

Inspiring women appear in our lives in many guises. Like Martha, some are busy serving, whereas others like Mary, relish being present in the moment. Both were inspired by Jesus, and in turn are inspiring models to follow. Like them, we each have differing traits and personalities. But whatever our individual qualities we are all equally valued and loved by God. And whether we are a 'doer' or a 'thinker' (or maybe a mixture of both) God can, and does use us as a light to inspire others. Let's savour that thought!

Monthly Prayer:
'First at the cradle and last at the cross', women from every walk of life continue to inspire us. Whether we are a 'Mary' or a 'Martha', we pray to be blessed with a prayerful heart and a spirit of hope that brings encouragement and light to others. Amen

March: Inspiring women



Please note that the Diocesan Festival Service will take place on Monday April 8th

Mothers' Union Enterprise

For all your cards, gifts, MU badges, and lots, lots more, please contact **Naomi** on **087 7674447** or **cfomuenterpri@gmail.com**

Naomi is happy to travel to branch meetings or events, but a contribution towards her petrol costs would be appreciated.

Cards ordered over the phone or via email and text can now be paid for by Credit Card.



Please continue to knit items for premature babies and to make Freddie and syringe bags for the hospitals. If you have any items ready for distribution then please contact **Linda Ward**. Trauma teddies are also needed for the Midlands Prison, please contact me regarding same, alternatively bring any items you have, to Spring Council.

Friday 17th – Saturday 18th of May
@ The Hotel Minella, Clonmel



Break-Away Retreat of Relaxation, Spirituality, Mindfulness, Arts & Crafts, Fun and Friendship.

€250 pp sharing

(twin rooms only - 1 night B+B, dinner & lunch, including full use of leisure facilities)



€100 deposit due at time of booking to secure your place, with balance due by Friday the 26th of April. Spaces are limited, so early booking is recommended. For further details or to book your place contact Lesley on 085 8890029 or cfodpmothersunion@yahoo.com

Dates for your Diary 2024

Lady Day Festival Service - Monday April 8th at 7pm in St. Peter's, Kiltegan

Spring Council - Saturday April 27th in the Dolmen Hotel, Carlow at 10.30am

Retreat/Break-Away - Friday/Saturday May 17th- 18th Hotel Minella, Clonmel

International Widow's Day - Sunday June 23rd service and supper Kilkenny

Mary Sumner Day - Friday August 9th Diocesan 'Big Hymn Sing' for Mum's in May

Autumn Council - Saturday October 26th in the Dolmen Hotel, Carlow at 10.30am

CFO Diocesan Holy Communion Service - Thursday November 7th in St. Mary's, Carlow at 11.30am



Mothers' Union encourages churches to **RISE UP against domestic abuse.**

The statistics are shocking and with 1 in 4 women, 1 in 7 men and all of their children affected, domestic abuse is a pervasive issue that affects individuals and families of all backgrounds, causing lasting harm and trauma. In response to this urgent need, Mothers' Union has initiated the "RISE UP Against Domestic Abuse" challenge and is inviting parishes to get involved.

RISE UP is an acronym for **Respond, Inform, Support** and **Empower** as we **Unite** and **Pray** together.

RISE UP Against Domestic Abuse aims to play its part in combating domestic abuse through awareness raising, providing resources, and support for those affected by domestic abuse, as well as fostering a culture of empathy and empowerment within our churches and communities.

Our churches play a vital role in every community. We are the grassroots, on the ground, in every neighbourhood. Responding compassionately, and appropriately is a key element on this journey.

We invite you to engage with the **RISE UP** Challenge and seek to combat domestic abuse in our communities. We believe that together, we can make a difference in the lives of those affected by domestic abuse and create a brighter, more secure future for everyone.

What does the **RISE UP** Challenge involve? To find information about the "**RISE UP Against Domestic Abuse**" challenge visit our website at www.mothersunion.org/riseup or contact Jacqui at muchangingthestory@gmail.com



Mothers' Union Cashel, Ferns and Ossory now offer financial help through 3 grants schemes.

AFIA Re-imagined (Away From It All):

covers expenses for short breaks, children's camps and school trips, travel costs for medical appointments, and much more....

SUBB (School Uniform and Book Bursary):

helps with all those back-to-school expenses.

Helping Hands: is our Cost of Living grant, for those struggling to make ends meet.

Application forms can be obtained by contacting cfomothersuniongrants@gmail.com
All applications are treated in the strictest confidence and with the utmost respect.

St. Patrick's Blessing

May your days be many and your troubles be few. May all God's blessings descend upon you. May peace be within you. May your heart be strong. May you find what you are seeking wherever you roam. May the strength of God pilot us. May the wisdom of God instruct us. May the hand of God protect us. May the word of God direct us. May thy Salvation, O Lord, be always ours, this day and for evermore. Amen.

