



Diocese of Edinburgh

Mothers' Union Newsletter



March 2009

Annual Scottish Provincial Retreat – Extract from Web Page



Our annual silent retreat provides an opportunity to be quiet and feel God's presence. It is held at the welcoming and comfortable setting of St. Mary's Monastery, Kinnoull beside Perth.

The retreat is run mid-week from Tuesday afternoon to Thursday lunchtime usually in March each year. The monastery is on the side of Kinoull Hill where there are extensive walks and beautiful views over Perth and the River Tay and the surrounding countryside. The 2010 Retreat will be held from 16th to 18th March and the cost per person will be £90.



In March 2009 the Retreat leader was Right Revd. Bob Gillies, Bishop of Aberdeen and Orkney. He explored the various aspects of the healing ministry of the church. The photo at the top of this page shows the members who attended with Bob (centre below wall plaque). *Photos above & below rt. taken by Paul Hindle – others on back page. See also p.*

Photo below from Joyce Black
Members from Edinburgh Diocese MU

others available on: www.muscotland.org.uk/



Letter from the Diocesan President: March 2009

In October as you all know, I went to Uganda. My ticket was quite expensive. Then there was the cost of all the medical preventative measures, not to mention the gifts I took with me. Then for Mary Sumner House there was the cost of food and lodging in the Rest Gardens for us all. Was it all worth it some might ask.? At World Wide Council in February those of us who had been to a Special Regional Meeting in either Uganda or Australia were asked to explain in 1 to 2 minutes AT MOST how our experiences had "changed our lives" 1-2 minutes is actually quite a long time but most people thought of it as a two to three sentence performance, so contributions were very brief. Most people spoke of new friends made, of the realisation that despite geographical and cultural differences we all have a great deal in common and by and large face similar problems, but that we in the West really have no conception of the levels of poverty that the MU in developing countries is faced with all the time, nor of the literally life saving projects that they run in many countries.



I am wary of the term "changed my life". It has become such a cliché, and I couldn't claim that my visit to Uganda was profoundly life changing but along with all my MU colleagues I was deeply impressed by the huge involvement of the Mothers' Union in both Uganda and Tanzania in many life-changing projects, most of which contained some form of education. The one we witnessed at first hand, the Family Life Programme, which you may have read about in Families Worldwide, is one such project. Through the training it provides, desperately poor rural families, who before tended to sit around without hope waiting for hand outs, have learned how to construct suitable buildings, how to grow fresh vegetables to improve their diets, how to conserve water, to care for live stock, to cook in a smoke free atmosphere with the minimum of fuel, to maintain high standards of hygiene, and how to grow cash crops such as bananas. The effect particularly on the young fathers of these families is astounding. They have regained their self respect, learned to value working for themselves, however hard the work, and often have so grown in self confidence that they have begun to work out new improvements for themselves and even developed some business acumen. I couldn't help thinking that we in this country could learn a lot from their experience. The Family Life programme really is life changing and I think every MU member should know about it. So yes, the trip to Uganda was worth every penny, for many reasons but principally for that bumpy bus ride out into the bush to see the Family Life Programme at work.

Now for some local news The GOOD news is that we have a new branch. St Ninians, Comely Bank is about to be launched with a membership of at least 16. We welcome them all most warmly.

The BAD news is that the Play Area in Saughton Prison which the MU has supported for the past 11 years has been close down. Do please read the whole story elsewhere in this magazine,

With all good wishes, Susan Crosfield

Letter from Edinburgh MU Chaplain

I hope you are finding refreshment and new inspiration in Lenten reading and thinking. It is important to let go of some of the old things in life that have ceased to nourish our prayer life or our relationship with God. I wonder how many of you find the role of grandmother is not always an easy one. I know I watch my grandchildren growing up with some surprises in the way their parents deal with problems and disagreements and there is often a temptation to say "That's not the way you were brought up" . But then perhaps our way of bringing up children was not perfect and what is being done today may lead to a new generation that has even more than ours to offer the world in love and understanding and compassion. And maybe God would like us to spend a little more time learning about how he is trying to guide us and guard us as we make our pilgrimage to his kingdom.

I wish you all a joyous Easter and look forward to seeing some of you at our Quiet Day on April 29th when we shall be looking at God's creation with awe and joy, repentance and thanksgiving.

Jennifer Edie - Chaplain

THE SAD DEMISE OF THE SAUGHTON PLAY AREA

It was in January 1998 that the Saughton Play Area - soon to be known as Toybox - got started. It followed two former voluntary play provisions for children visiting in prison but was the first to be established in the big Visit Room in the modern block. At first we had only 12 volunteers but within weeks our numbers had risen to over 40 and we were able to cover 8 of the possible 12 visit sessions each week. From the first Toybox was a completely independent organisation, but throughout its history there has always been a loyal core of MU members. It was founded through the MU (as A and O co-ordinator I was deeply impressed by what I had heard of MU involvement in prisons in England).

The total number of volunteers involved in Toybox over the years is well over 100. They ranged in age from 18 to over 80 and came from all sorts of different backgrounds, some retired, some still working, from teachers, social workers, health visitors, nannies, nursery school teachers, to office workers, students, research scientists, secretaries, or those who were simply mothers or housewives. So some were trained to work with children, others were not. Could you tell the difference? Not at all. All that is needed to be a play area volunteer is a natural empathy with children. Those using the play area ranged in age from 2 to 12 or more. They came and went during the half hour visiting period. The play area provided them with a safe haven in what can be a hostile environment. They had a chance to interact with the volunteers - to talk, to be taken seriously, to be accepted. The manning of the play area meant a peaceful atmosphere in the Visit Room, enabling the adults to converse in a relaxed manner and providing the right conditions for that all important Good Visit. Prison officers welcomed us.

Every Christmas I and later my successor as co-ordinator received a card from the governor or head of visits thanking us and expressing appreciation for the work we did. Until this year, under the new governor.

A decision was made some time ago to pull down the administrative block which included the Visit Room and sell off the land. A new Visit Room therefore had to be built. It opened in October but without full provision for a play area. All attempts by the co-ordinator to find out what was happening were at first ignored. Letters, emails, phone calls all went unanswered. But rumours abounded.

We were considered too old and too "middle class" (absolutely untrue of course). We were "untrained" and therefore not competent for the task. The children " preferred to spend time with their parents" and had no need of play provision and so on. Finally after much effort the truth was revealed. A new scheme to be run by professional playworkers is being planned and our services are no longer required. All our toys and equipment, some brand new, much donated, has been "disposed of" without any consultation. We would have been perfectly happy to work with these paid playworkers, who will need lots of volunteers, but it is likely to be months if not years before they get established. Meanwhile the children have nothing. They run wild during visits creating much disturbance and spoiling the visits for many prisoners and their partners.

We cannot understand why we have been so badly treated and why we are not able to carry on until the new scheme gets under way. Ultimately it is the children and the families who lose out.

Susan Crosfield

ACTION AND OUTREACH.

This year the Overseas and Relief Fund have suffered from the financial situation. Although the budget was approved before shares slumped, we have been asked to spend less. This does not mean that there are fewer requests, just that we have to be sure that every penny is spent wisely and to the best advantage.

The World Wide Committee has met and the salaries and travel grants for the workers approved. With rising costs everywhere, the applications were for higher salaries and travel grants and as much as we think they are well deserved we could not be too generous.

Our Link diocese of Mpwapwa has a Worker and Port Sudan and Isikwuato (in the Niger delta) have applied to have a Worker accepted by the Committee and then they can apply for salary and travel grant.

Sri Lanka is self supporting.

The Relief fund can be applied to at anytime, obviously the number of requests are unknown.

For the last five years the Mothers' Union Literacy and Development Programme (MULDP) has received money from Comic Relief. This support has finished - although the Mothers' Union can apply again, and we need to fill this gap. This programme runs in Burundi, Malawi and Sudan. This has been evaluated by an external consultant who gave a good report. The aim of MULDP is to empower women by becoming literate and numerate, improve gender awareness, improving the partnership between men and women so they can work together and respect each others ideas and skills. The women's profile in the community is improving and some have positions of influence. They learn health/hygiene, income generating projects and about HIV/AIDS



Above: Betty Dunlop's daughter, Kathryn & Kenny McKenzie, who were married on 13 Oct 2007 at St Mark's, Portobello. Kathryn was Action & Outreach Co-Ordinator.

There are now over 54,000learners involved in MULDP and almost 40,000 have now become accredited literate and numerate and are engaged in income generating projects or other development activities.

We belong to a vibrant, world wide organization. Although we do not go out and do some of these things, we can pray for them and whenever possible provide funding for others to continue this work.

This is not a plea for cash, it is how things are, BUT if you want to give a donation at any time to the Overseas Fund or Relief fund, Mary Sumner House would be delighted. Reports on our Link Dioceses will appear for Council in April.

Angela Sibley

Mothers' Union Enterprises (MUE) Report - 15 April 2009

The MUE end-of-year statement, to 31 December 2008, has been submitted to the Treasurer. Total orders placed in 2008 amounted to £2387.00, made up of orders from members and friends, and stock for my sales tables at the Lady Day Service and the Road Show at Stirling. Stalls set up at Branch Meetings throughout 2008, the Lady Day Service in the Cathedral and the Road Show at Stirling generated good income from sales. My thanks and appreciation to everyone who purchased goods and placed orders throughout the year. Please continue to support Mothers' Union Enterprises, thereby contributing to funds for the work of the Mothers' Union both at home and abroad.

May I remind Members that a selection of items from the catalogue is always held and available to be purchased at any time. Please telephone or e-mail your order to me in the usual way.

Sales of Mothering Sunday, Easter Cards and Gifts from the Supplementary Catalogue to date have been disappointing. However, Easter Cards and Gifts will be available to purchase from the stall at the Lady Day Service in the Cathedral on Saturday 28th March.

Catherine P Pow - MUE Literature Rep
Tel 01968 679663 - (catpark.pow@tiscali.co.uk)

AROUND THE BRANCHES - Christ Church Morningside

In November 2007 Christ Church hosted its first 'Afternoon Communion and Tea'. This is now held every two months with special events in the summer and at Christmas. Our guests are mostly those who live alone, in care homes or perhaps find it difficult to attend Sunday services. The Clergy send out personal invitations and the Church Office arranges taxis and an escort if this is needed. We gather in the Centre and start with a short Communion Service and often enjoy singing a well loved hymn. This is followed by tea and a chance to meet old friends and to make new ones.

The Mothers' Union contribution is to make the tables attractive with pretty napkins and flowers, to provide and serve the tea and cakes and to join in the conversation. Numbers attending have grown and we all enjoy these afternoons of good fellowship.

Janet Goody

Diocesan Membership

There are several reasons for Mothers' Union members to become Diocesan Members - a branch closes and no other branch is near enough to join, or illness, disability or age make it difficult or impossible to get to a branch.

Diocesan Members meet 4 times a year in the Chapter House of St Mary's Cathedral at 2.15 pm.

I keep in touch with all members by post, informing them of all events such as Diocesan Council, Quiet days, meetings etc and are welcome to attend.

There is an annual subscription, this year £15.50, which covers stationery, printing and postage. We usually meet in March, June and October and have an Advent Celebration.

At present we have 25 members. We open with prayer and have a speaker. Our next meeting is on June 5th. If any branch knows of a member who would like to join, please contact me or Mrs Margaret Gibbs. *Rose Nuttall*

Mrs R. Nuttall, 3 Crammond Glebe Gardens, EH4 6NZ - Tel 0131 312 7444
Mrs M Gibbs, 13 Inveralmond Drive, EH4 6JT - Tel 0131 312 6034.



Food and other supplies arrive for the displaced peoples of Boga in the Congo

MEMBERS' NEWS - RIP:

Jessie Connolly, who was the Branch Leader of Falkirk Branch since 1991, was 86 when she died in July 2008 after spending her last month in hospital. Jessie joined the MU shortly after coming to Falkirk in 1946. She served on the committee for many years before becoming secretary in 1981 and then Branch Leader in 1991. She organised all sorts of outings, holidays,, speakers and entertainers. As the years went on the group got smaller and older and Jessie got less fit, though she never complained. In her final year she only got to MU if it was something special and she had to be collected and taken home again. Since I joined the MU in the 1970s, I didn't know Jess in her younger days, and there is now no one left of her age group. She is sorely missed. *Margaret Williamson, Branch Secretary.*

CALENDAR

29 April – 10am for 10.30 - Quiet Day at Christ Church Morningside – Rev Jennifer Edie

27 May – Visit of Worldwide President, Rosemary Kempell to Edinburgh Diocese

Members will be able to meet Rosemary over lunch at Bishop's House.

**See p.8 for calendar of Rosemary's visit to Scotland*

18th June Annual Meeting in Croyden - Details from Joyce Black

7 Oct Wed – 10.15 for 10.30 Diocesan Council at Christ Church Morningside

Editorial

Items for the next Newsletter should be with me by September to enable distribution at Diocesan Council in order to save on postage. News of branch activities, special birthdays, anniversaries etc. plus photos would be welcome.

Email: jean@jrhindle.co.uk – Tel 01968 674591 or post to
Mrs J Hindle 24 Mauricewood Park, Penicuik EH26 0BP

OTHER NEWS :

Welcome to a new branch – St Ninian's, Comely Bank, whose Rector is Rev Andrew Bain. Andrew was the 2nd MU Chaplain after Rev Canon Philip Crosfield.

MESSAGE FROM THE MU PROVINCIAL PRESIDENT SCOTLAND

Hello Edinburgh MU members,

The visit of the World Wide President Rosemary Kempzell to Scotland in May this year is very exciting for Mothers' Union in Scotland. I hope when you see her programme that you will be able to meet her at one of the venues. I realise that she will only be in Edinburgh diocese for a very short time. It has been difficult to take her to every diocese and she is not going to Aberdeen at all, but some of their members are going to Perth for the Eucharist at the cathedral and some are going to the Black Isle. You could join in Evensong at Holy Trinity, Stirling or any of the other venues. On this occasion she will be accompanied by her husband John, and they will both be seeing something of the Mothers' Union work in Scotland which we can all be proud of.

I ask you to continue to pray for the work of Mothers' Union in Scotland. Where do you see this organisation reaching out in the church and in the community? Pray for new leaders to continue this work in this election year – and ask yourself 'what can I do for the Mothers' Union in Scotland this next triennial?'

Love and blessings to you all.

Sheila Redwood

MU Provincial President Scotland – (below also from *Sheila Redwood - 26 March 2009*)

WORLD WIDE PRESIDENT'S VISIT TO SCOTLAND

Rosemary Kempzell, WWP, is visiting Scotland on an official MU visit between 21-27 May.

I hope all members will be able to attend one of the events that are planned. Her husband will be with her on this visit.

Thu, 21 May	1.00 pm	Lunch with members in Dumfries
	7.00 pm	Ascension Day Service at St John's, Dumfries
Fri, 22 May	2.00 pm	Largs: meeting members from regions
	7.30 pm	Meal with members at Pipers' Tryst, Glasgow
Sat, 23 May	1130 am	Festival Service at St Cyprian's, Lenzie
Sun, 24 May	11.00am	Preach at St Ninian's Cathedral, Perth followed by Bring-and-Share lunch
	6.30 pm	Choral Evensong, Holy Trinity, Stirling with new Forth Valley branch
Mon, 25 May	11.30 am	Picnic in Dunfermline
	2.30 pm	Visit Contact Centre, Kirkcaldy
Tue, 26 May	1200 pm	The Black Isle. Garden Party & event with the Bishop of Moray, Ross & Caithness
Wed, 27 May	1100 am	Visit Alison Twaddle, General Secretary, Church of Scotland Woman's Guild
	1230 pm	Lunch with Bishop of Edinburgh and MU members
	2.00 pm	Visit ends

The Mothers' Union and the United Nations

Each year the Mothers' Union sends five delegates to the United Nations' Commission on the Status of Women in New York. From 2-13 March 2009 we were represented by MU members Elizabeth Brown, Provincial President of Canterbury, Vivian Kityo from Uganda and Salome Leipa from Kenya. They were accompanied by two staff members from Mary Sumner House, Rachel Aston and Jennifer Coton.

Since 2000 Mothers' Union has been lobbying at the highest international level thanks to our special status at the United Nations. This means we have a 'voice' at the UN on the Commission on the Status of Women representing our 3.6 million members. The theme for 2009 is 'The equal sharing of responsibilities between women and men including care-giving in the context of HIV/AIDS'.

Mothers' Union has much grassroots experience and real stories to tell from our work in the Parenting programme, the Literacy and Development programme, and the Family Life programme which we run in many countries in Africa. Our delegates spent two weeks lobbying on issues that are at the heart of MU's other campaigns, particularly the need for flexible working, and the negative consequences of sexual stereotyping in children's toys – issues that are intrinsically linked to gender equality.

As part of their work in New York our team presented a side event entitled Sharing and Caring.

We are very proud of this campaign which is a very demanding and tiring time for our five delegates on issues of importance for MU members worldwide, fulfilling our aim of supporting marriage and family life. Look out for a report from them later.

This year the Scottish Episcopal Church also sent a delegate to represent our church at the United Nations. She is the Revd Marion Chatterley and she has knowledge of HIV/AIDS and its impact in Scotland. She was also in New York for two weeks and will bring back valuable experience and information for our church in Scotland.

Aren't we fortunate to have such an important input on these social issues of the day?

Sheila Redwood - Mothers' Union Provincial President of Scotland

News re Sri Lanka

Edinburgh's Linked Dioceses are Columbo and Kurunegala.

There is news regarding the serious situation there. It can be accessed via the MUScotland webpage which is linked to St James' Penicuik, web page, then go to the Rector's Shoebox! – and then Headlines from 'Ekklesia' - **Sri Lankan authorities arrest churches' justice and peace worker**. There are several more items under Related News.

Also on the Rector's Shoebox! are some thoughts about Jade Goody which he broadcast on :

'Thought for the Day Good Morning Scotland Radio Scotland Monday, March 23rd.

Mothers' Union Retreat, led by Bishop Bob Gillies

To pray for healing.

This topic arose from the last retreat when several people asked about healing. Bishop Bob led us gently through the growth of this ministry which many laity are called to. "Healing is not always physical," said the Bishop, "it can be a healing of the memories, guilt, pain, reconciliation, past events etc. and as Christians we are all called to this ministry and have the gift of healing. Not everyone is called to lay hands on others and pray for healing but we can all visit, pray for, be alongside others in need." During the retreat there were opportunities for individuals to receive healing prayer and during the final Eucharist all of us were anointed with oil for healing. There will also be times when we need healing and prayer and we must be willing to acknowledge and accept it.

There are many stories of Jesus healing in the Gospels. Jesus met people where they were regardless of who they were and did not judge them – the blind beggar, Peter's mother – in-law, centurion's daughter, the man among the tombs etc. The healing is not isolated, it occurs with teaching, mixing socially, forgiving sins, walking along the road with friends. Jesus sent His disciples out with power and authority to overcome demons and to cure diseases Luke 9:1 – 2.

The point of need is not always expressed. In James 5: 14 – 15 extols us to pray in faith and it is the Lord who heals (not us). The Communion Service has always offered peace to many and often brings tears as God's peace is felt. Healing is also a ministry for the ordained – mentioned in their service of ordination.

There is no point in talking about healing and doing nothing or praying for healing if you don't believe it will happen. Often we never know what happens unless we are told. It may be a healing but not a physical healing that happens. In Mark 10: 46 – 52 Jesus heals Bartimaeus who is convinced that Jesus will heal him.

During the Service that night we all lit a candle for some-one who needs healing and prayed for that person as we put the candle on the tray of sand. We also discussed why we need to pray when Jesus knows our thoughts before we pray? (without prayer we can do nothing) Why should some be healed and not others? (Jesus prayer in Gethsemane was not answered and He went to the cross)

Be persistent as the man who woke his neighbour during the night asking for bread. Do not be afraid to shout at God. The four friends who let their friend down through the roof to be healed showed their faith in Jesus and gave Him the opportunity to speak to the crowd. They are often overlooked. We had to imagine we were the stretcher bearers bringing our friend to Jesus, or were we on the stretcher?

The prayer of Absolution in the Blue 1982 book is very good to use. During the service we wrote the names of those we wanted to pray for on paper and put them on the altar and at the end of the service we each took a prayer request to pray for during the retreat. Healing services are more common now. Before starting, Vestry need to approve it, consider who might be called to this and teaching about healing organized. Which service would it would be offered? Communion? Which part?

During the service we all took a stone that we felt resembled us and placed it on the altar. After the service, we each took a stone (not ours) and were asked to pray for that (unknown) person and take it to church on Sunday and place in the church grounds. It was a time of learning and confirming our parts in praying for healing and gave us much to pray about.

Read "Where earth and Heaven Meet" by Robert A Gillies
(Can borrow a copy from those who went on Retreat.) – *Angela Sibley*

See photos on p.2 and also p.11



More photos from Paul Hindle of the Provincial Retreat at the Spirituality Centre, St Mary's Monastery, Kinnoull, Below rt Betty Dunlop & Marion Rowley (St Peter's Musselburg) taken by Joyce Black



**THE MOTHERS' UNION
THE DIOCESE OF EDINBURGH**

KNITTING FOR THE PREMATURE BABIES

**THE NEONATAL UNIT
ROYAL INFIRMARY EDINBURGH**

This project began in January 2001 and is still ongoing. The Knitters provide the Wool and knit the garments which the staff want at that time. At the moment the need is for Blankets and Bonnets.

The blankets are all the same pattern but in a varied choice of colours and they fit the hospital cots very well.

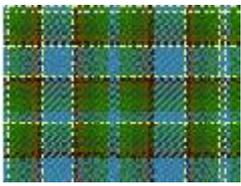
The need for bonnets is essential as immediately a baby is born a hat is placed on its head.

Four MU branches take part in this project, and the garments are taken to the hospital at regular intervals. Mrs Gill Mitchell is our link lady, she works with the team of doctors, when she receives the bags of tiny garments, she sends the MU knitters a letter of thanks which is circulated as soon as possible.



Bonnets - in all sizes and colours





Mother's Union
Tartan



Make a mother's day 2009 -

Mothering Sunday ethical gifts to make
a mum smile.

Total raised so far £150,000 – more to come!

Below - *Extract from Sue's Blog – more on MUScotland webpage*

Sue Crosfield in Uganda – On the left back row.

Conference



This was held in a retreat centre called the Rest Gardens. Our room consisted of a verandah, a small bedroom with just enough room for two mosquito netted beds, and a shower room. The water trickled erratically from the tap and we never managed to get any hot water. Also the tap swayed around like a flag in the wind but it was adequate and we coped. Public rooms were all open at the sides. The dining hall was large with a telly in one corner which we kept trying to switch off. Food was good and nourishing if a bit samey: fried chicken, beef stew, rice, potatoes, beans or cabbage, ground nut puree, (a pretty purple colour), cassava

and a cooked and utterly tasteless type of banana. We also had lots of fruit, bananas, water melon and pineapple. The main conference hall was circular with a splendid ceiling and a stage.

WORSHIP

The word to describe African worship is "exuberant". We had a real taste of this when we attended the the Ugandan special centenary service held in a field near the cathedral. Some MU members, as they arrived, literally screamed with joy. The service itself was a wonderful mixture of solemn Anglican liturgy and excited African dancing. With a gospel band, they can make a four lined hymn last a good quarter of an hour - all at a pop festival level of decibels.

At one stage we were brought in to join the dancing and did our best but there is no doubt that European bottoms don't wiggle nearly as well as African ones!

We learnt too that African time means little. The service programmed to last for an hour and a half actually lasted over three hours, but no one seemed to worry.

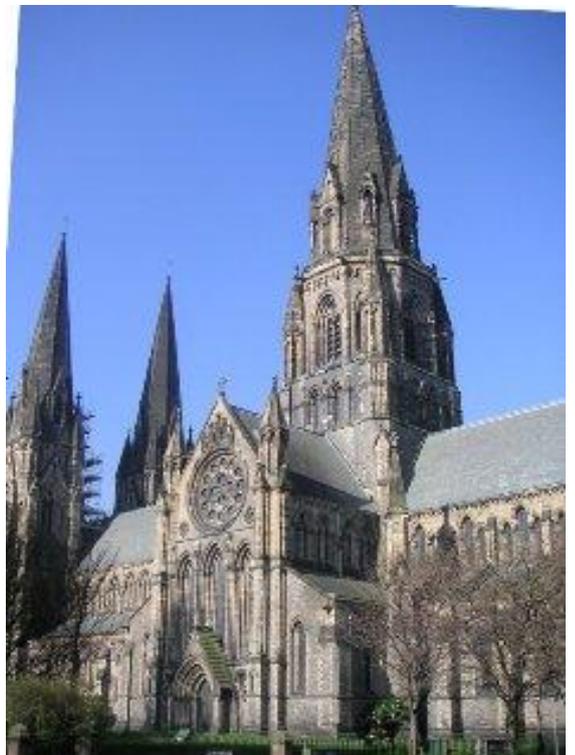
Penicuik for Africa (PfA)

The ambulance has been delivered to Chitambo.

The next project will hopefully be to resurrect the Chitambo Midwifery School in Zambia.

£1000 donation for the Itipini Dump Project is to be sent in memory of Frances McLean. This is a project very dear to Frances.

St Mary's Episcopal Cathedral Palmerston Place Edinburgh



The Lady Day Service was held here on Saturday March 28th.

It was attended by 60 people, members and guests. The MUE stall raised £140, Collection £151.55, Teas/coffees £25.84

Bring & Buy Stall £37.65
And Cake & Candy £71.97