

Happy Mother's Day

Celebrating More Than Moms on Mother's Day

Every spring individuals celebrate their mothers on Mother's Day. It has evolved from a day to honour mothers to one that recognizes all special women. Therefore, if there is a woman in one's life who isn't a biological mother -- but special nonetheless -- Mother's Day can be a time to tell her how much she is appreciated.

There are many reasons a person may want to honour a woman that is not his or her mother. Perhaps the person's own mother has passed away or is not prominent in this individual's life. Maybe there is a grandmother or aunt with whom one is especially close. There may be a teacher or mentor that has touched the life of a person in a special way.

Although Mother's Day is built around giving thanks to Mom, it's certainly acceptable to thank women in addition to dear old Mom. Furthermore, one needn't wait until a specific day in May to honor a notable woman. This can be done all year long with certain gestures and sentiments.

For those who are celebrating all women on Mother's Day, here are some ways to set the day apart.

* Create a handmade card with personalized sentiments that reflect the unique relationship with this special woman. This can mean more than a pre-purchased card that may not offer the right words.

* Find out her interests and spend a day doing entirely what she wants to do. It doesn't necessarily have to take place on Mother's Day. A trip to a museum or a day at the park -- whatever it may be -- can be a nice outing.

* Treat her to a special dinner. Ask about favorite foods and create a meal at home. If dining out is a must, choose a day other than Mother's Day to avoid the crowds and have intimate moments with just the two of you, especially if you are also honoring your own mother on Mother's Day.

* Find something you both enjoy and then go and do that. Maybe you met up due to a hobby or interest. Remember the first day you met and reminisce by heading to that place for a celebration.

* Have an extended family fiesta. Host a Mother's Day party at home and single out all the special women in attendance. Serve cocktails and enjoy the time spent together.

Mother's Day is a special time of the year to honour not only a person's mom but also any other notable woman in his or her life. The holiday can be customized any way a person sees fit.

Mothers of Note

• The youngest mother on record was Lina Medina, who delivered a 6½-pound boy by caesarean section in Lima, Peru in 1939, at the age of 5 years and 7 months.

• The odds of a woman delivering twins is 1-in-33. Her odds of having triplets are approximately 1-in-539.

• August is the most popular month in which to have a baby.

• About 4 million women will have babies this year.

• The median age of a woman giving birth for the first time in the U.S. is 24.8.

• Daughters keep in closer contact with their mothers than do sons. (Pew Research)

• There are more phone calls made on Mother's Day than on any other day of the year.

• The number of people calling their moms on Mother's Day has declined in recent years due to e-mail and other electronic means of communication.

• Mother's Day is the third-largest card-sending holiday.

Mother's Day Minus Mom

Mother's Day is supposed to be a happy occasion when people honour their mothers, and other special women, with gifts and tokens of appreciation. But for the men and women who have lost their mothers, this holiday can be everything from bittersweet to painful. Honouring Mom takes on new meaning.

Any holiday can be particularly difficult to enjoy when a loved one passes away. However, Mother's Day and Father's Day -- dates on the calendar specific to a special person in one's life -- can be even more trying, especially if the loss is still fresh.

Individuals who have lost their mothers may experience Mother's Day in myriad ways. Some may choose to ignore the day, preferring to keep busy and not acknowledge that Mother's Day is taking place. Others may pour over memories of their mother, looking at old photos or videos. Some may make a trip to a cemetery or special place of reflection. Certain people prefer to be alone, while others want to be in

the comfort of a group. The way the holiday is spent is entirely up to the person and the way he or she feels the most comfortable.

In fact, it can be downright challenging to wade through the rows of greeting cards at every store and watch scores of commercials on television reminding one not to forget to pick up something special for one's mother.

If a person is looking for a way to celebrate Mom after she has passed on, here are a few ideas.

* Remember a good time had with Mom and then capture those happy feelings.

* Donate to a charity or do something special that Mom would have appreciated.

* Plant a tree or plant in her honour in the yard.

* Watch a video or look through pictures of Mom and remember all of the good times had together.

* If you are a mother, relish in the day with the kids and other family. Your Mom would want you to.

* Wear a white carnation to symbolize that you have lost your mother.

* Gather together with siblings or friends who have lost their mothers and spend the day together.

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St. John 4:23 KJV

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