



On May 10 we celebrate Mother's Day—a day in which we honour the mother of the family, the contribution of all mothers, acknowledge the efforts of maternal bonds and the role and influence of mothers in our society.

History of Mother's Day

The celebration of mothers and motherhood can be traced back to ancient times with the Greeks and Romans held festivals in honour of the mother goddesses, Rhea and Cybele.

However, the closest modern example for Mother's Day is the early Christian festival known as "Mothering Sunday".

Once a major tradition in the United Kingdom and parts of Europe, the celebration of "Mothering Sunday" fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church" for a special service.

However, as time passed, the "Mothering Sunday" tradition changed into a more secular holiday where children would present their mothers with flowers and other tokens of appreciation. Over time, this custom would also eventually fade in popularity.

The Mother's Day we celebrate in Australia today, originated from the Mother's Day that was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914.

Following her mother's 1905 death, Anna Jarvis conceived Mother's Day as a way of honouring the sacrifices mothers made for their children. She envisioned the day to be one of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services.

Mother's Day Around the World

While versions of Mother's Day are celebrated worldwide, the traditions and the day on which it is celebrated vary depending on the country. For instance, in Thailand, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit. In Ethiopia, Mother's Day is celebrated by families gathering each autumn to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honouring motherhood. In the United Kingdom, Mother's Day is still celebrated in March on the fourth Sunday of Lent to coincide with "Mothering Sunday".

Whatever the country and whatever the tradition, it is clear that it is important that we should dedicate a day to honour our mothers and be thankful for the selfless love and devotion they have shown in caring for their children.

May our heavenly Father, continue to bless all mothers with the courage and strength they need to fulfil the obligations of motherhood. May they be inspired by the example of Mary, the mother of our Lord Jesus, to always be a model of enduring trust and strong faith in the will of God.

A painting of a woman with a yellow headscarf holding a baby wrapped in a white blanket. The woman is looking down at the baby with a gentle expression. The background is soft and light-colored.

A Prayer for Mothers

Loving God,
we thank you for all the mothers
in the world.

Bless them so that they may always give
life and nourishment to their children
through their firm faith, generous and
selfless love, good example and constant
concern for their bodily and
spiritual health.

Grant that we, their children,
honour them always with a spirit of
profound love, respect and thanksgiving.

Through Christ our Lord.

Amen.

A Mother's Prayer

Lord, give me strength just for today
To lead my children in your way;
Oh, give me wisdom, Lord, and grace
To show to them your precious face!

And help me, Lord, to teach them, too,
The things of Christ so rich and true,
Just let them see in me, dear Lord,
Your holiness in life and word.

Keep me from sinning with my tongue,
From harsh, quick words that might have stung
Their tender hearts that trust me so
And watch to see which way I go.

Dear Father, keep my thoughts so pure
That they will always know for sure
My Lord has lead me all the way,
Lord, grant my prayer just for today.

{Author Unknown}

