



Shhhh!

The Best Kept Secret is

..... **Mothers' Union**

But no longer!

We are here,

We are active,

We are making a difference

And we want to

Shout Out Loud

for everyone to hear



So, what is Mothers' Union (MU)?



- ◆ We are a Christian organisation that has been supporting families worldwide for 145 years. Started by Mary Sumner in 1876 in her local parish, we have grown into an international charity with over 4 million members in 84 countries.
- ◆ Our Aim and Purpose is to demonstrate the Christian faith in action by working at grass roots level to transform communities, locally nationally and internationally.
- ◆ Our Vision is of a world where God's love is shown through loving, respectful, and flourishing relationships in which everyone is able to prosper.
- ◆ We promote and support marriage, family life and the protection of children.
- ◆ We support parents in their role of developing their children's faith.
- ◆ A shared faith in Christ underpins our work at all levels with members united in prayer, worship and service.
- ◆ We work globally at all levels in society to fight for gender justice, build individuals' self-reliance and promote equality and a peaceful and safe environment for all.



OK, but what about locally,
what can I do?

In St Albans diocese through our members

Locally we:

- ◆ Provide local women's refuges with start-up packs of kitchen and bedding items for families who move out to set up a new home; activity and away days; Advent calendars, Easter eggs and activity bags for the children.
- ◆ Help families under stress through our Away From It All holidays.
- ◆ Help run a local Contact Centre allowing divorced/separated parents the opportunity to meet their children in a safe environment.
- ◆ Give Christmas cards for distribution in local prisons and provide gifts for inmates to give to their children.
- ◆ Provide dementia units and residential homes with twiddle cuffs and memory books.
- ◆ Support local food banks (at branch level).
- ◆ Support local hospitals through X-ray, neonatal and children's departments with baby items, washbags, teddies and activity packs.

Nationally we:

- ◆ Support central MU campaigns and projects particularly the 16 days of activism against gender-based violence and the campaign to abolish modern day slavery.
- ◆ Are consulted by the government when drafting family legislation.

Internationally the funds we raise help to support:

- ◆ Programmes enabling community transformation, promoting gender equality and improving livelihoods and health.
- ◆ Parenting, literacy and development programmes, savings and credit schemes enabling income generation using local resources and skills.
- ◆ Workshops on peace and reconciliation; women's empowerment; disaster risk reduction.
- ◆ MU representation on the United Nations Commission on the Status of Women which works to overcome women's inequality.



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How do I join?

By joining MU you will be helping us to shout louder. Your voice will be added to our campaigning work and through your subscription you will be supporting our worldwide programmes fighting poverty, injustice and gender inequality.

Membership is open to anyone, male or female, single, married or divorced provided they have been baptised as a Christian and support our aims. Anyone who has not been baptised but supports our aims can become a **Friend**.

TYPES OF MEMBERSHIP

There are three ways of belonging to MU:

1. **Branch Member:** a branch organises itself independently with members either meeting regularly together or on social media, offering an opportunity to make new friends and have fun, share new experiences and support MU projects.
2. **Diocesan Member (DM):** pays a subscription directly to the diocese and can be either a **Group DM** belonging to a Group with a more informal programme of events, or an **Individual DM** able to visit any local meeting if they wish, so remaining involved with MU activities without committing to regular meetings.
3. **Friend:** is entitled to participate fully in branch/group and diocesan activities but cannot hold elected office and has no voting rights.

AS A MEMBER YOU WILL BE:

- ◆ Part of a wonderful grass roots worldwide organisation made up of inspirational members who respond to the needs of families and communities
- ◆ Putting your faith into action by supporting the Aim, Purpose and Vision of MU
- ◆ Promoting fellowship and support amongst members

AS A MEMBER YOU WILL BENEFIT FROM:

- ◆ The bi-annual central magazine 'Connected' and the annual Prayer Diary
- ◆ The Diocesan magazine three times each year
- ◆ The opportunity to join in all local, cluster and Diocesan events

Find out how to join St Albans Diocese Mothers' Union

www.mothersunion.org/diocese/st-albans

telephone the local office in St Albans 01727 858979

email: sec_mustalbans@btconnect.com

