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## St. Monica Green Team

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# Rethink Mother's Day

By Meredith McCarthy

It is fitting that we move from Earth Month into May, the month of Mary and Mother's Day. Sister Lucia dos Santos of Fatima said, "There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary." [Here](#) is a beautiful rosary meditation to honor Mother Earth from the Catholic Climate Movement.

Mirabai Starr writes about our relationship and responsibility to the maternal energy of the universe in this way:

*"She is your Mother, the Earth, and you belong to her. She nurtured you in her dark belly, birthed you in joy, and sustains you at great cost to herself. You have slept in her forests, beneath the safety of her canopy. You have cupped her snowmelt in your hands. You have investigated the life hidden beneath the surface of her deserts, skied her alpine slopes, and biked her slickrock canyons. You have reveled in her generosity and been grateful. She has never asked much of you in return. Up until now, your gratitude has been enough. Your delight has been her reward. Up until now, she has not needed you as you have needed her. But that is shifting..."*

If you are celebrating Mother's Day try to do so in a way that honors Mother Earth at the same time. Some ideas include:

- [Organic, fair-trade bouquets](#) are an instant pick-me-up, but [potted plants](#) look just as good, last longer, and [improve air quality](#).
- Skip the *stuff* and give your overworked mom a break by volunteering to run errands ([on your bike](#), of course), [prepare a healthy dinner](#), or [tend the garden](#).
- If your mother enjoys cooking with seasonal ingredients, treat her to a year of locally raised fruits and veggies. Contact a [local CSA farm](#) to make your mom a member.

For more ideas check out these great [Green Mother's Day Gifts](#) from the Sierra Club.