

Activity Tables

Give people about 5-10 minutes to work round tables and try out the activities. Say that everyone will have different experiences of MU, so if it is something they already know about, they can help by answering questions from others, or sharing their experiences. Ask each person to take a prayer and complete an action card for each table. If time and space permit, leave the tables out for the day so that people can go back to activities.

You will need

- 5 tables with coloured tablecloths (paper ones are fine)
- Instruction sheets (preferably laminated), enough prayer sheets and action cards for each person
- Washing lines along tables or suspended from wall/windows/light fittings, with pegs
- Or use A1 paper stuck on front of tables, and post-it notes

Projects in the UK and Ireland (these can be adapted depending on current projects in your Diocese)

Mothers' Union members around the UK and Ireland are involved with a wide range of projects, programmes and initiatives. Every diocese has its own priorities, its own contacts, its own skills, so each one will be different. **Inspired** is a nationally-produced programme which helps members to celebrate what is already happening locally, look at what the needs might be, and consider ways of addressing them.

Read about Inspired, and about some of the projects that are already going on. You might like to try making a **Cross in my Pocket**. In many Dioceses, members have trained as parenting facilitators. One of the most important skills parents are taught is building self-esteem and confidence in their children. Look at the sheets from **parenting programmes** and fill them in for your child or children. You can take both these activities away with you.

Finish by filling in a response card, pinning it to the washing line, and taking a prayer card.

What are you currently doing in the name of MU in your branch/church/community?
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Resources:

- *Why Inspired* sheet
 - Cross in my pocket
 - Inspired page laminated
 - Cut out canvas
 - Wool
 - Needles
 - Scissors
 - Instructions pages in A5
 - Parenting
 - Activity around affirming children
 - Building self-esteem
 - Communication check list P 127 (teens)
 - Spotting what's good P12 (younger children)
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Hand in Hand

The second Objective of Mothers' Union is "to encourage parents in their role to develop the faith of their children". This can be a challenge whatever the age of your children. MU has produced a booklet *Hand in Hand*. Have a look at the copies on the table, read the Ideas Sheets which are also downloadable from the website, and try out one or two creative prayer ideas, that you could share with your child(ren) later.

Finish by filling in a response card, pinning it to the washing line, and taking a prayer card.

What ideas could you try in the next month with your family or in your church?

- Ideas sheets from Hand in Hand website pages
- One or two laminated pages of ideas to do
- Paper
- Colouring pens/pencils
- Bubble mixture
- Lost sheep book
- Copies of Hand in Hand

Being a member

Mothers' Union has over 4 million members worldwide, but membership takes many forms and the criteria for joining vary from one country to the next. In the UK, members must promise to uphold the Aim and Objectives of the Society and must be baptised in the name of the Holy Trinity. Some join a branch which meets regularly, but some do not have the time or the inclination to join a branch, or there may not be one in their local area. Read about some of the different ways that members have found to meet up and keep in touch. Then think about, and discuss, what works for you, and if you want to, plan an event that might attract other members and non-members, and create an invitation.

Finish by filling in a response card, pinning it to the washing line, and taking a prayer card.

If you meet other members locally, what benefit do you get? If you don't, what would persuade you to go to something??

Resources:

- Inspired sheets on various types of meetings (eg. MUMA, Mothers and Uthers)
 - What might work in your situation
 - Design an invitation to a meeting to attract your friends
 - Card, coloured card, pens, stickers incl MU
 - Help us Grow cards??
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Worldwide

MU is at work in over 80 countries around the world, making a difference to people's lives through projects large and small. On the map are pictures with a story on the back. Take some time to read the stories, and talk about your reactions. Also share any stories you have of making a difference to people's lives, whether in this country or abroad.

Finish by completing a card with your name or a self-portrait on one side and write on the other a way you have touched someone else's life in a positive way.

Do you have first-hand experience of MU overseas? Have you done something to touch the life of someone else in a positive way?

Resources:

- Large map of the world
 - Stories with picture stuck in the right place (see separate files)
 - Cards with face outline on one side and space to write on the other
 - Pens
 - Copies of FWW
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Campaigning – Made in the Image of God

The fourth Objective of Mothers' Union is "to promote conditions in society favourable to stable family life and the protection of children". From very early days, members have campaigned on matters that they considered of importance to families. Recent campaigns have included the Millennium Development Goals, flexible working for parents and remarriage in church for divorcees. Currently, MU is involved in the Buy Bye Childhood campaign. Read about the campaign, read and reflect on the Bible passages and think about how God might be calling you to be involved. Look through the magazines and find an image that seems to distort our view of ourselves, and one which affirms it, and stick them on the paper.

Finish by filling in a response card, pinning it to the washing line, and taking a prayer card and conversations starters.

Have you ever joined in with a Mothers' Union campaign? Or any other campaign? If so, what did you do?

Resources:

- Facts and figures about BBChildhood
 - Latest resources from Bye Buy Childhood website
 - Magazine pages – collage – each one adds something
 - Glue and scissors
 - Conversation starters to take home
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