**St Dunstan’s Mothers’ Union**

Have you seen the leaflet produced by Mothers’ Union called, Children and Spirituality? I picked one up from the back of the church – it’s excellent.

This well written and thought-provoking leaflet is aimed at parents and all those linked to young children, offering advice on how we can help children grow spiritually.

It begins by explaining spirituality – which comes from a word meaning “breath” - human beings are spiritual because the breath of God is within them - spirituality is about how we experience and relate to God. It explains why spirituality is so important and how we can help children grow spiritually, giving practical examples of ways we can do this.

As well as teaching our children to be caring, sensitive to others and to look after our world, it stresses the importance of introducing children to a specific religion. It points out that you don’t need to be a saint, have a degree in theology or have all the right answers to help your child on their spiritual journey.

I particularly like the last lines of the leaflet - We must teach our children to smell the earth, taste the rain, touch the wind, see things grow and hear the sunrise and night fall and finally, to care. Pick one up when you’re next in church - I’m going to see if MU has produced any other leaflets!

At our last meeting on 8th May sadly, Felicity was unable to join us but we’re looking forward to seeing her at a later date when she’ll be speaking to us about her journey to vocation in ordained ministry. We’ll let you know the date as soon as we have it.

To fill Felicity’s absence, Sally Steele had the excellent idea of inviting members to share memories they have of their grandparents. This proved to be a very interesting session with many members relaying fond memories of days spent with loving grandparents.

Coming up in our programme: on Monday, 5th June we shall be hearing all about the excellent work of The Samaritans. This should be an interesting and worthwhile session so do come along and join us – all will be welcome.

On Thursday, June 22nd we shall be Dining Out. If you’d like to join us, please contact Sally Steele or a member of the Committee. I’m afraid I don’t have full details yet but have been told it’ll be at one of the restaurants in Cheam Village.

**Sue Wass**