

Mothers Day Service: Celebration of Belonging

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Order of Service

Prelude

Congregational Singing

Prayer of Dedication:

We welcome everyone to this service on this Mothers Day, a special day of honoring our mothers, and honoring the feminine and the contribution of the feminine energy in the world. We dedicate this service to that energy and to all of life. Let's close our eyes.

Let's become fully present in this moment, present and available to the living, loving spirit of the feminine and of the Christ as we dedicate our time together. We give thanks, Great Spirit, that in your infinite creative wisdom you understood the need for balance in our lives. You brought us forth from both the masculine and feminine energy so in partnership we could together create life in the fullest on this planet. This service today is honoring that creation. As we honor that creation, we call forth from each heart the coming together into the oneness and the fullness of all that is. We dedicate this service to all that is ÿ all the beauty, all the joy, and all the harmony that is possible in this time together. We dedicate this service to the feminine and to the masculine, but most of all to the spirit of the living, loving god that dwells in each person on the planet. We dedicate this service to every person who has come here to share in this day. We give thanks for this allness in the oneness. And so it is. Amen.

Blessing of the Children: *prior to or after Honoring of Generations/Feminine*

We love you, We bless you,

We appreciate you. And we behold the Christ in you.

Honoring of Generations or Feminine:

Choose Option A or B. Possible appreciation statements for each category can be found at the end of this document. Choose women from the congregation to represent each of the categories. Invite them up one by one to light a candle as you appreciate their contribution.

Option A or Option B

Generations of Women Honoring of the Feminine

- 0 ÿ10 Givers of Physical Life
- 11-19 Caregivers/Nurturers
- 20-30 Pursuers of Knowledge/Intelligence
- 40-50 Earth Mothers/Gardeners/Soil caretakers
- 60-70 Protectors of the Water
- 70-80 Visionaries
- 90 Wise Wild Women

Music

Meditation:

Let's begin our time of meditation together by closing our eyes and feeling ourselves centered and grounded in our chair as we breathe. Feeling as we breathe that we are bringing the Light into our being. With every breath we bring in Light as we breathe in, and we breathe out heaviness, or distraction or darkness.So with every breath we take, we increase and expand the Light within us that touches our own Light. Feel that expansion and that blessing within.....

This is a time today of honoring our own unique contribution to life, of honoring our belonging, and celebrating that belonging, honoring our place in the whole amazing mystery of life. Feel the Light so abundant within you and around you and around all of us. Light that is you, that is me and that connects each of us to all the wonderful beings here with us this morning. Breathe and feel that Light.....

And as you breathe, look once more at the choices that you have made in life, the path that you have traveled as an individual, as a unique being in this life. Allow yourself to look at these choices, look at this path, with a sense of gratitude for what has been and where you have come to in life -- all the gifts that you have been given and the skills that you have received and honed and honored as yours and your way of contributing in life. Look at those choices, look at the major choices in your life, the choices that really determined the path that you are on. While acknowledging the choices you made as you moved through your life, also look at the learning that came as a result of those choices -- the wonderful challenging times that those choices brought and the learning that came in really facing the challenge. As you name those challenges and those learnings for yourself, honor yourself. Some you handled better than others perhaps, but honor yourself for walking your path, for making choices where choices were available. for being who you are in this life. for growing, listening to that wonderful voice within you that lead you from Spirit, from that Light within from Christ within.

Look at how you've been able to handle things that came your way, that wouldn't have been your choices, but how you handled them was your choice. And as you look at this path that you're on, that you have travelled, this path you are travelling now, acknowledge the Spirit that has always been with you, that has helped you move along this path, that has helped you explore your path and expand with it, that has enabled you to look forward with vision.

It is also important for us to forgive ourselves for those actions or choices that we made that we wished we hadn't, but that was the best we could do at the time. Feel your breath and as you breathe in, breathe in more Light and feel that Light bathing you and nurturing you. In that bathing and nurturing Light, experience the forgiveness. Breathe out the pain, the sorrow, the grief. Know that it was all on your path and it was all part of the journey of your life. At each step you took, you were guided. Bless all those in your life who nurtured you and walked with you on your path. Know that you belong and you are whole and you are here and you are blessed. Feel that blessing throughout your being filling you, nurturing you, and let it be so. Sit in the silence of the blessing and allow the music to support you. For all you are and all you are yet to be, we give thanks. Amen

**Special Music:
Mothers Day Message:**

Every time a child is born, there is an opportunity to teach that child a sense of well-being, a feeling of worth, a belief in their ability to accomplish great things on every level of their lives. Each person the child comes in contact with during their growing-up years has the opportunity to influence the child's self-perception of his value and worth. This includes parents, teachers, spiritual leaders, neighbors, child-care providers and community members.

One of the most accurate statements ever made about the raising of children was the phrase that reminds us, "It takes a village to raise a child." For those children raised in more remote areas, the family forms their community as well as their family unit. The size of the village increases for children who grow up in more populated urban areas. In these larger areas the sphere of influence might include such people as librarians, law enforcement officers, store owners, restaurant owners, etc. Each of these people have the opportunity to make a difference in the life of a child and through that connection, an opportunity to be part of the enhancement of society. As a mother myself, I feel a deep gratitude and respect for all those who shared in my children's life.

This is Mother's Day and we honor those women who provided the nurturing, physical, intra-uterine environment in which we began our journey toward taking our place in the world. Mothers are incredible gifts to us all - and since we each had one, they are a blessed necessity. Along with our mothers, there are some wonderful, creative nurturing men and women who, either by choice or circumstance, did not become parents, yet they took the opportunity to be with children in some of the capacities I have mentioned. Their support and guidance can add incredibly to the parenting of children. For those in our childhood and in our children's childhoods, we feel gratitude.

It is so important for a child (and we were all children at one time) to have a supportive community of people who assist, nurture, care for, pray for, teach and entertain. There is an old saying that "The hand that rocks the cradle rules the world." I prefer to say, "The hands that rock the cradle can change the world, making it a better place for all."

We all belong to a community village and on this day are choosing to honor not only mothers, but all who play an important role in the life of that community and its children.

First, I ask all women to stand:

Reading: Be a Queen *(read by a woman)*

We celebrate who you are
for your unique life journey has not necessarily been an easy one
yet look at how far you've traveled,
how much you have grown,
how much you have learned,
the great love you have given,
all that you have created in your lifetime!

We celebrate your many strengths. We celebrate your triumphs.

We rejoice in the magnificent person you have become !

We are all Queens. Let us each be the Queen we are.

Dare to be different. Be a pioneer. Be a leader.

Be the kind of woman who in the face of adversity

will continue to embrace life

and walk fearlessly toward the challenge.

Yes! Take it on!

Be a truth seeker and rule your domain, whatever it is
your body, your home, your office, your family, your creativity

rule with a loving heart.

rule with a loving heart.

Yes, Be a Queen. Be tender.

Continue to give birth to new ideas

and rejoice in your womanhood.

My prayer is that we will all stop wasting any time

being mundane and mediocre.

We are daughters of God here to teach the world how to love.

It doesn't matter **what** we've been through,

where we've come from,

who our parents are
what our social or economic status is.

what our social or economic status is.

None of that matters.

What matters is how we choose to love,

how we choose to express that love through our work,

through our family, through our relationships,

through our creativity

through all that we have to give to the world.

Look at us! We are all Queens!

Let us own our power and our glory!

Minister: As you sit down feel your power and glory.

Belonging: Individual Voices - *pre-selected women & men from congregation individually stand, speak statement and then sit down*

I am a creative being and I belong.
I am spirit embodied and I belong.
I am supported by the universe and I belong.
I am seen and accepted for who I am as I am and I belong.
I am filled with Light and I belong.
I am supported and nurtured by this community and I belong.
I nurture others and I belong.
I am love and I belong.
We are all one in spirit and we belong.

Belonging: Community

Minister: Everyone stand and read from the insert in your bulletin

Everyone: (Name of your church) is a spiritual community where I am accepted for who I am as I am with love and caring. I celebrate my belonging.

Minister: Unity stands for peace in the presence of conflict; for love in the presence of hatred; and for forgiveness in the presence of injury. Unity honors the many names of God, the many paths to God, the many ways to worship God; for there is only one power and presence of God and that God loves each of us equally.

Everyone: This is my spiritual community in which I participate. Knowing we are all one in spirit, I celebrate my belonging to this community of spiritual beings. I _____ belong in (name of your church) _____ my name

Minister: Take this into your heart as you sit down.
Now I ask all men to stand

Honoring the Masculine:

God created both women and men as part of the whole. We honor your presence and your contributions to the lives of women, for bringing children into this world, and for your support and nurturance of women and children and family and community. Regardless of your life styles or how you choose to express who you are, the energy you bring to the planet is balancing energy. Each of us have both female and male energy in us. Stand tall and proud in your maleness and in your feminine. Like yin and yang, your wholeness supports and encourages the wholeness of us all. Bless you.

You may sit down

Honoring Your Mother:

Close your eyes and remember your own mother, the woman who brought you into this world and loved you and nurtured you. Feel your gratitude for all she did for you, for the ways in which she nurtured you, for the many things she taught you, for the ways in which she encouraged you to be your best.

Hold her in your heart and give her love. (silence)

In closing, we give thanks for the mother energy that nurtures and supports and guides and cares for life.

Special Music

Offering

Community Circle: Prayer of Protection & Peace Song

Note:

"Be A Queen" is our adaptation of a portion of the talk by Oprah Winfrey at the Spellman College Commencement in 1993.

Generations of Woman (Option A)

Select woman to represent each of the generations. Call each girl/woman forth one-by-one to light a candle as you recognize their generation. After lighting a candle have them stand with you until all generations are represented.

0-10 Years

Thank you for your willingness to be on the earth at this time and this age. You represent innocence, hope, pure intent and excitement about life. Those of us who are older have much to learn from you about being in the moment, curiosity, and adventure. We are touched by your beauty, your joy in even the smallest things, your smile and radiance. You bring forth our joy and we thank you.

11-19 years

You are emerging from childhood into your teen years, such a challenging time of life. These years are a time of transition and new experiences that can bring forth daring, awkwardness, exuberance and exhilaration. As you blossom forth, we begin to see the woman you will become. We support your exploration and growth and wish you a smooth and joyous journey.

20's & 30's

You are taking on adulthood and independence and life looms large as you begin to try on your dreams and follow through on commitments. You are making choices and taking action that will define your life's path. There are so many options and opportunities and each step you take adds to your experience of who you are. We are here to support you even as you move further into your own life.

40's & 50's

Time has moved so swiftly and your family is changing. You may find yourself evaluating what you have already done ÿ looking at what still fits and what no longer fits, what else you want to do, who you really are, separating out what you are still willing to do and what you are no longer willing to do. It is often a time of transition and you can delight in all you have already done in your life.

60's

This is a time to enjoy all that you have created, the many things you have brought forth, the many ways you have contributed to your world and how you do belong. It is also a time to commit to fulfilling your dreams and visions. It's no longer "some day", but rather "if not now, then when?" You may begin to experience the emergence of the wise wild woman who knows her passions and follows them.

70's & 80's

Time is more abundant for relationship and connection with yourself and others. You cannot believe how many years have past and how much you have experienced and how much you have to share. You see life in a broader scope as you lose family and friends while at the same time welcoming new life. Freed from the "must do's" creativity can gush forth in new and different ways and we can treasure the flow.

90's

We have given so much and nurtured so many and this is a time of receiving, of being nurtured and cared for by ourselves and by others. We can honor our journey and celebrate life. The details of life are not important. Let me enjoy the moment and the people and the love and the beingness, treasuring each moment and all that it encompasses.

Honoring the Feminine (Option B)

Select woman to represent each of the qualities. Call each girl/woman forth one-by-one to light a candle as you recognize their contribution. After lighting a candle have them stand with you until all women are represented.

Givers of Physical Life

Thank you for agreeing to become a vessel to bring forth new life on this earth. Caring for children lovingly, providing a spiritual base, recognizing and nurturing their unique being and individual path, accepting the lifetime commitment of love and care and recognizing that your children will always be a part of your life.

Caregivers and Nurturers

As teacher, nurse, counselors, ministers you care for the health and well-being of others from the goodness and generosity of your heart. You nurture their growth, their connection to spirit. You support their learning in daily life and during times of challenge. You have chosen this path of contribution.

Pursuers of Knowledge and Intelligence

With a marvelous willingness to ask questions, you boldly seek information, search out answers, open yourself to new perspectives and greater knowledge. You don't hold back. You go ahead and explore uncharted territory, challenge current wisdom and create new understandings that open the world for the rest of us.

Earth Mothers, Gardeners & Soil Caretakers

Honoring the earth that brings forth the abundance and beauty of life around us ÿÿ the flowers, trees, fruit, and veggies ÿÿ is core to your nature. You understand the gift that the earth is and recognize all it brings to our life. You treasure it and watch over it and remind us of its sacredness.

Protectors of the Waters

From our earliest moments, all of us are nurtured by the waters of the womb. Our body is over 90% water and much of our world is covered by the waters of the oceans, lakes, rivers and streams. Water is life giving, life producing, nurturing, and cleansing. You recognize it as a force of nature that supports us and supports life.

Visionaries

We honor the ability of women to look out and see the possibilities, to recognize the vastness and limitlessness of the skies, the magnificence of the sun and the moon and the stars, to recognize the invisible as real, to bring forth fresh insight like a cool breeze that calms us and expands our world.

Wise Wild Women

With many years of experience, challenges and triumphs behind them, they have the courage to trust the voice within and act from this inner wisdom. They listen and perceive. They receive others as they are. They speak their truth. They act from their heart. They let their soul be seen. They dance with exuberance and live to the fullest.