

**WELCOME TO  
MOTHERS' UNION  
ALL IRELAND**



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

Christian Care for Families Worldwide  
[www.themothersunion.org](http://www.themothersunion.org)

**What type of organisation is the Mothers' Union**

Mothers' Union is an international Christian charity that seeks to support families worldwide.

In over 81 countries, our 4 million members share one heartfelt vision – to bring about a world where God's love is shown through loving, respectful and flourishing relationships.

[www.mothersunion.ie](http://www.mothersunion.ie)

Our members are not all mothers, or even all women. Single, married, parents, grandparents, or young adults just beginning to express their social conscience are Mothers' Union members. We lobby local and national governments on issues affecting family life and campaign to challenge legislation that neglects the vulnerable and marginalised. We are also represented at the United Nations' Commission on the Status of Women.

**How is the Mothers' Union relevant to Young Mums?**

Mothers' Union believes families are key to building a strong and sustainable future for society.

**Mothers' Union is:**

**Passionate about Parenting:**

Would you like to act as a facilitator at a Parenting Course? Mothers' Union will train you or if you would like to attend a course in your area to meet with other parents just contact us.

**Involved in Volunteer work:**

Members work as volunteers in prisons and in Child Contact centres where they provide a listening ear and play areas for children and other facilities for visitors.

**Provide help when the going is getting tough:**

Mothers' Union have a facility called "Away from it All" where holidays are organised for families under stress for whatever reason—sickness, unemployment, single parenthood, etc

**Involved in Overseas work:**

Mothers' Union raises money each year for families overseas which is used to provide literacy programmes, animals and seeds for sustainable food, relief money for drought and emergency situations.

**Would you like to get involved?**

**Contact us .....**

The Mothers' Union All Ireland Office  
St Michan's Church  
Church Street  
Dublin 7  
T: 00353 (01) 1 873 5075  
E: [office@mothersunion.ie](mailto:office@mothersunion.ie)



An All Ireland Mothers' Union Publication

**Education brings equality**

A major focus of the majority of mums is making sure that your children have the best education. Now imagine that you are living in such immense poverty, poverty that is eating away at the very fabric of life. In communities such as this, reading, writing and arithmetic would not seem a priority, but you would be wrong. In Burundi, Malawi and Sudan illiterate community members, especially the women wanted these skills.

**Who responded to their request for basic reading, writing and arithmetic?**

Mothers' Union set up their Literacy and Development programme, about 10 years ago in response to their request. It was structured around the daily needs of the community, allowing them to acquire basic literacy and numeracy skills.

**What was the knock-on effect from acquiring basic numeracy & literacy?**

The community was able to:

- Set up income generating projects
- Read up and improve baby and child care
- Participate in local HIV/AIDS awareness programmes
- Discuss solutions to daily problems
- Help their children with reading and basic numeracy
- Equip them to find long-term solutions to tackle the poverty in which they live.

**Now read.....Gloria's story and why the Mothers' Union Literacy Programme is so important...**

Gloria, like many women in Africa could not read or write as she was not given the opportunity to go to school.

When Gloria and her baby boy became ill she went to her local doctor, who gave her 2 prescriptions for medicine. Gloria couldn't afford both prescriptions so she decided, like mums all over the world, to put her baby boy's needs first....



**But she couldn't read** so she made the fatal mistake of handing over the prescription that was intended for her. When she brought the medicine home she was unaware that it was for an adult and she gave it to her child, causing permanent damage with him becoming deaf and dumb. She was devastated.

Gloria joined the MU Literacy Programme and she has now become literate. *Gloria will not make the same mistake again.*

[www.mothersunion.ie](http://www.mothersunion.ie)



**Everything I need to know about life, I learned from Noah's Ark...**

*Don't miss the boat.*

Remember that we are all in the same boat.

*Plan ahead.*

*It wasn't raining when Noah built the Ark.*

Stay fit. When you're 600 years old, someone may ask you to do something really big.

*Don't listen to critics; just get on with the job that needs to be done.*

Build your future on high ground.

*For safety's sake, travel in pairs.*

Speed isn't always an advantage. The snails were on board with the cheetahs.

*When you're stressed, float a while.*

Remember, the Ark was built by amateurs; the Titanic by professionals.

*No matter the storm, when you are with God, there's always a rainbow waiting.*



**Comic Relief has committed to supporting Mothers' Union**

The grant, £998,994 over five year period, will enable literacy and financial education training in some of the most disadvantaged communities in Sudan.

Mothers' Union has over 15,000 members in Sudan who are active in their local communities, for example in HIV/AIDS projects, and campaign for women's rights.



## Mothers' Union Emergency Relief Work

The Relief Fund provides emergency financial help for communities affected by natural disaster or conflict.

The grassroots nature of Mothers' Union makes it well placed within communities to quickly obtain food, materials and medicines for immediate distribution where most needed.

If you would like to donate to the Relief Fund please send your donation to:

The Mothers' Union All Ireland Office  
St Michan's Church  
Church Street  
Dublin 7  
T: 00353 (01) 1 873 5075



If the average distance to the moon is 394,400 km, South African women together walk the equivalent of a trip to the moon and back 16 times a day to supply their households with water

The number of people becoming literate through Mothers' Union is 74,000 so far

### DID YOU KNOW?

Women perform two-thirds of the world's work  
Women earn one tenth of the world's income  
Women are two-thirds of the world's illiterates  
Women own less than one hundredth of the world's property  
*(figures from UNIFEM, UNICEF and UNESCO)*

**Mothers' UNION**  
Christian care for families

www.mothersunion.ie

### MARY SUMNER PRAYER IN TEXT SPEAK

*d Mary Sumner Prayer  
RitN n 1876 by mumz Union fowndr,  
Mary Sumner*

aL DIS dA, O Lord,  
It me tuch az mNE lives az posebL 4 thee;  
& evry Lyf I tuch, do thou by thy spirit quicken,  
wethR Thru d wrd I spk,  
d prayer I breathe,  
o d Lyf I live.  
Amen.

*The Mary Sumner Prayer  
Written in 1876 by Mothers' Union founder,  
Mary Sumner*

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.

## Passionate about Parenting

### Top tips for mums and dads

What are the most important things we can offer our children?

**Unconditional love** - love them always, no matter what they do.

**A sense of security** - try and make their home a safe and loving place.

**Encouragement** - notice the good things they do. Praise and affirm them.

**Attention** - every day spend some quality time with each child.

**Guidance** - backed up by being a good example.

**Boundaries** - set age appropriate boundaries for your children, and stick to them. Be kind but firm.

**Respect** - never dismiss what they say because they are 'only' children.

**Forgiveness** - when things go wrong, deal with it and move on. Apologise yourself when you make mistakes.

**Growing independence** - learn to let go so that your child can grow in confidence and independence.

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www.themothersunion.org  
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www.mothersunion.ie

Looking for a gift for a special occasion?  
Take a look at our Catalogue.....

www.muenterprises.co.uk

All profits support the work of MU at home and overseas

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## And baby came too..... Our Parenting Programme in Schools

We have seen very exciting developments in our Parenting Programme with the uptake of courses in local schools. This is sponsored by the Extended Schools Initiative organised by the local Education Boards. A very successful course was led by one of our fully trained and accredited Parenting Facilitators in a local primary school with 8 mums and dads taking part over 6 weeks. One lady was heavily pregnant and missed a class. Imagine the reaction when she returned the following week with husband and new baby in tow to complete the course! All the parents enjoyed the experience, having learnt so much from one another and going away confident in their new parenting skills. Parenting is one of the hardest jobs in the world...but you're not alone!

Would you like to meet with parents just like you to discuss and learn together? Contact us at:  
The Mothers' Union All Ireland Office,  
St Michan's Church, Church Street, Dublin 7  
T: 00353 (01) 1 873 5075

### KITCHEN MAXIM

Clear as you go: muddle makes more muddle

Wilful waste brings woeful want -  
beware buying too much and having to throw some away.

Fresh fish won't smell of fish

Treat the sting of a bee with baking soda

Treat the sting of a wasp using vinegar

A women's work and washing of dishes is never at an end.