

Stick this to your fridge
as a reminder to plant
and fundraise!
(Summer fundraising
form overleaf)

SUMMER OF HOPE

You can help women harvest strength, faith and resilience.

"It has really helped us
get food for our family
quickly. And now I grow
variety of greens and
eggplants and spinach"

Suzan, harvesting lenga lenga after
fleeing her home, family
and community

In war-torn Democratic Republic of Congo (DRC), women like Julienne and Suzan (pictured) flee their homes with nothing but their children – and a handful of seeds.

Your gift this summer can help them survive, grow food, learn to read, build businesses, and raise their families in faith. Your support is urgently needed to help these women stand strong in crisis and sow stability, resilience and a brighter future in faith.

£50

could help a woman start
her own vegetable plot
in unfamiliar territory

£100

could support a local
Mothers' Union trainer
to run a savings group
for those fleeing from
war zones

Seeds of Survival, Seeds of Strength

Mothers' Union is already helping thousands of women in DRC through literacy circles and savings groups. As the conflict in the region deepens, with your help, we can reach thousands more. Please stand in solidarity with these women to help:

- Continue life-changing Literacy Circles in four dioceses
- Expand to new areas: Boga and Kisangani

Mothers' UNION
Christian care for families

Summer Fundraising Tips



Simple, joyful, and community-based fundraising ideas:

This Summer you can...

- Host a sponsored sunflower-growing competition – Sow & Grow!
- Sell your baked goods, herbs, or home-grown produce
- Hold a summer garden party with your church or friends

How to take part

- ☒ Plan your fundraiser
- ☒ Plant your sunflower seeds
- ☒ Fundraise with friends! Sunflower competitions are great fun for all ages

Your free sunflower seeds – a gift and a symbol

These seeds are a small token of thanks – and a symbol of the hope you're helping to root, nurture, and grow in communities shattered by conflict, and in the lives of women facing unimaginable hardship.

Please donate today, then start your own "Sow & Grow" or community fundraiser.

Together, we can help women like Julianne and Suzan find dignity, strength, and a new beginning.



"Those who sow with tears will reap with songs of joy..." – Psalm 126:5

Please use this additional form for group collections only and return to:

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



Name _____

Amount raised _____

On behalf of _____ Group

Email address _____

(Acknowledgement to be sent by email)

**Every sunflower you grow, every penny you raise,
helps a family rise in faith and God's love. Thank you!**