



## **Mothering Sunday History**

Mothering Sunday seeks to show appreciation for mothers by showing them love and gratitude through gifts and acts of kindness.

Mothering Sunday is believed to have been adopted from Roman ceremonies. Ancient Romans would worship Rhea, the mother of Gods and Goddesses. In the 16th century, Mothering Sunday would be seen as a religious celebration. The Virgin Mary was honoured along with 'mother' churches, which were main churches or cathedrals.

Mothering Sunday is observed annually on the fourth Sunday in Lent.