbling block it once was. Paul quoted Luke 6: 27-28 'love your enemies, do good to those who hate you.' To this can be added the prayer of St Francis: 'Make me an instrument of your perfect peace, where there is hatred let me sow love.'

Roseanne Schneider



The Chief Executive of the Mothers' Union reflects on Mothering Sunday



Entering Lent, we look also towards Mothering Sunday. Whilst for many this is a joyful day when we celebrate our mothers, for some it can be a time of pain. So in Mothers' Union we are privileged to have been given, for the second time, a liturgy created by the students of St Mellitus College under the guidance of Dr Jane Williams to share more widely, 'Nurturing Hope in a Hurting world'.

In it, they use the analogy of the Rose – the thorns representing those who are hurting, and the petals the nurture given, not only by mothers, but the wider community, 'mothering' those around them. We are reminded that in Christ, we are given both comfort and family, and the liturgy includes some beautiful prayers – this one in particular struck me:

'May the circle of Your love close around those whose relationships are broken or in need of healing.' The liturgy is available for all, and can be found on the Mothers' Union website.

The realisation that we are all one in Christ, that in him we are indeed one family struck me particularly strongly very recently, when the new Worldwide Board of Mothers' Union, which brings together members from the five home nations and six other regions across the world, came together for the first time. Vibrant in their diversity, it was very evident that all were united in their love of Christ, with a common purpose of 'mothering' all those in need around them.

Members shared stories of inspirational work ongoing throughout the movement: women such as Edna, from Guyana (the home of our new Worldwide President), who exhorts others to 'be the positive change your families and communities need' and then puts words into action by creating a social enterprise which makes reusable sanitary pad kits to enable young girls to continue to go to school throughout the month.

Or Matilda in South Sudan who, after learning to read and write was able to set up her own business, and through that financed a new health centre and doctor, which now service a community of some 8000. To celebrate their work, and to help it to continue, Mothers' Union is offering Mothering Sunday cards and gifts online at makeamothersday.org.

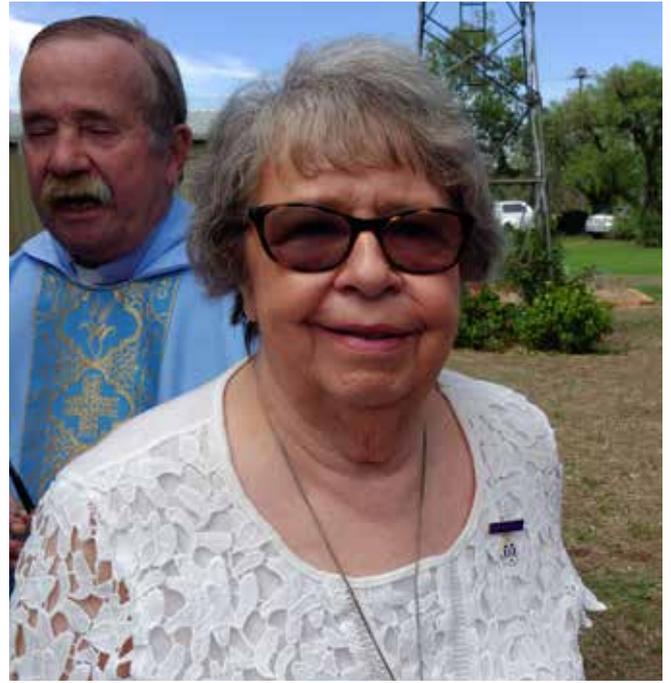
'As a mother comforts her child, so I will comfort you.' Isaiah 66:13a.



LONG SERVICE AWARDS - BRISBANE DIOCESE



Joan Baker joined MU in Redcliffe in 1958. She was presented with her 60 year badge and scroll at Hervey Bay where she has been a valued member since 2014. Pictured with Helen Jarvis, (Branch and Burnett Deanery President), Coral Mungomery (Northern Region Vice President) and Cherelle Mungomery.



Di Prosser received her 50 year long service award at the Lady Day service at Drayton (Brisbane Diocese). Di has served on Brisbane Diocesan Council as Toowoomba Deanery Presiden and as convenor of the Education and Speakers Department. She is a trained faciliator of the Parenting Programme.

PLANNING TREE _ Hervey Bay

Members of Hervey Bay branch took part in an interesting 'Planning Day.' Members wrote on coloured leaves (red, green and yellow) what meetings they had enjoyed in 2018 (green), what they would like in 2019 (yellow) and what they least enjoyed (red).

These were then placed on the tree for consideration when compiling the next program. This special day was appreciated by all present.

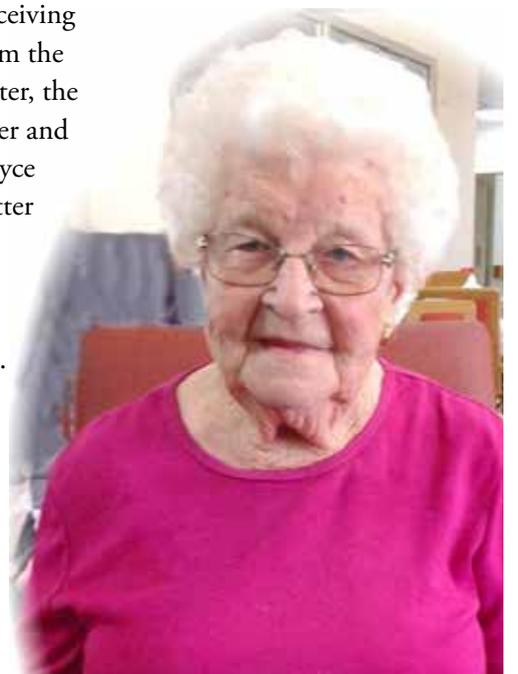


Joyce Wood's 100 th Birthday Raymond Terrace

Members of the Raymond Terrace Branch (Newcastle Diocese) visited Joyce Wood, to celebrate her 100th birthday.

As well as receiving messages from the Prime Minister, the NSW Premier and local MPs Joyce received a letter from Her Majesty Queen Elizabeth 11.

Joyce has been a member of Mothers Union for more than 70 years.



MU IN ACTION IN TORONTO



Toronto MU President Rae Richardson presenting a Certificate of Recognition to Mary Hansford on her achievement of knitting 100 beanies for the Mission to Seafarers during 2018. It is estimated she knitted around 350,000 stitches on these beanies to be given to complete strangers.

Her fellow MU members saw this as Love in action. Other members of the Toronto MU knit for Mum's cottage which cares for young mothers and small children, jackets for the NICU at John Hunter Hospital and baby bundles given to new/young mothers at the John Hunter Hospital.

Cynthia Hardie

NOTE: Sincere apologies to the members of Toronto Branch of AMUA in the Newcastle Diocese. In the Autumn issue of Mia Mia this article and photo were incorrectly attributed to MU in Toronto in Canada. Editor

NEW MEMBERS - LAKES ANGLICAN

Lakes Anglican (Newcastle Diocese) recently admitted new member Anne Watts from Toukley.

Peggy Hancock also from Toukley [Mothers Union Lone Member] is also joining in at The Lakes. We are so pleased to welcome them to our fold.

Pictured are Leonie Toovey who admitted Anne, Dorothee Crowther, Anne and Peggy.



MU IN ACTION IN HENDRA / CLAYFIELD

Hendra / Clayfield (Brisbane) Mothers Union members welcomed the Sisters from the Society of the Sacred Advent and guests to a morning tea following the Eucharist, at their monthly meeting on 24 March. Sister Eunice, Sister Gillian and Sister Sandra came and joined other guests with branch members enjoying a very happy time of worship and fellowship. Father Iain Moore, Rector of the Parish, celebrated the Eucharist.

The Sisters are no strangers to the Parish though, having attended many services over the years at St Colomb's Clayfield. Members supplied a basket of home-made goodies which was presented to Sister Gillian (pictured) by Mary Edwards and Marilyn Dunning.



The Right Tools

I approached a friend to ask if she would like to be involved in some of our Mothers' Union ministry, perhaps serving tea and biscuits at the Court House when the Family Court is in session, or helping at a stall during Carnival of Flowers when we have many visitors to our church. She seemed keen but said she would need to do a lot of Bible Studies first in case anyone asked her questions about the Bible. She wasn't confident she'd know the answers.

Another friend told me she's waiting for a new laptop so she can start writing. She isn't happy with her current PC because it's old and slow. I agree with her that slow computers should be outlawed, or at least pensioned off, but it really isn't a terribly good excuse to do nothing.

Are you are currently waiting on the right tools, or enough knowledge? It can become a problem when it stops us from creating, from being involved in parish activities as we pass up opportunities to serve.

Tools for writing really don't make us any worse or any better as writers. While they can help, they are not the most important part about getting started. The creativity is already within us. When we are unsure, filled with doubt, and can't seem to create anything we care about, we may become convinced we just need better tools.

When we put off helping others because we may not have all the answers, we are denying the Lord an opportunity to work through us to help others. We already have many blessings to share. We have the opportunity to share Christ's love by supporting the ministry of the church.

It's not the tools. The reality is once we get past the doubts that hold us back, all we need are the basics. You can write poetry with a pencil and paper. If you have better tools, that's great. If you already have a good knowledge of the bible that is sure to come in handy at times. I'm not for one moment discouraging you from being involved in study of the Bible. Far from it. It is important to continue to grow in knowledge of the scriptures.

But it's not about the tools you can buy or the knowledge you will gain. What you have right now is everything you need to get started.

It's in the mirror. Go and have a look.

Susan Skowronski

ATTENTION

DIOCESAN AND BRANCH PRESIDENTS

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diminish all is not lost!**



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**For further information;-
Contact your Branch Treasurer or
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Phone. 0266 583898 Email : sandrachambers@gr8ideas.com.au

Pause 4 Poetry

COME TO GOD'S HOUSE

Come to the Lord's house,
anew to begin.
You will find such a welcome,
Definitely join in.

Be bold and be brave,
try something wondrously new,
God is in Heaven,
He's calling to you.

His Son is our Saviour,
He died for our sin,
if you have a problem,
ask assistance from Him.

There's peace and there's comfort,
there's company and grace.
Come to God's house,
a warm, friendly place

There's worship and singing,
prayer, fellowship and praise,
support when you're hurting,
guidance with your ways.

Don't procrastinate and ponder,
don't configure an excuse,
off to God's house,
His perfect love profuse.

Jennifer Smith

GROWING

Growing is such a positive word
it means new life, new expansion,
growing is more than giving life
it is life's first extension.

Growing a star in one's heart
means love has arrived at last,
bringing warmth and peace,
time for tears is past.

Growing is never season bound,
blooms grow under the snow,
but you will not always reap
from the seedling you sow.

Mocco Wollert

BORN TO FLY

Cocooned in the darkness, safe, comfortable, warm,
Are you a grub, snuggled at peace in a storm?
Content to be cradled in silk all home-spun,
To swing in the cold wind, and sleep in the sun?

Would growing and changing your comfort disturb?
Would some struggle be torment? Your luxury curb?
True, torment and struggle will both leave their mark,
Still, crawl from your cradle, come out of your dark.

Perhaps you're a small seed afraid to begin,
Don't want to let dirt in, you won't risk your skin.
But with seed and soil married, such growth can occur!
The Kingdom of Heaven create quite a stir!

Whether seed in the soil, or grub in cocoon,
In growing and changing, you reach for the moon.
It's worth pain and struggle, you want to know why?
Seed-feathered winged one, you were **born to fly!**

So stand on the mountain, respond to the storm,
Let Spirit Wind lift you, your wings will take form
Grasp the strength offered, you'll fly like a dove,
Strong source of your life force, The Trinity's Love!

Geraldine E. Foster

WINTER

Cumquat orbs dangle below variegated leaves
Crimson rhubarb stalks stand tall in the veggie patch
Snowy cauliflower heads peep from green cocoons

The chill at four o'clock makes life retreat indoors
Bare hackberry limbs crisscross beyond the window

Cabbage-rolls in thick tomato, simmer in the pan
Quinces roast, slowly becoming ruby red
Sticky marmalade bubbles in the blue enamel pot

Cynthia Kennedy

GRANDPA

Elegant grandmother
sips her coffee
unheeding.

Grandpa entertains—
ear wiggles
eyebrow lifts
handkerchief peek-a-boo
crazy face contortions.

Toddler chortles with glee.

Susan Skowronski From *At the Café*

RECIPES

LEMON CHICKEN RECIPE

Ingredients

300 g skinless, boneless chicken breast/thigh, cut into small pieces (300 g)
1/4 cup cornflour plus 1/4 cup plain flour combined well
Oil for deep-frying
1/2 teaspoon white sesame seeds

Marinade:

1/2 tablespoon soy sauce
1/2 tablespoon white wine optional
1 tablespoon cornflour

Sauce:

3 tablespoons lemon juice
1 heaping tablespoon sugar or more to taste
5 tablespoons water
1 teaspoon cornflour
Pinch of salt or to taste

Method

Marinate the chicken with the Marinade, for 30 minutes. Mix all the ingredients for the Sauce. Set aside.

Coat the marinated chicken with the flour mixture. Heat up a wok with about two inches of oil. As soon as the oil is fully heated, deep-fry the chicken until golden brown. Transfer the chicken out to a dish lined with paper towels.

Add all the ingredients in the Sauce into a small sauce pan and bring it to a quick boil. Transfer the fried chicken into the sauce, stir to coat well with the lemon sauce.

Transfer to serving dish, top with the white sesame seeds, and serve immediately



LAMB CASSEROLE

Ingredients

4 oz bacon (4 strips, chopped into 1/4" strips)
2 lbs boneless leg of lam or lam shoulder trimmed of excess fat, cut into 1 1/2" pieces
1/2 Tbsp sea salt for the lamb plus 1 tsp for stew
1 tsp black pepper for lamb plus 1/2 tsp for stew
1/4 cup all-purpose flour or gluten free flour*
1 large brown onion diced
4 garlic cloves minced
1 1/2 cups good red wine
1 lb button mushrooms thickly sliced
4 cups low sodium beef broth or stock
1 Tbsp tomato paste
2 bay leaves
1/2 tsp dried thyme
1 1/2 lbs small potatoes, quartered
4 medium carrots peeled and cut into thick pieces
1/4 cup parsley finely chopped for garnish

Method

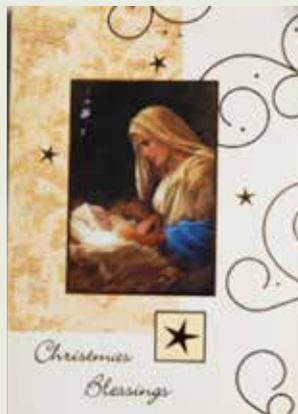
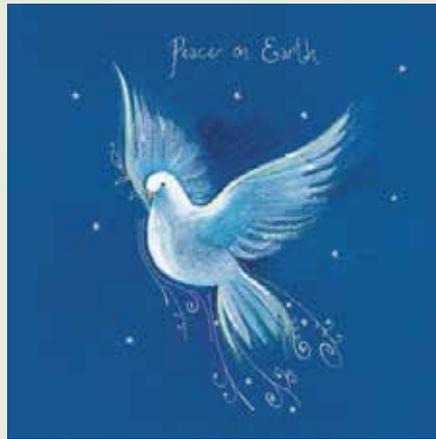
In a dutch oven, saute chopped bacon over medium heat until browned and fat released. With a slotted spoon, transfer bacon to a large plate.

Season lamb pieces. Sprinkle with 1/4 cup flour and toss to coat. Cook lamb in 2 batches in hot bacon grease over medium heat until browned (3-4 min per side) then transfer to the plate with bacon.

Add diced onion and sauté 2 min. Add garlic and cook another minute, stirring constantly. Add 1 1/2 cups wine, scraping the bottom to deglaze. Add sliced mushrooms, bring to simmer then cook uncovered 10 min. Preheat Oven to 325°F.

Return bacon and lamb to pot and add 4 cups broth, 1 Tbsp tomato paste, 1 tsp salt, 1/2 tsp pepper, 1/2 tsp dried thyme and 2 bay leaves. Stir in potatoes and carrots, making sure potatoes are mostly submerged in liquid. Bring to a boil then COVER and cook in hot oven at 325°F for 1 hr and 45 min.

Contributions to this page
would be greatly appreciated.



Dear Members

Because there has been a change in supplier, the pictures of the 2019 Christmas cards are not yet available. The cards will be ready for delivery at the normal time and we assure you they will be of the usual very high standard

The designs will be sent out to you as soon as they are available.

Apologies for any inconvenience.