



Your gift of  
**£150** could help parents  
with the most complex needs  
attend an Intensive Positive  
Parenting course – to build a  
better future for their children.



## Worldwide Parenting Programme Intensive Positive Parenting Course

**This Mothering Sunday, you can help break the cycle of discord in families, and enable more parents to access the training they need.**

For parents with the most complex needs, a short intensive course can make a big impact – as it did for Sidonia and her family. “On the course I learnt how to change,” she says, “from being an ‘authoritarian’ parent who smacked her children – to ‘authoritative’, saying kind words and earning my children’s respect. I broke down, and had a lot to repent, but I am very happy and thankful to God.” After the training, Sidonia’s group elected her as leader.

To attend an intensive Parenting course, parents like Sidonia need a skilled and experienced specialist facilitator to lead the group, a safe venue to run the course in confidence, engaging training resources, and, in many cases, support for transport and accommodation.

*“I was a stranger and you invited me in” Matthew 25:35*



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

**Mothers' UNION**  
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# Worldwide Parenting Programme

## Stationery bundle

Promoting the importance of parenting and its impact on family life is a universal goal for Mothers' Union members worldwide. The Worldwide Parenting Programme (WPP) trains local facilitators to deliver an 8-12 week course with community groups, to empower them to overcome parenting challenges together.

*"It's very important to teach others what I learned on the Parenting Programme, says Gloria, a volunteer Parenting facilitator in Guyana. She had a father in her group who told her: "I lash my children and they must listen to me." She told him, "That is not right." As the course continued, and at the end of it, he said to me he now realised why."*

Your gift of **£20** could help buy essential books, pens and stationery for a Parenting facilitator like Gloria.



## Training the trainers

*"We want to expand to the tenth diocese..."*

Sandra Rolland is Parenting Programme Coordinator in the Solomon Islands. So far, she and her team are successfully delivering Parenting Programmes across nine out of the ten dioceses there. Now Sandra urgently needs to train more facilitators in order to reach the families who have not yet been able to attend the course.



Your gift of **£85** could help train more facilitators, vital for delivering the Parenting programme in their communities.



## A Powerful Voice

*“Now I am a deacon in my church”*

In Burundi’s Buye Diocese, Sylvia has built peace in her home. “I used to be beaten every day by my husband, but he learned to respect me, and we now live in peace,” she says.

Through her Mothers’ Union literacy programme, Sylvia accessed counselling which helped her communicate better with her husband and look after her family’s health. “We eat three meals a day, and my children go to school,” she says. “And because I came out of poverty my husband respects me.” Today Sylvia is the leader in her household, deacon in her church, she runs her own business and she spreads respect and peace.



Your gift of **£15** could empower a woman like Sylvia to become leaders and spread peace, through Mothers’ Union literacy training.



## Choosing brighter futures

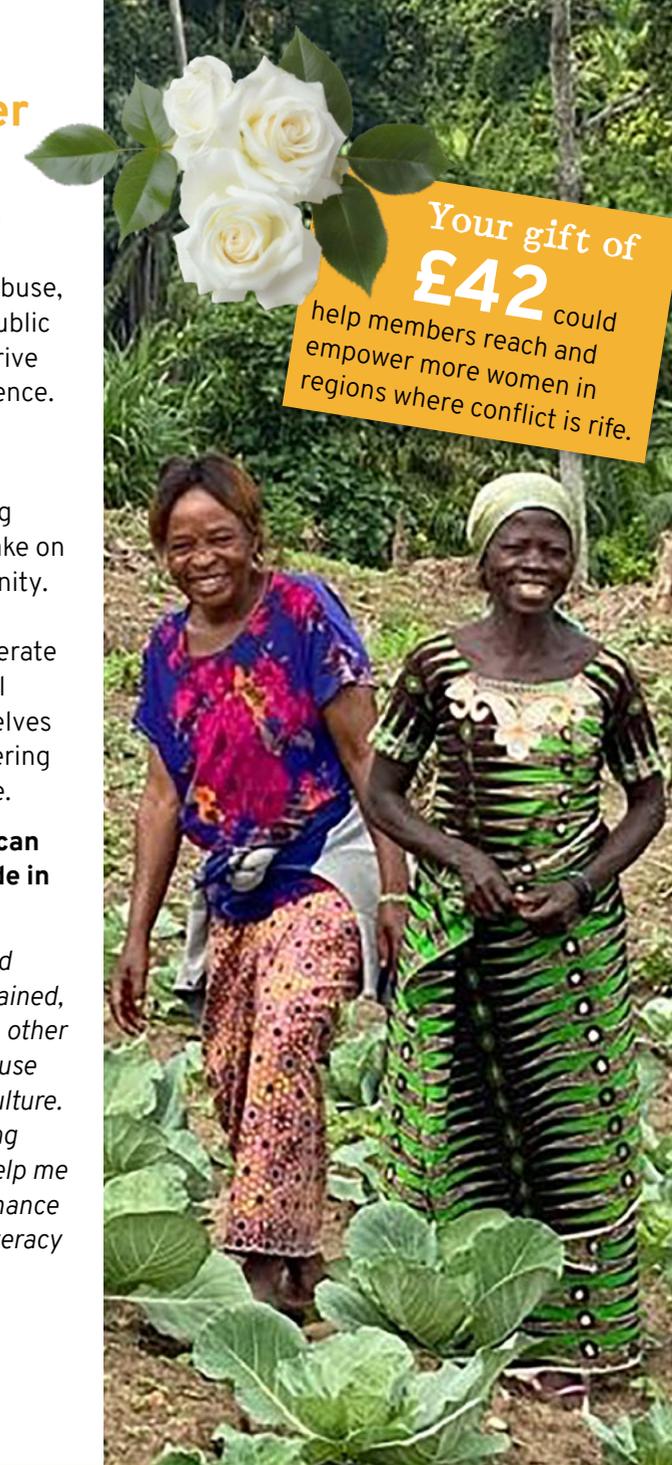
*“I am proud of myself”*

Despite poverty, conflict and abuse, women in the Democratic Republic of Congo are ambitious and strive for their dignity and independence.

Mothers’ Union is supporting them through skills training to grow businesses, while building confidence to speak out and take on leadership roles in the community. In community-led workshops, participants learn ways to generate an income through agricultural enterprises, alleviating themselves from dependency and empowering them to shape their own future.

**This Mothering Sunday, you can support a woman to take pride in lifting herself out of poverty.**

*“Because of the new literacy and agricultural knowledge I have gained, I’m able to plant crops and train other women in my area on how they use good techniques for their agriculture. I am proud of myself, I’m growing vegetables which I can sell to help me save for the future. I have the chance of being among people in the literacy circle by the grace of God.”*



Your gift of **£42** could help members reach and empower more women in regions where conflict is rife.



# Tackling gender-based violence

*“Now we have peace”*

Mothers' Union in Uganda are responding to the growing threat of gender-based violence in their communities. By creating safe spaces where survivors of abuse can come forward and speak openly about their traumas, the essential healing process can begin through our presence. It is from within members' deep-rooted community presence that they can advocate against harmful practices which enable and perpetuate violence against women and girls to a better future

This Mothering Sunday, you can help more women and girls live in safety and respect.

*“It used to be that every time my husband and I had to pay school fees we would fear, and that fear would turn into arguments. Now, we have peace, we know that we will manage because we both can contribute something. We are free now.”*



Your gift of **£60** could provide training for specialists to reach survivors of abuse in hard-to-reach communities.



Photo credit: Five Talents

Your gift of **£36** could give a woman like Jeanne the skills and support she needs to start her own business and promote peace and sharing

## Harmony and community

*“We share what we have grown...”*

Jeanne in the Diocese of Buhiga, Burundi, has transformed her life through the skills she learned to run and grow her own business. Starting with literacy training and a small loan, she and her family now have a safe home, cows to provide milk and income, nutritious food, clothing and education for her children. She now gives contributions back to her church strengthening her community building peaceful bonds with her inspired neighbours.

**This Mothering Sunday, you can empower more women to create thriving, peaceful communities.**

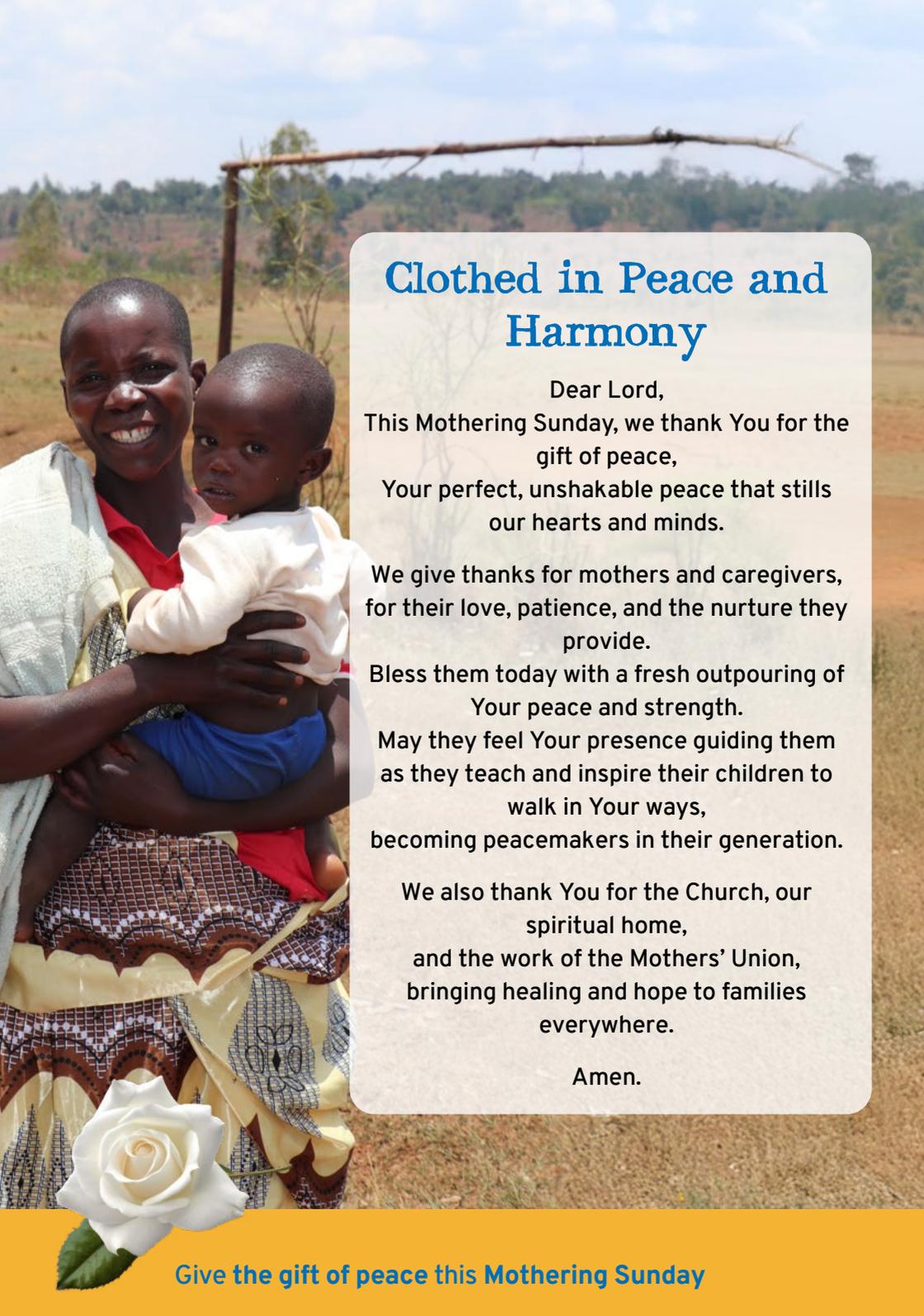
*“I used to rent a plot for growing cabbages, but then the business grew so that I was able to buy my own plot. Then I bought land and have now built our home. We can advise our children now, and we share what we have grown.”*



Give the gift of peace this Mothering Sunday

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

**Mothers' UNION**  
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## Clothed in Peace and Harmony

Dear Lord,  
This Mothering Sunday, we thank You for the gift of peace,  
Your perfect, unshakable peace that stills our hearts and minds.

We give thanks for mothers and caregivers, for their love, patience, and the nurture they provide.

Bless them today with a fresh outpouring of Your peace and strength.

May they feel Your presence guiding them as they teach and inspire their children to walk in Your ways, becoming peacemakers in their generation.

We also thank You for the Church, our spiritual home, and the work of the Mothers' Union, bringing healing and hope to families everywhere.

Amen.



Give the gift of peace this Mothering Sunday

Dear friends,

This Mothering Sunday, we embrace the opportunity we are blessed with to support and pray for parents all around the world who want a better future for their children.

Your **Gift of Peace** this Mothering Sunday can give families worldwide the chance to swap discord and tension to an atmosphere of support and positivity. In the Solomon Islands, Positive Parenting has been transforming family life, breaking cycles of child neglect, and replacing them with mutual respect and love.

In these pages, you can choose the ethical gifts you'd like to give, and dedicate them to a loved one for Mothering Sunday.

Together as a global community, we can show mothers, fathers and children everywhere that we are thinking of them today. We celebrate the honour to stand with new parents and grandparents as they seek guidance to overcome problems and strife, and build peace in their families, communities and countries.

Simply fill in the form when you have chosen your gifts, and return it in the enclosed reply envelope. **You will receive a thinking of you card which you can give to a loved one, together with a gift card, for each of your Gifts of Peace.**

Thank you and God's blessings for Mothering Sunday 2025.



Kathleen Snow  
Worldwide President, Mothers' Union



Give the gift of peace this Mothering Sunday



You can also buy your Gifts of Peace online via the Mothers' Union shop

# Gifts of Peace

## Order yours today

The quickest and easiest way to order your gift is at [www.makeamothersday.org](http://www.makeamothersday.org)

Each gift in this catalogue is a celebratory way for you to empower women to come together and give those in need strength, confidence, and the chance to fulfil their potential.

### Three simple stages:

1st 

Choose your gift from this catalogue – you can buy multiples of the same gift or mix and match different ones. Each gift comes with the option to include a heartfelt "Thinking of You" card.



2nd 

Fill out the form, enclose your payment, and return it using the attached Freepost envelope. If you're a UK taxpayer, tick the Gift Aid box to make your gift worth 25% more – at no extra cost to you

3rd 

We will send you a Mothering Sunday greetings card to keep or share with a loved one, along with the selected gift cards and envelopes.

You can also order your gift online by visiting [www.makeamothersday.org](http://www.makeamothersday.org) or by calling us on 020 7222 5533

Mothering Sunday  
30th March 2025



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

Reg Charity no 240531

**Staying in contact**

**Gaming** - If you tick this you **WILL NOT** receive any raffles, lotteries or free prize draws.

**Campaigns and Resources** - Tick to **NOT** receive mail that contains membership resources, campaign materials or appeals. *This Includes Connected and the Prayer Diary.*

Tick this box to opt out of all mail apart from essential (membership renewal). Ticking this box automatically opts you out of the other two options in this section.

To help Mothers' Union keep costs to a minimum I do **not** require an acknowledgement or greetings card for this donation.  MAMD25B

If your gift is in memory, we can also write your loved one's name in our remembrance book displayed in the Mothers' Union chapel.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Title: \_\_\_\_\_ Initial: \_\_\_\_\_ Surname: \_\_\_\_\_

Yes please. My loved one's name is: \_\_\_\_\_

By giving your telephone number you agree to being contacted by Mothers' Union in this way. **We will never pass your details to a third party.**

Title, first name and surname (block capitals): \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ County: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Yes, I want to Gift Aid any donations made to Mothers' Union now, in the future and in the past four years until I notify you otherwise.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Tick this box to make every £1 of your gift worth 25p more for FREE.

 Registered with FUNDRAISING REGULATORY

**Yes, I want to give a gift of peace**

Please select your gifts, fill in your payment details overleaf and complete the details below.

PLEASE FOLD ALONG THE DOTTED LINE AND SEAL

# Gifts of Peace Order yours today Mothering Sunday 30<sup>th</sup> March 2025



Freepost Plus RUGX-ZKXL-RTAT  
Mothers' Union  
Mary Summer House  
24 Tufton Street  
London  
SW1P 3RB



Please affix postage stamp here to help us reduce our costs.

**Mothers' UNION**  
Christian care for families

**Yes, I want to give a gift of peace**

Gift	Cost	How many gifts?	How many cards?	I am dedicating my gift to...	Total £
Intensive Positive Parenting Course	£150				
Stationery bundle	£20				
Training the trainers	£85				
A Powerful voice	£15				
Choosing brighter futures	£42				
Tackling gender-based violence	£60				
Harmony and community	£36				
Total £					

**Orders must be RECEIVED by 21st March to be dispatched before Mothering Sunday**

I enclose a cheque made payable to **Mothers' Union**

Or please debit my (please tick):  Visa/Visa Debit  Mastercard

Card Number

CVC number (3 digits on the reverse of your card):

We do not retain your security code once your donation has been processed.

Expiry Date:  /  /

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If sending a cheque please seal this form securely or place inside an envelope and use the freepost address:

**Freepost Plus RUGX-ZKXL-RTAT**  
**Mothers' Union, Mary Summer House**  
**24 Tufton Street**  
**London SW1P 3RB**

**Thank you for your order**



## Mothering Sunday 30th March 2025 Gifts of peace - order yours today

Mothers' Union ethical gifts change lives. This Mothering Sunday, instead of flowers or chocolates for your loved ones this year, why not buy them a Mothering Sunday ethical gift and spread the gift of peace.

Give the gift of  
**PEACE**  
this Mothering Sunday  
You can help build a better world



Mothers' Union, Mary Summer House, 24 Tufton Street, London, SW1P 3RB  
The Mothers' Union, Incorporated by Royal Charter 1926, is a charity registered in England and Wales (Registration No: 240531)



16 Days of Activism #NoExcuse

UNITE TO END  
VIOLENCE  
AGAINST  
WOMEN  
AND GIRLS

25 NOVEMBER TO  
10 DECEMBER

Changim  
bilif fo  
chan  
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# cutter guide

The image features a white background with a decorative graphic. A vertical dashed line runs down the center. To the right of this line, there is a solid vertical bar. Further to the right, there are two horizontal bars, one at the top and one at the bottom, both in a dark red color.