



Welcome to the Virtual Mother-Daughter Evening of Reflection!

We are grateful you have chosen to spend time with one another using this resource as your guide. As depicted in this painting, the Book of Ruth tells the story of the relationship between the title character and her mother figure, Naomi. Ruth and Naomi are remarkable models of friendship, generosity, compassion, vulnerability, and loyalty. These same gifts are what we hope you will encounter within one another during this time of reflection. We invite you to share a meal while reflecting. As you break bread together, may your conversation be blessed and may you recognize the presence of the divine within yourselves and one another.

"Ruth" by Laura James. Printed in *U.S. Catholic*, May 2020.

Opening Prayer

Mom/Mother Figure: Loving God, thank you for my daughter. I ask that she see her own beauty, both within and without. Give her the wisdom to make good choices in her life. May she have the courage to stand up for others, and the ability to say "no" to anything in her life that does not bring her true happiness.

Daughter: Loving God, thank you for *(insert your name for your mother/mother figure)*. She is always loving, encouraging, and providing for those around her. She serves as a wonderful example to me of what it means to be a strong woman. I ask that you guide her with your wisdom as she journeys through life in Your presence.

Together: Thank you for this opportunity to spend time together. May we radiate the love we feel for each other outwards toward the rest of the world. Amen.

Crepes Recipe

Looking for a simple, foolproof, and quick recipe for dinner? Try making crepes together. This recipe is easy and fun, and even if you are separated in different kitchens, consider doing it together via Zoom. Not up for cooking tonight? That's totally fine too. The time you spend together, regardless of the meal, is what's most meaningful!

Ingredients

1 cup all-purpose flour

2 eggs

1/2 cup milk

1/2 cup water

1/4 teaspoon salt

2 tablespoons butter, melted

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

Top your crepes with a thin layer of jam, nutella, ground walnuts mixed with sugar, fruit & whipped cream, or Nesquik. Then roll and enjoy!

Reflection Questions:

Take some time for conversation. Be open to sharing and listening in different ways. Perhaps you'll learn something new from a familiar story or perhaps you'll tell new stories and grow together in understanding of one another's experiences. Consider answering the following questions or take some time to reflect on individual questions you might have for one another.

Moms/Mother Figures:

1. What is the story of your daughter's birth or adoption? How did she get her name?
2. What's a favorite memory of your daughter as a young child?
3. What was your childhood like? What feelings did you experience most as a child?
4. What's an interesting/significant part of your family history that you want future generations to remember?
5. What's a family tradition you want your daughter to pass on to future generations?
6. What is the best part about being a parent/mother figure?
7. If you had to describe your family by using a movie comparison, which movie would you choose?
8. Are there other stories you want to share? How do these stories reflect how you want to be known?
9. What are your hopes for your daughter?
10. Give five reasons why your daughter is easy to love.

Daughters:

1. What is a favorite, funny, or fond memory you have of spending time with your mom/mother figure?
2. What questions do you have about your family history?
3. What's your favorite family tradition?
4. What is the best part about being a family?
5. If you had to describe your family by using a movie comparison, which movie would you choose?
6. Are there other stories you want to share? How do these stories reflect how you want to be known?
7. What are your hopes for the future?
8. What are your hopes for your relationship with your mom/mother figure?
9. Give five reasons why you love and appreciate your mom/mother figure.

Music Reflection

In 2017, the well-known musician and activist, Brandi Carlile, recorded a live version of her beautiful song "The Mother" in the presence of her young daughter (for whom the song is written). [Click here to listen and watch: Brandi Carlile, "The Mother"](#).

"The Mother" by Brandi Carlile

Welcome to the end of being alone inside your mind
You're tethered to another and you're worried all the time
You always knew the melody but you never heard it rhyme
She's fair and she is quiet, Lord, she doesn't look like me
She made me love the morning, she's a holiday at sea
The New York streets are as busy as they always used to be
But I am the mother of Evangeline

The first things that she took from me were selfishness and sleep
She broke a thousand heirlooms I was never meant to keep
She filled my life with color, canceled plans, and trashed my car
But none of that was ever who we are
Outside of my windows are the mountains and the snow
I hold you while you're sleeping and I wish that I could go
All my rowdy friends are out accomplishing their dreams
But I am the mother of Evangeline

And they've still got their morning paper and their coffee and their time
And they still enjoy their evenings with the skeptics and the wine
Oh, but all the wonders I have seen, I will see a second time
From inside of the ages through your eyes

You are not an accident where no one thought it through
The world has stood against us, made us mean to fight for you
And when we chose your name we knew that you'd fight the power too
You're nothing short of magical and beautiful to me
Oh, I'll never hit the big time without you
So they can keep their treasure and their ties to the machine
'Cause I am the mother of Evangeline
They can keep their treasure and their ties to the machine
'Cause I am the mother of Evangeline

Every mother has her own unique experience of motherhood. Just like every daughter has her own unique experience of being a daughter. Carlile's song is part of her experience as a mother. Do any of her words resonate with you?

After listening to the song and reading the lyrics, imagine you were to write your own song or poem to the person you are sharing this retreat experience with. **What would you want to say? What would the melody sound like? What instruments would you want to hear in the background? Take out a journal and write, or just quietly meditate on these questions.**

You may like to share your writing with each other when done, or simply close with prayer.

Closing Prayer

God of all that is holy and mysterious,
We thank you for the sacred bond we have as mother and daughter.

Bless our lives both when we are together and apart,
And bless all we care for and those who are strangers to us.
Inspire in our hearts creative ways to grow closer to one another.

So that our love for each other will grow to be

Always forgiving,

Always patient,

Always loving.

Amen.