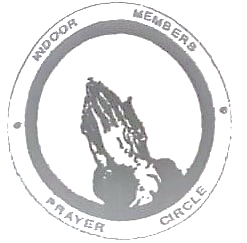


**Diocese of Jamaica and the Cayman Islands**



Indoor Members Prayer Members Circle

**March – May 2023**

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.*

**1 Corinthians 6: 19-20**

**Dear Friends,**

This issue of the IMPC Newsletter challenges you to become healthy both physically and spiritually.

Sis. Karen shares a testimony and introduces you to her guide/spiritual director, Rev. Mary Graham. As you read the article, we invite you to ponder these questions: Do you have a Rev Mary in your life? How has she impacted you? What lessons have you learnt from having your own Rev Mary? Will you be a Rev Mary for those you meet?

Now that Covid is not so frightening anymore, the Ministry of Health & Wellness is once again warning us about lifestyle diseases. Over the next few issues, we will focus on health issues particularly relevant to the more mature but for which the seeds are sown long before they become established.

Inviting those who have been MU members for over 50 years to share their MU Journey with us. What attracted you to the Movement; what changes have you seen; what is your favourite MU memory?

Similarly, we would like to feature our members over 90 years old. You may submit a picture and a quotation from each, Include name, age, Branch and number of years a Mothers’ Union member.

Even if you don’t fit into those categories, feel free to share your testimony with us. Let us encourage each other.

*Collect for Easter*

*Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

**March: THE WOMAN AT THE WELL WITH REV MARY GRAHAM**

Most of us know where we were when we realized that we needed Jesus in our lives. I can recall vividly where I was and at what stage of my life, when Jesus came calling.

It was in 2014 and I was attending St. George’s Anglican Church for the very first time. I had been living in the Cayman Islands for a long time. I was raised an Anglican; went to an Anglican school and was confirmed yet I had never visited the only Anglican Church in the Cayman Islands. I visited because my friend who kept telling me for years about Sis. Mary invited me to that church for her baby’s Baptism. My life changed on that Sunday morning as Rev. Mary spoke about the Woman at the Well. Her sermon stirred emotions in me that I thought had long died. I was emotional. I was overwrought. I realized then and there what true love was all about. I never stopped attending.

I got to know Rev Mary through my time at St. Georges. Looking at me with love, I shared my life journey with her and she shared hers. Her sermons were always filled with one message. Love. Being loved. Showing love. Accepting love. Being worthy of love. She reminded us each day with anecdotes, scripture and her sermons that we should always see Jesus in each other. It is a simple message, but once you begin to put that into action, you realise just how challenging it can be to see Jesus in everyone.

It has been 9 years and since that time, Rev Mary has not changed. Her message to all of us has been one of love, of showing compassion. Of being Christians not only in thought, but also in our deeds and our daily walk.

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**DJCI Wave of Prayer: March**

February 26 – March 4: Deanery of St. Ann

March 5 – 11: Women who are victims of

economic depression

March 8: International Women's Day,

March 12 – 18: Deanery of St. Thomas

March 19 – 25: Unwed Mothers;

Women's Centre

March 25: Feast of the Annunciation/

Lady Day

March 26 – April 1: Deanery of Trelawny

**DJCI Wave of Prayer: April**

March 26 – April 1: Deanery of Trelawny

April 2 – 8: Deanery of Portland

April 9 – 15: Deanery of St. Elizabeth

April 16 – 22: Deanery of St. Andrew

April 23 – 29: Deanery of St. Catherine

April 30- May 6: Children Homes  
Child Protection and Family Services Agency

**DJCI Wave of Prayer: May**

***May is Child Month***

April 30 - May 6: Children Homes  
Child Protection and Family Services Agency  
May 7 – 13: Diocesan Committee and Staff at

MU Office  
May 6: Mothers' Day

Mothers who have been forgotten.   
May 14 – 20: Deanery of St. James/Hanover

May 21 -27: Deanery of Kingston

May 28 - June 2: Deanery of Manchester

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Why should we dread the thing called death? It's just an open door/ Where all within is love and peace/ And joy forever more. "Because I live/ you too shall live/ "We hear the Savior say. Let's consecrate our lives anew/ On this glad Easter Day.

*from* ["I Feel It In The Air" by Edna Reed](http://www.sassycats.com/easter_poems_stories.html)

**April: Encounters with the Risen Christ**

How many Resurrection appearances of Jesus can you name? My NIV lists the following (a) to Mary of Magdala ((Mk 16: 1-8, John 20: 11-18); (b) to other women (Matt. 28:9-10); (c) Two men going to Emmaus (Mk. 16: 12-13; Luke24: 13-32); (d) Peter (Luke 24:34); (e) Ten disciples, Upper Room (Luke 24: 36-43, John 20: 19 -25); (f) Eleven Disciples, Upper Room (Mk, 16:14, John 20: 26-31) (g) Seven disciples , fishing (John 21: 1-23) (h) Eleven disciples, Mountain (Matt 28:16-20, Mk 16: 15-18); (i) Over 500 disciples (1Cor. 15: 6) (j) James, his brother (1Cor.15:7); (k) Ascension (Lk 24:44-49, Acts 1:3-8); (l) Paul (Acts 9: 1-19)

Without looking at the table, I would probably list b, c, e and f. How would you do? It got me thinking though that many of us do not record our encounters with Christ. So for the Easter Season through to Pentecost, I am going to challenge you to join me in keeping a journal of our encounters with the Risen Lord. They don’t have to be large dramatic events. Remember Elijah could only recognise God in the silence. Let us be intentional in our devotions, at worship and in our interactions with others. As we look for God in others around us, we open up ourselves to be used by Him also so others can see Him living through us. You may share you Easter diary via WhatsApp 876-865-6570.

Let us pray:

O God our Father, who sent your Son to redeem us through His death and resurrection. Help us to be always mindful of your love and grace. Amen

**May: Know Your Numbers**

We begin with diabetes (sugar). Your body needs sugar and it prefers complex sugars that it can break down and use as needed. Diabetes Type 2 arises when the body does not produce enough insulin, the hormone that controls the amount of sugar in the blood. When the insulin supply is low, consuming a lot of simple sugars, e.g. cakes, becomes very dangerous. Too much sugar in the blood stream damages to the organs of the body.

It is important that you know your family health history. Just as families pass wealth down generations, they also pass health conditions. If your parents and grandparents are diabetic, it is very likely that you will too. So how do you reduce your chances of suffering from these conditions? First, have regular check-ups – at least once per year do a complete physical and you should begin this no later than age 35 years. Don’t wait until you think something is going wrong; remember most of these conditions can be controlled if caught early. Know what readings you should have. If possible, invest in a home machine and learn how to use it. Thankfully these devices are easy to handle.

How do you compare to the diagram below?

 *100mg/dL = 5.6mmol/L*

Diabetes need not control your life. You need to take control. I read an article where a man was asked what was it like living with diabetes and he responded, “I am not living with diabetes, it is living with me”. He was claiming the dominant role in the relationship; you can too. As long as you learn all you can about it and follow healthy rules, you can control it.

.**Upcoming Events**

* March 3: Women’s World Day of Prayer
* March 8: International Women’s Day:

*Theme: Break the Bias*

* March 11: MU Executive Meeting
* March 19: Mothering Sunday/

Branch Presidents’ Convention

* March 20: St. Joseph *(trans)*
* March 25: The Annunciation/Lady Day
* April 9: Easter Sunday
* April 23: Provincial Sunday
* April 23 - 29: Provincial Week
* April 25: St. Mark
* May 1: St. Phillip & St. James
* May 14: Mothers’ Day
* May 13: International Day of the Family/

Virtual Family Fun Day

* May 18: Ascension Day
* May 27: National Activity AYF & members under 40
* May 31: The Visitation

**Pray:**

* For conflicts around the world but especially for Urkraine, Russia, Rwanda
* Dwindling congregations, insufficient clergy, committed Lay Leaders, Laity to become fully involved in the MINISTRY of the Church
* Courageous persons to help stem the crime wave in our country.
* For those seeking gainful employment
* That the drought be broken; that as a nation and individually, our storage capacity of water increase
* Parenting Programme – increased interest of parents; renewed funding for training

**Exercise for the Less Able**

***Gentle stretches***

Try some gentle stretches in bed or a chair every day to keep supple.

* While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
* Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
* Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
* Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.
* Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).

*Standing without help*

Pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

* Sit on a chair without arm rests, with your arms across your chest. Lean forward.
* Put your weight on your feet while leaning forward. Stand up by straightening your knees. Sit down again.
* Repeat this as many times as you feel able.
* Try to do this exercise 3 to 5 times a day.

**Let’s Hear from You**

Is there anything you want featured? Do you have a poem or song to share? Send your questions, comments, contributions to us using one of the following methods:

**WhatsApp: 876-865-6570**

**Email:** [**munion@anglicandiocese.com**](mailto:munion@anglicandiocese.com)