

# Newsletter

April—July 2023

**He is Risen—Halleluiah**



***With God nothing is impossible—***  
**TRANSFORMATION NOW**



# *Pop up Afternoon Tea*

**Come and join us at Holy Trinity Church, St. Marys  
Avenue, St Mary's Ave, Dane Valley, Margate CT9 3TN**

**for a delicious Afternoon Tea**

**Tuesday 9th May**

**2.00-4.00pm**

**Please let us know if you would like to come and if you or  
any of your guests have any special dietary requirements**

**Any donations for Raffle prizes would be gratefully  
accepted**



**For more information or to book  
your tea please contact Jackie Curd  
on 07712432906 or  
email : Jcurd.MU@gmail.com**

**If your branch would like to host an Afternoon Tea for an afternoon of fun and  
socialising please let us know and we will bring the tea and come and join you**

# WELCOME

Dear Friends

Almost exactly a year ago, I tested positive for Covid. As I work in a school, I was both astonished and grateful to God that this had not happened before. I thought it would mean just a few days of bad cold symptoms similar to those my fellow colleagues were reporting. However, I was quite ill and off work for two weeks - feeling very sorry for myself if I'm honest.

The war in Ukraine had also just begun and I had plenty of time to pray and reflect on the insignificance of my plight compared to their situation. How sad and heart breaking it is that peace is yet to come.

In the intervening time there has been so much change in government, the economy, our royal family and the church. Mothers' Union has recognised that it needs change too- hence our Transformation Now theme and the Reimagining Conference last July. I was privileged to attend and each diocese was required to consider three strands of our work to focus upon.

Your trustees have decided to concentrate on AFIA, new resources/ideas for your meetings and providing ways for you to meet and be encouraged by members in other places. The Pop up Teas are part of this, along with the new Bitesize Metamorphosis resource which all groups will be receiving in March. We'd love to hear from you if you'd like to host a tea or need help with using Bitesize.

Since the lovely Rita is no longer with us and Sally (to whom we send our thanks and prayers) needs to concentrate on her family, we are now a rather small trustee board whose members are also facing their own family and work challenges.

Praying for us and about the future is the obvious and most important way you can help along with seriously considering becoming a trustee. It's not something you have to have 'earned the right' to and carries no 'long service' requirement - enthusiasm and willingness is what's needed! As you know, we are also managing both general admin and the compiling of this newsletter amongst ourselves -so if you can help with either of these areas we would also love to hear from you. We are all part of MU in this diocese and, together with God, we can continue to walk into the future in the footsteps of Mary Sumner

Sandra Goodey  
Trustee, Faith Coordinator



*Maranatha" by Primrose Northrop*



# News From The Branches



## St. Andrew's Mothers' Union, Barming Heath, Fundraising Event

Bingo and Buns! We recently held a successful fundraising afternoon in our church hall for Mothers' Union. 46 people turned up including members from St Nicholas Allington MU, friends, family and people from the local community. We played 3 games before the refreshments and 2 games afterwards. The prizes for the games (a line and Full House) were themed - garden gifts, spring clean, pamper pack, tea break and, of course, chocolate!! There was a very good raffle with plenty of prizes.

We raised £314.

Liz Deane Branch Leader



Rev'd Mark Griffin welcomed four new members into the St Martin and St Paul's Branch, Canterbury on the 5th March. Rev David Stevens, Alison Grant, Polly Bailey and Wendy Thurston

## Wave of Prayer at St Leonard's Deal



## Wave of Prayer at St Nicholas Allington



Members at St Martin & St Paul's, Canterbury made over 100 Mothering Sunday posies after their Wave of Prayer meeting



# AN EASTER REFLECTION

As we approach Easter some of you may have been following the Lent reflections from the Archbishops of Canterbury and York. During Lent we are encouraged to explore how we can live well with the mess of everyday life.



Dust and Glory encourages us to take a fresh look at the frustrations that every day brings and rather than pretending we can always avoid them, seek to learn from them and grow closer to God through them

## Maundy Thursday and Good Friday Meditations

As we approach Maundy Thursday and Good Friday, our personal devotions heighten. Here are some short meditations from Kathleen Wilson, Diocesan President of Durham Mothers' Union 2019

### Maundy Thursday Meditation

Jesus took a basin and towel and washed his disciples' feet. He demonstrated – he came into the world to serve – and not be served.

He asked the disciples to serve and care for one another – always.

We, as Mothers' Union members, offer to serve in all areas and communities where assistance is needed.

This is what Jesus taught us, LOVE, CARE and HUMILITY.

### Good Friday Meditation

A favourite hymn from Sunday School.

*There is a Green Hill far away*

*Without a City wall*

*Where the dear Lord was crucified*

*Who died to save us ALL.*

These powerful words, quietly deal with the of death of Christ.

Solemn, but offers a peaceful atmosphere of Good Friday.

### Easter Sunday Meditation

As we celebrate a Glorious Easter. The music of Handel's Messiah (a favourite) never fails. It offers splendour and majesty.


We know that Christ is risen.

Mothers' Union's work continues with vigour and new spirit.

As Easter marks victory over evil, love over hate, and life over Death.

HE IS RISEN INDEED – HALLELUJAH!

### A prayer of hope this Easter from Sharan Harper Worldwide President

Risen Lord,   
we marvel at your resurrection power  
which gives us sure and steadfast hope  
as an anchor for our lives  
and a beacon to guide our paths.

Risen Lord,  
enable us to reflect your hope  
to those we seek to serve;  
that they may turn to you  
and find a place of safety Amen

# FROM OUR TREASURER



Thank you to all who paid their subscriptions so promptly. At the time of writing, I have received 328 subscriptions. This money is allocated as follows:

Subscriptions received from members	£30
Amount paid to Mary Sumner House	£21
Amount paid to archdeaconry's	£1
Amount retained by branches	£1
For Diocesan funds	£7

I would like mention that subscriptions for the Canterbury Diocese are the lowest in the province.

I would assume that when all members have paid there will be about 340.

This will leave the Diocese the sum of £2380.00. We pay insurance of approximately £500.00 per year and the cost of producing the newsletters has risen to about £800.00. This leaves £1080 to run the diocese for a year. Susan Bradley retired at the end of September and we are not financially in a position to employ another administrator. This has put a heavy burden on a small Trustee Board.

**How can you help:** If you are a UK taxpayer then please **Gift Aid** your subscription. Chris Cooke looks after the Gift Aid and he is issuing new forms to each branch. The old forms have been in existence for quite a number of years and members circumstances change. If you need a form, please ask your branch leader or contact Chris directly. Gift Aid last year raised over £700.

**Easy fundraising** – Register for easy fundraising then if you select Canterbury Diocese Mothers Union and purchase from certain companies online they will make a donation to our funds. Easy fundraising last year raised £244.14.

Thank you for your continued support.

Sue Thomas

*giftaid it*  
Make donations go further



# Together in Prayer

May—July 2023

These prayers have been compiled by Wendy Jackson-Hill.

A Mothers' Union member from St Leonards Deal

## APRIL

Some years (2009) ago I made my first trip to America to visit my best friend of 60 years it was a very special time and many precious memories were made. On one of our days browsing around a charming little gift shop I spotted a book titled 'GRACES' a book of Prayers and Poems, Graces for everyday meals and special occasions. Margaret insisted on buying it for me so as you'll understand it is a very special little book and I'd like to share some of the prayers/poems with you and hope you will find them as inspirational and enlightening as I do.

### A HYLANDER'S BLESSING

May your heart stay as active  
And young as your mind.  
May your kindnesses to others  
Be returned ten-fold, in kind.  
May life's adversities be  
Light, and easy to bear.  
May joy and peace quickly  
Dry up each tiny tear.  
May you always be able  
To count on one good friend.  
May God's Grace light up  
Your road to its very end.



(Thomas K. Hyland. Jr)

I find these words especially poignant as I reflect on the current humanitarian crisis in Turkey and Syria where there is so much misery and devastation whilst I have peace, comfort and security.

Lord, have mercy, Christ, have mercy.

# Together in Prayer

## MAY

May is my birth month, was my fathers' birth month, my late daughter and my husband were also born in May. So May has always been my favourite month and I was delighted when South Africa decided to create a new Public Holiday on 1 st May and I could have the day off work!

I have another lovely book in my collection 'Aled Jones, Everyday Blessings' containing

A thought for every day of the year and the quote for the 1st of May (my Birthday) is...

' When I was five years old, my mother always told me that happiness was the key to life.'

When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'.

They told me I didn't understand the assignment, and I told them they didn't understand life. (John Lennon)

A few pages further in the book the thought for 17th May is ..

'If you want others to be happy,

Practise compassion.

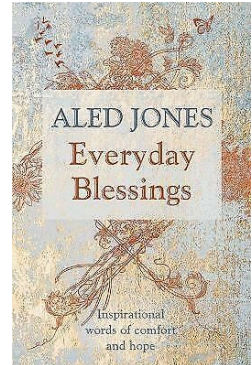
If you want to be happy,

Practise compassion.'

( Dalai Lama)



Father God create in me a kind and compassionate heart, show me how to practise compassion and spread happiness.





# Together in Prayer

## JUNE

And another gem from my American book ...

THE 23rd PSALM REVISITED by Katie Goode

The Lord is my Shepherd

We've had a great time

He's helped me to see the green pastures

Not just with my eyes, but with my heart

And to love the life there and everywhere.



He was quiet with me beside still waters

That quenched the thirst

Of my soul.

He let me fall and fall again

Until I knew that my only happiness

Was through learning

To Love like He does.

Some of us fear what they call death,

But the secret of Eternity

Is that it's all Life and Love,

And Heaven is a feast of Joy,

For nothing else exists

But the All that is God

So I sing the song of the Universe

That we all know

In the part of us

That is Forever.

We give you everlasting thanks, O God,

For the marvels of your great creation.

As the flowers blossom and bloom around

We lift our hearts in joy and celebration

Amen

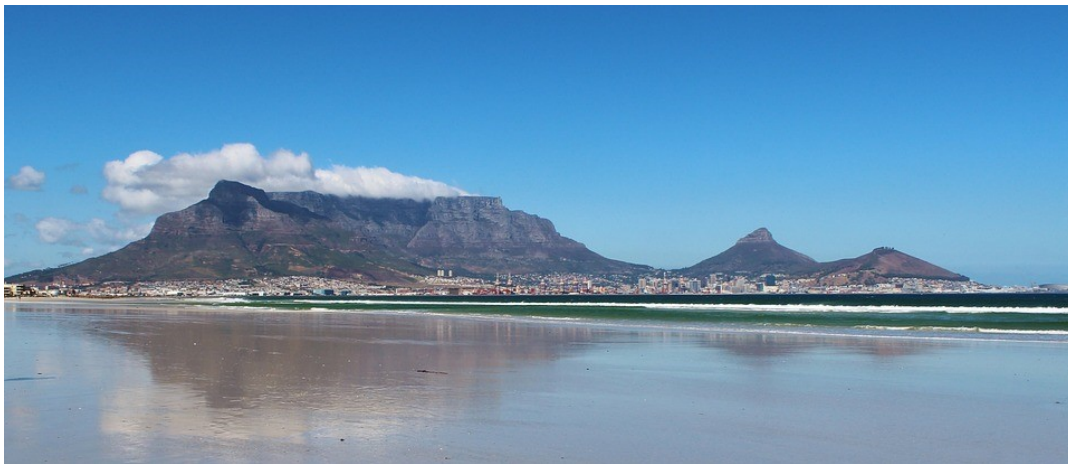
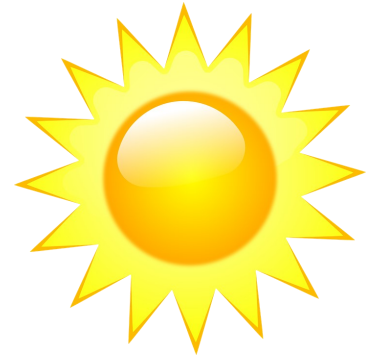


(Joyce Blakney Duerr)

# Together in Prayer

## JULY

JULY, the time when many people are on holiday, the weather is warm, the sun shines brightly and for a few short weeks life is carefree and different.



When I was a child growing up in South Africa my father would save money from his wages every week until he had enough to pay for cabin class tickets on a Union Castle ship sailing from Durban round the coast to Cape Town calling at East London (my parents birth place)

where we'd visit relatives who owned a fish and chip shop and would treat us to a delicious meal, then on to Port Elizabeth and then a day at anchor outside Mossel Bay and finally arrive in the beautiful city of Cape Town with its majestic Table Mountain often with its 'table cloth' covering the summit. We'd spend a couple of days in Cape Town before boarding the next Mail ship to sail back to Durban. We did this trip every Christmas for several years and I never tired of life on board ship.

A highlight of being on board ship at Christmas was a visit from Father Christmas bearing gifts for all the children, a Carol Service on deck and a wonderful service on Christmas morning. As a family -Mum, Dad and me, we'd have 'our Christmas' the Sunday before sailing day so I felt very lucky to have TWO Christmases!

When we're on holiday we usually take lots of photographs (remember the days of winding the spool on to take the next photo, taking the finished spool to be developed and being disappointed at how badly your 'snaps' had turned out!)

Aled Jones has this little quote in his book

'Life is like a camera. Just focus on what's important,  
Capture the good times, develop from the negatives,  
And if things don't work out, just take another shot.'

Anon



## OVERSEAS LINKS NEWS

### DUTSE, Nigeria

I got a message from Bishop Markus (for the Mothers Union) just after Christmas, sending us their greetings. He sent me a video of the new school finally built after many years, next to the Cathedral, where the children will be able to study and have Sunday school as well. I am expecting news of MU in the near future. This past year has been difficult for the Diocese, as, due to the pandemic, the floods and climate change, harvests have been poor, prices have skyrocketed, and people are suffering. In the midst of all that, all the members of MU keep gathering faithfully to pray, facing the various threats around. They opened the year on Friday 10 February with a communion service at St Peter's Cathedral. They also rededicated themselves to their work, especially with the Girls Guild, as they enrolled new members. On July 6th to the 8th this year they will hold their annual retreat and we are asked to pray for them especially then. Killings and kidnappings continue with constant threat from Muslim terrorists. Travelling, including for the Bishop, is a dangerous affair, as there are criminals on the road. Churches and MU member's shops are set on fire. In the Northern States of Nigeria (of which Dutse is one), the Sharia Law is enforced, and there is not a single Christian in the government. Christians are "like a little flock in the midst of ravenous lions", says Bishop Markus, "but God is always our refuge". Recently new bank notes were introduced but they are very scarce and the old notes can no longer be used as legal tender. So life is very hard. A bank manager was recently attacked, tied and burned to death with ignited petrol in the middle of town. In addition to these horrific events the fuel is scarce. "Life is truly unbearable" says Bishop Markus. Presidential elections are due to take place on February 25th and more riots and killings are anticipated. God's help is greatly needed.

One happy event in December was the final part of the building of a new school next to the cathedral, thanks to donations from the West. The building is almost completed and will house some Christian activities for the young people at the Cathedral. We pray that it will not be destroyed like many before.

### AKOKO-EDO, Nigeria

Following the death of Bishop Oyekpen late August, his widow and President of MU, "Mama Victoria", had to leave the Diocese to relocate to Benin where her work as a barrister is located. We thank God that she has a job and can therefore survive and take care of her family. Her 4 children aged 24, 22, 19 and 17 have all joined her. In Akoko-Edo, the MU Secretary, Grace Olatunde, informed us that a new Bishop had not yet been elected. Since the President of MU is the Bishop's wife, nothing new is happening in MU. They had their annual retreat the week-end of February 11/12 and the members continue with their current activities. We look forward to a new chapter of our friendship with our link once a new Bishop is in place. Relationships with the Anglican Communion are very fragile at the moment. We pray that we can continue as prayer partners with Akoko Edo following in the footsteps of Mary Sumner.

### KAJO-KEJI, South Sudan

After the sudden death of Bishop Emmanuel, Mama Cecelia has been quite poorly. The Archbishop has stepped in the Diocese and taken the services at Christmas. He has sent Cecelia to be taken care of, and is also attending to the 3 teenage children. Normally a Bishop's wife would be expected to leave the house within 3 months, but due to the circumstances when Bishop Emmanuel died in office, the Archbishop decided to double that to 6 months. A new Bishop should be elected in the next 6 months as well. We keep Cecelia, the children and all the MU in the Diocese in our prayers.

The news of the killing of 27 people around Kajo-Keji (who had returned from the camps) by some Dinka cattle herders, 24 hours before the arrival of the Pope in Juba, South Sudan, on February 3, shook the world, and of course, revived the anxiety of the people of Kajo-Keji about returning home. We pray for the widows and orphans left behind.

The work of MU continues under the direction of the MU worker Namadi Silivian, despite the absence of a MU President. Namadi asked us to pray for God's direction and provision of schools in Kajo-Keji, to encourage families to return back home from the camps, and for the youth who are not in school and who need an integration programme. We are also asked to pray for the MU annual Convention, and the Pastors' wives conference taking place in the spring. Our prayers are also asked for all the displaced people around Kajo-Keji, sheltering in churches around the Diocese, fearing for their lives.

### Conclusion:

Our links have been going through very dark days this past year, and this is when the purpose of the links comes into its own: we are here to give one another prayerful support. Let's remember our friends every day in our prayers.

Prayerfully submitted

Danièle Ligneau-Wilton

MU Overseas Links Officer in the Diocese of Canterbury

## DIOCESAN MEMBERS MEETING March 2023

It was lovely to see so many at the Members meeting on the 7th March. We started the meeting with Holy Communion led by our Chaplain Rev Emma Pennington. Emma reminded us of the imprisonment and martyrdom of Perpetua and Felicity whose feast day falls on that day.

After our worship Sue Thomas chaired the meeting. She started by saying thank you to Sally Phillips who has stepped down as a Trustee, for all she has contributed during her time as a Board Member. She then welcomed Debbie Smith as a Trustee and presented her badge. She asked members to seriously consider if they could join the Trustee Board and help with growing and supporting the work of the Mothers' Union.

She thanked all the branches for the prompt return of their accounts. Rachel Thomas has updated the Charity Commission website. Chris Cook had sent some new Gift Aid forms for **every** member to complete and return via the Branch Leader to him if you are a UK tax payer.

Sue reported that the families who went on the AFIA holiday continue to keep in touch. They had all enjoyed the Christmas Party. She said we now need to look forward to planning the next holiday in 2024. Obviously we have lost some keys members from the team and we need to rebuild it. She asked if anybody was interested in helping to make this holiday happen please let her know..

She explained the changes to the Diocesan Newsletter which will now be three editions per year.

Marianna Poliszczuk reported on the activities of the Maidstone Archdeaconry and it was good to hear that the meetings are well attended with fellowship and prayer life.

Sue Spillett spoke for the Canterbury Archdeaconry and said that the planned meeting had had to be postponed and she was hoping that a further meeting could be planned.

After a break for Midday Prayers we looked at the Metamorphosis Bitesize. We looked at how we listen to each other and God. The bible passage from 1 Samuel 3 1-10 asked us to consider all the ways God speaks to us and the ways we have experienced listening.

After the meeting we all enjoyed lunch together with a chance for a chat and sharing ideas.

**Hope to see you at the AGM on the 10th June 2.00pm at St Paul's Church, Canterbury**

## CORONATION OF KING CHARLES III AND CAMILLA, QUEEN CONSORT



On Saturday 6th May King Charles III will be crowned as our new King. and Camilla, as Queen Consort. Daily prayers will be offered from Easter Sunday until the day of the Coronation by the Church of England for the King, the Queen Consort and the Royal Family. This is an historic moment in our lives and a time of celebration. Let us know how you will be marking this important occasion and be sure to send us photos of any events you may take part in.

## Wave of Prayer

Huge thanks to Danièle Ligneau-Wilton and Sandra Goodey for compiling our Wave of Prayer worship for this year and to Daniele for continuing to keep in touch with our link dioceses. The prayers were all the more poignant this year following so closely to the Lambeth Conference last summer and the opportunity some of us has had to meet many of the Bishops and their wives.



# The Clewer Initiative



The Clewer Initiative recently collaborated with Southwark Cathedral and The Glaziers' Company (one of the ancient Livery Companies of the City of London) on an eye-catching, creative project with local school children.

Young people, from a range of backgrounds and aged between twelve to fourteen, were given an introduction to modern slavery. They then worked with The Glaziers' Company to design a stained-glass panel to help articulate their reflections.

The stained-glass panel was unveiled at Southwark Cathedral where there was a further presentation about modern day slavery.

In the area of modern slavery, women are disproportionately affected. There are many factors that contribute towards this gender imbalance such as the fact that only 2 in 5 girls worldwide complete secondary school and each year, 15 million girls will never go to school. This lack of education increases the risk of child marriage and forced labour. Globally, there are 122 women (aged 25-34) in extreme poverty for every 100 men of the same age which makes women and girls disproportionately vulnerable to exploitation.

## Modern slavery statistics:

- Fifty four per cent of global modern slavery victims are female
- One in every 130 females globally is living in modern slavery
- Two thirds of all forced marriage victims are women or girls
- 13 million girls experience forced sex in their lifetime
- Sexual exploitation and domestic servitude disproportionately affect women and girls.

## ANNUAL GATHERING 2023

We are really looking forward to being together again for the **Mothers' Union Annual Gathering 2023** at York Barbican, in the wonderful city of York on **22<sup>nd</sup> September 2023**. It is a one day event, so why not get a group of you to travel there and back together. There will not be another gathering until 2026\* - so don't miss out!

### ONE DAY - Friday 22nd September:

**11am – 3.45 pm: Annual Gathering, York Barbican (doors open from 10.15am)**

**5.30pm - 7pm: Evensong, at York Minster (Evensong is open to the public, so you are encouraged to get there early. A prayer will be dedicated to the Mothers' Union and the Archbishop of York will preach to the congregation)**

**Tickets are priced at £23.50 and available through the Mother's Union website. If this is difficult for you but you would like to go please speak to your Branch Leader or a Trustee.**

## Safeguarding

Safeguarding is everyone's responsibility. The Mothers' Union is currently reviewing its policies and more news will follow. In the meantime please continue to use the Church of England portal for training and I will be in touch to look at the specific training needs for each branch .

If you have an issue you wish to raise or discuss please don't hesitate to contact me—Jackie Curd 07712432906

### Please remember in your prayers:

Sunday 9th April	Easter Day
Thursday 27th April	Cathedral Prayer Time Jesus Chapel Crypt Canterbury Cathedral 12.00
Saturday 6th May	Coronation of King Charles 111 and Camilla, Queen Consort
16th – 18th May	Provincial Conference at High Leigh.
Thursday 25th May	Trustee board meeting at Diocesan House 10-1pm
Thursday 25th May	Cathedral Prayer time at the Jesus Chapel Crypt Canterbury Cathedral 12.00
Saturday 10th June	Annual meeting and tea at St Paul's church Canterbury 2-4pm.
Thursday 29th June	Cathedral Prayer time at the Jesus Chapel Crypt Canterbury Cathedral 12.00.
Friday 30th June	Copy deadline for DNL
Thursday 27th July	Cathedral Prayer time at the Jesus Chapel Crypt Canterbury Cathedral 12.00
Thursday 27th July	Trustee Board meeting at Sittingbourne 7pm
Wednesday 9th August	Mary Sumner Day Bible Auction 2.00-4.30pm, St Paul's Church Canterbury
Friday 22nd September	Annual Gathering in York
Tuesday 7th November	Members Meeting St Paul's Church, Canterbury 10.30am followed by lunch

## Cathedral Prayer Time

Cathedral Prayer Time is open to all and coordinated by Margaret Horwood. It takes place in the Jesus Chapel in the Cathedral Crypt at 12.00. Each month the prayers are compiled by a different contributor and if you are coming into Canterbury on the last Thursday of the month please feel free to come and join us.

## MU EMERGENCY PRAYER CHAIN

Please contact Margaret Bradford on 01622 832454 or email : [mrsbradby@btinternet.com](mailto:mrsbradby@btinternet.com)

## Diocesan Annual General Meeting and Afternoon Tea

This year we are hoping more of you will be able to join us in St Paul's Church, Canterbury for our Annual General Meeting followed by Afternoon Tea. We are holding it on a Saturday to allow our working members to join us. It will be on Saturday 10th June from 2.00-4.00pm .



## Mary Sumner Day Bible Auction

We all had such fun two years ago we thought it would be lovely to do it again and celebrate Mary Sumner Day. It will be at St Paul's Church from 12.30 pm for lunch and the auction will begin at 2.00pm .

Please get your thinking caps on and bring along an item referred to in the bible that we can auction and raise much needed funds for AFIA.



# In Memorium

St Stephen's Canterbury: Kathleen Vinten aged 97 died on 23rd December—She was a long and faithful member of the branch

## TRUSTEE BOARD

Sandra Goodey Trustee and Faith Community of Interest  
Susan Thomas Trustee and Treasurer  
Rachel Thomas Trustee and Fundraising Co-Ordinator  
Susan Spillett Trustee  
Jackie Curd Trustee, DNL Editor and Safeguarding Officer  
Debbie Smith Trustee Domestic Abuse Community of Interest  
Any member of the Trustee Board can be contacted via email— [MUtrusteeBoard@gmail.com](mailto:MUtrusteeBoard@gmail.com)



Wishing Margaret Wilson a very Happy Birthday on the 12th May when she will be 100 years old.

Margaret has been an active member of the Mothers' Union wherever she has lived and taken on leadership roles in her branch and Diocese. She is now a member of the St Martin and St Paul's Branch, Canterbury



## THANK YOU SALLY

**A huge thank you to Sally Phillips for all she has done during her time as a Trustee. Unfortunately due to family commitments Sally has had to step down as a Trustee but the good news is that she remains an active member of her branch. We thank her for her insight and wisdom and all she has contributed to the Diocesan Trustee Board.**

## AFIA

Following the sad death of Rita we really need to build the team so that we can run the holiday again next year. If you, or you know someone who could help with the planning or accompanying for the holiday please get in touch with Sue Thomas who can let you know more about what it involves. Email: [susanthomas2609@hotmail.co.uk](mailto:susanthomas2609@hotmail.co.uk)

## Diocesan Newsletter

The eagle eyed among you will have noticed that you have four months of prayers rather than the usual three. This is because the publication is going to be published every four months instead of quarterly. This is due to the diminishing number of Trustees, the cost of printing and the logistics of getting the Newsletter distributed. Please keep the articles coming and we should have a bumper edition in the Summer. Copy deadline for the next Newsletter to be with the editor, by the 28th June 2023. Please let me know what is happening in your area.

If you would like to receive your Diocesan Newsletter from the Mothers' Union via an email so that you can read it online



## Thy Kingdom Come: Using the Lord's Prayer

*During Thy Kingdom Come we pray for many to experience the love of Christ. Try using the Lord's Prayer to pray for practical ways to share his love with others. You may like to invite friends in your church or local churches to join you in prayer for your community. You'll find more ideas in the Praying with Purpose resource. <https://www.mothersunion.org/praying-with-purpose>*

Pray each of the stanzas as divided below, pausing to reflect on the words before praying and sharing as indicated

**Our Father in heaven,  
hallowed be your name,**

Begin by using prayer and Bible verses to bring praise  
and worship to God, our holy, heavenly Father

**your kingdom come,  
your will be done,  
on earth as in heaven.**

Share news, hopes and vision for your local community and any specific practical examples of the love of Christ happening in your area

**Give us today our daily bread.**

Bring before God ongoing and new prayer needs for your churches and community

**Forgive us our sins  
as we forgive those who sin against us.**

Admit the need for God's forgiveness for our own shortcomings as a precursor to showing any forgiveness needed e.g. for any who have been a source of harm or damage in the community; or those who may be obstructing change for good

**Lead us not into temptation  
but deliver us from evil.**

Pray for perseverance when initial enthusiasm for change wanes; or opposition is proving to be difficult; when answers to prayer seem slow....

**For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen**

Finish with praise and an acknowledgement of God's power and majesty etc....