Mother's Day

Mothering Sunday



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What is Mother's Day?

Mother's day, or Mothering Sunday, is a time when children pay respect to their mothers.



Children often give their mothers a gift and a card.

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When is Mother's Day?

Mother's Day is always on a Sunday.

It is also known as Mothering Sunday.

In Britain, it is always the fourth Sunday of Lent.



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The History of Mother's Day

No one is absolutely certain exactly how the idea of Mothering Sunday began. However, it is known that on this day, about four hundred years ago, people made a point of visiting their nearest big church (the Mother Church).



People who visited their mother church would say they had gone "a mothering".

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The History of Mother's Day

Young British girls and boys 'in service' (maids and servants) were only allowed one day to visit their family each year. This was usually Mothering Sunday.



The modern celebration of Mother's Day began in the United States in the early 20th century.

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Mother's Day and the Church





On Mother's Day, many churches give the children in the congregation a little bunch of spring flowers to give to their mothers as a thank you for all their care and love throughout the year.

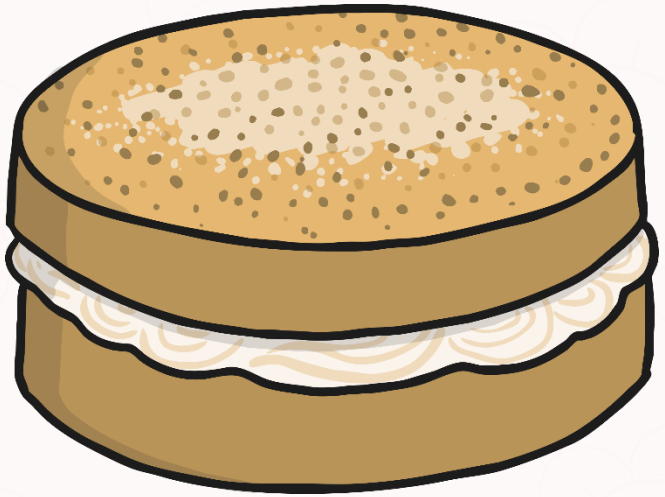
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Traditional Mother's Day Gifts

Flowers were traditional gifts given on Mother's Day, as the young girls and boys would have to walk home to their village, and could gather them on their way home through the meadows.

Often the housekeeper or cook would allow the maids to bake a cake to take home for their mother.

Sometimes a gift of eggs, or flowers from the garden(or hothouse), was allowed.



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Simmel Cake

People began honouring both their mothers and the church by gifting a cake.

The most favoured cake was – as it still is in some families – the 'simnel cake'.

The simnel cake is a fruit cake. A flat layer of marzipan (sugar almond paste) is placed on top of the cake and decorated with 11 marzipan balls representing the 12 apostles minus Judas, who betrayed Christ.

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Mother's Day Around the World

Whilst Mother's Day is celebrated on different days and for different reasons in many countries around the world, the central idea of honouring your mother is universal.



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