

## **Celebrating 150 Years of Mothers' Union: Join Us, Join In – Lighting the Way for Generations to Come**

2026 marks 150 years since Mothers' Union was founded in the small parish church of Old Alresford, Hampshire, by Mary Sumner - a home-educated young vicar's wife with a powerful vision. She dreamed of women, regardless of class or status, coming together in faith to support one another and strengthen family life within the church.

From that small flame of an idea, a global movement was born. Today, 150 years later, Mothers' Union has grown to around 4 million members in 84 countries, working to improve the lives of individuals, families, and communities around the world. At the heart of all we do is our belief that faith and compassion can transform lives.

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” (Matthew 5:16)

And shine a light is what our members do. Whether someone finds themselves unexpectedly in the hospital, a family is grappling with a parent going to prison, or a baby is born prematurely, Mothers' Union members are there offering care, support, and love without judgment. We speak out against injustice, create safe spaces for conversation, and run parenting support groups - all helping to build stronger, more resilient communities.

All of our work is guided by our three core pillars of transformation: Ending Violence – promoting peace and safety, Ending Injustice – advancing gender justice and Ending Poverty – fostering self-reliance and resilience

Our global programmes include literacy and savings groups, parenting and resilience training, and domestic abuse awareness campaigns. These initiatives are rooted in local communities - we listen first, then respond with practical, faith-led action. Every day, globally, our members carry out thousands of quiet acts of service that bring hope and healing.

Mothers' Union today reflects the diversity of the modern world. We are a movement that continues to evolve, welcoming people of all backgrounds and identities. While we are a women-led movement, men are welcome to join! 150 years of courage, care, and community, and we're just getting started – so why not join us?

*At this point, you can end the article here, but make sure you add the details of how they can find out more locally. Alternatively, you can add a paragraph or two to talk about what activities you are planning to mark the 150<sup>th</sup> – some suggested wording to frame this is as follows*

Join Us, Join In

As we celebrate 150 years of courage, care and community, we're looking to the future. There's a place for you here.

Whether you're passionate about social justice, community outreach, prayer, or simply want to connect with others who care, we invite you to get involved. In the next six – 12 months, we have some exciting activities to join in locally coming up, including [insert details]

To find out more about what's happening near you or how to become a member, visit [insert your website or contact info], or speak to a local member after church. You can also follow us on [insert social media platforms] to see how our members are making a difference every day.