



Mothering Sunday

Sunday 27th March 2022

Coinciding with the start of British Summer Time, Mother's Day this year heralds the start of Spring with its warmer days and the chance to spend more time outdoors in our gardens or exploring parks and countryside.

We hope the activities listed here will inspire you on the glorious days ahead, whether you're spending time with your mother, children, MU friends or mother-figures in your life.

Do Brunch

Sometimes we're in such a rush in the mornings that breakfast passes by in a whirl. There's nothing better than preparing food at a leisurely pace and enjoying a hearty brunch which will keep you going until tea time!

Of course, you can always head out for this to a local café and let someone else do the cooking whilst you chat with your mum or children, but this year, why not make Mother's Day extra special by laying on a special pancake brunch at home?

Our Suggestions

Lay the table with your prettiest tablecloth, attractive napkins and fresh flowers. If you have some plates and cutlery reserved for special occasions, dust them down and use! This year we're suggesting serving mini pancakes as a delicious treat!

Mini Pancakes Recipe



Ingredients

5oz/150g Plain Flour
1 tsp of Baking Powder
3 Pinches of Salt
¼ pt/150ml milk
1 egg
1oz/30g caster sugar
1oz/30g unsalted butter

Method

- Sieve the flour, baking powder and salt into a large bowl.
- Stir in the sugar.
- In a separate jug, crack the egg and add it to the milk and whisk.
- Pour the milk and egg into the flour mixture and beat well with a wooden spoon so no lumps remain.
- If you have the time, leave for 30 minutes which will make the batter lighter in texture.
- Over a medium heat, melt a quarter of the butter. When it starts to bubble, start cooking!
- Ladle spoonful's of batter into the frying pan. Cook for 2 minutes or until bubbles appear on top and the underside turns golden.
- Flip the pancakes over and repeat.
- Continue until all batter has been used up.

Serving Suggestions

Serve with your choice of fresh fruit – sliced bananas, blueberries and raspberries work well, plus a dollop of natural Greek yoghurt and some maple syrup.

Why not also accompany with a new variety of tea/coffee beans such as Darjeeling or Java and serve in your best china cups!

Create a jar of Bath Salts



There's nothing nicer than receiving a homemade gift. A jar of Bath Salts is easy-to-make and, not only looks pretty, but will also give your lucky mum a luxurious, relaxing bath.

How to Create

- Find a clean empty jam jar and wash in hot, soapy water.
- Sterilise either by microwaving for 30-45 seconds on the high setting, placing in a dishwasher and running on a hot cycle without detergent or popping on a baking tray preheated to 140C.
- Fill immediately.
- Mix together 400g Epsom salts, 200g sea salt and 100g bicarbonate of soda.
- You could add a couple of drops of food colouring to give the salts a pretty colour. Just stir in!
- Add in any dried flowers you may have such as lavender or a drop or two of your favourite essential oil.
- Then seal the lid.
- Cut out a fabric circle just bigger than the lid and secure in place with an elastic band.
- Add on a label of your choice with your own personalised message.

Try Clypping

Clypping is an ancient practice which means embrace. In medieval times, people would form a circle around their mother church, join hands and clyppe the church either by singing or dancing to give thanks to God. If the Church is successfully encircled it is often said that the church and village will enjoy good fortune for the coming year!



Painswick church, Gloucestershire

It only happens in a few churches today often around Lent, either on Shrove Tuesday, Mothering Sunday or at Easter although St Mary's church in Painswick in Gloucestershire holds its annual ceremony every September and St Peter's in Edgmond, Shropshire, every July for their St Peter's Day.

You could revive this with your church or with members of your MU, giving a good excuse to come together as a group to give your mother church a hug this Mothering Sunday!

Plant seeds for the seasons

With keen gardeners already turning their attention to planting, everyone can also enjoy the simplicity of planting seeds and lovingly tending them as they grow.

Planting a few seeds in an old teacup or pot could make a lovely gift this Mothering Sunday. Choose a seed your recipient would love, add compost and then a gift tag with message. If your mum is a keen cook perhaps add mint or dill so they will have fresh herbs to garnish summer recipes or, if their favourite colour is blue, plant forget-me-not seeds ready to flower in May time.

You could also buy a seed packet and wrap it beautifully in brown paper, tied with ribbon, with a simple message to give to your mum or treasured friend to plant.



Meditate and pray for mums everywhere



Take some time out in the fresh Spring air. Sit quietly outside and notice the sounds and smells around you. Enjoy being still in the beauty of nature. Think about your mum, and mums everywhere - particularly those facing adversity, such as poverty, hunger or domestic violence and spend some time praying for their needs whilst also giving thanks for their lives.

If your mum is no longer here, or can't be with you today, take an old photo of her outside, sit quietly and think about special times you've had together. Find time to thank God for your precious relationship.

A prayer for Mothers everywhere

Loving God, thank you for mothers everywhere

Thank you for mums no longer here on earth with us but up with you in heaven.

Thank you for mother figures in our lives who bring us joy.

Thank you for children across the world and let them remember their mothers with delight on this day.

We particularly say a prayer for those who are grieving for their mums, are sad because they are struggling to become mums and those mums across the world who are protecting their families from conflict, hunger or violence.

Unite all mothers together in your love.

In Jesus' name.

AMEN.