



# HAPPY Mother's Day



Mother's Day history began nearly a thousand years B.C. with the Phrygians of Asia Minor. They honoured the Great Mother, Matar Kubileya, at their annual spring festival. In the UK during the 1600s, the 4th Sunday of Lent was recognised as "Mothering Sunday". On this day, the poor servants of the wealthy were given a day off to return home to their mothers. Special church services were held in honour of the Virgin Mary, and mothers at home enjoyed flowers, small gifts and "motheringcakes". People all over the world spend at least a day every year to honour their mother. Each country has its own way to celebrate Mother's Day, but it all comes down to one thing: Showing your mother you care in some special way.

BY KISHOR B SHAH





**If I'm strong**

It's because you've have shown me how to handle problems  
Without being overwhelmed by them.

**If I'm gentle,**

It's because you held me close when I was sad  
And quietly waited with me until life levelled out.

**If I use my sense of humour,**

It's because you've taught me to laugh,  
And keep life's ups' and downs' in perspective.

**If I am independent and confident,**

It's because you let me know that it was all right  
To have my own thoughts and make my own choices.

**If I am compassionate,**

It's because you have shown me the importance  
Of caring about people rather than possessions.

**If I am loving and passionate,**

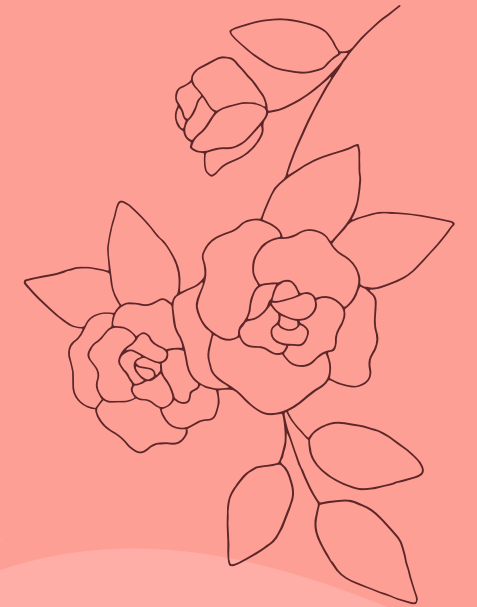
It's because you have shown me your love through all  
The ups, and downs of growing up and growing away.

**I'll try never to forget that the best parts of  
me are from you**

**Above is dedicated To My Late Mum & all Mums**

# MOM

BEHIND  
EVERY  
GREAT  
HUMAN IS  
AN EVEN  
GREATER



Our mothers, without doubt are the most integral part of our lives. They play an important role in ensuring we are safe even while we are in the womb. Mothers are the ones who help us connect with the world and our environment. Mothers inculcate moral and cultural values in all of us. Mothers are true role models, who inspire and motivate children growing up.

Mothers are revered in Jainism. Mothers play an important role in propagating Jainism to children.

Mahavira remained still whilst in the womb to avoid causing pain to his mother Trishla Mata and moving his feet a little to stop her worrying. The first person to attain moksha in the present time cycle was Mata Marudevi - mother of our first Tirthankara - Bhagwan Adinath .

**Talk with your mother,  
and you will find that:  
she has patience,  
she has love,  
and she is wise.  
No one in the world is a match  
for a mother.**

**A person may hold office  
or stand in a position of power,  
but no one ranks above a mother.  
Compared with the love  
and compassion of a mother,  
honours fade away  
and medals cease to shine.**

Poem by Daisaku Ikeda

