

INTERNATIONAL WOMEN'S DAY

SPECIAL DAYS

PREPARATION

- ➔ Ask members to bring photos of inspirational women from their own lives, for example mothers, teachers, mentors...
- ➔ Select some [International Women's Day](#) (IWD) resources, for example photos, how to make a pledge wall, [facts and case studies](#)
- ➔ Select a video to watch, eg this year's IWD [video](#) or from other [years](#)

INTRODUCTION/BACKGROUND

Officially recognised by the United Nations in 1977, International Women's Day first emerged from the activities of labour movements at the turn of the 20th century in North America and across Europe.

International Women's Day (IWD) is now celebrated in many countries around the world on 8 March every year. It is a day when women are recognised for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

'Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge gender equality.'

internationalwomensday.com

ACTIVITIES

QUIZ

Try this quiz on famous quotes from inspirational women. Can you guess who said what?

1. 'When someone is cruel or acts like a bully, you don't stoop to their level. No, our motto is, "When they go low, we go high."' (Michelle Obama)
2. 'It is obvious to you that the struggle will be an unequal one, but I shall make it - I shall make it as long as I have an ounce of strength left in me, or any life left in me.' (Emmeline Pankhurst)



3. 'If you want something said, ask a man. If you want something done, ask a woman.'

(Margaret Thatcher)

4. 'No one can make you feel inferior without your consent.'

(Eleanor Roosevelt)

5. 'Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.'

(Rosa Parks)

6. 'Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.'

(Marie Curie)

7. 'Despite everything I believe that people are really good at heart.'

(Anne Frank)

8. 'It is never too late to be what you might have been.'

(George Eliot / Mary Ann Evans)

SHARE

Using the photos of inspirational women brought in by group members, share why these people are so important and impactful. What was it about them that made them inspirational?

WATCH

Choose an IWD video to watch and inspire your group eg this year's IWD [video](#) or from other [years](#).

IWD

There are a range of activities from the [IWD website](#) that you may wish to explore with your group. For example: explore case studies; create your own group photo based on this year's theme; make a pledge wall; make your own video.

Here are some suggested **ACTIONS** you might like to share to inspire the thinking.

I will help forge women's equality by:

- * calling out gender stereotypes or bias



- * boycotting products when advertising stereotypes women
- * taking children or friends to women's sporting matches
- * buying from women-owned businesses more
- * donating time or resource to a women's charity or initiative
- * questioning and challenging all-male speaker panels
- * mentoring a woman and helping her build her support network
- * flying the flag for women among family and friends
- * listening more openly to everyone, all genders
- * noticing gender representation on boards of directors

Alternatively, members can write a specific **BELIEF** that they can hold that will help them maintain a 'gender equal mindset' and live their personal commitment.

Here are some examples you can provide to stimulate thought.

I will help forge women's equality by:

- * reflecting on how fair and inclusive my actions and comments are
- * valuing women's contributions and achievements more
- * being aware of bias and questioning assumptions I make about women
- * keeping an open mind about equality and inclusion
- * noticing and questioning when women aren't present or equal
- * respecting and embracing difference
- * reflecting more regularly on how my actions are perceived

IWD

Read out the IWD list of statements for the pledge wall and encourage members to 'stand-up' if they will take up any of these challenges.

BIBLE READING/THOUGHT

There are many inspirational female characters in the Bible and today we are focusing on Esther. Esther was an Israelite orphan who had been adopted by her cousin Mordecai (Esther 2:7). She was part of an ethnic minority living in a strange land; she was not of high value or considered of great worth, just an ordinary girl. And yet Esther was chosen to be a queen (Esther 2:17).

Queen Esther found herself at first keeping her Jewish heritage a secret for fear of the consequences. But when her own people were in danger she was willing to risk her life to save her people. Haman, an enemy of her cousin Mordecai, noted that the Israelites were different - the Jews kept different rituals and did not keep the



king's laws which contradicted them. So Haman advised the king that the Jews should be destroyed (Esther 3:8-10).

When Esther learned of this, she went to the king - an act punishable by death as she had not been invited - and petitioned him for the lives of her people (Esther 7:3). A woman of principle, she was willing to put the lives of others ahead of even her own life.

Esther was just an ordinary young woman who had a defining moment in which she chose to stand courageously for others.

We may often feel pretty ordinary ourselves, our lives may appear very routine, but all of us have a few defining moments when we may be called on to put godly principle above personal benefit. What will you do when you encounter defining moments in your life?

SONGS

- ♪ SASB 397 'This is my desire, to honour you'
[Brass instrumental lyric video](#) by Salvation Army Video Songbook - Kelston Stanford (2:41)
[Lyric video](#) feat Holly Dawson and Hillsong by ForGodSoLoved777 (4:45)
- ♪ SASB 525 'What a work the Lord has done'
[Piano instrumental video](#) by raszmies (3:29)
- ♪ SASB 565 'All I once held dear (Knowing you) by Graham Kendrick
[Official lyric video](#) by Graham Kendrick Music (4:43)
[Brass instrumental lyric video](#) by Salvation Army Video Songbook - Kelston Stanford (3:04)
[Lyric video](#) feat Robin Mark by Grace Bible Church - Adell (4:25)
- ♪ SASB 573 'Be thou my vision, O Lord my heart!'
[Brass instrumental lyric video](#) by Salvation Army Video Songbook - Kelston Stanford (4:18)
[Celtic lyric video](#) by Evolsiay Tulip (4:45)
[Official lyric video](#) by Audrey Assad (3:34)



WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
- Family Ministries website: www.salvationarmy.org.uk/families
- Emails: familyministries@salvationarmy.org.uk
- Facebook: @sarmyfm
- Twitter: @ukifamily
- Instagram: safamily_ministries



Family Ministries

Having faith in the family

Providing intergenerational support, training and resources for

Children | Adults | Everyone