

Legacy Tips & Tools

Celebrating our Mothers

May - 2008

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Previous May Tips&Tools concentrated on various legacy methods to make the Hallmark holiday, Mothers Day, substantive and meaningful. A year ago we reflected on mothering, as action, something women do whether they have children or not, because women mother children, aging parents, pets, gardens, trees, the whole earth. A year earlier we focused on memory, remembering and gifting our mothers with our favorite stories about them.

With this year's overall theme of Celebrating Life, our May Tips&Tools focuses on celebrating our Mothers.

The mother-daughter relationship is complex, often fraught with conflict and struggle. By focusing on what we cherish about our mothers, perhaps we can shift the balance, taking a step toward healing that life giving intergenerational relationship, whether our mothers are still with us physically or not.

Here is Sue McGuire's tribute to her mother:

My Mother's Hands . . .

They cuddled and cradled me as a child . . .
They touched and held me when I was sad . . .
They taught me to stir and scrape cooking bowls . . .
They held my hot, sweaty head when I was ill . . .
They were often folded in prayer, praying for those far and near . . .
They clapped and congratulated when I did something well . . .
They pinned on my veil when I walked down the aisle . . .
They held my children with tenderness in her Bohemian style . . .
They kneaded and pounded the dough to make apple strudel . . .
They punched a hole in the dough for fruit-filled kalaches . . .
They massaged and trigger-pointed as she did her reflexology . . .
They caressed and cuddled her great grandchild . . .



As her dementia took her memory – I returned the treasure of holding her hand . . .
I walk down the hall of her nursing home, hand in hand, guiding her to where she belongs . . .

Reflection, Writing & Practice:

1. Reflect and journal for 15 minutes for several days about legacies (both positive and negative) your mother gave you.

She was just talking the way mothers will, not realizing that each word is a rock that daughters carry around ever after....
Anne Roiphe

2. When you feel ready, title a fresh piece of paper: My Mother's Day Blessing for My Mother. Write a draft of your celebration of her. Put it away for at least one day before you edit it. (Editing tip: Ask yourself whether what you wrote conveys the message in your heart, not whether the syntax or punctuation is perfect.)

3. If your mother is alive, celebrate her on Mother's Day by reading your blessing aloud and giving her a copy in your handwriting. If your mother is not alive, celebrate her memory by reading it to those who are honoring you this Mother's Day. Include it with your other legacy documents to preserve your appreciation of her.

4. Consider writing other blessings and appreciations to other mothers in your life... surrogate mothers, friends who are mothers, your daughters who are mothers.

May your Mother's Day legacy writing open your heart in true celebration of your mother and for the legacies you received from her.

Rachael Freed

Register for an East Coast Legacy Writing Retreat in the Great Smoky Mountains...September 21-26, 2008
www.WomensLegacies.com/programs.htm