



### Thought for the Week from MU - Sunday 3 January 2016

*Lesotho and Swaziland*

Unemployment is a big issue in Lesotho. Sewing projects enable many members to earn a living. Members are also involved in prison outreach, visiting patients in hospital and providing pastoral support. MU in Swaziland is passionate about helping communities gain access to safe, clean drinking water with the Swaziland Safe Water Ministry Team. They distribute food and clothing when droughts affect the country. "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith." (Hebrews 12.1-2)

*We pray for members in Lesotho as they support those in their community struggling with problems of unemployment. We pray for the work in Swaziland, to combat the effects of drought on people's lives.*



### Thought for the Week from MU - Sunday 10 January 2016

*Mauritius and Seychelles*

In Mauritius members anchor their branch in the word of God and prayer. They have a yearly retreat and members are involved in weekly healing services. Groups are run for fabric painting and embroidery. MU in Seychelles runs community and individual projects. Last year members joined marches to campaign against child abuse and to raise awareness about cancer.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." (2 Timothy 3.16)

*Lord, we thank you for your living Word. May the seeds sown among younger members in Mauritius bear good fruit. We pray for the Seychelles as they address the issue of declining membership.*



### Thought for the Week from MU - Sunday 17 January 2016

*Gambia and Egypt*

The population of Gambia, Senegal and Cape Verde Islands is 90% Muslim. MU is working to address social problems in an area that includes a large refugee population. Other activities include counselling services, skills training and recreation. MU in Egypt consists of a group of members from Sudan who fled political chaos in their country. They are committed to making a difference in their area, which has a very difficult political and economic background.

"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit, through the bond of peace." (Ephesians 4.2-3)

*We pray for Unity. May God would deepen and strengthen relationships among members in Gambia and Egypt that they would have the joy of being united together with both the church and their communities.*



### Thought for the Week from MU - Sunday 24 January 2016

*Wales*

MU members in Wales continue to support children, families and the elderly. They knit blankets for premature baby units and teddy bears for the children's hospital, make 'fiddle pinnies' and 'twiddle muffs' for dementia patients, help to raise awareness of violence towards women and girls worldwide and continue to work in contact centres and prisons. This year they produced a flyer for the Bye Buy Childhood campaign.

"Is it not to share your food with the hungry and to provide the poor wanderer with shelter; when you see the naked, to clothe them, and not to turn away from your own flesh and blood?" (Isaiah 58.7)

*We remember those living in Poverty. We pray for MU in Wales as it works with purpose to increase its membership and become more involved with the wider church.*



### Thought for the Week from MU - Sunday 31 January 2016

*Botswana*

Recently MU members have taken part in the global 16 days of activism campaign against gender-based violence. Almost every parish supports its local prison ministry and provides for those in need in the community through food baskets, clothing, adopting orphans and building accommodation.

"Let the wise listen and add to their learning, and let the discerning get guidance." (Proverbs 1.5)

*We pray for those disadvantaged by illiteracy and innumeracy. May MU members in Botswana experience God's leading for the future and God's blessing on their relationships.*



### **Thought for the Week from MU - Sunday 7 February 2016**

*Burundi*

Last year violence erupted in the capital Bujumbura with 70 killed and 500 wounded. More than 100,000 fled to surrounding countries. MU and the Church launched a relief programme, assisting 3,000 people with food, clothing, soap, blankets and kitchen utensils, including 600 university students who were unable to go back to their families. MU continues to work to support those displaced by violence.

“We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.” (2 Thessalonians 1.3)

*We pray for loving relationships. May members in Burundi know increasing success in their campaigns against gender-based violence and we pray for them as they live and work in the midst of political tension.*



### **Thought for the Week from MU - Sunday 14 February 2016**

*Uganda*

Many dioceses in Uganda are working towards implementing the ‘Eagle’ process, a church and community mobilisation process. This aims to combat serious problems faced by many Ugandan households, including alcoholism, HIV/AIDS, and domestic violence. Some members are involved in advocacy for the protection of children, while others are working towards the empowerment of women.

“Hear my voice when I call, Lord, be merciful to me and answer me. My heart says of you, ‘Seek his face!’ Your face, Lord, I will seek.” (Psalm 27.7-8)

*This Lent may our lives reflect your love with joyful obedience. We thank you, Lord, for all that has been achieved by members in Uganda. We pray for your protection on them in their new endeavours.*



### **Thought for the Week from MU - Sunday 21 February 2016**

*South Sudan*

An important part of MU’s response to conflict across South Sudan is offering counselling to those who have experienced trauma. In many dioceses they run outreach programmes to those who are vulnerable or in need. They also work closely with civil society organisations and the government’s Ministry of Gender, Social Welfare and Religious Affairs to advocate for women’s and children’s rights.

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.” (Psalm 51.1-2)

*We pray for Forgiveness and for peace and stability in South Sudan. We thank you for the faithfulness of our members as they support displaced peoples in the midst of tension and insecurity.*



### **Thought for the Week from MU - Sunday 28 February 2016**

*Nigeria*

In such a big and diverse country there are many issues to be addressed, including drug use and trafficking, the impact of the jihadist group Boko Haram, violence between different ethnic groups, and the plight of widows and orphans. MU tackles many issues, from fair trade to peace and reconciliation. Advocacy is an important part of their work, particularly the rights of women and children. Income-generating activities help to alleviate poverty.

“An unploughed field produces food for the poor, but injustice sweeps it away.” (Proverbs 13.23)

*We pray for Fair Trade. May MU members in Nigeria have the strength to cope in difficult circumstances and know God’s blessing on their work of peace and reconciliation.*



### Thought for the Week from MU - Sunday 6 March 2016 (Mothering Sunday)

Cameroon

Cameroon has profound economic and social instability due to poverty, prolonged political struggle and HIV/AIDS. MU members encourage women to mobilise and use the resources available to them to generate income, as well as educating women and children about their rights. It also runs camps for girls and young women which provide spiritual and educational counselling.

“Blessed is she who has believed that the Lord would fulfil his promises to her! And Mary said: My soul glorifies the Lord and my spirit rejoices in God my Saviour.” (Luke 1.45-47)

*We pray for women whose lives are a struggle. May MU members in Cameroon be an inspiration to many as they reflect the light of Christ in dark situations, and show his love to all those with whom they interact.*



### Thought for the Week from MU - Sunday 13 March 2016

Philippines and Uruguay

MU works with ECW (Episcopal Church Women) to help restore livelihoods and support families to recover from typhoon Haiyan. The ECW is particularly concerned with the elimination of all sorts of violence against women and girls and human trafficking. The Uruguayan Anglican Women's Group runs social outreach projects across the country, aiming to improve family life and give people dignity.

“He will judge between the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.” (Isaiah 2.4)

*We pray for UNCSW as it meets this month. May strong links be fostered with the women of the Philippines and Uruguay, as we share our common goal of building the kingdom of God on earth.*



### Thought for the Week from MU - Sunday 20 March 2016

Ghana

MU in Ghana is very proactive in education and children's wellbeing with members running primary schools and daycare centres. They also run health screening and education services, focusing on HIV/AIDS, ear and eye problems and women's health. Many families struggle with financial difficulties, and members work towards providing help and guidance for those most in need.

“From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life.” (Matthew 16.21)

*As members in Ghana reflect on the events of Holy Week, may they receive a deeper understanding of the fullness of God's purposes for them, and be filled with vision for their future.*



### Thought for the Week from MU - Sunday 27 March 2016 (Easter Day)

Peru and Bermuda

The Association of Anglican Women in Peru is part of the global MU family and works towards the empowerment of women, building and strengthening relationships and tackling key issues facing women and families. Last year the Diocese of Bermuda celebrated its 40th anniversary with a special open air family service on Pentecost Sunday.

“Jesus said to Martha, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'” (John 11. 25-26)

*We give thanks for the dedication of AMA in Peru and pray for their work with vulnerable women. We also pray for the work in Bermuda with family ministry.*