



Give the Gift of Belonging this Mothering Sunday

February 2026

'When my family shunned me, I felt fear. Today, I feel strong, because my community and my faith lifted me up.'
- Grace

Mothering Sunday stirs deep emotions for many of us: gratitude, love, remembrance, and sometimes sorrow. Around the world, there are teenage mothers who long for the comfort and protection of family, yet find themselves utterly alone at the moment they need love most.

Now is the perfect time to come together and celebrate the strength of mothers and the power of community. By giving an ethical Gift of Belonging this Mothering Sunday, you can help young mothers raise their children with hope and dignity in God's family.

In rural Rwanda, I often meet teenage mothers who face heartbreaking challenges. Poverty, hardship and violence in the home can drive girls to seek comfort from unsafe places before they fully understand the risks. Some become pregnant through coercion or abuse. And when that happens, too often their families turn them away, leaving them isolated, stigmatised, and struggling to survive.

You can help make it possible for more families in Rwanda to support their daughters to find new confidence and purpose through faith and fellowship.

One of these daughters is a young woman I'll call Grace*.

When Grace became pregnant at 15, her parents were ashamed and rejected her. She had to leave home and school, with no income, no health insurance, and nowhere to go. For months she lived in fear, trying to care for her baby alone.

Then she met a woman from our Mothers' Union group, someone she now calls her "spiritual mother." This woman prayed with her, and brought her into our community support programme. Through that connection, Grace received guidance, faith-based counselling, and practical help, including a small loan of £20 to start baking chapatis to sell.

Today, Grace runs her own small shop. She can feed and clothe her... *continued overleaf*

Make a Mother's Day with your gift



*Grace's story is true, but her name and identifying features of her story have been changed to protect her privacy.

... child, and she helps other young mothers learn business skills. Her parents, once filled with shame, now visit her with pride, and her younger sister now sees Grace as a strong role model.

This is what a **Gift of Belonging** can do – turn rejection into strength, despair into hope, and a single act of kindness into lasting change.

Across Rwanda, young mothers like Grace are rebuilding their lives with the support of Mothers' Union. But, with **1 in 20 girls aged 15-19 beginning childbearing** in Rwanda[†], there is still so much work to do.

We have an expression in our national language, Kinyarwanda, that sums up how holistic support for young women can help to build their faith, practical resilience and skills: **"Ubumenyi mu mutwe, Kristo mu mutima, amafaranga mu mufuka."**

A close translation of this would be: **"Knowledge in the head, Christ in the heart, money in the pocket."**

With your Gift of Belonging this Mothering Sunday, you can help more young mothers find the love and hope they need to thrive.

£20 could help provide materials for life-skills training, such as sewing or cooking classes.

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

£110 could fund a Positive Parenting course to strengthen whole families and break cycles of poverty and stigma.

Each gift you give helps more young mothers receive education skills and your reassurance that they are not alone.

As you give thanks this Mothering Sunday for those who have nurtured you, please remember mothers around the world who need hope, dignity and the support of God's love in action.

Thank you and may God bless you,

Revd Annonciata Kabega

The Revd Annonciata Kabega
Project Coordinator, Mothers' Union Rwanda

P.S. You can choose your Gifts of Belonging from the catalogue enclosed. Why not dedicate your gift to someone special, and have your message displayed in the chapel at Mary Sumner House Chapel?

Return your dedication card with your gift form, or order online at **www.makeamothersday.org**

[†]Source: Rwanda Demographic Health Survey. Adolescent Pregnancy Report, 2020. <https://rwanda.unfpa>



"Where there is no hope, there is no life. But where there is faith in God, there is life, strength and hope for a better future. This Mothering Sunday, please join Grace and support young mothers globally to build their futures."

The Revd Annonciata Kabega



"I was rejected and alone, but through my spiritual mother and Mothers' Union, God gave me the strength to begin again."
Grace

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Mothers' UNION
Christian care for families