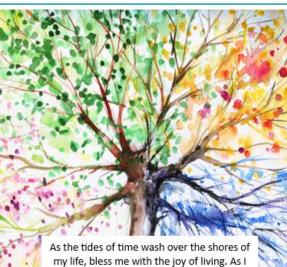


Reg. Charity 2007331

# Mothers INION Newsletter

Diocese of Cashel, Ferns & Ossory

Revenue 5161



my life, bless me with the joy of living. As I sift through the shifting sands of my years, bless me with understanding. As the seasons of budding and fruiting come and go, bless me with a thankful spirit. Amen.

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## September: Seasons



#### We Pray for a Good Harvest

O God, who gives each of us work to do for your sake, we ask for your blessing on all the machines that enable farmers to do their work upon the land. We ask you especially to prosper throughout the year the work done on our local farms. May the farmer's hopes be fulfilled in a plentiful harvest; may your people be fed with wholesome food; may town and country, united in gratitude to you, be drawn nearer to the understanding and true service of each other, through Jesus Christ our Lord. Amen.







#### Mothers' Union Enterprise

Contact Naomi on 087 7674447 or cfomuenterprise@gmail.com

For all your MU cards, gifts, badges, and merchandise.

Payment by credit card available.



### Dates for your Diary

National Ploughing Championships - 17<sup>th</sup>, 18<sup>th</sup> + 19<sup>th</sup> September in Ratheniska, Laois Meet Ish Lennox in St. Brigid's Cathedral Kildare - Friday 18<sup>th</sup> October Autumn Council - Saturday 26<sup>th</sup> October in the Dolmen Hotel Carlow from 10.30am CFO Holy Communion Service - Thursday 7<sup>th</sup> November in St. Mary's Carlow at 11.30am 16 Days of Activism Against Gender-Based Violence November 25<sup>th</sup> to December 10<sup>th</sup> Global Day of Action - Saturday 30<sup>th</sup> Nov.



### As Mothers' Union continues to encourage branches and churches to RISE UP against domestic abuse, this month we feature Children and Domestic Abuse – the unrecognised victims.

The impacts of growing up in a household with domestic abuse are complex. Children do not have to directly witness the abuse to know that something bad is happening. They may overhear an argument or see their parent's injuries or pick up on the tension between their parents, which is scary and confusing for children. Studies have shown that children who grow up in homes with domestic violence are up to 15 times more likely to be physically and/or sexually assaulted than children who do not.

**Development:** Children may react differently depending on their circumstances. Often, however, children will have a range of emotional, physical, and developmental difficulties. As young children are developing their brains are creating the foundations for how they understand emotion and their role in society. Emotional stress caused by living with abuse can disrupt that development.

**Child abuse:** The impact of being physically abused by a parent goes beyond the physical injuries. It has huge implications for the psychological wellbeing of the child, with many children living in a constant state of fear and dread.

**Emotional impact:** Children who have lived with domestic abuse may experience depression, severe anxiety, poor concentration levels and focus. They may have difficulty learning and limited social skills, or exhibit violent or delinquent behaviour. Children often do not want to leave the adult victim during the day and may stay off school to reassure themselves that the parent is safe. Children have identified that their voices are not heard in relation to Domestic Violence and that their experiences are not being validated. Through the Barnardo's Empowering Kids project this poster was produced identifying how we, as adults, can help them.

