

Mothering Sunday – 10th March 2024

*Resources and ideas to explore with home, school and church.*

What is Mothering Sunday?

Mothering Sunday is celebrated in churches on the fourth Sunday in Lent. Traditionally it is a day when we thank God for the love of our mothers, and we thank them in person for their care for us. In the UK, the service dates back hundreds of years to the time when people were encouraged once a year, on Laetare Sunday, to return to their home or ‘mother’ church or cathedral. This means that there is a small but distinct difference between Mothering Sunday, and ‘Mother’s Day’, the more commercial celebration. Today when we celebrate Mothering Sunday, the focus is mostly on celebrating the mothers in our lives and it is a great opportunity to acknowledge and reflect on all the people in our lives who have “mothered” us in various ways. One could make the link to being thankful to those who first introduced you to Jesus and welcomed you into the church.

NB. In your preparations, please remember that it is important to acknowledge that some people may not have had a positive experience of mothers or motherhood.

Suggested Learning Points and Bible Readings by Age Group

All: Learn the meaning of Mothering Sunday

| Age  | Suggested content   | Creative Exploration   |
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| 0-5: | <ul style="list-style-type: none"> <li>- opportunity to be thankful for those who care for us.</li> <li>- God cares for us when we’re lost and we are also grateful for our caregivers who look after us when we need help.</li> <li>- Nurture the practice of GRATITUDE.</li> <li>- Luke 15:1-7 (Story of the Lost Sheep)</li> <li>- <a href="https://www.icmbooksdirect.co.uk/product/19626/the-lost-sheep-boardbook">https://www.icmbooksdirect.co.uk/product/19626/the-lost-sheep-boardbook</a></li> <li>- <a href="https://www.thegoodbook.co.uk/stories-jesus-told">https://www.thegoodbook.co.uk/stories-jesus-told</a></li> </ul> | <ul style="list-style-type: none"> <li>- Making a card for a caregiver to say thank you (i.e. I love you to pieces)</li> <li>- <a href="https://www.learningandexploringthroughplay.com/2017/01/love-you-to-pieces-suncatcher-card.html">https://www.learningandexploringthroughplay.com/2017/01/love-you-to-pieces-suncatcher-card.html</a></li> <li>- <a href="https://funlearningforkids.com/i-love-you-to-pieces-valentines-day-craft-activity/">https://funlearningforkids.com/i-love-you-to-pieces-valentines-day-craft-activity/</a></li> </ul> |

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|-------|--|--|
| 5-7:  | <ul style="list-style-type: none"> <li>- to explore the qualities of a good caregiver.</li> <li>- What qualities does the shepherd in the story show? What good qualities do you see in your caregivers?</li> <li>- Nurture the practice of COMPASSION.</li> <li>- Luke 15:1-7 (Story of the Lost Sheep)</li> </ul>  | <ul style="list-style-type: none"> <li>- What I love about you ... craft</li> <li>- <a href="https://busycreatingmemories.com/i-love-you-because-mothers-day-craft/">https://busycreatingmemories.com/i-love-you-because-mothers-day-craft/</a></li> <li>- <a href="https://colorations.com/activities/10-reasons/">https://colorations.com/activities/10-reasons/</a></li> </ul>  |
| 7-11  | <ul style="list-style-type: none"> <li>- Children to explore the qualities that help to build up and encourage people within families and communities.</li> <li>- What qualities do you see in others that help to build up and encourage your family and your community (i.e. school)? What does the bible tell us about qualities we should nurture (see bible passage recommended)</li> <li>- Nurture the practice of ENCOURAGEMENT.</li> <li>- Colossians 3.12-17</li> </ul>   | <ul style="list-style-type: none"> <li>- Make an encouragement jar for a caregiver</li> <li>- <a href="https://karenehman.com/2017/06/amanda-wells-five-minute-encouragement-jar/">https://karenehman.com/2017/06/amanda-wells-five-minute-encouragement-jar/</a> (You may want to pre-print some quotes and also offer some blank cards that children can fill in themselves. As a bonus, why not add in some chocolates or sweets!)</li> </ul> |
| 11-17 | <ul style="list-style-type: none"> <li>- Exploration of our behaviour and its impact on the community or family as a whole. On Mothering Sunday, as we think about ways in which parents support children, it is useful to remember that our behaviour can also deeply affect parents.</li> <li>- Exploring the story of Naomi and Ruth, consider which qualities and behaviours they both showed towards each other and how they impacted one another.</li> <li>- Nurture the practice of HUMILITY.</li> <li>- Ruth 1:1-18 (Naomi &amp; Ruth)</li> <li>- Overview of book of Ruth for context: <a href="https://bibleproject.com/explore/video/ruth/">https://bibleproject.com/explore/video/ruth/</a></li> </ul> | <ul style="list-style-type: none"> <li>- Decorate a gingerbread person as their mum/caregiver and write a postcard to go with it expressing gratitude and/or to say sorry</li> </ul>   |

## Reflection / Spiritual development

You may want to include a song or poem to further extend your session and give the children/young people an opportunity to explore through a time of reflection.

## Suggestions for prayers

Interactive Option (ideal for group exploring Colossians 3:12-17)<sup>1</sup>

*You will need:* Lolly sticks and pens, six cups labelled 'compassion', 'kindness,' 'humility,' 'meekness,' 'patience,' 'love'.

Sit in a group and put the cups in the centre. Ask the young people to put their name on a lolly stick and put it into the cup labelled with the quality they would like to show more of in their relationship with their parents and their family.

Prayer: Thank you, God, for our families and communities. Help us to remember how our behaviour affects our relationships. Give us more of the compassion, kindness, humility, meekness, patience and love we need to play our part in supporting and building up others. Amen.

Collect for Mothering Sunday<sup>2</sup>

God of love,  
passionate and strong,  
tender and careful:  
watch over us and  
hold us all the days of our life;  
through Jesus Christ our Lord.  
Amen.

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<sup>1</sup> The Children's Society (2021) <https://www.dioceseofnorwich.org/wp-content/uploads/2021/03/the-Childrens-Society-mothering-sunday-resource-2021.pdf>

<sup>2</sup> As above

A collection of alternative and inclusive prayers for Mothering Sunday can be found here: <https://stalbanscme.com/2019/04/16/inclusive-mothering-sunday-prayer-ideas/>

Links to other resources for further use

Children's Society Resource: <https://www.dioceseofnorwich.org/wp-content/uploads/2021/03/the-Childrens-Society-mothering-sunday-resource-2021.pdf>

Round the clock care - celebrating carers on Mothering Sunday, a children's session from ROOTS on the Web <https://www.rootsontheweb.com/seasons-and-festivals/festivals/mothering-sunday/resources-for-celebrating-mothering-sunday/other-resources/round-the-clock-care-2012>

Excellent Mothering Sunday Pinterest Board with ideas and links from Mary Hawes <https://www.pinterest.co.uk/revmaryhawes/mothering-sunday/>

Downloadable ideas from BRF <https://www.brf.org.uk/topics/mothering-sunday/>

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