

# Pray for Mildmay

April 2017 - October 2017



By sharing our joys and challenges and bringing them before God, you can be part of what He is doing through Mildmay, transforming the lives of people living with HIV.



[www.mildmay.org](http://www.mildmay.org)

Registered charity no. 292058

## Who we are



Mildmay is a charity delivering quality HIV care and treatment, prevention work, rehabilitation, training, education and health services in the UK and East Africa.

In the UK Mildmay Mission Hospital treats people with complex and severe health conditions caused by HIV. We specialise in treating HIV associated brain injury. Our multi-disciplinary and holistic approach means that over 80% of our patients are able to return to independent living at discharge from Mildmay.

Our Day Services activities include music, art and garden therapies, day trips to support orientation, planning and travel, memory recall groups, computer skills and brain training, healthy living, yoga and physiotherapy. This work helps to keep people stable, maintain health and independence, grow in confidence, regain physical function and re-learn lost life skills.

In East Africa Mildmay's work supports around 116,000 people living with and affected by HIV. We have expanded our work to address other HIV health related issues including, TB treatment and screening, cervical cancer and pre and post-natal care which supports the prevention of mother-to-child transmission.

We are proud of our Christian foundations, our Christian faith remains central to who we are as a charity and is reflected in our work across the years, reaching out to those in great need. Our chaplaincy are an essential part of our team, offering spiritual guidance and support which adds an extra dimension to our medical care.

## A letter from Stan our Volunteer



I first came to Mildmay in 1991 some 26 years ago. I am 79 years old and I volunteer for six different charities. I first became involved with Mildmay because I felt that I needed some spiritual support as my partner of 14 years was dying from HIV/AIDS.

I was made very welcome and felt at ease. I wanted to repay them for their kindness and understanding so I did some fundraising in Cumbria for many years. Then two to three years ago I joined the Chaplaincy team. This involves various tasks, helping to prepare for morning worship, doing a reading, chatting with patients on the wards and in day services. My relationship with the individuals that I see is an important part of the reason why I visit. Being valued and being part of a caring team gives me the satisfaction of serving a useful purpose."

I grew up in a remote part of Cumbria on a small hill farm. At 18 years of age I was conscripted to the army for National Service, after some initial training I was posted to the British Hospital in Paris where I trained as a nursing orderly on the wards. Living and working in the heart of Paris was a real culture shock- it seemed like another world! During my time there I met some famous people including Lady Edwina Mountbatten and the late Duchess Of Windsor Wallace Simpson who lived nearby in the Bois De Boulogne. It was all-in-all a wonderful Experience.

At my age most of my ambitions have been fulfilled and I just thank God for each new day and count my blessings."

## Prayer Focus

### Easter at Mildmay

† He is not here; he has risen, just as he said.  
Come and see the place where he lay.

**Matthew 28:6**



For many of our patients getting to church is difficult, or impossible. Easter at Mildmay Mission Hospital brings for many a welcome opportunity to celebrate this important time and the hope it brings.

“In the weeks leading up to Easter we show a film relating

to the Passion, Death and Resurrection of Christ, relating these Paschal events to our own lives.

On Palm Sunday, we engage in a small procession around the chapel using Palm branches brought from our own churches.

On Maundy Thursday, we enact the drama of the Last Supper taking part in a symbolic feet-washing ritual involving staff, patients and clients. Then on Good Friday, with the help of staff and volunteers, we join a ‘Witness Walk’, visiting three local churches before returning to Mildmay for hot cross buns and a welcome cup of tea. Later in the afternoon we have a simple service on the ward for those who were not able to join us in the morning. Later we prepare our Mildmay chapel for Easter Sunday, filling it with flowers, lights and beautiful golden and yellow cloths. We also place in the chapel, a small Easter garden made by the children at the local school.

Finally, on Easter Sunday morning we hold our own Easter Service to joyfully celebrate the resurrection of Christ in word and in song!”

Sister Bernie Devine, Lead Chaplain at Mildmay

## Prayers for April

Read: Romans 8:28, 30-32, 34-39



*“The great gift of Easter is hope - Christian hope which makes us have that confidence in God, in his ultimate triumph, and in his goodness and love, which nothing can shake.”*

**Basil C Hume** (1923-1999)  
Cardinal Archbishop Of Westminster

### During this month please pray

For our patients and their families, especially those who are dealing with severe and very challenging health conditions. Many may feel they are facing dark and fearful times. We pray that God will give them strength and bring comfort through the Easter message of hope, goodness and love.

For our chaplaincy team as they reach out to our patients, their families, staff and volunteers.



## A gift that keeps on giving

Our supporters who make a charitable bequest in their Will to Mildmay of at least £500 have the opportunity to be enrolled in: The Mildmay Yellow Rose Fellowship. This recognises pledges made to Mildmay by individuals of gifts that it may not have been possible for them to commit to during their lifetimes.

When you join the Mildmay Yellow Rose Fellowship you will be:

- Securing the future of Mildmay work and programs;
- Building a better future for people with severe and complex health conditions associated with HIV.
- Mildmay Yellow Rose Fellowship members receive a Mildmay lapel pin, recognition in Mildmay publications, priority booking and seating for Mildmay events such as our annual carol concert and invitations to special Mildmay VIP events.

### Why Leave a Legacy?

Each of us can recall a time when we have been personally and positively touched through the caring contributions of others. Many give both their money and time to worthy causes; however, many of us are unaware that by making a gift in our will or trust we can continue to help people in need or to promote a favorite cause long after we are gone.

### Gifts through Your Estate

When considering Mildmay, decide on the type of legacy gift you want to leave:

**Pecuniary legacy:** A specific amount of money, decided by you.

**Residuary legacy:** After gifts to family and friends, and other expenses, you can leave the remainder to be divided between your favourite charities. This is the most flexible – you don't have to decide on an exact amount, and it keeps pace with inflation.

**Specific legacy:** Named items such as your house or antiques etc.

**Reversionary legacy:** A gift which is only paid after the death of someone else. If you have a spouse or partner, you may want to leave your entire estate to him or her, but you can specify that after their death, all or part of the remaining estate is paid to your favourite charities.

### How to leave a gift to Mildmay

If you would like to leave a gift to Mildmay the information to include is:

**Mildmay Mission Hospital** 19 Tabernacle Gardens, London E2 7DZ

Charity No:292058

**If you would like any other assistance or information, please speak confidentially to our Director of Fundraising – Kerry Reeves-Kneip 0207 613 6321.**

Pray for Mildmay – April 2017 - October 2017

## Prayers for May

† Read Isaiah 52:7-10

Mildmay Kenya works to empower communities to deliver HIV health care and provides education, training and support. In Kenya the word for God is Nkai (pronounced 'en-kai'). They use this at the end of their prayers, similarly to how English speakers use 'Amen'.

### During this month please pray

For our team in Mildmay Kenya who are working through our programmes to reach vulnerable young people who are at high risk of contracting HIV to keep them HIV free.

For guidance for our Kenyan team as they train community health volunteers to support young children who are living with HIV, help the team to support these young children to adhere to their life saving medication, educating and helping them to ensure they keep clinic appointments.

Shuga is a drama series that follows the lives of young people; it has a large audience and a strong impact. Please pray for our work in Kenya, as Mildmay Kenya train Shuga facilitators to reinforce the messages within the programme that educate and inform young people about HIV and sexual health.

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## Spotlight on volunteering at Mildmay

Fiona Latzel has joined Mildmay as a volunteer for six months as part of her gap year and her year abroad. She has made an invaluable contribution across the whole organisation.

**We asked Fiona what she most enjoyed about coming to Mildmay:**

“Mildmay is like one big family and I am glad to be a part of it. Everyone works together as a team to achieve the very best treatment and care for the patients. I most enjoy the time I spend with the patients; they make me smile and make everyday a special one. It’s an awesome feeling when the patients are glad to see you and show you how much you mean to them, maybe you cannot change their life, but you can at least change one day, by listening to their problems or having fun with them!

Every day is different and I am happy to be able to contribute to the amazing work that takes place at Mildmay.”



Fiona joined Mildmay’s team for the Lord Mayor’s Show one of the events that helped us to mark Mildmay’s 150th anniversary.

## Prayers for June

† Read: Isaiah 6:8

Almighty God, thank you for all those who have responded to your call by volunteering for Mildmay. We are blessed to have people who are willing to give up their precious time and talents regularly and so generously to benefit others.



The beginning of June marks Volunteers’ Week a national Celebration of volunteers and volunteering. Join us in giving thanks for all those who give their time to help Mildmay transform the lives of people living with HIV.

**During this month please pray**

For our volunteer speakers who share news of our work across churches, community groups and organisations, bringing greater awareness, vital support and understanding.

For our chaplaincy volunteers, who support our patients spiritual and emotional needs and ensure we can offer regular services within our own beautiful chapel.

For our volunteer interns and youth-work volunteers as they engage with our patients, give them continued strength and compassion to be able to offer support to people in times of great need. May they find joy in the gift of giving this precious gift.

For the volunteers that support Mildmay’s fundraising events, enabling us to raise vital funds and awareness around the work we do.

## Day services summer outing to seaside

Every year we take our Day Service patients on a summer day trip to the sea-side. This year Southend was the chosen destination and a day of glorious sunshine was enjoyed by all.



This year we used the opportunity to reinforce skills learnt through 'travel planning training' and the trip was made by train. For many this is their only opportunity to get to spend a day beside the sea, and it is always an eagerly anticipated trip. As well as giving the opportunity to enjoy a happy experience together, patients also gain a sense of achievement by helping to plan the trip. Then post trip we can talk about the day, sharing memories and experiences which all helps to promote memory and skills such as problem solving and planning.

Please pray that this years UK summer trip for our Day Service patients will be blessed with sunshine and joy and will continue to help many of our patients who share this day grow and maintain their precious independence.

## Pause for thought

It was only a sunny smile, and little it cost in the giving, but like morning light it scattered the night and made the day worth living.

**F Scott Fitzgerald**



## Prayers for July



### Read: Psalm 82

† Give justice to the weak and the orphaned; maintain the right of the lowly and destitute. Rescue the weak and the needy, deliver them from the hand of the wicked.

On 18th July, people worldwide will mark Nelson Mandela Day, a day created in recognition of his birth and to honour his life's work and act to change the world for the better.

*"Every Person in the world can make a difference, no matter how big or small their contribution"*

### Inspired by Mandela Day please pray during this month

For Mildmay's work across the UK and East Africa to continue to make a difference to so many lives, reaching out to those in greatest need.

For the continued success of the new maternity wing opened by our sister organisation Mildmay Uganda, which is providing essential pre and postnatal care helping to prevent HIV-transmission from mother to baby. All the babies born in the unit so far have been born free from HIV.

For the Community Health Volunteers (CHV) trained by Mildmay Kenya to reach out to people their own communities with care, HIV education, advice and support. Each CHV reaches 100 people in their area.

For our nurses in the UK who work so patiently and tirelessly with our patients and often have to deal with challenging behaviour caused by HIV associated brain injury.

Give thanks that our treatment, medical intervention, rehabilitation and care means that over 82% of our UK patients are able to return to independent living.

## Pause for thought

"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead"

**Nelson Mandela**



## Prayers for August

Read: Matthew 14:22-33

† Lord Jesus Christ, give us the breadth of vision to see you in people and places who are strange to us. May we know your presence and may we hear your words, 'Take heart, it is I; do not be afraid.'



### During this month, please pray for

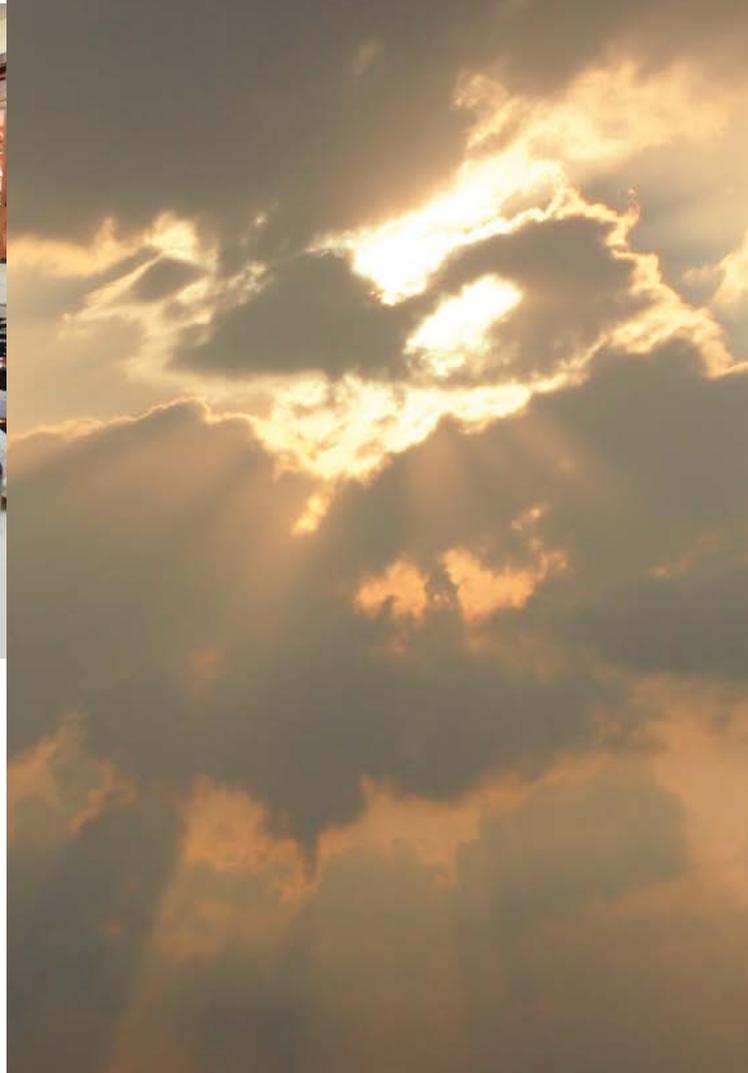
Mildmay to continue to benefit from learning and growth from previous successes in healthcare work and research

For Mildmay to continue nurture close and successful working with other organisations in the health field.

To enable Mildmay to be successful in reaching out to communities through health centres, schools and churches.

## Pause for thought

When we put our problems in God's Hands, He puts His Peace in our hearts.



# Prayers for September

Read: Luke 24:31

† Lord of healing, you came to set us free and make us new. Let your living body of the Church continue to bring healing to the bodies, minds and spirits of all people in the world today.

## This month please pray

For our sister organisation Mildmay Uganda as they work towards their visionary plan to expand their health care and education programme reaching even more people - transforming lives.

For Mildmay Kenya who bring hope and healing, working with and empowering some of the poorest communities.

For Mildmay UK as they bring back independence to over 82% of their inpatients, many who arrive at Mildmay Hospital seriously ill and with physical and cognitive impairment.



# Get in touch

## My details

Title:

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First name:

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Surname:

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Address:

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Postcode:

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Telephone:

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Email:

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- I would like to have a Mildmay speaker at my church
- I would like to receive further information about leaving a gift in my Will
- I would like more copies of Prayer Diary (please specify amount)
- I would like to receive information about making a regular gift to Mildmay
- I would like to hear more about volunteering opportunities at Mildmay

Please visit our website [www.mildmay.org](http://www.mildmay.org) to find out more about our work



Thank you for your interest in Mildmay

Pray for Mildmay – April 2017 - October 2017

## Pause for thought

I lift my eyes up to the mountains.  
From where shall my help come,  
My help comes from the Lord,  
Who made heaven and earth.

Psalm 121:1



Mildmay Charity Offices  
FREEPOST Plus RSKH-RGJE-GUJB  
19 Tabernacle Gardens  
London  
E2 7DZ

No stamp  
required but  
using one will  
save Mildmay  
resources



If you would like to download a copy of our  
prayer diary then please see our website  
[www.mildmay.org](http://www.mildmay.org)

Mildmay Charity Offices  
19 Tabernacle Gardens, London E2 7DZ

Tel: 0207 613 6311  
Fax: 0207 613 6329  
Email: [info@mildmay.org](mailto:info@mildmay.org)

[www.mildmay.org](http://www.mildmay.org)

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