



MOTHERS UNION NEWCASTLE

March Newsletter 2023

Sharing Christ's love by encouraging, strengthening and supporting marriage and family life.

Theme for 2023

RENEW & TRANSFORM

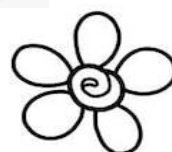
Be not
CONFORMED
to this
World
BUT
BE
Trans-
formed

by the
Renewing
of your
mind

ROMANS 12:2



©Krista Hamrick



Mothers Union Diocesan Executive 2023

Elizabeth Bissaker, President

Barbara Warland, Vice President

Gail Iles, Vice President

Laurel Brook, Secretary

Jan Garrard, Treasurer

Reverend Nicole Baldwin, Chaplain

Departmental Coordinators

Denise Brown, Promotion

Noelene Lentfer,

Overseas and Northern Outreach/Links

Rhonda Morse, Prayer & Spirituality

Barb Hayes, Publications

Lorraine Phillips, Social Issues & Action

Branch Liaison Contact

Noeline Darcy

Committee Members

Leonie Benson, Lone Members

Diane Kenchington, Magazines

Lynn Mulley, Newsletter Editor

Lyn Wickham, Coffee & Care

Denise Hird, New Born Baby Ministry

Beth Weeks, Birthday Cards

Kim Bussey Website Administrator

Immediate Past President

Denise Brown

Life Members

Noelle Freeman & Robyn Southerden

The Mothers' Union Prayer

Loving Lord,

We thank you for your love so freely given to us all.

We pray for families around the world.

Bless the work of the Mothers' Union as we seek to share your love through the encouragement, strengthening and support of marriage and family life.

Empowered by your Spirit, may we be united in prayer and worship and in love and service reach out as your hands across the world.

*In Jesus' name. **Amen***

Our Vision:

*Our vision is of a world where
God's love is shown through
loving, respectful,
and flourishing relationships.*

Our Objectives:

- To promote and support marriage and family life.
- To encourage parents in their role to develop the faith of their children.
- To maintain a worldwide fellowship of Christians united in prayer, worship and service.
- To promote conditions in society favourable to stable family life and the protection of children.
- To help those whose family life has met with adversity.

Cover clip art chosen so we can all
TRANSFORM it! Have fun!
(Good job for grandkids!) 😊
Please send me a photo of results!
Imagine a world without colour.

CONGRATULATIONS to our new Diocesan President

Elizabeth Bissaker



Dear MU friends,

Well the time has come for me to start my term as Diocesan President. The time leading up to the 1st January was still filling me with anxiety but now that it is here I am looking forward to the challenges ahead.

Firstly, I would like to thank Denise for her leadership over the last 5 years and I know she will still be actively involved and is only a phone call

away when I need help. I would also like to thank Laurel who has agreed to stay on as our Secretary. She has a fount of knowledge and I know I will be picking her brain regularly.

I have been a member of Mothers' Union since 1981 when I was inducted into the Mothers Union Branch at Berowra. My mother greatly influenced me in my Christian life and was actively involved with MU for many years. When I became a member she was the Deanery Leader for the Northern Beaches in Sydney and was a member of Dee Why Branch. When we moved to Thornleigh I joined the Normanhurst Branch but I returned to work so was not able to attend meetings, however, I remained interested in what they were doing and supported MU by praying for their work. I eventually was able to attend meetings when I changed to part-time work. I was asked to be their Branch President and took on this role for a few years before we moved to Bonnells Bay. I was thrilled to learn that Southlakes had a Mothers Union and it wasn't long before I was asked to take on the Presidents position which I have held until being invited to be Diocesan President for Newcastle Diocese.

I married my husband, Jim, in 1972 and we have two sons, Matthew and Trevor. They are both married and we have 4 grandchildren – 3 boys and 1 girl. Jim and I spent our first 2 years of married life at the copper mine on Bougainville Island where we became involved with the church at Panguna and enjoyed the variety of services and the people we met of various faiths.

On our return to Australia we built a house at Copacabana and attended Avoca Beach Anglican Church (part of Terrigal Parish) before moving back to Sydney. We made the move north nearly 10 years ago to retire but like most of you our life is busier than ever.



My other interests include doing all sorts of word puzzles, jigsaw puzzles, knitting, cross stitch, canasta and reading. I am a member of Morisset Lions Club and for the past 5 years have been looking after the Youth of the Year Program. I also enjoy being part of Brisbane Water Trefoil Guild (retired Girl Guide Leaders), Newcastle Ionian Club and Probus. Within our Parish I support our Priest in many different ways as Rector's warden – services, community dinner church, pastoral care and new initiatives to encourage our community to live a life with Christ in their lives.

This year's theme for our Diocese is **Renew and Transform** – Romans 12:2. ***“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will” (NIV).***

Bishop Charlie reminded us that there are many ways to renew our relationship with God and that Jesus loves to be there to help transform us.

I came across this prayer in our Mothers Union Prayer Book written by Mother Teresa - *The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service and the fruit of service is peace.*

Love and Blessings
Elizabeth Bissaker

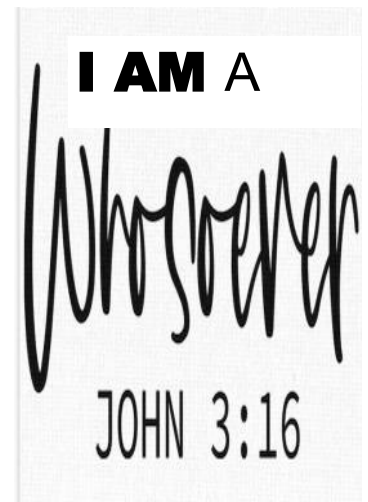
Favourite (s) Bible Verse - John 3:16 - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Favourite Hymn – The Servant Song

Currently reading – Twelve Rules for Living a Better Life by Reverend Bill Crews

Favourite sport to watch – Tennis

Favourite Holiday Destination – England where my roots are.



WE ARE pilgrims on a journey, **WE ARE** trav'lers on the road; **WE ARE** here to help each other, walk the mile and bear the load. (Hymn The Servant Song—Richard Gillard.)



DIOCESE OF NEWCASTLE INVITATION TO LADY DAY

The Theme for 2023 “Renew & Transform” - Romans 12:2

Saturday 25th March, 2023

at Christ Church Cathedral

Morning tea 9.45a.m

Service commences 10.30a.m.

Guest Speaker—Kylie Harrodd

Bishop Peter to celebrate and preach.



CHAPLAINS CHATTER

Reverend Nicole Baldwin

Transform and Renew



Dear friends in Christ,
As I reflected on our theme for this year, "Transform and Renew" we began our journey through Lent. One of the questions that is on my heart is who does our theme speak to? Are we working towards transformation and renewal of individuals or Mothers Union Newcastle? I believe

that it is all of the above, but I do believe that it is very important for us to ruminate on how we might transform and renew as individuals. This is often a personal journey, which takes us out of our comfort zone and begs us to do something differently to how we are doing things now. The change may only be small, but when it comes to transformation and renewal, no change is insignificant or unimportant.

When we sit with the Word of God and mediate or reflect on it's meaning for our lives today, we can indeed be renewed and transformed. This is not something we do once, and it's done and do not need to do again. Rather it is something we need to do many, many times throughout our journey of faith. And the more that we reflect and meditate on the Word of God, the more God is able to speak to us through his Holy Word.

We spend time with our families and friends and as we do, we come to understand them, their likes and dislikes, their habits and phobias. So when we spend time with the Word of God, we come to an understanding of God's love.

Each time we reflect or meditate on a passage of Scripture, God transforms us and renews us, helping us to be grow closer to the person he created us to be. God's word will challenge and shape us as we journey through life.





I believe that this is why our Lenten journey and Lenten disciplines are so important for us. They give us an opportunity to focus once more on the amazing gift that God gives us in Christ Jesus. During Lent we focus on our human nature and the many ways in which we can be tempted. A holy Lent includes self-examination and repentance, prayer and fasting, self-denial and acts of generosity, and reading and meditating on the word of God. As we walk through the desert to Jerusalem with Jesus this Lent, may we be open to the power of the Holy Spirit, who lives within us and enables us to know God's unconditional love for us, through the obedience, teaching, sacrifice, and resurrection of Jesus. May we remember that we serve a Risen Saviour and seek to follow in his most holy footsteps.

As we seek to be transformed and renewed during this Lent, and as we embody the transformation and renewal that we undergo, may we also, by God's grace, be instruments of transformation and renewal of the places in which we live and move and have our being. There is so much in the world that needs transformation and renewal, may we do our part in the process so that all people may know their true worth as a child of God. In the words of Pope Francis, 'we were born to be loved, we were born to be children of God.'

May these words remind us that this is true for every person and that together we are the children of God.

May this Lent be a season for transformation and renewal in our lives that draws us ever closer to the heart of God and sends us out to carry on the mission that he entrusted to his disciples.

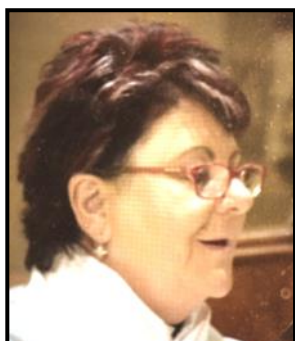
May the blessings of God transform and renew us!

Prayerful love and blessings
Reverend Nicole

WE ARE CHILDREN of GOD



(Rev'd Nicoles **FAVOURITE THINGS**
are printed on page 14)



ANGLICAN WOMEN QUIET DAY
@ All Saints Singleton
4th April 2023. 10am –3pm



To be conducted by Rev Michelle Hazel-Jawhary

Doris Dumbrill OAM

'I received the Order of Australia Medal for service to the community through a range of roles.

I have held executive positions over many years.

For the Waratahs Rugby Club in Newcastle, I was Secretary for the Junior Club, as well as Manager of one of the Junior teams, Co-edited and produced the Senior Club weekly newsletter for many years.

For Lions Clubs International. I have held the positions of Lions District 201N3 Cabinet Secretary – for Lions Zone 6 – Zone Chairman – been on the Committee for the District Youth of the Year project – Leader in District Youth of the Year camp.

For the Lions Club Jesmond – I have held the positions of President (twice), Treasurer, Youth of the Year Chairman, Membership Chairman, and have the honour of being the first female member of Jesmond Lions Club. Lions Clubs originally was a men only Service Club.

I have several Lions Clubs Awards, the most important being, a Melvin Jones fellow, (the highest Lions Club Award).

For Saint John the Baptist Anglican Church Lambton – I have been Treasurer, Parish Councillor, Co-Leader of "Lollypops Playgroup", Synod Representative, Presentation Board Member, and Mothers' Union Member.'



Doris is a valued member of our Church Family, and is a true blessing to all who know her.

Asked why she has spent a lifetime, being involved with community, and church – Doris stated "As a Christian, I believe we are put on this earth to serve each other".

On Wednesday 5TH October 2022, Doris travelled to Government House Sydney, with her son Keith, and Grandson Peter, where she was presented with her OAM Medal by the State Governor Margaret Beasley.

The Dumbrill Family have always being proud of their Mum, and doubly proud, to see her being rewarded for her lifetime of love and achievements.

And now 89, Doris continues to volunteer with Lions and Church projects wherever needed. This award is well earned. A true servant to all.

Daphney Whelan,
Secretary Lambton MU



ST PETER'S EAST MAITLAND MOTHERS UNION

In 1967 St Peter's Mothers Union Branch was commenced by Mrs Eva Williams (wife of the then Rector) and it has continued ever since; but sadly, in October 2022 it went into recess; the last meeting being on 17th October at the home of Mrs Yvonne Bell (Secretary) and this was followed by a lovely lunch. It was a happy/sad occasion – but we were aware of the limitations placed on us with age and health wise. We were grateful for the happy times we have shared together, and hope to keep in touch with each other within the coming year, and several members have elected to become Lone Members. The attached photo was taken on that occasion, showing those present being myself (Judy Redden); Coral Gallagher; Yvonne Bell; Kay Davies, and Kath Waddell. Sadly, our three 90 year old Members were unable to be present, being Noelle Freeman (Life Member and former Diocesan MU President); Betty Taylor and Naomi Gresham; as well as Margaret Dunn, who is now a resident at Booragul. The branch having gone into recess, and not closed – leaves the door open for the opportunity on some future occasion for the branch to be active once again.—**Judy Redden**



News from Glenrock M.U.

On 27 November 2022 we had the pleasure of celebrating the 60 year MU Membership for our lovely Robin Ross. Retiring Diocesan President Denise Brown presented Robin with her badge and certificate at our Sunday service which was followed by a special morning tea and celebration cake. Robin has been a faithful member of M.U. for over 60 years at Charlestown and now Glenrock St Martins.

(continued bottom of next page)



Lorraine Phillips, Marjorie Cameron, Robyn Sansom, Ann Dendle, Denise Brown.



Lorraine Phillips, Grace Bambach, Denise Brown, Val Berriman, Edith Hoy, Raelene Henderson.



New Members!

At the AGM of **Raymond Terrace** Branch 3 new members were admitted Marjorie Cameron, Robyn Sansom

and Ann Dendle. Also Grace Bambach and Val Berriman were presented with 50 year scrolls and badges. At an earlier meeting Edith Hoy and Raelene Henderson had been presented with 50 year scrolls and badges.

All 4 ladies assembled for photo (above) together with Branch President Lorraine Phillips and Diocesan President Denise Brown.



(.....cont'd from previous page)

Robin has used her outstanding gifts of sewing, quilting, craft and baking to support MU projects and our church community.

Congratulations Robin. We love you!

Jane Conway—President Glenrock M.U.

Congratulations!
E.V.E.R.Y.O.N.E.



Congratulations

to **ALL** DIOCESAN
COMMITTEE MEMBERS for 2023.

I AM
a
Child
of
God

WHO AM I?

BETH WEEKS



I joined Mothers Union 57 years ago whilst living in Inverell, the older members were like surrogate grandmothers to my children as we were miles from family.

Whilst in Inverell I was leader of YMD also Secretary for MU for a short time.

On moving to Cessnock I was immediately welcomed into MU branch.

I have been a continual financial and active member at various times holding positions of President, Secretary or Treasurer as well as Diocesan Magazine Secretary for 6 years when the magazine was monthly and posted to each branch. I am now into my 28th year as Diocesan Birthday Card Secretary. I will celebrate my 90th birthday in April. I have 11 grandchildren and 9 great grandchildren.

By His amazing grace

I AM *saved*

My favourite bible verse is Eph. 2:8 and Phil. 4:8

My favourite Hymn is 'Great is your Faithfulness'

Favourite Author—James Paterson also TRUE STORIES

Favourite Meal—Roast and baked veges.

Favourite Chocolate—OLD GOLD.

Well done Beth.....



Fill your minds with

Beauty & **TRUTH**

Philippians 4:8



Something funny to share. Every Boxing Day my brother-in-law and his partner, who live in R.T. celebrate Christmas with their immediate families. Tom and I and our family and other local family members (aunts, uncle, cousins) who are available call around in the afternoon to catch up with everyone. Boxing day is usually the only time we all see B.I.L's three children and their families as they all live in Sydney. A few years ago when we turned up in the afternoon I was greeting and hugging everyone & I realised the younger kids didn't have a clue as to which aunty I was so I opened my arms wide and said, 'Remember me, I'm Auntywho?'

The two youngest boys (cousins, then aged 7 & 8) said almost in unison 'Hullo Aunty who!' ☺

This reply was the cause of much laughter.

I was actually thinking of above story when we watched 'The Overcomer' video for Bible Study last year, it is a question asked in the video. **Who are you?** If you haven't watched 'The Overcomer' I recommend it. (It's on Netflix)

Errrr, who am I?



Jesus said '**I AM** the Bread of Life' (John 6:35)



JAN GARRARD

A Little about Jan

I was born in Sydney a month after the

Second World War

ended in September, in Paddington, Sydney.

I was the eldest of four children, My parents were Christian, so I was raised in a Christian home.

I grew up in Orange NSW. Trained as a nurse in

Bathurst and Orange.

Married John, when I was 22 after being a couple for 5 years, and in a wonderful group for all our high school years. We have been married for 55 years in January, just passed.

We eventually were blessed with 4 wonderful daughters and in turn finally 10 grandchildren.

My favourite Bible verse is Numbers 6:24-26 and 'I am with you always' Matt 18:20 for he has been, though all our ups and downs.



Favourite hymn is How Great Thou Art.

Favourite book in the Bible is Ruth.

My favourite Author at the moment is Lucinda Riley, and I have really enjoyed her trilogy ---

The Seven Sisters. As a young girl growing up loved, Gone with the Wind, by Margaret Mitchell.

You did not ask, but I am sure all would answer this, **My favourite poem** is: I love a sunburn country ----- it says it all as far as my love of Australia ----- to fly back home takes my breathe away.

My favourite dinner is Steak Egg and Beer fried Chips, I am not a sweet person but I do love a small piece of Lemon Meringue Pie.

Even though I do not eat sweets very often, I love Cadburys Plain milk chocolate.

The *Lord* bless you and keep you;
the *Lord* make his face shine on you
and be gracious to you; the *Lord*
turn his face toward you and give you peace.
Numbers 6:24-26

I AM
with you
always



New Possibilities

Social Issues & Action News January 2023

Contacting your Member of Parliament (MP)

AMUA members are encouraged to contact local members and relevant political leaders to let them know what you care about and what action you would like to see. Much can be achieved if individual members take the time to advocate for change. MPs are there to represent you in Parliament. The more people who contact their local MP on a given topic, the more likely this matter will be raised. Letters are one of the most effective ways to engage your MP. While it is most effective to contact your local MP, you could also consider contacting your state's Senators or the federal Minister whose portfolio relates to your topic.

Make sure you use your MP's correct title and details which can be found at https://www.aph.gov.au/Senators_and_Members/Guidelines_for_Contacting_Senators_and_Members Start the letter by telling your MP who you are and why you are writing to them – make sure you have a specific and focused purpose. Mention that you are a constituent (a voter!). MPs tend to care more about the people they represent. You can mention you realise others within your electorate

Keep it brief

Letters should be no longer than one page and should be about one issue only. Be as concise as possible. Politicians receive hundreds of letters from constituents every day. A lengthy message that covers lots of topics is likely to be overlooked. A concise and focused letter can be a powerful one.

Express your own

Politicians are not mugs! They can spot a copy of a proforma letter from 'Get Up' or a similar organisation a mile away, and are likely to ignore it.

Be passionate but polite

MPs are likely to be more receptive to a polite letter, and more engaged based on the passion of your writing. Remember that your MP is a human, not just a name on paper.

Make your letter stand out!

Make your letter stand out and be noticeable. Perhaps refer to a recent related news story

care about this issue but you cannot write on behalf of AMUA.

Pick your battles wisely. Know what you are writing about. Use facts and give reasons. You cannot ask for change just because you don't like something. Including facts will help get your point across. If your MP has made positive steps, thank them then let them know what else you would like them to do. Clearly state the facts that highlight the need for urgent action. Be brief and objective. You need to tell them what needs to change and why.

It's important to explain why the issue is important to you. Do this by including a relevant personal experience. For example, you could share how you've been impacted by the drought or bushfires. Or you could share a story about homeless people you have met. Let them know why taking action is important to you personally.

Be clear on what action you want your MP to take. Presenting facts is important and your letter is more effective if you can ask your MP to take a specific action such as raising the issue in Parliament, voting for or against a particular bill, speaking through the media, or attending an event.

Finish the letter by saying you look forward to their reply. Be patient as you wait for a reply. If you don't hear back from them, try again. Be both persistent and polite.

I would love to hear about your progress!

Susan Skowronski
Social Issues and Action Coordinator



Reverend NICOLE'S FAVOURITES.

1. Favourite Bible Verse

Luke 1.38 is one of my favourite verses. It says much about my journey of faith and resonates deeply with me. It is the verse I heard when I first felt called by God.

"Here am I, the servant of the Lord; let it be with me according to your word."

2. Favourite Hymn

There are so many hymns that I love.

One is *The Summons* by John L Bell

Will you come and follow me if I but call your name?

Will you go where you don't know and never be the same?

...In your company I'll go where your love and footsteps show,
thus I'll move and live and grow in you and you in me.

Another is *Let it Be Done* by Chris Muglia. The last verse is:

When we hear the voice of God calling out our names,

Lord, we pray you give us faith to answer you in anything.

And we may not understand the wisdom of your plan, but we will answer:

"Let it be. Let it be done unto me."

3. Favourite Book/Author

My favourites include: Lucinda Riley - The Seven Sisters Series, Susan Howatch - Starbridge Series, Philippa Gregory - Plantagenet and Tudor Series

4. Favourite dinner and dessert—Roast lamb and veggies, Pavlova

5. Favourite chocolate/lollies—Cadbury Dairy Milk Chocolate Makers Mint Chip Chocolate



As Mothers' Union members we are called to activism, advocacy and practical action. We are called to be kind, to have courage and be compassionate in our actions. So what does this mean to us in Australia as we seek to transform the lives of others through our **Overseas and Northern Outreach** section?



Our own AMUA Handbook 2018 (p21) states that: Through the worldwide Mothers Union network, the Overseas and Northern Outreach Department has a special responsibility to participate in the mission of the church by furthering the awareness of issues of aid and development, working towards the alleviation of poverty, and fostering compassion and justice for all people.... The Mothers Union has a role to play, along with other international agencies, in response to human need in the world community.

Our current Overseas Target Fund Project, Disaster & Climate Change in the Pacific, is in partnership with Anglican Overseas Aid (AOA). \$20,000 has now been forwarded for this project on our behalf as a result of member contributions through donations and fundraising.

(Paragraphs taken from email from Nolene Lentfer. Written by Wendy Mabey AMUA Overseas and Northern Outreach Coordinator)



**Noelene
Lentfer**
Overseas
and
Northern
Outreach
Coordinator.



It is a privilege to serve MU in this ministry.

I am married to Dennis [56 years] now both retired. We have 2 children a son Aaron and a daughter Katrina and have been blessed with 3 wonderful grandchildren now all grown up.

My personal journey with MU commenced in 1967 at Bellingham. I have served MU in Leadership positions in Parish ministry also served in Diocesan Executive positions.

My Favourite Bible Verse: I have many but Ephesians 2:8-9 **'For by grace are we saved through faith; and not of ourselves; it is the gift of God. Not our works, lest any man should boast.'**

Favourite Hymn: Take my Life.

Favourite Book: A Man called Peter.

Favourite Dinner and Desert; love all foods but especially Roast Pork followed by Sticky Date Pudding. Also won't say no to a pavlova.

Favourite lollies:

Sherbet Cones and Chocolate Freckles.

Look forward to meeting with you all at our ONO Celebrations. In Fellowship

Noelene
Lentfer



WHEN
I feel I am
NOT
ENOUGH.
Grace
says
I am



Laurel Brook

Profile. [in a nut shell].
I joined MU 1981 at A Christmas Carol Service at All Saints Boolaroo with 3 other people, it is the best thing I have ever joined, forming

many friendships over those years. I took on Branch President, when no one would take the position, after doing children's ministry [Sunday School and GFS leader] for some years at Caringbah, then following my marriage in 1973 at Warners Bay and hence Boolaroo. I have also been organist at both those places over the years as well. Barbara Jackson, was looking for someone to take over her role as Hospital Visiting Co-ordinator, and that began my time on Exec, being a fill in Deanery Leader, Dioc. Sec and Dioc. Pres. And then Dioc Sec again. I have also served on Anglican Women over the years. It has all been a wonderful and deeply meaningful experience serving God in His church and also the Parish and Diocesan involvement. It is really special when one is travelling and finds a MU banner in a church etc. and I love finding out how it all works in overseas countries.

My Favourite verse John 3:16 and Romans 8:26/27

Favourite Hymn: Blessed Assurance & To God Be the Glory

Favourite Dinner: A roast followed by Apple Crumble or Lemon Meringue Pie

Favourite Writer:

Lesley Pearse.

Favourite Chocolate
Turkish Delight.



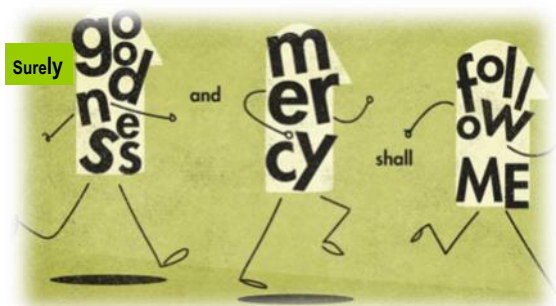
*The Spirit
of God
helps us in
weakness*



LYN WICKHAM – COFFEE AND CARE CO-ORDINATOR

I am not a “newbie” to the MU Committee – a returning one. I served as ONO Co-ordinator pre-COVID, took a break following the death of my husband and in 2023 I am returning in the role of Coffee and Care Co-ordinator. The Coffee and Care program at Worimi Childrens' Court is such a valuable MU outreach supported by numerous MU members in our Diocese.

I worship at St Thomas', Cardiff where I have been President of Cardiff Mothers Union for a number of years. My involvement with MU started with Caritas in the late 1980s, then to MU following the closing of Caritas. The majority of my working life was spent working in the community welfare sector. Now in my “retirement” years I enjoy engaging with various community groups, the fellowship of family and friends and I am looking forward to visiting my son and his family in Scotland later this year.



Favourites:

From the Bible -Psalm 23

Hymn – “Come to the Water”

Book – “The Book of Joy” – Dalai Lama and Desmond Tutu

Food – Seafood

All time favourite - Chocolate



Out of the mouth of babes..... Goodness and Mercy Go to School

Timmy was a little five-year-old boy, his Mom loved him very much. Being a worrier, she was concerned about his walking to school when he started Kindergarten. She walked with him the first few days, but he came home one day telling her he did not want her walking him to school every day. He wanted to be like the “big boys.” He protested so loudly that she had to find another way to handle it. She asked her neighbour Nancy if she would surreptitiously follow her son to school at a distance, but close

enough to keep a watch on him. Nancy said that, since she was up early with her toddler anyway, it would be a good way for them to get some exercise so she agreed. The next school day, Nancy and her little girl set out behind Timmy as he walked to school with his friend Ronnie. This went on for a whole week. Timmy's friend noticed that this same lady was following them every day. Finally, Ronnie asked Timmy, “Have you noticed that lady following us all week? Do you know her?”

Timmy nonchalantly replied, “Yeah, I know who she is.”

Ronnie asked, “Well, who is she?”

“That’s just Shirley Goodnest an’ her little girl Marcy,” Timmy said.

Ronnie inquired further, “Well, why does she follow us every day like that?”

“Well,” Timmy explained, “every night Momma makes me say the 23rd Psalm with my prayers cuz she worries about me so much. And in it, the prayer says, ‘Shirley Goodnest and Marcy shall follow me all the days of my life.’ So, I guess I’ll just have to get used to it. ☺

*Do we feel confident and comforted, believing that **every day** of our lives, these two friends are with us for **every step** of life’s journey.*



I am **GAIL ILES**

I have been a MU member since 1985 which included a period of inactive membership of some twenty-five years. However I had my MU renaissance in 2015 when I retired from teaching.

Lambton members were so pleasantly surprised at my sudden attendance at their meetings that they made me the president the following year; and so it's been since then. I am happy to help the ladies live out their MU commitment.

My life is busy aside from church work

with four growing grandchildren, helping with groups in their school classrooms, going to the gym and visiting my 96 year old father at Regis Elmore Vale.

I feel God nurturing and supporting me through my **favourite bible verse**

Isaiah 49:16 *"I have engraved you on the palms of my hands"*

This was the theme when I made my Cursillo in 1998.

I know of God's constant presence through my

favourite hymn " Be Still for the presence of the Lord"

Favourite author- Kate Morton

Favourite food—Beef Stir fry; crème caramel

Favourite chocolate—Ferrero Rocher

be still

RHONDA MORSE



I arrived in Cessnock in 1981 with my husband who was a TAFE teacher, a 3 yr old Son Jeffrey and a 6 week old daughter Bec. My next door neighbour invited me to go to church with her to St. Johns from there my children went to Sunday School and I attended church.

I became a member of Mothers Union on 9th July 2014 when May Taggart was Branch President. Later I became Secretary of evening MU when Revd Judy Walsh was president and when we combined with Morning MU I continued on as Secretary a position I still hold.

I have always enjoyed the fellowship of the members.

At the AGM last year I was elected as Prayer and Spirituality Person and with MU Chaplain, Revd Nicole and Gods help I hope to carry out the position successfully and look forward to working with everyone this year.

1. **Favourite Bible Verse** - 'I can do all things through Christ who strengthens me' Philippians 4:13
2. **Favourite Hymn** – Just a Closer Walk with Thee
3. **Favourite Author** – Di Morrissey
4. **Favourite Dinner** – Roast lamb and Pavlova
5. **Favourite sweet** – Ginger / Turkish Delight



I can do
all things through
CHRIST
who strengthens
me



Jesus said '**I AM** the True Vine' (John 15:1,5)



Hello and greetings

In the beginning ■■■

from **Leonie Benson** in Gloucester where I am preparing to step into the role of Lone Members Co-Ordinator, big shoes to fill following on from Elizabeth Bissaker.

I have been a Mothers Union member for over thirty years, but my memories of MU go back to my childhood when, as a pre-schooler, I would accompany my mother to MU meetings in County Durham. Like Mum, I joined MU in England when my late husband Stuart was undertaking a clergy exchange in Bromley in

Kent. Since then I have been an active MU member in the Parishes of Kempsey and Gloucester until our branch closed several years ago. I am now a Lone Member, although I do greatly enjoy joining with the lovely members at St John's Taree branch at their monthly meetings.

I am the mother of three adult children, two daughters and a son, who are librarians and school teachers, and grandmother of three nearly-fledged grandchildren, who all live in Sydney. The other member of my household is Nellie, a matronly middle-aged dachshund with an absolutely reliable built-in feeding-time clock - and a rousing bark.

The house and garden give me plenty to do but like most of you, enjoy reading, letter-writing and cooking, and do some drawing and colouring. There is always some project on the needles and a jigsaw on the go. Using the internet provides me with some challenges; hopefully I am still a work in progress in that department. I also enjoy watching sport on television, particularly cricket. For Christmas one of my daughters gave me a novel called 'Willowman' by Inga Simpson, a fascinating read for anyone who enjoys the game of cricket.

My absolute all-time **favourite hymn** is 'Be Thou My Vision, O Lord of My Heart', but I enjoy singing and sing most hymns with gusto.

As far as **special Bible verses** go, I love the power and profound truth of the opening words of St John's Gospel 'In the beginning was the Word, and the Word was with God, and the Word was God.....' And, in contrast the utmost simplicity of many verses from the Book of Psalms helps me to stay focused on our human condition and what is important day by day. "Rejoice in the Lord and be glad" (Ps 32:11) 'This is the day that the Lord has made: let us rejoice and be glad in it'. (Ps 118:24) are two examples.

This is the first time I have undertaken a diocesan role with Mothers Union in this diocese. I am looking forward to working alongside the other members of Executive, and becoming familiar with the members of the Lone Members Branch. Best wishes to everyone for a blessed and fulfilling year.



Rejoice and be Glad!





*If you say you make mistakes as big as my own—I guess I'll believe that its true
But consider the fact that mine happen to me,
While yours merely happen to you!*

I APOLOGISE BIG TIME to Exec members who did not receive my email about writing a profile and answering questions. I have no idea what happened as all names were included and I did not get any 'unable to deliver' notifications. We have had trouble with our email/wifi since Sept/Oct last year. (Maybe I did something wrong—highly unlikely, but just a little bit possible!)



The profiles/questions not included this time will now be included in June magazine. I will be so looking forward to receiving them.



Social Issues & Action

Hello , for those of you who don't know me, my name is **Lorraine Phillips** and I am the new (recycled) Social Issues & Action co-ordinator for the Diocese. I began my journey with MU in Townsville when I joined the Young Wives group.

I first became aware of MU while in Townsville as a young RAAF wife far from family and friends, it was this group of wonderful caring women who welcomed and nurtured me as a member and where I found a feeling of belonging to a wider family. On posting to Williamtown, we moved to Raymond Terrace where I have been a member of MU now for 37 years. We finally settled in Raymond Terrace and worship at St John's. Lance and I have been married for almost 53 years and have 4 great kids and 6 amazing grandkids

I am on Parish council at St John's and am a Chalice Assistant, I also teach SRE at RT public school. Following 4 years of EFM I was encouraged to go to Uni where I gained a Bachelor Degree in Theology at Newcastle University in 2015. My hobbies include watching TV, embroidery, cross stitch and reading. I am President of Diocesan Anglican Women and serve on Cursillo Secretariat.

It is through the grace of our wonderful God and Saviour that I have been able to be part of this wonderful worldwide family that is Mother's Union.

Favourites. Bible verse —John 14:6—7

Hymn—Oh the Mercy of God

Author—Don't really have one, like too many

Dinner—Fillet Mignon/ Pavlova.

Lollies/chocolate — Fruit and Nut



Jesus said '**I AM** the Way and the Truth and the Life' (John 14:6)



Brief profile from—**DENISE BROWN**

Grew up in country Queensland, second eldest of 6 children. Trained as a Primary School teacher and taught in various places in Central Qld. Met and married Grieve in 1974. Moved interstate and overseas before coming to Newcastle Diocese in 1985. Joined MU in 1986.

Have served on Branch and Diocesan MU Executive in a number of roles, most recently as Diocesan President – a privilege, a joy and a challenge for the past 5 years. I have met many MU members from around the Diocese as well as around Australia and New Zealand. I lost my soulmate and the love of my life to cancer in March 2017 and still miss him more than words can express. We have three children and four grandchildren ranging in age from 21 to 2. This year as well as being past President I am taking on Promotion and helping Lynn with the Newsletter.

In response to Lynn's questions one of many verses from the Bible that I relate to is Proverbs 3.5-6; a hymn – Be thou my vision; many authors- I like British crime novels; food – tricky to pick just one – traditional fare such as roast and vegies; desserts – much more important. I have a sweet tooth – I like milk chocolate and most lollies but not ones that stick to my teeth.

May the God of steadfastness and encouragement grant us to live in such harmony with one another in accord with Christ Jesus, that we may with one voice glorify our God and Father Amen. Romans 15: 5-6

*Trust
IN
THE Lord
WITH ALL YOUR
Heart*
PROVERBS 3:5



MY TURN! ☺

My favourite Bible Chapter is 1 Corinthians 13. (v 13) - *surprise!* ☺

Also John 3:16—I'm a whosoever. (*I want to get that printed on a T Shirt!*)

My favourite Hymn is TO GOD BE THE GLORY and **IN FAITH, and HOPE and LOVE—** (I don't like the tune just the words!) *Christ, our star, our map, our road...Christ our bread along the way; Our rescue when we stray. Our beginning and our end. Our hope and our reward; Our redeemer and our Lord.* (See following page – it all sums HIM up doesn't it?) ☺

Favourite Authors: John Grisham, Jeffrey Archer and Liane Moriarty.


Favourite dinner(s)/dessert. *I just love food!* Corned meat and onion sauce. Rissoles, gravy and mash. Lamb baked dinner, Chicken/mushroom Risotto. My sisters cheesecake. (*I'm hungry now!*)

Favourite lollies/chocolate—Mars Bar but I don't eat them anymore.

THANKYOU so much for sharing your profiles and answering questions. I've found it all so interesting to read and I hope you have as well.

WE ARE pieces of all the people in our life, all the people we love, all the places we have ever been, all the things we have done. We've been stitched together by sunsets, sunrises, hymn/song lyrics, books, MU meetings, bible verses, quotes, food, chocolate (& coffee ☺)

WE ARE
Family

 AND Jesus said unto the theologians, **"Who do you say that I am?"**
 They replied, "You are the eschatological manifestation of the
 ground of our being, the kerygma of which we find the
 ultimate meaning in our interpersonal relationships."
 And Jesus said **"What" ?!?! (Author unknown—shared by Fr Steve during sermon 12th Feb. 2023)**



HE IS.....

He is the First and the Last, the Beginning and the End
 He is the Keeper of Creation and the Creator of all
 He is the Architect of the Universe and The Manager of all time
 He always was, He always is, and He always will be.....
 Unmoved, Unchanged, Undefeated and never Undone
 He was bruised and brought healing, He was pierced and eased pain
 He was persecuted and brought freedom
 He was dead and brought Life. He is risen and brings Power. He reigns and brings Peace
 The world can't understand Him.....The armies can't defeat Him.....The schools can't explain
 Him, and The Leaders can't ignore Him. Herod couldn't kill Him, The Pharisees couldn't
 confuse Him, and The People couldn't hold Him. Nero couldn't crush Him, Hitler couldn't
 silence Him. The new age can't replace Him, and Non believers can't explain Him away!

He is Light, Love, Longevity, and Lord. He is Goodness, Kindness, Gentleness and God. He is
 Holy, Righteous, Mighty, Powerful and Pure. His ways are right. His word is eternal. His will is
 unchanging and His mind is on me. He is my Redeemer, He is my Saviour, He is my Guide, and
 He is my Peace. He is my Joy. He is my Comfort. He is my Lord. And He rules my life.
 I serve Him because His bond is Love. His burden is Light and His goal for me is Abundant Life.
 I follow Him because He is the wisdom of the wise The power of the powerful.....The ancient of
 days, the ruler of rulers. The leader of leaders, the overseer of the over comers, and The
 Sovereign Lord of all that was and is and is to come.
 And if that seems impressive to you, try this for size. His goal is a relationship with ME.
 He will never leave me, Never forsake me, Never mislead me, Never forget me.
 Never overlook me and Never cancel my appointment in His appointment book.
 When I fall, He lifts me Up,
 When I fail, He forgives.
 When I am weak, He is strong,
 When I am lost. He is the way.
 When I am afraid, He is my courage.
 When I stumble. He steadies me.
 When I am hurt. He heals me.
 When I am blind, He leads me.
 When I am broken, He mends me.
 When I am hungry, He feeds me.
 When I face trials, He is with me.
 When I face persecution, He shields me.
 When I face problems, He comforts me.
 When I face loss, He provides for me.
 When I face death, He carries me Home.
 HE is everything for everybody, everywhere, every time,
 and in every way.
 He is God—He is faithful.



(beyond measure!)

I AM HIS and HE IS MINE.

**HE will TRANSFORM YOU into HIS LIKENESS—
 YOU do the BEHOLDING, HE does the TRANSFORMING.**

A day without laughter is a day wasted.

DO YOU KNOW WHO I AM? It was the final examination for an introductory English course at the local University. Like many such freshman courses, it was designed to weed out new students, having over 700 students in the class! The examination was two hours long, and exam booklets were provided. The professor was very strict and told the class that any exam that was not on his desk in exactly two hours would not be accepted and the student would fail.

Half an hour into the exam, a student came rushing in and asked the professor for an exam booklet. 'You're not going to have time to finish this', the professor stated sarcastically as he handed the student a booklet. 'Yes I will', replied the student. He then took a seat and began writing. After two hours, the professor called for the exams, and the students filed up and handed them in. All except the late student, who continued writing. Half an hour later, the late student came up to the professor who was sitting at his desk preparing for his next class. He attempted to put his exam on the stack of exam booklets already there. 'No you don't, I'm not going to accept that. It's late'. said the Professor.

The student looked incredulous and angry. 'Do you know WHO I am'?

'No, as a matter of fact I don't', replied the professor with an air of sarcasm in his voice.

'DO YOU KNOW WHO I AM?', the student asked again loudly.

'No, and I don't care who you are', replied the professor.

'Good', replied the student, who quickly lifted the stack of completed exams, stuffed his in the middle, and walked out of the room.



BE TRUE TO YOURSELF BECAUSE YOU CAN FOOL OTHERS BUT NOT YOURSELF.

A friend of mine likes to imitate the verbal mistakes of English minister William Archibald Spooner, who was famous for his unintentional reversal of word sounds. In Spooner's style, one fell swoop became "one swell foop" and a pouring rain became "a roaring pain."

My friend pulled out some Bible memory cards one day and announced that he was going to "reverse his views" instead of "review his verses." His spoonerized statement may have been closer to the truth of what can happen when we read and meditate on God's Word.

I wonder if I have yet grasped the incredible process described in Romans 12:2, "**Do not be conformed to this world, but be transformed by the renewing of your mind.**" J. B. Phillips translates it, "Don't let the world around you squeeze you into its own mould, but let God remould your minds from within."

This is nothing short of a mental revolution—taking my normal human way of seeing life and giving me a point of view I could not have without God

Scripture memory is a powerful discipline that puts God's living Word into our minds and gives Him the opportunity to change our thinking and reverse our views.

Written By: David C. McCasland. From Our Daily Bread Reading—29th October 1997 USED WITH PERMISSION.

The Bible was not only given for our information but for our transformation. Dwight L. Moody

*Whatever you do,
do it all for the.....*

Glory of God

1 Corinthians 10:31

Love



Faith ✧ Hope ✧ Love



AMUA NEWCASTLE DIARY DATES for 2023

| | | | | |
|---------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------|
| February | 20th | Executive Meeting | 9.30am | Cessnock |
| March | 3 rd 3 rd -5 th 10 th 25 th Saturday | World Day of Prayer AW Retreat First Council Meeting Lady Day | 10.00am 10.30am | Catalina @Rathmines Cardiff Cathedral |
| April | 4 th 9 th | AW Diocesan Quiet Day Easter Day | 10am – 3p.m | Singleton |
| May | 15th | Executive Meeting | 9.30am | Southlakes |
| <u>June</u> | 11 th -13 th 23 rd | Diocesan Wave of Prayer 2 nd Council Meeting | 10.00am | Raymond Terrace |
| July | | | | |
| <u>August</u> | 7 th 8 th 9 th 21st | O/NO Luncheon O/NO Luncheon Mary Sumner Day Executive Meeting | 9.30-10.00am 9.30-10.00am 9.30am | New Lambton Kincumber Lambton |
| September | 5 th | Anglican Women Annual Service | 10.30am | St Peter's East Maitland |
| October | 16 th | Executive Meeting Diocesan Quiet Day | 9.30am 10.00am | Boolaroo TBA |
| November | 17 th | Annual General Meeting | 10.00am | Merewether |

'Renew and Transform'



Scripture reference:

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. Romans 12. 2

***Embrace each challenge in
your life as an opportunity for
self-transformation.***



DEADLINE FOR NEXT NEWSLETTER

23rd May 2023

Please send your Mothers Union News/Photos etc
to: **Lynn Mulley**

WEBSITE: [www:munewcastle.org.au](http://www.munewcastle.org.au)