

**Reflection June 2023**



My Dear friends it is my pleasure to share with you once again as we reach the halfway point in this year, Wow! Where does the time go. I am sure for some of you it seems that the days go by too slowly and I pray that if that is the case the Lord will grant you visits from friends and family to help the time along. Since I last wrote to you our Worldwide President Sheran, together with our CEO Bev, has been busy travelling, visiting members in Africa, where they have been sharing the message of the MU and working alongside members as they gathered together in retreat. This has been a very busy time for all of them but I am sure they have felt the time fly by. Sheran will be visiting other parts of the world during this year, making up for the time she was unable to travel due to Covid, so please remember to pray for her asking for safe journeys, the energy and the right words, to enable her to fully carry out the work God has given her to do on our behalf. Once again this year those hardworking members of staff at Mary Sumner House have been busy putting together some activities which we can all do for the **‘Summer of hope Campaign’** which is aimed at helping those suffering from natural disasters, or the cost of living crisis, which can even effect people living in the UK and Ireland. Some of the things involve being on the move, but if like me you find that more difficult these days, then first of all why not ask a member of your branch, when they visit, to let you know what they are doing and if there is anything you can do to help. If this is not possible then why not have a collection jar which you can put your loose change into or ask any visitors if they would like to donate, you have until the end of July to do so. Then ask someone to give the money to the Branch Leader to pass on to the campaign.

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Or how about making pom poms using that age old method of winding wool around two pieces of card then cutting them out. [when I was a child, we used to us the old cardboard milk bottle tops for this] MSH suggests using yellow wool so that they look like sunshine, something we all need plenty of. Then either giving one to someone who needs cheering up, or hang it in your window to brighten up your street or even your room, or attaching them to some branches and pop them in a vase to brighten up your home or someone else’s. While you do this you may like to reflect on the world and commit that reflection to prayer. Are you clever enough to create a saleable item to give to someone raising funds for this worthy cause? Whatever you decide to do, do it with love in your heart and prayer on your lips because despite what physically might be a sunny day outside, for so many people in our world the rain is pouring in their lives, but through our efforts and prayers we can help to make the future brighter.

Love and Prayers

Jenny

**Let us Pray**

**Summer of Hope turning trauma into joy**

Lord, help us to love our neighbours that this may be a summer of hope for those struggling with life’s demands: the homeless, the hungry and the abused.

To help create change for good, Lord, prompt us to pray.

Where resources are lacking, Lord, move us to generosity.

Lead to take the steps we need to enable hope to grow into reality. AMEN from MSH summer of hope campaign

Let us say the Lord prayer, if you are able say it out loud, it will make you concentrate better, and you never know someone might be listening and be uplifted or even join in.

**Mary Sumner’s Personal Prayer** 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