



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

£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



SUMMER

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.

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





Mary Sumner House, 24 Tufton Street, London SW1P 3RB

020 7222 5533 www.mothersunion.org/summer-hope-25



@MothersUnion





@MothersUnion O @officialmothersunion



Summer Fundraising Tips



Simple, joyful, and community-based fundraising ideas:



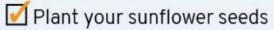
This Summer you can...

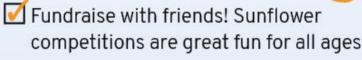
- Host a sponsored sunflower-growing competition - Sow & Grow!
- Sell your baked goods, herbs, or home-grown produce
- Hold a summer garden party with your church or friends



How to take part

✓ Plan your fundraiser





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 Julienne and Suzan find dignity, strength, and a new beginning.

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

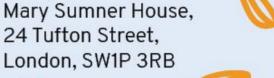


Please use this additional form for group collections only and return to:

Freepost Plus RUGX-ZKXL-RTAT Mothers' Union. Group Collection, Mary Sumner House, 24 Tufton Street,

Registered with

FUNDRAISING REGULATOR





| 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!