

Preparation for S191 - Everyone Has a Mother

Questions:

1. When you think of the word “mother,” what comes to mind? Each of us has a mother, and Mother’s Day in all its commerciality extols the elements of caring that drive perhaps the glorification of motherhood. Do those aspects come to mind? Are there feelings or images that come first?

2. Take a look at the list of words. With which words do you find a connection?

Nurturer	Intrusive	Cooking	Source
Caring	Lonely	Breast	Listener
Old	Earth	Food	Warmth
Absent	Depressed	Support	Strength
Understanding	Clinging	Sloppy	Neat
There	Not there	Critical	Gets it
Whining	Wisdom		

3. What are the ideals of motherhood as you see them? Where did those ideals come from? How did you come to understand them? How do they have meaning now?

4. Can we hold motherhood, with the feelings, not only what there may be to appreciate, but also perhaps the regrets, the anger, the resentment, the forgiveness, the longing, the yearning, the _____ that also may be present. How?

5. Mother often is viewed as the nurturer. How can we learn to nurture?

7. My Mama done told me.....” What did your mother “always tell you?”

6. How have you created the mother you need?