



Mothers' UNION Newsletter

Christian care for families

Diocese of Cashel, Ferns & Ossory

Reg. Charity 2007331

Revenue 5161

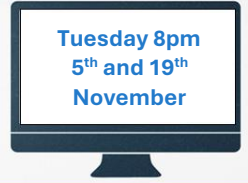
November Women's equality and empowerment

May our championing of women's equality and empowerment provide women with the means to lift themselves up in their communities; highlighting God's restoration of human dignity in relationships, based on love and justice, not domination. Amen.



CHURCH ONLINE

Tuesday 8pm
5th and 19th
November



PEACE



NO MORE
VIOLENCE

St. Mary's Carlow
7th November
at 11.30am

Everyone Welcome

Diocesan

HOLY COMMUNION



Dates for your Dairy

CFO Holy Communion Service in Carlow

- Thursday 7th November at 11.30am

16 Days of Activism Against Gender-Based
Violence - November 25th to December 10th

PRAY 16 via Zoom Nov 25th - Dec 10th at 7.30pm

MU Global Day of Action Vigil Service in
Stradbally - Saturday 30th Nov at 3pm

Annabella Hayes Day - Friday 7th February 2025

Spring Council in Dolmen Hotel, Carlow

- Saturday 5th April 2025

Festival Service/Diocesan Holy Communion

- Thursday May 1st 2025



Join us for PRAY 16 – a short online
prayer service every night during the
16 Days of Activism at 7.30pm.

The Zoom link will be emailed with
the November newsletter and/or
can be sent on request.



REMEMBRANCE DAY

Lest we forget

Loving and compassionate God,
we pray for all who have laboured for liberty,
freedom and justice;
for those who have made the ultimate sacrifice;
for those who in life and death
have preserved our living.
Grant that they may rest in your peace,
and that we, through our actions,
may be found worthy to inherit
the eternal treasures of your kingdom. Amen.

Global Day of Action Service



St. Patrick's, Stradbally at 3pm

As Mothers' Union continues to encourage branches and churches to **RISE UP** against domestic abuse this month we feature the 16 Days of Activism Against Gender-Based Violence.

What is 16 Days of Activism?

The Global 16 Days Campaign was initiated in 1991 as a worldwide call for the elimination of gender-based violence (GBV), to speak up, raise awareness and inspire people to do something to change the story of violence against women. It runs annually from November 25th (International Day Against Violence Against Women) to December 10th (International Human Rights Day).

Where do we fit into this?

For too long the church has turned a blind eye to domestic abuse or, even worse, colluded with it. Research indicates that 1 in 4 people in our pews is affected by domestic abuse and/or domestic violence. It falls on our shoulders to shed the light of the compassion of Christ on the subject.



With this in mind Mothers' Union has developed the **RISE UP** Campaign to support and equip churches to take steps of awareness, and offer simple practical supports and prayer resources to parishes across Britain and Ireland.

The central tenant of the Mothers' Union RISE UP Campaign is the Bronze, Silver and Gold Award Scheme for Branches and/or Parishes across Britain and Ireland.

To achieve the **Bronze** award your branch/church should:

- Put a RISE UP poster raising awareness about domestic abuse in an appropriate public place such as in churches, toilets, community centres, parish hall, etc.
- Commit to pray for those affected by domestic abuse, including the victims, survivors, perpetrators and those who work in the field of domestic abuse.
- Make a connection with your local domestic abuse service to see how you can support them.

By undertaking these three simple steps parishioners and communities become aware that we care, it is an issue on which we will no longer sweep under the carpet but encourage speaking up, and speaking out as we break the silence and lift the lid on the shame to shift the blame from the victim to the perpetrator.

The Church is in every neighbourhood, every nook and cranny. We have enormous influence and respect in and outside of our walls. Let's harness this to RISE UP and change the story of domestic abuse. For further information on the Bronze, Silver and Gold Award Scheme head to www.mothersunion.org/RISEUP where **MU RISE UP** Resources are available and/or contact muchangingthestory@gmail.com for Ireland specific information.



The **RISE UP** Prayer:

God of justice, peace and compassion, Heavenly Father, Creator and sustainer of all. We thank you that you gave yourself, your own Son, to give every person the opportunity to turn from darkness to the light of your presence and love. We know that all those who endure cruelty and abuse are precious in your sight, that no tear falls without your knowledge and love, and we ask that they would know your presence, strength, comfort and wisdom – even in their fear, confusion and pain. We commit ourselves, those who have experience of abuse, those whose loved ones have experience of abuse and those of us who enjoy safety and peace in our relationships, to **RISE UP** against domestic abuse in all its forms. We pray for your compassion as we seek to **RESPOND**, for your wisdom as we become better **INFORMED**, for your gentleness as we try to **SUPPORT**, for your strength as we hope to **EMPOWER**, and the mark of your Holy Spirit that **UNITES** us together to work and **PRAY** unceasingly, until situations change and freedom, life and love is restored to all. In your dear and powerful name, we cry out to you together. Amen.