



“A mother holds her child’s hand for a short time, but their heart forever.”
 — Unknown

Mother’s Day Milestone Moment

The modern U.S. holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. In 1914, President Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

In the 1940's, the tradition of giving red carnation flowers to mothers on Mother's Day began. Later, this practice was expanded to include placing white carnations on deceased mother's gravesites.

Honoring mothers on Mother's Day sometimes begins with children serving their mothers breakfast in bed. Other children will give their mothers gifts which they have made themselves or purchased. Adults often give their mothers flowers, host a family meal, or take them out to enjoy a restaurant dinner. Many congregations honor women with red carnations or give them white carnations in memory of mothers who have passed away.

This Mother's Day Milestone Moment allows families at home or in small groups to honor and recognize mothers in their lives. This provides an opportunity to cherish the significance and value of what mothers provide to their children. It is a time to share stories, kindness, and appreciation for their love. The bond between a mother and children spans a lifetime and is reinforced by God's presence.

The opportunity for families and friends to gather in small groups or the home to honor mothers is a special time. This Mother's Day Milestone Moment has a simple five stage structure that includes naming, equipping, blessing, gifting, and reinforcing so that the Milestone Moment has a greater chance to take deeper root in lifelong faith formation.



Naming – Observing and celebrating Mother's Day allows us to have meaningful conversations about the importance of mothers and to honor and recognize their role in shaping our lives.

Equipping – Observing Mother's Day through caring conversations, reading scripture, and praying adds a Christian connectedness to this occasion.

Blessing – Offering a Mother's Day blessing to all allows us to honor and remember all mothers and appreciate the impact they have had on our lives.

Gifting – Giving each mother a red carnation, a homemade card, a child and parent gifting stone, or some other gift provides a physical reminder to reinforce the memory of this time together.

Reinforcing – Place pictures of the mother or mothers you are honoring in a visible place as a reminder to reflect on your time together. Take time to pray for all mothers around the world.

 Caring Conversations	 Devotions	Four Key Faith Practices	 Service	 Rituals and Traditions
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Mother's Day Milestone Moment

For a Small Group or Family Gathering



Growing People in Faith when at Home and Away

"and talk about them when you are at home and when away, when you lie down and when you rise."

– Deuteronomy 6:7b

A follow-up for the Mother's Day Milestone Moment can be done through frequent caring conversations and prayers as a way to stay in touch with mothers. The follow-up can be an opportunity to listen to one another and serves as a reminder to show ongoing appreciation, respect, and kindness.

An important step after experiencing the Four Key Faith Practices in a small group or home setting is to bless and equip friends and families by using faith practices daily as an intentional step to encourage faith traditions in the home.

A suggested resource for continued caring conversations:

*[Taking Faith Home](#)
[Taking Faith Home Cards](#)
[For Everything A Season Book](#)*

*Additional Milestone Modules and Moments can be found at:
www.milestonesministry.org*



At the heart of equipping people for their lifelong faith formation are the Four Key Faith Practices: Caring Conversations, Devotions, Service, and Rituals and Traditions. They provide an opportunity for people to learn, experience, and grow in their faith together. The next page is a discussion guide handout to assist with the conversations.



As you gather together, begin by sharing a recent mountain high and/or valley low in your lives and then use the outline below to talk about faith and God's presence in this moment.



Caring Conversations

Discuss these thoughts and questions:

- How would you describe your mother in one word or phrase? Explain.
- In what ways are you like your mother? In what ways, different?
- What helpful piece of advice has your mother given you?



Devotions

Read the following:

Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. Proverbs 31:25-26 (NRSV)

- Proverbs 31 describes a mother and wife who deserves praise. What words of praise would you use to describe your mother?
- Tell a story about a time when your mother showed an act of kindness.



Service

This special day to honor mothers provides an opportunity to reconnect, celebrate, and bring joy to mothers. Think especially of those who are lonely or homebound. Who do you know that would appreciate a card or a visit on Mother's Day? How can you bring joy to their day?



Rituals and Traditions

Host a Mother's Day dinner in your home. Decorate using red or pink colors, scented tea candles, balloons, and a red carnation floral arrangement. Serve her favorite food, drink, and dessert.

After the meal pray together:

Loving God, as a mother gives life and nourishment to her children, so you give life and care for all of us. Bless all mothers, as we celebrate this day in their honor. Guide and protect them, encourage them, and bless them throughout their lives. In Jesus' name. Amen.

Conclude by sharing this blessing with the mothers at the table:

May God bless and strengthen you in your faith and may God's love shine forth through your actions and words to others today and always.



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Mother’s Day Discussion Guide



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