

Your donation could be doubled this Christmas.





November 2021



Dear Member



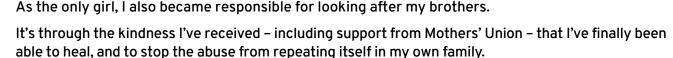
world this Christmas. As we celebrate the birth of Jesus, we remember and give thanks that he too experienced family life and understands and cares deeply for the plight of those who are suffering. My name is Sarah and you've helped me to heal after my experiences of violence, difficulty and sorrow. I want to share with you the

I'm writing to you from De Aar, South Africa, and I'm praying for families and women all around the



difference your support has made to my life, and how you can help many others this Christmas. For me, the trauma and grief started in my childhood home, when my father in his rage and

violence killed my mother. At the time I felt as though everything had suddenly stopped, and for years afterwards my grief and shock shaped how I perceived the world. When I lost my mother like that, I lost my childhood in the same instant. Instead of hope I felt fear.





I was just ten years old when my mother was killed.

I was too young to know what it meant for us as children to have experienced my father's violence. But I know now. Boys who witness violence in the home, like my brothers did, can be more likely to continue the cycle of abuse and destruction when they grow up.



That's why as Mothers' Union members we must all continue to stand together against gender-based violence. We have to put an end to this abuse.



Speak up for those who cannot speak for themselves; ensure justice for those being crushed.

Proverbs 31:8

Mothers' Union is taking part in the Big Give this Christmas, which means a chance for you to help more women like Sarah. If you can give online at www.mothersunion.org/christmas-2021 between 30th November and 7th December, your gift will be doubled. Please turn over

My gift to help map a brighter future for women, children and families.





Between noon 30th November - noon 7th December the Big Give will double donations* made online at www.mothersunion.org/christmas-2021

Follow these simple steps to donate online and double your donation.

1. Set a reminder in your calendar/diary for 12 noon on 30th November. If it is easier, you can place this form as a reminder on your fridge with a magnet!

2. **Donate:**

> Visit www.mothersunion.org/christmas-2021 (remember you will need your email address to donate)

3. Spread the word: encourage your family and friends to do the same!

Thank

If you would like your donation to be doubled this Christmas but do not know how to donate online, why not get a family member, close friend or branch member to help you.

If you are unable to give online, you can donate by sending back this donation form, every gift counts in our efforts against gender-based violence.

Don't forget

Stick me on your fridge or pin board so you don't miss the chance to double your donation!

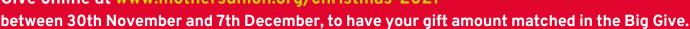
Registered Charity Number 240531

* Up to a fixed amount which will be visible on the MU Big Give page when you make your donation

Double your donation

to Mothers' Union this Christmas.

Give online at www.mothersunion.org/christmas-2021



The global pandemic has brought with it a rise in domestic abuse. Women and children have been in greater danger because lockdowns trap them inside with their abusers and hide that abuse even further out of sight. Now, nearly two years since the start of Covid-19, those who have experienced abuse and violence desperately need relief from their trauma.

I know how important it is to have somewhere safe to turn, like Mothers' Union.

Through a parenting group I was lucky enough to encounter Joan, a Mothers' Union member who taught us a post-trauma therapy called body mapping. I was amazed at how relieved I felt as the session unfolded. Through body mapping, Maria helped me unpick the heavy burden of trauma I'd been carrying for so many years.

It was the start of a new journey and a brighter future for me and for my family.

As I grew in confidence, Maria taught me how to lead body mapping workshops, and thanks to her training, I now help other women to heal. I've included a leaflet from Maria so you can see for yourself how body mapping works and how it helps to lift women like me out of our fear, silence and loneliness.

Domestic abuse is terrible to think about - but that doesn't mean we can turn away. As the Bible teaches us, we have to act.

In South Africa, Kenya and Uganda, Mothers' Union has plans which need funds in order to be put into action. These include empowering 4,225 survivors of gender-based violence – or women at risk – to heal and support others, such as I am now able to do.



could support two women to attend a Mothers' Union workshop, where they can find the safety, strength and support they need to start building a better future. The plans also include supporting 182 coordinators to see these survivors successfully working for change in their communities. Together, we aim for these women to become community advocates, supporting activities that challenge domestic abuse and achieving long-term change.

We will work with church and community leaders to challenge the stereotypes and confront the stigma in communities which feed and perpetuate gender-based violence – and with support from members worldwide, we will map out a brighter future for women, children and families.

According to UN estimates, every day 137 women are killed by someone in their family – women like my mother. But I know first-hand the power of Mothers' Union's help. I also know that you, like me want Christmas to be a time of joy, instead of a time when cases of abuse rise again in our towns and homes.

Across South Africa, Kenya and Uganda there are many women being affected by gender-based violence. I hope you can give your support through your action, your gift and your prayer this Christmas.

Thank you

Sarah

Sarah, Mothers' Union Member and Counsellor, South Africa

P.S. This Christmans, will you take a stord against gender-based violence in South Africa, Kenya and Ugarda? You can support more women like me to map out a brighter future after experiencing domestic abuse, and end gender-based violence in our communities.



Body mapping

Yes, I want to help map a brighter future for more women, children and families this Christmas. Do give online if you can as your donation will be doubled. Please accept my gift of: £ 1. My Name and Address 2. My donation Please enclose a cheque made payable to Mothers' Union or complete the credit/debit card details below. Visa MasterCard Switch CAF Charity Card Card No Valid from Wy Expiry date Issue No. Security code Signed:	Tick this box to make every £1 of your gift worth 25p more for FREE. Yes, I want to Gift Aid any donations made to Mothers' Union now, in the future and in the past four years until I notify you otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/ or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. giftaid it
	4. Staying in contact Gaming - If you tick this you WILL NOT receive any raffles, lotteries or free prize draws. Campaigns and Resources - Tick to NOT receive mail that contains membership resources, campaign materials or appeals.
3. Please return this form or any cheque donations to:	Non-essential - Tick to NOT receive mail that contains membership resources, campaign materials or appeals.

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