

## ***For Mothers' Day***

### **Reflection:**

What can we say about Mothers that has not already been said in poems and prayers, in songs and in tributes? What gift could we give them that would ever express the gratitude Mothers deserve? What gesture could we make that would reflect the honour and love that is worthy of them?

It is the thoughts and feelings deep in our own hearts that can best delight our Mothers. It is the gift of our respect and admiration of the woman who is our Mother that can most adequately thank her. And it is the warmth of our presence and self-giving to her that can most truly affirm and honour her.



### **Ritual:**

In whatever way Mother's day is celebrated in your family, take some time to thank and bless your Mother. Perhaps at the end of the day, gather round a meal with your Mother, light a candle or two and each family member name what it is that you value and appreciate about your Mother. Having done so, stand in a circle around your Mother, each placing your hand upon her shoulder or head as you bless her. The blessing that would most deeply touch your Mother would be the blessing that you write as a family. Use the following as a guide.

**May you be blessed Mum, with God's loving support as you give yourself to us in all that you do for us.**

**Mother's Response:** Amen

**May you be blessed Mum with the wisdom and strength of God's Spirit as you faithfully do what you know to be good and right for us your children**

**Mother's Response:** Amen

**May you be blessed Mum with joy and laughter, wonder and delight in our family life together**

**Mother's Response:** Amen

**May you be blessed Mum with our support, understanding and love in those times when you are tired, stressed and in need. May God always bless you, protect you and be gracious to you.**

**Mother's Response:** Amen

### **A Prayer for those without their Mothers:**

Here is a simple prayer for those families and children whose Mothers are no longer with them, through death, or through alienation and separation.

**God of compassion and of tender mercy, we remember today our Mother who is no longer with us (Pause in silent prayer). We ask you to bring comfort and healing to us as we grieve and pain at the loss and separation of our Mother. May time bring us, through your grace, peace and understanding of all that we struggle to accept in our lives. We make this prayer in your name, O God of Love. Amen.**