

February 2018



## Vigils in every Diocese in Ireland in 2017 – well done!

We need to keep up the momentum in 2018

**Antonio Guterres, United Nations Secretary General**, at the start of 2017's 16 days of activism against gender-based violence.

*"It might seem at first glance that the issue of power between women and men has been addressed. After all, women have won the vote, the right to go to school, to be presidents and prime ministers and CEOs....But we still have a long way to go, and violence and the fear of violence is one of the many things that prevents women taking their rightful place in the public sphere."*

As a member of a worldwide organisation you **CAN** help make a difference both at home and across the world.



**Violence against women is one of the biggest issues of our time.**

☞ **Schedule an hour in your diary to reflect, pray and plan** ☞

### **Reflect:**

We've shared many aspects of the work to end violence against women. Which one really struck a chord with you and why?

### **Pray:**

Ask God to guide you on what action you could personally take to help end violence against women and girls?

### **Plan:**

What time could you reasonably give to take action? An hour a month? An afternoon or evening once a quarter?

<http://www.restoredrelationships.org/about-us/>



**WOMEN'S AID**  
Making Women and Children Safe

**National Freephone Helpline**  
**1800 341 900**



**Men's Action Network**  
Supporting and Promoting Male Health and Wellbeing



**ManKind Initiative**

<http://www.man-ni.org/>  
<http://www.mapni.co.uk>  
<http://www.mankind.org.uk>



### **PENSION EQUALITY for WOMEN**

The current pension debate has largely ignored the needs of women. Alongside other organisations Mothers' Union proposes that fairness and equality for women be central to any government policy on pensions.

We invite you to join us in mobilising against the indirect discriminate against women in the Irish State pensions system.

**Download a petition sheet on the home page at [www.mothersunion.ie](http://www.mothersunion.ie) or sign the petition on [www.nwci.ie](http://www.nwci.ie).**



### **Mothering Sunday 2018**

This year we are delighted that students and staff from St Mellitus led by Jane Williams, Assistant Dean and Tutor in Theology, have written a beautiful Mothering Sunday liturgy for Mothers' Union which can be downloaded below:

St Mellitus and Mothers' Union  
Mothering Sunday Liturgy WORD

St Mellitus and Mothers' Union  
Mothering Sunday Liturgy PDF

[http://www.themothersunion.org/Mothering\\_Sunday\\_resources](http://www.themothersunion.org/Mothering_Sunday_resources)



**February 7<sup>th</sup>-14<sup>th</sup> 2018**



**Marriage Week UK** is coordinated by [Marriage Foundation](http://marriagefoundation.org.uk) – the national champion for marriage. It is widely supported by charities and individuals who believe that healthy marriages bring benefits for all of society and should be encouraged and supported wherever possible.

<http://marriage-week.org.uk>  
<http://marriagefoundation.org.uk>

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your 'five a day' for wellbeing.

## Take5 steps to wellbeing



### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



### Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The five ways to wellbeing were developed by the New Economics Foundation. Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate)

<http://www.makinglifebettertogether.com/>



SAVE the DATE

Safer Internet Day

2018 | Tuesday  
6 February

[www.saferinternetday.org](http://www.saferinternetday.org)



**“Create, Connect and Share Respect: A better internet starts with you”.**

<https://www.saferinternet.org.uk>



Childnet  
International

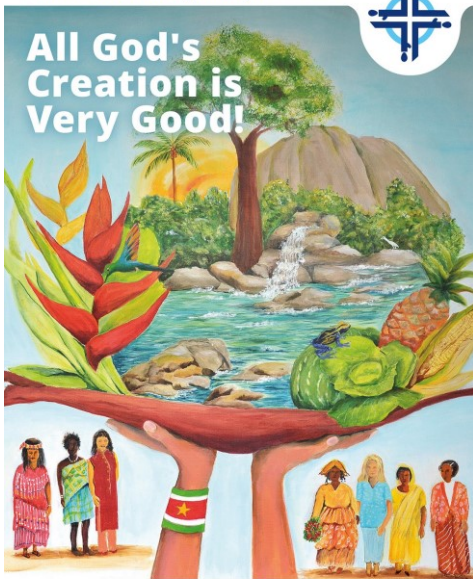
The internet is an amazing place and a wonderful resource and our aim is to help make the internet a great and safe place for children and young people.

<http://www.childnet.com>

INTERDENOMINATIONAL

Women's World Day of Prayer 2nd March 2018

All God's  
Creation is  
Very Good!



PREPARED BY CHRISTIAN WOMEN OF Suriname

<https://www.wwdp.org.uk>

## WWDP NI 75th Anniversary Service

father, I pray  
that they all  
may be one

Women's World Day of Prayer  
Northern Ireland  
75th Anniversary Service

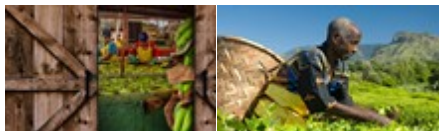
Saturday 12th May at 2.00pm  
Assembly Buildings,  
Fisherwick Place, Belfast

Please join us for a service of thanksgiving  
and celebration when the guest speaker will be  
Rev Dr Heather Morris and worship will be led  
by musicians from the New Irish Arts Orchestra.

For more info email [wwdp.ni@gmail.com](mailto:wwdp.ni@gmail.com)  
or visit [www.wwdp.org.uk](http://www.wwdp.org.uk)

### Useful Contact Details:

Faith & Policy Unit Co-ordinator: Jacqui Armstrong Tel: 028 71516436 :  
Mobile: 07928747354 email: jacquelin.armstrong.donegal@outlook.com  
Southern Dioceses Social Policy contact: Vacant - Contact Jacqui Armstrong  
Northern Dioceses Social Policy contact: Jean Thompson Tel: 02882245369  
Mobile: 07731635627 email: jeanius65@aol.com



### Bananas! Chocolate! Coffee! Tea! Sugar!

It's a shocking fact that millions of poor farmers who produce the food we love still don't earn enough to feed their own families. It's time for this injustice to end.

Buying Fairtrade is easy. There are over 4,500 Fairtrade products from coffee and tea to flowers and gold, so when you shop, look for the FAIRTRADE Mark

### Get Involved – Fairtrade Fortnight 2018: Monday 26 February - Sunday 11 March



#### Church resources –

<http://www.fairtrade.org.uk/Get-Involved/Current-campaigns/Fairtrade-Fortnight/Fairtrade-Fortnight-for-Campaigners>

#### Put Fairtrade in your break –

<http://www.fairtrade.org.uk/Get-Involved/Current-campaigns/Fairtrade-Fortnight/How-to-put-Fairtrade-in-your-break>

#### Get free samples for community events –

<http://www.fairtrade.org.uk/Get-Involved/Current-campaigns/Fairtrade-Fortnight/Fairtrade-Fortnight-for-Campaigners/Product-samples-for-community-events>



TO STOP FRAUD



1. Never disclose security details, such as your PIN or full password - it's never okay to reveal these details.
2. Don't assume an email request or caller is genuine - people aren't always who they say they are.
3. Don't be rushed – a genuine bank or organisation won't mind giving you time to stop and think.
4. Listen to your instincts – if something feels wrong then it is usually right to pause and question it.

**Stay in control – have the confidence to refuse unusual requests for information**

<https://takefive-stopfraud.org.uk/>  
<https://www.fraudsmart.ie/personal/>

### Useful Dates for your Diary



5th – 11th February – Sexual Abuse & Sexual Violence Awareness Week  
6th February – Safer Internet Day  
7th-14th February :National Marriage Week  
13th February – Shrove Tuesday  
14th February – Ash Wednesday  
26th February –11th March – Fairtrade Fortnight  
1st March – World Book Day  
8th March – International Women's Day  
11th March – Mothering Sunday  
14th March – National No Smoking Day  
17th March – St Patricks Day  
20th March – Spring Equinox  
24th March – Clocks go forward  
1st April – Easter Sunday