

Children's Resources

Bible story

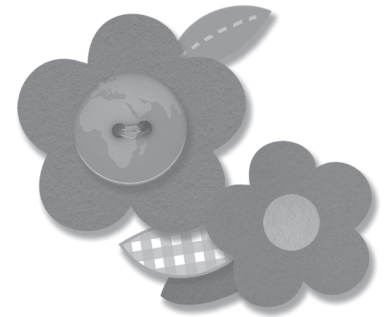
The story of Moses (Exodus 2:1-10) and other mothers in the Bible can be told in the same way as suggested in the Family Service. Introduce the activities by saying that all the children were very precious to their mothers. We are precious to our mothers and to God – but we also want to show our mothers how precious they are to us and to God.

Memory verse

You are precious to me.

You are honoured, and I love you.

Isaiah 43:4



Explain to the children that God says this verse to all of us but that on Mothering Sunday it's good to remind our mums and those who care for us how precious they are to God. Explain that to be honoured is like being appreciated and admired.

Suggested actions:

God says (*point upwards*)

You are precious to me (*point to a person; cup hands as if protecting something valuable*)

You are honoured (*give a "thumbs up"*)

and I love you (*hands on heart then out to the person*)

This could be used in the service. The children could say the verse for their mums and others, and then teach it to the congregation.

Active prayer

Thank you God that our Mums are great (*jump high with thumbs up*)

Thank you God that our Mums are smart (*touch side of head with finger*)

Thank you God that they love us (*hug self*)

And we love them with ALL our heart! (*hands on heart then outstretched*)

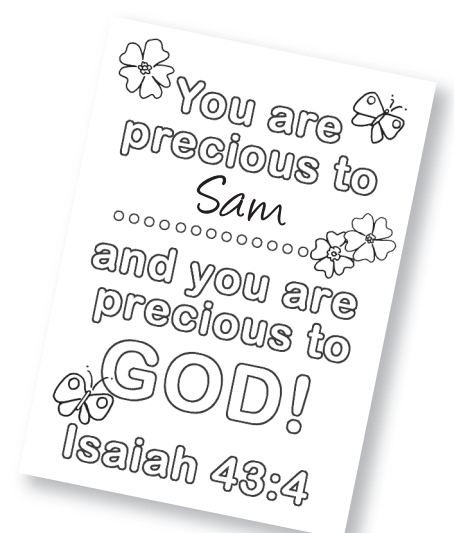
This can be used as a prayer in their groups but could also be used in a family service.

Activities

Ask the children to bring in undecorated cakes or biscuits. Ice and decorate biscuits with sprinkles and sweets etc to look like precious jewels. Share the biscuits with their mums and families.

(Check for food allergies.)

Colour and decorate "You are precious" cards to give to mums and others who care for the children. Children should write their own name on the dots.



Mothering Sunday event and fundraising ideas

As you use the Mothering Sunday resources we also hope that it will be an opportunity for you to consider holding an event to raise awareness of Mothers' Union's work and to raise vital funds for our **Make a Mother's Day** campaign.

So why not take this opportunity to raise money, awareness and say thank you to those who look after us in our communities. **Here are a few ideas to get you started.**

Make Mothering Sunday Mothers' Union's day and encourage your church to have a retiring collection to Mothers' Union. Or challenge the church to not just think about their own mothers but to commit to give an ethical gift from the church to support other mothers.






Get the children involved

To help the children think about the challenges that other mothers around the world face today. Why not ask the Sunday school or junior church to pick 3 of the gifts from the Make a Mother's Day ethical gifts catalogue. www.makeamothersday.org or order the catalogue on **020 7222 5533**.








The Sunday school decorate jam jars and each child gives a donation towards their favourite gift.

They can then present the gifts creatively to the church on Mothering Sunday and ask the parents to top up the gifts to reach the target.

Why not hold a pampering session for the women in your church?

-  Hold a relaxing pampering evening in someone's home or you can use your church hall.
-  Contact local beauty salons, massage specialists, hair salons and nail parlours or even Body Shop to see if they will offer free demonstrations. They may do this in return for bringing their products to sell. You may also have friends who can offer simple treatments for free.
-  Hold a pampering raffle – if a salon is not able to give a free demonstration they may offer a raffle prize of a visit or a product.
-  Provide drinks and refreshments to make the evening go well.
-  Let everyone know that any money raised will go towards Mothers' Union's Make a Mother's Day campaign to support other mothers. Display posters and catalogues and give people the opportunity to buy an ethical gift or make a small donation.

Hold a 'bring and share' lunch?

-  The lunch could be after church on Mothering Sunday or on another more convenient day.
-  To make guests feel extra special, why not send formal invitations. Perhaps you could hand make these? Making a personal invitation makes a difference.
-  If lunch is not possible, how about 'high tea' with sandwiches, scones and tea, or a brunch?
-  To make it more fun, you could have a themed lunch!
-  If you do not want to have a meal at someone's home then why not see if the church itself is free? It would be great to open up the church building to others who may not usually attend.
-  During the lunch you can take the opportunity to talk about the work of Mothers' Union and the Make a Mother's Day ethical gifts. Encourage people to give an ethical gift to their mother or have a gift plate so that together the group can buy one gift.
-  You could also have a 'pamper' raffle to make guests feel valued.

Posters and catalogues are available to order from Mothers' Union just call **020 7222 5533** or visit www.makeamothersday.org to find out about the range of ethical gifts.