

Those with good mother relationships

May you treasure the time and the relationship you have with your mother, the hard work and tears it's taken to keep that relationship good and the joy that Mother's Day brings.

Those who have lost mothers

May you feel the freedom to mourn your loss while remembering the good, the bad, and the missed opportunities. May you be surrounded by those that mourn with those who mourn and don't insist you put on a smile.

Those who never had a mother

May you be supported by spiritual mothers that can help fill that void. May you feel seen, and not expected to take on other's experiences of mothering as your own.

Those with strained mother relationships

May you feel the freedom not to put on a happy face; to be honest yet honoring about your relationship with your mother. May the memories of good outweigh the pain of the present and past. May you be allowed the right to celebrate or not celebrate as you see fit.

Mother's with strained child relationships

May you feel honored as a mother even if the honor doesn't come from your kids. May you give your children the freedom not to celebrate or to celebrate from a distance. May you forgive yourself for the strain.

Mother's who have lost children

May your motherhood be honored even when it is not seen. May your mourning be comforted. May celebration of mothering children that are still alive not disregard the loss of those who are not.

Those who long to be mothers

May your wait be short and your longing be satisfied. May you be surrounded by those who can offer genuine support and not just cliche encouragements.

Those who have chosen not to be mothers

May you feel respected in your choice to abstain and not treated as less than. May you be honored as a woman and the nurture you bring to those in your life.

Those who missed their chance to be mothers

May you find comfort in your mourning. May you make peace with timing and biology. May your legacy live on in children whose lives you have touched. May second chances visit you like Sarah and Elizabeth.

Those who are mothers

May you feel loved, honored, and supported in what ever form of mother you are -- biological, foster, adoptive, spiritual. May your children call you blessed.