"God is our refuge and strength, an ever-present help in trouble," - Psalm 46:1

Your donation will help provide:

- Literacy programmes that empower women to speak out, budget, and grow
- Bible-based savings groups that build dignity, faith, and financial resilience
- Support for Mothers' Union's life-changing work wherever the need is greatest

In these communities, women also learn to grow quick-harvest crops like lenga lenga (a leafy nutritious green), cabbages, and beans. Planted safely near home, these gardens provide families with food, dignity and self-reliance.

They do this in fellowship. Women like Julienne meet weekly to pray, study scripture, and support each other – growing strong in faith as they rebuild trust broken by violence.

"In this group we pray, we read the Bible, and we save wisely." Naomi

Sunflo

ersUNIO

Even when displaced again, these women return to one another and start afresh – with their faith, seeds and savings ready.

"Those who sow with tears will reap with songs of joy... carrying sheaves with them." — Psalm 126:5–6

Your gift today can help sustain this vital work.

And you can also help by starting your own "Sow & Grow" fundraiser.

This summer, let us invite you to:

- Host a sunflower growing competition at your church or with friends
- Run a sponsored Grow-a-thon who can grow the tallest plant?
- Sell preserves, herbs, or bakes made from your garden's bounty
- Or throw a summer garden party to raise vital funds

To get you started, I've enclosed a free pack of sunflower seeds – a thank you for your generosity and a symbol of the hope you're helping to grow. Sunflowers turn towards the light, just like Julienne.

"If you spend yourselves on behalf of the hungry... your light will rise in the darkness... You will be like a well-watered garden."— Isaiah 58:10–11

Please will you send a gift today using the attached donation form? Every seed of generosity you sow brings nourishment, light and faith to women facing crisis.

With heartfelt thanks, and God's blessing

Kathlein M. Snow

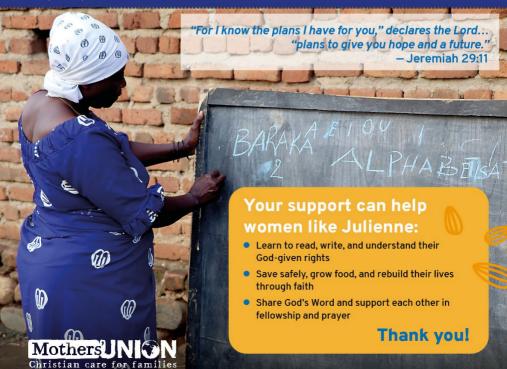
Kathleen Snow Worldwide President, Mothers' Union The seeds enclosed cost just a few pence. Please use yours to celebrate this Summer of Hope, spread the word of our work together, or even raise more funds.

Visit mothersunion.org/

Visit mothersunion.org/ get-involved/raise-money/ other-fundraising

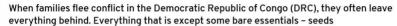
P.S. Please return your donation form today — and help women like Julienne move from survival to stability, with God's love. You can also bring your community together with a DIY "Sow & Grow" fundraiser. Every act of faith makes a difference.

You can also donate online at www.mothersunion.org/summer-hope-25 or by calling us on 020 7222 5533









Those seeds are more than survival – they are a sign of faith. A promise that God has not abandoned them. That hope can still take root.



This Summer of Hope, I'm asking you to stand with them, to help sow new beginnings through your gift. Please use the attached donation form to make a gift and help women like Julienne rebuild their lives with God's help — through literacy, savings, prayer, and community.

Julienne has spent much of her life in fear – of violence, of abuse, of instability. Displaced by conflict and trapped in an abusive marriage, she fled with almost nothing. For over a decade, she struggled to survive, without education or a safe way to earn a living.

Then she found hope through a Mothers' Union literacy circle.

With your support, Julienne learned to read and write for the first time. She began to understand her rights – and how often she had been denied them. "It felt like moving from darkness into light," she says. God was leading her into a new chapter.

Education unlocked her potential. She grew in confidence and began to run a small business. Her community saw her flourish and invited her to become a leader. Her story, like that of so many women in our programmes, shows how your gift today can be a light in someone's darkness.









as students, and I've been chosen to makes me feel very good." – Julienne

'Before, I couldn't read a mobile and needed help even

Registered Charity Number 240531

Continued overleaf

giftaid it

Help women grow in faith and resilience this Summer of Hope YES! I want to sow the Gift of Hope today. Tick this box to make every

Here is my gift of £25 £50 £100 My choice: £ to support
more women like Julienne to grow a future of faith, fellowship and resilience.
☐ I enclose a cheque/postal order/CAF voucher made payable to Mothers' Union OR please charge my:
☐ Visa ☐ MasterCard ☐ CAF Charity Card
Card No
Expiry date Security code
Signed:
Please return this form and any cheque donations to:

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



Yes, this is a group collection, so it is not eligible for Gift Aid

Yes, this is a gift from me OR

£1 of your gift worth 25p more for FREE.

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

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

Staying in touch

my responsibility to pay

otherwise

- 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.
- Non-essential Tick this box to opt out of all mail apart from essential (membership renewal). Ticking this box automatically opts you out of the other 2 options.