



OCTOBER

Caring is sharing
– sharing is caring

October

REFLECTION

At the very beginning of His ministry, Jesus declared that one of the tasks God had sent Him to do was, 'to proclaim liberty to the captives, to let the oppressed go free' (Luke 4.18). He announced that He had been anointed to fulfil Isaiah's prophecy, which He quoted in the synagogue at the beginning of His ministry (Isaiah 61.1). Throughout His life, He continued to reveal in word and action God's love and compassion, God's desire for freedom and justice for all who are oppressed or held captive, whether in physical or spiritual bondage. Jesus' call is also one for us all, especially those of us in Mothers Union, to pray and to work for the liberation of others.

MONTHLY PRAYER

Gracious God and Father, As we welcome a new day and a new month, we pray that You will put a song in our hearts and on our lips to celebrate the glorious freedom won for us by Jesus in His death and resurrection. Freedom from sin and guilt; freedom to be who we are meant to be in Christ. May our joyful response be to join our MU brothers and sisters across the world 'to proclaim liberty to the captives and let the oppressed go free.' We give thanks for all that MU has done in Your name and pray with hope and confidence that it will continue to serve You and show Your love now and in the future. Amen

CREATIVE PRAYER

Hold out your hands and look at them, these are the hands God gave you to care and to share. Trace one hand on a piece of paper and, on each finger, write or draw one way you can care or share this week. As you decorate your hand, pray: "Jesus, bless these hands. Make them caring and sharing hands, just like Yours." Take your handprint home or place it somewhere you'll see it, to remind you each day that caring is sharing, and sharing is caring.

DAILY PRAYERS

1-3 October

Thursday 1**(International Day of Older Persons)**

Dear Heavenly Father, thank You for the wisdom and experience that age brings. Help us to use these qualities to support and encourage our fellow pilgrims. Like Simeon and Anna, may we be faithful in prayer and worship, always alive to the promptings of the Holy Spirit as we seek to build Your kingdom on earth.

Friday 2

Loving Lord, we pray for people who are suffering the burdens of old age – for people whose frailty confines them in their homes; for people who are lonely or afraid. May they know the comfort and strength of Your presence with them. Thank You for the kindness and help from good neighbours. Show us who needs us to be a good neighbour to them today.

Saturday 3

Lord Jesus, You came that we might have life and have it in all its fullness. May we discover that abundant life does not depend on circumstances but on our faith and love for You. Give us grace to share that love with others through our words and deeds.



WAVE OF PRAYER

1-3 October: Nzara in South Sudan; North Kigezi in Uganda; Kivu in Rwanda; Damataru in Nigeria; Auckland in New Zealand and Vanuatu and New Caledonia in Vanuatu

DAILY PRAYERS

4-10 October

Sunday 4**(Grandparents' Day)**

Grandchildren are a crown for the aged, and parents are a glory to their children.

Proverbs 17:6 (NRSV)

Monday 5

Loving Father, we give thanks for grandparents. Strengthen people raising grandchildren alone, and comfort those grieving loss or separated by distance or estrangement. May they know Your peace, Your presence, and Your sustaining love.

Tuesday 6

We pray for everyone living with fear, control, or violence in their relationships, and for the impact on family wellbeing. Grant strength to seek safety and support. Bless the Mothers' Union 'Rise Up' campaign in raising awareness and driving change.

Wednesday 7

Loving Lord, thank You for your promise never to leave or forsake us. In the challenges of illness, dependence, or care, bring comfort, strength, and hope. In pain and frustration, may Your presence be deeply known and felt.

Thursday 8

We pray for all experiencing restrictions, discrimination, or persecution for their faith. In fear and uncertainty, may strength, comfort, and hope be found in Your presence, Lord, our refuge and constant source of peace and justice.

Friday 9

Dear Lord, we give thanks for the impact of the Mothers' Union literacy programme. Bless all who take part and those who help make it possible. May this work continue to build confidence, skills, and lasting change in communities.

Saturday 10

Hope flows like a river, reaching dry and weary places, bringing freedom and new life. We give heartfelt thanks for the hope found in Jesus and the love that sustains us. May this hope be shared through our words and actions, near and far.

WAVE OF PRAYER

5-7 October: Mbashe in South Africa; Kitgum in Uganda; Ukwa & Ilesa South-West in Nigeria; Tasmania in Australia and Central Melanesia in Solomon Islands

8-10 October: Ethiopia; Zanzibar in Tanzania; Awgu/Aninri in Nigeria; Freetown in Sierra Leone; Monmouth in Wales and Malaita in Solomon Islands

DAILY PRAYERS

11-17 October (Prisons Week)

Sunday 11

(Prisons Sunday)

'When did we see you ill or in prison and come to visit you?' And the king will answer, 'Truly I tell you; anything you did for one of my brothers here, however insignificant, you did for me'.

Matthew 25:39-40

Monday 12

Merciful Father, we pray for all people unjustly imprisoned. We remember the many across the world whose human rights are ignored. Bless the work of campaigners who bring injustices to light. May we keep ourselves informed and do what we can to support this work.

Tuesday 13

Heavenly Father, we remember today people in prison especially those serving their first sentences. May they feel safe and find companionship to help them through their time inside. Thank you for MU initiatives which seek to maintain relationships between prisoners and their families and demonstrate Christ's unconditional love for all.

Wednesday 14

Loving Lord, we thank You that Your grace and forgiveness reach every life. Bless all who work in the Prison Service and support others in challenging circumstances. Be with chaplains as they offer comfort, peace, and hope through the Gospel.

Thursday 15

Lord Jesus, You reached out to those on the margins and befriended the friendless. We pray for families affected by imprisonment, seeking strength to hold together. Thank You for Mothers' Union members worldwide who welcome, include, and serve with love.

Friday 16

God of healing and wholeness, we pray for those facing addiction within prison walls. May they find support and fresh beginnings, and continued care beyond their sentences. Help us to recognise our own bonds and come to You for healing and grace.

Saturday 17

Heavenly Father, as we mark 150 years of Mothers' Union, grant us confidence to continue as agents of change – supporting families, empowering women, and strengthening communities. Renew our faith and enthusiasm and guide us to those who will join our work.

WAVE OF PRAYER

12-14 October: Ezo in South Sudan; Thika in Kenya; Jos & Akoko in Nigeria; in Europe and União de Mulheres Episcopais Anglicanas do Brasil (UMEAB) in Brazil

15-17 October: Terekeka in South Sudan; Nairobi in Kenya; Maiduguri & Osun North in Nigeria; Edinburgh in Scotland and Calcutta in India

DAILY PRAYERS

18-24 October

Sunday 18

(Anti-Slavery Day)

'Speak out for those who cannot speak, for the rights of all the destitute. Speak out, judge righteously, defend the rights of the poor and needy.'

Proverbs 31:8-9

Monday 19

Lord Jesus Christ, we join with others worldwide to ask for Your guidance and grace. Help us to notice people who are unseen, especially caught in modern slavery. Bless all working to bring freedom and justice.

Tuesday 20

We pray for sisters and brothers suffering forced labour, exploitation, and injustice in many forms. May they find hope, safety, and a way to new life.

Wednesday 21

Almighty God, surround all who have experienced abuse with Your care and protection. Bring healing, peace, strength, and a deep sense of Your presence and love.

Thursday 22

God of peace, many live without Your peace, especially women and children fearing violence at home. Grant protection and wisdom to people who support and safeguard them.

Friday 23

We pray for people who feel powerless or confused in their relationships. Help them find healthy ways to express frustrations and hopes. Work in the world to bring healing and peace.

Saturday 24

Make us faithful in every encounter, ready to do good, show kindness and mercy, live humbly, and bring peace. So, glorifying you here, we may be glorified with You.
(John Wesley)

WAVE OF PRAYER

19-21 October: High Veld in South Africa; Nambale in Kenya; Niger-Delta in Nigeria; in Guinea; Blackburn in England and Bhopal in India

22-24 October: Kimberley and Kuruman in South Africa; Kitui in Kenya; Kano & Kwara in Nigeria; Armidale in Australia and Myitkyina in Myanmar

DAILY PRAYERS

25-31 October

Sunday 25

'Come to me all who are weary and whose load is heavy; I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble-hearted and you will find rest for your souls. For my yoke is easy to wear, my load is light.'

Matthew 11:28-30 (REB)

Monday 26

Lord, support people held in captivity to addictions. Give them the courage to take the first steps to recovery, and sustain them through their struggle on the long road to freedom. May Your love surround their families as they journey together through testing times.

Tuesday 27

Lord, we thank and praise You that in Christ we have been set free and His Spirit releases us from fear. We pray for all living with memories of trauma or abuse. Bless the work of Mothers' Union in places affected by conflict and suffering. May healing and true reconciliation come to every community.

Wednesday 28

Thank You, Lord, for Your grace and new life. We remember people facing poverty and limited choices. Bless MU's work helping women with literacy and leadership around the world.

Thursday 29

Lord, be close to everyone who is carrying heavy burdens. Help us see who needs encouragement and give us the words to offer hope.

Friday 30

We thank You for Mary Sumner's vision and 150 years of MU. Help us keep empowering women to build strong communities.

Saturday 31

Praise Jesus for freedom from sin and new life in the Spirit. Help us share this Good News with everyone today.

WAVE OF PRAYER

26-28 October: Malakal in South Sudan; All Saints Cathedral in Kenya; Kontagora & Osun North East in Nigeria; Glasgow & Galloway in Scotland and Pune in India

29-31 October: Luapula in Zambia; Nakuru in Kenya; South Rwenzori in Uganda; Ibadan- North in Nigeria; Connor in All Ireland and Pusan in South Korea

