

Mothering Sunday

Mothering Sunday is a much older celebration than 'Mother's Day' which is an American invention that is celebrated in May. Mothering Sunday dates back to the Middle Ages when children left school very early (around 12 years old) and had to go away from home to work in the Manor House or to work in the fields. At Christmas time the weather was often too bad to travel home; the roads were nothing more than muddy tracks so the young people weren't able to go home then. At this time of year in the middle of Lent the weather was improving and the days were lengthening so making it possible for them to travel.

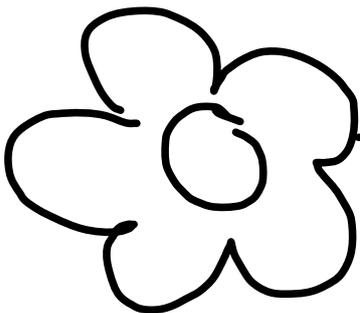
It became a tradition that the young people went home to see their mothers around this time and, as they walked, they would pick flowers to give to their mothers. Their mothers would bake a special cake called a Simnel cake to welcome them home. The families would also go to their mother Church and give thanks for Mary the mother of Jesus at this time. Some also give thanks for our mother land.

This is why we still call this Sunday Mothering Sunday as we give thanks for our own mothers but also for all those other people who 'mother' us including fathers, Grandparents, Foster parents, step parents, teachers and anyone else who shows us the love of God that is in all of us.

Flower Prayers

Draw a simple flower about 5cms across, normally 5 petals, on paper and cut it out.

Write the name of the person or thing you want to pray for and fold the petals into the middle, covering the prayer. Put the flower into a bowl of water and see what happens.



P.S. The petals open and the prayer goes up to God.