

**Our Diocesan Officials.**

|                            |                          |
|----------------------------|--------------------------|
| Diocesan President         | Mrs Chris Crosley        |
| Diocesan Vice President    | vacant                   |
| Diocesan Secretary         | Mrs Sheila George        |
| Diocesan Treasurer         | Mr Charles Fox           |
| Finance & Central Services | Miss Mary Allardyce      |
| Faith & Policy             | Mrs Olga Robertson       |
| Action & Outreach          | Mrs Pam Dench            |
| Marketing                  | vacant                   |
| Enterprise Rep.            | Mrs Christine Horrocks   |
| Chaplain                   | Rev. Canon Graham Taylor |

**General Trustees**

|                        |                     |
|------------------------|---------------------|
| Mrs Christine Horrocks | Mrs Moira Middleton |
| Mrs Agnes Robertson    | Mrs Pat Simpson     |

**Branch Leaders**

|                            |                        |
|----------------------------|------------------------|
| The Buchan Branch          | -                      |
| St Andrew's Cathedral      | Mrs Sonia Hudson       |
| St James, Holburn Junction | Mrs Christine Horrocks |
| St Mary's & St James       | Revd. Carole Fox       |

*Diocese of Aberdeen and Orkney*

*Newsletter*



### Mothers' Union Objectives

- ◆ *To uphold Christ's teaching on the nature of marriage and promote its wider understanding.*
- ◆ *To encourage parents to bring up their children in the faith and life of the Church.*
- ◆ *To maintain a worldwide fellowship of Christians united in prayer, worship and service.*
- ◆ *To promote conditions in society favourable to stable family life and the protection of children.*
- ◆ *To help those whose family life has met with adversity.*

### 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. In Jesus' name. Amen

### Mary Sumner's Personal Prayer

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

*Amen*



### Saturday 4<sup>th</sup> December

Quiet Day at St Mary's in Carden Place  
Coffee will be served from 10.30am. Quiet Day commences at 11am and ends at 3pm. Please bring your own packed lunch, but soup, coffee and tea will be available.

And in 2011.....

- ◆ **Wed. 9<sup>th</sup>–Friday 11<sup>th</sup> February World Wide Council**
- ◆ **Saturday 12<sup>th</sup> March - Trustee Meeting**
- ◆ **Friday 25<sup>th</sup> March - Lady Day Service at St Andrew's Cathedral led by Bishop Robert Gillies  
& Revd Canon Graham Taylor**
- ◆ **Tuesday 5<sup>th</sup> – Thursday 7<sup>th</sup> April - Retreat at Kinnoull**
- ◆ **Sat. 16<sup>th</sup> April Diocesan Council Meeting –venue tba**
- ◆ **Thursday 9<sup>th</sup> June  
General Meeting 2011 in the Usher Hall, Edinburgh  
This will be preceded by an evening Welcome Service on Wednesday 8<sup>th</sup> June in St Mary's Episcopal Church in Edinburgh**

*Our Diocesan President Chris Crosley writes.....*

As I type this the sun is streaming into our study window and I am sorely tempted to go out into the garden, I don't know about you but I feel summer has passed me by even though David and I did have some beautiful weather down in Cornwall in April and June and we have made the most of the few sunny days we have had at home.

What a busy time these last few months have been, but what a joy it has been visiting all four branches and meeting old friends and also new ones who may become members of the Mothers' Union. How wonderful it was too, to see many of you at our Lady Day Service, in spite of the weather, when did you last see fog like it?

Later, we had a quiet day in St Peter's Church, Peterhead. We were a small group but were given lots to think about by the Rev. Richard O'Sullivan and we are very grateful to him for all he did to make it such a good day, and yes even the sun shone. Our next quiet day is on Saturday 4<sup>th</sup> December, at St Mary's, Carden Place, please put this date in your diary and plan to come along, it's a chance for some quiet reflection before the business of Christmas.

Some of us (*see picture on the front cover*) travelled south to the General Meeting in Preston and I feel sure you will all enjoy reading Sonia's article on this. The next General Meeting is in Edinburgh, why not plan to go to this and better still bring a friend with you. It's a great opportunity to learn more about the work of the Mothers' Union and who knows your friends may find it all so interesting that they will want to join also.

Our small membership continues to give cause for concern, we need to be proud of what we do and willingly tell others. Ours is such a dynamic organisation and it is up to each of us to tell everyone about it in such a way that they will want to join us.

*Love and prayers to you all, Chris*

Sunday 10<sup>th</sup> October was a very special day for the Mothers Union at St. Andrews Cathedral. During the morning Eucharist Service, five new members were commissioned to the Cathedral branch. The service was conducted by the Provost, the Very Reverend Richard Kilgour with many Mothers Union members present. Four of the new members are from Nigeria and one from Ghana. They are well acquainted to the work of the Mothers Union in Africa and are full of enthusiasm. We look forward to their presence and contribution of ideas in our meetings.

The five new members are

**Victoria Angoe, Julie chikanma Nwajiuba, Gloria Ifeyinwa Adibe,  
Faustina Ifeyinwa Chimara, Chioma Ifeyinwa Ojinna.**



# Action and Outreach

One important Diocesan activity associated with our Action and Outreach projects is to raise funds in order to be able to provide, if approached, a holiday for a family who is considered to be needy and deserving.

Earlier this year our Diocese was approached by Voluntary Services Aberdeen (VSA) and asked if the Mothers' Union could help provide such a holiday for a young, single mother living in Aberdeen who has three children, the youngest of whom suffers with serious health problems resulting in many hospital appointments, both here in Aberdeen and in London at Great Ormond Street Hospital for Children. This, I am sure you will realise, impacts on each member of this family leaving them feeling and becoming, extremely stressed.

Following several visits to the family by both myself and our DP, Chris Crosley, it was decided that the Diocese would be only too pleased to help, and with further help from other parties, not least with MacDonald Hotels, Aviemore, we were able to offer our family a short four day break in Aviemore.

The holiday was a great success and I will close by sharing with you extracts from a letter I received, addressed to the Mothers' Union, from the mother of that family.

*'A wee note for Mothers' Union'*

*I can't express my true gratitude to your organisation of meeting Pam and Chris and have them arrange such a holiday for me and my family.*

*To be heard and feel heard is a luxury. Pam and Chris knew my family circumstances with many hospital treatments to my sons and elderly grandparents. You allowed me to have fun and time out from the normal busy schedule of things with my family. We had a trip into Aviemore, fantastic accommodation, well above my usual standard, quality time with my children and time to forget about my worries and just relax.*

*Thank you so much to all involved.*

*Kindest regards*

*D.*

## **Just one family that our Diocese was able to help!**

Receiving feedback such as that, and meeting with the families really does underline how worthwhile, and necessary to some families our AFIA holidays really are. Raising funds for these holidays is the responsibility of the Diocese, and further fund raising will certainly be needed if we are to be able, if approached, to provide a holiday for a family in 2011.

*Pam Dench*

A & O Co-ordinator

Earlier this year Chris Crosley and I were talking on the experience of 'being in hospital'. Much of our discussion was light-hearted and we were able to enjoy shared laughter about some of the situations and people we had encountered. This conversation prompted me to reflect on my times in hospital, and I wondered whether there was a story to be told, perhaps some anecdotes about funny events - or the even 'funnier' people I'd met. I couldn't decide on a theme, until suddenly the phrase 'where's the good in being ill' came to mind and no matter how hard I tried to dismiss it, I just couldn't. At last, I had a focus and this is the result.....

## *Where's the Good in Being Ill?*

When I first developed health problems, a friend (who at that time also had health problems) and I got talking one afternoon about how unfair life seemed, particularly when just as we would think things were improving, another problem would materialise to be dealt with. We pondered on the 'why us' of our situation. My friend was of the opinion that perhaps our burdens were given to us from God in order that we might learn lessons on how to become 'better people'. Her view was that if there was still something she was getting wrong in life, then maybe God would just 'cut to the chase' and tell her what it was as she was weary of the whole process of self betterment! I'm not quite sure if I agreed with her.....

Years have passed since we had that discussion, but somehow it is a conversation that has always stuck with me and recently I started to ponder on whether or not there is any 'good in being ill'. Let me say from the outset I don't like being ill, I don't like the uncertainty of not knowing when I'm going to be really ill, I don't like the burden and worry it places on my family and the hospital team who look after me. I wish things were different. But setting these feelings aside, I do think, speaking personally, there is good in being ill.

Praying is something I was brought up to do, in childhood it was a bit 'God Bless Mummy, Daddy, my sister' and so on - however in adulthood it became rather sporadic, generally vague and unfocused, usually prompted by some national disaster or a crisis in my personal or family life. Going to church also fell by the wayside - a casualty of career development. Life might have continued that way indefinitely, but then I became ill and my life changed, I was a hospital patient instead of a member of staff. I found it so hard to cope - railed against the injustice of it, was bitter about what had happened and frustrated that no one could make it all go away. Very gradually over a very long period of time I began eventually, to see things from a more positive perspective. It was a lengthy process and not without setbacks. So what were some of the lessons I learned along the way.

When we say the Lord's Prayer we say 'thy will be done' not 'my will be done', so my prayers that I be 'healed' and which I initially perceived as being unanswered because I was looking for a physical cure, have been answered but in God's way - I am healed, though not cured. I can cope with my health problems, the frustration and bitterness have gone. I am at peace with the situation. The Lord heard my prayers for healing - I just needed to learn to recognise how my prayers had been answered.

What else..... well I've learned to listen – really listen, to other people. Listen to what they are saying and what they are not saying, learned when to speak and when to stay quiet. I'm much more aware that a smile and the words 'I'm fine' may spring easily to the lips but often within an individual they can conceal so much underlying distress. I meet so many people who simply want someone to listen to them, nothing else. So I make time and I listen.

So many people within the family of the church have shown their care for me in so many ways, the letters, cards, phone calls, visits and prayerful support, they all merge to such an extent that when I most need it I feel I can reach out, grasp and hold on to that care – that's how real it feels. I have learned to appreciate the value of the wide family network of the church.

There are lots of other things I've learned on my journey and there is probably much I still have to learn, but the one thing I am sure of is, that whilst being ill in itself is not good, if you are prepared to look hard enough, listen carefully enough and appreciate what you have, then without doubt you'll understand where the good in being ill can be found.

*Thelma Milne*  
Secretary, St James Branch



### DOORS OPEN DAY AT ST.ANDREWS CATHEDRAL

The Cathedral takes part in the annual Doors Open Day event every year, but this year the Cathedral branch of the Mothers' Union was invited to mount a display. We accepted as our way of encouraging possible new members from the community around us.

We had two displays. One was placed in the Lady Chapel where we had a M.U. coloured flower display, a mounted series of posters showing the work of the Mothers Union in Africa, a selection of Family First magazines and leaflets. Our second display, on the other side of the Cathedral, was a continual showing of the D.V.D 'Home' - again showing the work of the M.U. We also had magazines and leaflets there along with someone to answer any questions.

There was considerable interest in the work that was being done and many asked interesting questions. Unfortunately we did not recruit any new members on this day but hopefully we have sent many home with an idea of the valuable work of the Mother Union.

*Sonia Hudson*

*Mothers Union  
General Meeting at Preston  
June 2010*

This year's meeting took place on Thursday 24<sup>th</sup> June in Preston. On the Wednesday evening a Eucharist service was held at Blackburn Cathedral. The restored Cathedral is beautiful, the service was colourful with the M.U. banners and robes of the Clergy, and the music excellent especially the singing of the junior choir. The new Mothers' Union Central Chaplain, Rt. Rev. Ken Clark from Ireland gave a meaningful and light-hearted address on this year's message 'Relationships not Rules'.

On Thursday 24<sup>th</sup> June at the Guildhall, Preston, this message was to be reiterated by various speakers. The meeting started with Prayers and then M.U. officers were introduced. Mrs. Rosemary Kempell, our President, informed us that membership worldwide had increased to 4 million, but regrettably the membership in Britain had fallen. She encouraged us to work within our communities to build up relationships by strengthening, supporting and encouraging friends, families and neighbours to join us.

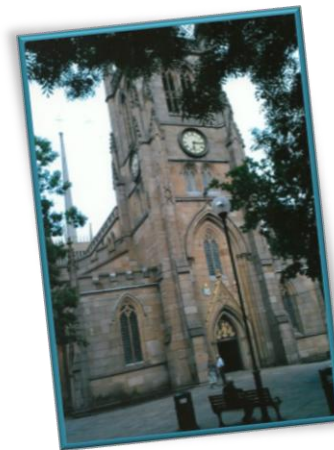
This was the theme of all speakers in the morning. We desperately need money to enable us to continue the wonderful projects that have been started. Our Overseas Fund is dangerously low; grant applications had not been successful whilst investments had been hit by the recession and the devaluation of sterling. However one bright spark in financial gloom - M.U. had received a grant from Comic Relief for £1 million to be spread over 4 years.

Finally before we finished for lunch, we were introduced to Naomi Herber -one of the officers who climbed Kilimanjaro, she described their epic journey which had raised £4000 in sponsorship. After lunch, our speaker was Margaret Sentamu, wife of the Archbishop of York, who talked about her experiences and the role of a Leader. There were then some question and answer sessions on parenting sessions and contact centres before we finished with Prayers and the Benediction.

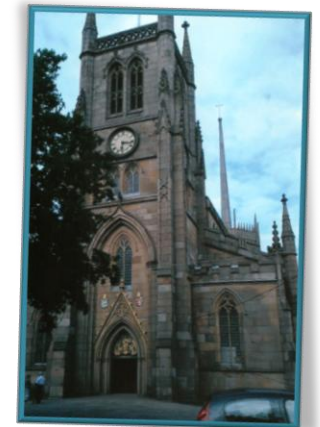
This was the first time I had attended a M.U. conference. I was movingly impressed by the hard work that is being done in the wider world by members of the MOTHERS UNION.

*Sonia Hudson*

Branch Leader, St.Andrews Cathedral



*Blackburn Cathedral*



BYE BUY



Childhood is now a marketing opportunity worth £99 billion in the UK.

But we believe that children should be valued as children, not consumers.

How can we challenge the commercialisation of childhood?

Mothers' Union has launched a campaign to address this issue.

Here is how you can help!

Contact your local Mothers' Union at:

To do list:

✓ Check my consumer habits—both children and adults

#### Bye Buy Test

Use this test when shopping to help you think about what or who is influencing your choices:

- ? Why do I want to buy it?
- 0 How often will I use it?
- £ Can I afford it?
- X What will happen if I don't buy it?

✓ Speak or write to manufacturers, retailers and marketers asking them not to market goods of a sexualised nature to children.

✓ Speak or write to my political representative asking them to keep the issue on the agenda, promote awareness, and take further action to protect children from the "sex sells" approach.

Join us at  
[www.byebuychildhood.org](http://www.byebuychildhood.org)



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