

Diocese of St Andrews, Dunkeld and Dunblane with Diocese of Brechin

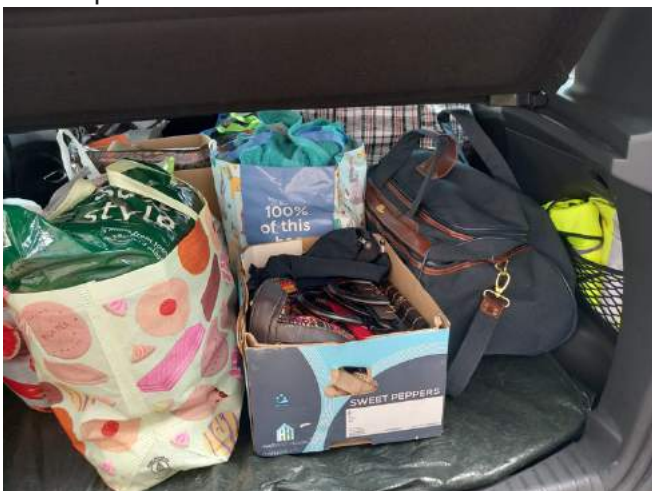
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PRISON UPDATE

As you all know a 'new' prison has been built outside Stirling - the old womens' prison HMP Cornton Vale was slowly dismantled and a brand new prison built within the grounds, this new prison is now called HMP Stirling.

All the buildings are single story so that they are full accessible by all, all the cells have windows facing out to gardens (no bars on any windows but the windows do have restricted opening), the doors opening out to communal areas. There is a health and dental centre designed in consultation with the NHS, there is education, hairdressing, beauty and coffee/barista areas where women can receive training if wanted, which of course, can help on their release.

The first women are due to be transferred around the middle of June - these women will be working/listeners and peer mentors (women who have volunteered and been trained in these fields). About a week later the process will start to transfer the most vulnerable women, then around mid July court admissions will start - all women sentenced to prison time in Scotland will start at HMP Stirling, where they will be assessed before either staying or going to a prison nearer their family. At about this time young offenders will be transferred from whichever prison they have been at. The visits area is a wonderfully light area which open out onto a small garden area... but please note women in prison have far far fewer visits than their male counterparts.



Your gifts over the years have been very gratefully received.. they always amazed by the generosity of strangers. So many of them have known nothing but abuse of varying sorts all their lives, some have never had a gift in their lives, some have never had a visitor so you can imagine what your gifts mean to them....
THANK YOU

Our thanks to Jodie Taylor who submitted the article.

A REFLECTION FROM JENNY

My Dear Friends, greetings in the name of our Lord & Saviour, Jesus Christ. I do hope this finds you well and that you managed to keep cool in the long hot



summer of June. Hopefully July will give us a bit more of the good British weather we are used to. God our Father built us a wonderful world in which to live, so in our turn we must keep on doing our very best to see that we look after it, so that it is still beautiful for generations to come. I feel sure God would have put prayer at the heart of His creation, in fact

the bible tells us 'God looked at all that he had made and saw that it was good'. As MU members all our work is of course grounded in prayer, and one of the most important members of the Faith team, the Faith Development Adviser, is due to retire at the end of this month. Catherine Kyte has worked tirelessly for the Mothers' Union for 16 years; I am sure some of you will know her well. During that time, she has not only been responsible for organising many types of training to help with our worship, she has worked with our Chaplains and those responsible for Midday Prayers. She has also provided us with our Wave of Prayer, a wonderful link with all our members worldwide. She has



always been available to help individuals and members of staff who perhaps need a little bit of support in a difficult situation, all in all a wonderful Christian soul who will be sadly missed, but I am sure you would wish Catherine and her husband a long, peaceful and happy retirement. As always, your prayers are needed for the Worldwide President, Sheran, as she continues planning the visits she will make during the rest of this year, and her sharing in the Annual Gathering in York in September. Those of us on the Worldwide Trustee Board also need your prayers as we plan for the next Triennium, voting for which, takes place next year. And of course, all the members of our wonderful staff at Mary Sumner House need prayer, so that they are surrounded with Christ's love as they continue to work tirelessly with our theme of 'Transformation---NOW to enable this wonderful organisation to live and grow. Speaking of

helping, how did you get on with the challenges I set you last month for the Summer of Hope?

Did any of you manage to make yellow pom-poms to put in your window, or have a collection jar for yours and your visitors loose change? I have managed to make one pom-pom, but three members of my branch managed to complete the 5K sponsored walk raising a generous amount for the Summer of Hope. I have to tell you that they were 76, 79 & 97 respectively so some achievement from a branch of just 8 members.

Please rest assured that you are all always in my thoughts and prayers as are all my family and friends. So now let us pray for one another.

Jenny

BISHOP IAN

On Sunday 2nd July in the magnificent setting of St Ninian's Cathedral, Perth at the Eucharist for the eve of St Thomas the Apostle, Bishop Ian celebrated 40 years serving as a priest, following his ordination in 1983. In his words 'he gave thanks for all the people he had encountered and who have supported and served him, as he tried to serve them. He also hoped that we could give thanks and pray for all the priests who have served us and who continue to serve and support God's people'.

What perfect timing as the Mothers' Union wave of prayer included our diocese of St Andrews, Dunkeld



and Dunblane (2nd - 4th July). Bishop Ian is such a strong supporter of the Mothers' Union and commented on how the whole world is praying for our diocese through the wave of prayer at that moment, what a thought! He spoke very eloquently about his faith journey and how apathy can be the issue at times, along with reminding us of all the major world and church events that have taken place in his 40 years! Scarily, as he mentioned each event, I could picture where and what I was doing at that time!

After the Eucharist, Dean Graham presented Bishop Ian with a card and present from the diocese and all who could stay moved to the Lady's Chapel for a wee glass of something and a piece of cake, aptly sporting a black dog and Mitre for the Bishop. I was able to pass on the well wishes of our Mothers' Union

members and that we look forward to his next chapter following his recent talk and writings on the Mothers' Union (which would fill another article).

There may not have been many people who have touched or been touched by Bishop Ian at the service but I felt immensely moved to have been there. It is hard to include everything in this article but to experience what we had at that service for yourself, you'll have to wait until Bishop Ian's 50th celebration! I wonder what changes in the world and church we will be reflecting on then!

As Mothers' Union members, we continually give grateful thanks for all our clergy in the Mothers' Union, especially Bishop Ian and Rev'd Kim, our chaplain and all who provide ministry in our diocese. As part of the wave of prayer we pray for the innocent, the women, men and children who are displaced, whose lives are disrupted and who live in fear of the atrocities of war and for what their tomorrow brings. In our wave of prayer, we especially pray for the people, dioceses and organisations, including the Mothers' Union, who are linked with Renk in South Sudan, Cyangugu in Rwanda, Arochukwu/Ohafia & Ile-Oluji in Nigeria and Sittwe in Myanmar. at this time of their great uncertainty, conflict and devastation.

Jackie Thomson

BISHOP IAN SPEAKS ON MOTHERS UNION'S WORK

The fourth Mark of Mission is to transform unjust structures of society; challenge violence of every kind; and pursue peace and reconciliation. I am here to tell you that there are remarkable people in our province who are doing something about the fourth mark of mission, and they are the members of the Mothers Union.

The injustice and violence they are working against is endemic in our society. It is the evil of gender-based violence, and domestic abuse. Gender-based violence of course does not just affect women. But, according to NHS Scotland around 4 out of 5 incidents have a female victim and a male perpetrator. 1 in 5 women and 1 in 25 men experience gender-based violence or abuse during their lives.

Not all gender-based violence, is physical violence. It is often verbal violence, but it is equally grievous. The Mothers union members are working hard to raise awareness of this evil. For many years they have promoted "Thursdays in black". Which many of us support, every week, including today. And now they are opening Women's Aid Centres, to support survivors. In December this year they are organising, local events around our country, for the UN 16 days of action against domestic abuse and violence. This

year the theme will be “Changing The Story!” And an empty red chair, will symbolise those that have been killed, or de-humanised, by this kind of violence.

+ *ian*

Writing in the June edition of Chapter and Verse.

THE TEN COMMANDMENTS

It used to be the practice in many churches that to either side of the Altar on the east wall you would see large wooden boards that displayed on one side, the Ten Commandments and on the other, the Lord's Prayer. Was this a particular Anglican tradition, or was it common in Scottish Episcopal churches too? The editor would love to know and if there still examples to be found.

So when the following Ten Commandments was submitted it raised a smile from her and she offers it to the readership for their edification

Ten Commandments for lessening stress

1. Thou shalt NOT be perfect or even try to be.
2. Thou shalt NOT try to be all things to all people.
3. Thou shalt leave behind things undone that ought to be done.
4. Thou shalt NOT spread thyself too thinly.
5. Thou shalt learn to say NO.
6. Thou shalt schedule time for thyself and thy supportive network.
7. Thou shalt switch off and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant and unattractive from time to time.
9. Thou shalt NOT even feel guilty.
10. Especially thou shalt NOT be thine own worst enemy but thy best friend.

THERE SHE GOES

I wonder how many have watched the BBC series about a family with a badly disabled daughter as we share the problems of bringing up a disruptive and non verbal, yet much loved child as they seek the answer as to why Rosie is as she is. It is based on a true story and offers such insights into the stress and strains that constantly living with such a child makes on the marriage, relationships both inside the family circle as well as outside and with the Social services.

It is marvellously acted, David Tennant as Dad is excellent of course, but the child who plays Rosie is amazing and brings to life the reality of such a 24hr 7 days a week and 52 weeks a year predicament.

If you have not the good fortune to see it, do look on Iplayer, and thank God for the devotion shown by families who have to live under such pressures.

DATES FOR YOUR DIARY

Cathedral Prayers happens on the second Tuesday of each month unless notified to the contrary. It is a quiet half hour of prayers, readings and intercessions led by various members, and even though we can no longer gather in St Ninian's, the service is sent out on line, so we can still gather together and pray and reflect as a corporate body. Join us and see!

A LETTER FROM SARAH

Even though most of us don't have young children any more I don't know about you but at this time of year I still find my thoughts turning towards holidays. Many of us may be lucky enough to have grandchildren or godchildren and this may be the time we see them when they have longer holidays, especially if they live far away from us.

Holidays whatever form they take are important. Jesus himself told us to rest on the Sabbath and often himself took time out to be by himself to pray. Much as holidays with families and friends are wonderful – so long as we get on with our families, (we can't choose them can we!) it is still important to have some small chunks of time for ourselves. This isn't easy when we have young children around but as we grow older it may be easier to take time out for ourselves.

Even if we live alone, we still need to set aside “me” time; time when we are not caught up with the busyness of life but rather spend time with Jesus and do something we might think indulgent but nevertheless is important to refresh ourselves. My “indulgence” as many of you will know is my sewing and craft work. Time flies by but the joy of creating something, I at least think is beautiful, is a form of worship and if we are making something for someone else, we can weave our prayers into it as we sew.

Occasionally I am lucky enough to go and spend a morning with like-minded friends sewing, and chatting obviously, but when I come home, I feel as if I have had a mini break. All other concerns and busyness have been pushed out of my mind and thoughts, and I am just focussing on being in the moment there.

There are so many opportunities these days for all kinds of breaks in our daily lives, from going for a walk with a friend; curling up with a book (with a glass of wine and box of chocolates if that is your

thing), visiting a beautiful garden or building painting, photography, visiting museums or galleries writing a story or poem or composing a prayer - the list is endless, but these sort of activities needn't cost a lot but give us a chance to focus on God's creation and beauty as well as others' talents and may even give us inspiration to start a new hobby ourselves. Time spent in such ways is like a mini holiday and I feel essential.

I am so blessed to live where I do and experience God all round me in his creation, but when I lived in London, I could see beauty in the sky or in winter with the bare trees – the shapes and branches exposed without the cover of their leaves. People with good knowledge of trees can recognise them by their shapes alone without seeing the leaves. It's easier for me than others to stop and take a few minutes to worship God and appreciate his greatness.

So. my challenge to you is to think about how you can each take a "mini-break" each day. It doesn't have to be long but just time to refresh yourself or better still indulge in a hobby. I can remember when my children were very young going to the loo was the only "my time" unless I had company!

Enjoy any holiday you may have planned long or short.

With my love and prayers *Sarah*

Mary Sumner Day

There is a service at 10.30am at St Catharine's, Blairgowrie to celebrate MSD. Coffee and biscuits will be served after in our Centre and for those who want to stay on for lunch, a local café will be booked. So please could you let me have numbers as soon as possible.



A picture of No 1 The Close Winchester where Mary lived after leaving Old Arlesford as her husband George had been made suffragan bishop of Guildford which was then still part of the Winchester Diocese. The Mothers Union are enjoying a picnic in the garden

and some have gone off to see Mary and George's grave in the grass under the East end of the Cathedral.



ANNUAL DIOCESAN MEETING

The Threshold at St John's as usual is the venue for this on **14th October 10.15 for 10.30am**. The usual format, all members welcome. A chance to catch up on what has happened this last year here in our Diocese and make plans for next year. Tea and coffee available but please bring your own lunches.

KILT WALK



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We have 5 intrepid members doing the 4 mile Kilt walk in Dundee on 20th August. If you are free I am sure they would love to see you there supporting them and cheering them on. Jackie Thomson has set up a Just Giving page if anyone want to sponsor the walkers. Although it is her page it really is a way of supporting any of the 5 walkers – Jackie, Irene Rose, Alison Williams, Mary Kenyon and Caroline Hayward. All the money they raise goes to our Diocesan MU funds and will be topped by 40% of our MU total by a donation by the Tom Hunter Fund. In these difficult economic times please do not feel under any pressure to sponsor anyone but if you live near enough your support will encourage them to the finishing line.



MU CHRISTMAS CARDS & DIARIES

I know it is a bit early to start thinking about these but I am happy to order

these for any of you as previously. We don't pay any postage if the order is over £60. Please let me have your orders by mid -September if possible so that I can send the order to MSH. Then I can bring the items to council to give out to everyone to save further postage. You may not have a catalogue yet, but they are available to be seen on the MU shop website.

TIME TO REST

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, 'How heavy is this glass of water?' Answers called out ranged from one ounce to half a pound.

The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier...it..... becomes. '

And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, the burden will become increasingly heavy: and we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down: don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can

So, my friends, put down anything that may be a burden to you right now.

Don't pick it up again until after you've rested a while.

Chaplain Kim

TAIL PIECE FROM DEBORAH our PP

Dear Friends,

Greetings from Dalwhinnie. I do apologise for not getting an Easter Newsletter out this year. Firstly, I had Covid, then my mother had a couple of major

strokes, and she passed away a month ago. Gradually life is returning to a new normal.

Annual Gathering 2023 – hope to see you there! (to share with members)

Join us for a day of fellowship, information, and inspiration in York on Friday 22nd September. Enjoy a keynote address on global MU from Sheran Harper, our **Worldwide President**, a midday service, and afternoon session on 'Supporting our Clergy' led by Bishop Emma, our **Central Chaplain** - an interactive and fun session with members and inspiring stories from here and overseas.

Evensong at York Minster with the **Archbishop of York**, Stephen Cottrell follows. Our next Annual Gathering will be in 2026, our 150th year, so don't miss out!

There are only a limited number of tickets left, so book now to avoid disappointment. Why not book as a group and come together? I will be there, and I hopefully look forward to seeing some of you.

<https://www.mothersunion.org/annual-gathering-2023>

Summer of Hope 2023

If you are holding an event to raise money for parents and children who need support, who simply need a break, there are lots of posters and ideas here <https://www.mothersunion.org/summer-hope-2023> You can advertise meetings and events on the MU Scotland Facebook page.

Succession Planning

I am very much aware that the number of members attending meetings and joining in with Mothers' Union activities has not fully picked up since the covid restrictions. This is the same in our churches. There are the members who have lost some of their mobility, and sadly some have passed away. These members need our support and prayers.

As we are halfway through this triennial, there are some leaders who are in their second term, so we need to start looking at future leaders within our membership. Across Britain and All Ireland, the newly retired are making up some of the new members. It is worth inviting them to events and outings. Frequently across the Province we have members moving and joining our churches.

Remember to wear your MU badge or MU scarf, we often have visitors who are pleased to meet a fellow member!

I do hope that you are able to enjoy the rest of the summer, and the summer weather will return!

With love and blessings,

From *Deborah x*

Provincial President - Scotland

