

familiesfirst

e-NEWS JANUARY



WELCOME to the January e-newsletter from the *Families First* team.

In 2010 the Mothers' Union is focusing on the theme of 'relationships not rules.'

Families First magazine is a lifestyle magazine which encourages strong marriages, good parenting & active faith. It is for people who care about family life; people who want the best for their own family, families in their immediate community and families worldwide.

Boost your year...

The start of a new year often makes us re-evaluate our lives, extend our hopes and look back at our achievements. GlobalRichList.com helps people understand, in real terms, where they stand globally. In their own words: *Often, we gauge how rich we are by looking upwards at those who have more than us. This makes us feel poor. We wanted to challenge people's perception of their personal wealth. We want people to feel rich.*

Go to www.globalrichlist.com to find out how rich you are and boost your year by helping someone else



...become a volunteer!

For a New Year's resolution that will enrich your life and someone else's, why not try becoming a volunteer? *Do-it* connects people who need help with people who want to help them. The free database of volunteering opportunities nationwide is perfect for those who want to volunteer on a local level as it allows you to search for opportunities based in your area. You can also specify your skills and interests as well as when you're available. To find out more, visit www.do-it.org.uk



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Families Worldwide

Find out more about Mothers' Union's work worldwide at www.mothersunion.org or by ordering a copy of *Families Worldwide*.

Families Worldwide is the Mothers' Union members' prayer diary and resources guide. Published three times a year, *Families Worldwide* highlights the grassroots work of Mothers' Union in each country and includes a daily prayer diary.

Non-members can buy copies, priced £1, from Mothers' Union Central Services: telephone 020 7222 5533

Competition winners!



Congratulations to our competition winners from the Christmas issue of *Families First*:

Spring Harvest winner: *Mrs Janice Chadwick*

Testament Trump card game winners:

Mrs Julia Collins, Anne M W Jeffree, Miss A Dickinson, Mrs J Wilson, Jean Thomas, Mrs Karen Purcell, Irene Burnett-Thomas, Mrs J Hawken, Mrs E Snoswell, Mrs S Wainwright



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January Winter warmers



Coq au vin

A casserole is a cheap and cheerful dish to keep you and your family warm during the winter evenings. Here's Michele Guinness's tasty recipe. You can also find this on page 23 of the December issue of *Families First*.

Serves 6

6 pieces of chicken, 6 chunky slices smoky bacon, chopped 2 large onions, chopped (or 24 peeled shallots if you can be bothered), 250g chopped or button mushrooms, ½ litre red wine, ½ litre of chicken stock, 2 mashed cloves of garlic, 1 tsp thyme, 1 tsp ground bay leaf, 1tsp tomato puree, 2 tbsps plain flour, Salt, ground black pepper.

Fry the onions and chicken pieces until golden, then add the bacon and mushrooms for a few minutes. Stir in the flour, until all the chicken and the rest are well coated, then slowly pour in the stock and the wine, stirring as it thickens. Add all the other ingredients and cook slowly for around an hour or longer.

All-in-ones



Now the first snow is here, some people might be wishing they could hibernate. One solution is to stay at home and crank up the heating but with warnings of low



energy reserves in the media, The All-in-one company provides a wonderful alternative.

Their UK produced all-in-ones are made to measure and can be customised with a choice of hundreds of different fabrics plus ears, feet and mittens to choose from (and of course full length zips and drop seats!).

To order, visit the website: <http://www.the-all-in-one-company.co.uk> click the order button and follow the easy steps to select your fleece or cotton fabric, size and preferences.



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HAND IN HAND
THE CHILDREN'S MINISTRY & FAMILY MINISTRY
CONFERENCE 2010
22-24 JANUARY
EASTBOURNE, UK

Children's Ministry Conference

Let us know what interests you so we can devise a newsletter that matches your interests.

Do you work with children or families? If so, you may want to visit *Hand in Hand: The Children's Ministry and Family Ministry Conference 2010*. The conference is concerned with helping individuals to support ministry in their local areas through access to training and resources.

Catherine Kyte from Mothers' Union will be leading one of the seminars and children's ministry expert Ishmael will be launching a new album -- read more about Ishmael in the March issue of *Families First*.

Children Matter! will be hosting a seminar stream for those in positions of children's ministry leadership. The conference will be held from 22 - 24th January and hosted in Eastbourne.

Visit the website and save 15% by booking tickets online:

<http://www.familyministry.co.uk>

(Look out for the *Families First* team at this conference)



Audio version of *Families First*

Do you know anyone who could benefit from receiving an audio version of *Families First* magazine?

An annual subscription of 6 issues costs the same as a physical copy of the magazine - £12 - and is available on tape or CD.

Please contact us in the office if you would like to place an order or to request a sample copy:

Tel: 020 7227 0620 email: familiesfirst@themothersunion.org

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Families First team, Mary Sumner House, 24 Tufton Street, London SW1P 3RB

www.familiesfirstmagazine.com