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Mom, you don't need to be superwoman

Beverly Goldsmith

Although most countries celebrate Mother's Day in May, Moms' special day is March 26 in the United Kingdom. Many mums happily receive cakes, flowers, cards, gifts, or phone calls from their children. These are loving tokens of appreciation and respect for the importance of mothering.

My earliest recollection of Mother's Day in Australia was the morning I proudly carried the breakfast tray into my mother's room for the first time. Serving my mum breakfast in bed was my way of thanking her for the love and caring she unstintingly gave me, even though I didn't understand back then that it wasn't easy to raise children, be a wife, manage a household, and also contribute an income.

However, one thing I did begin to understand, after my family became acquainted with Christian Science, was the idea of God's motherhood. While the concept of God's fatherhood is more commonly known, the thought that we each have a divine Mother who looks after us is just as important.

In today's busy world, God's mothering is especially important.

Perhaps God's mothering is even more important as cars, computers, and labor-saving devices allow more and more activities to be added to the daily routine. Women juggle career, study, home, children, care of elderly family members, church, and community activities. To try and fit everything in is demanding. I know—because at one time, this is what I tried to do.

Always busy and agreeing to take on everything, I tried to become “superwoman” and accomplish it all. Eventually I became stressed out and exhausted. Unable to sleep early one morning, I went to my study. It was time to pray—and to re-think what I was doing with my life.

My prayer went something like this. “Dear Mother-God, You are with me. You are my life, my health. You give me strength to accomplish all I need to do. You govern and guide me. What is the solution here?”

I had little time to pray for myself or the world.

As I listened for answers, I wrote down all the tasks I was currently undertaking. I was shocked to realize how much I'd taken on. I barely had time to breathe. Where was the opportunity to slow down, to pray for myself, for others, and for the world?

According to the Gospel of Luke, even Jesus took time away from his disciples to be alone and pray—to refresh himself.

The words of an old hymn came to thought. “Take time to be holy, Speak oft with thy Lord; Abide in Him always, and feed on His Word.... Take time to be holy, Be calm in thy soul; Each tho't and each motive beneath His control” (W. D. Longstaff, “Take Time To Be Holy”).

I needed to listen to my divine Mother.

I was getting the picture. There had to be time for prayer and spiritual growth—time to listen to what my divine Mother was telling me. I wasn't superwoman, nor was I meant to be. As I reflected on God's mothering care for me, several new ideas surfaced that I felt I should put into practice. I decided:

- Instead of agreeing to take on new projects, I'd stop and pray about the request, and consider if this was something I should undertake.
- Not to feel guilty about saying “no,” but to pray to know that the other person's needs will be met. The same divine Mother who takes care of me is taking care of them. They are Her responsibility, not mine.

- I would be selective. If I accepted a new task, I'd seriously consider dropping something else off my list.

While these steps looked good on paper, I felt they'd be tough to implement. I found reassurance in this Bible verse: "For I mean not that other men be eased, and ye burdened: But by an equality, that now at this time your abundance may be a supply for their want, that their abundance also may be a supply for your want: that there may be equality." I could see from this statement that there had to be a balance.

At 11pm that night, my new-found resolve was put to the test when a young acquaintance who suffered with poor vision phoned and asked me to come over right away. She had to attend an early class the next morning and was too nervous and inexperienced as a driver to back her car down her steep narrow driveway. I was about to agree, get out of bed, and drive across town—but then I paused and thought about my morning inspiration. I told her that I couldn't come over, but I'd pray with her for a solution.

God had an answer.

She wasn't pleased, but as I hung up the phone, I affirmed that her needs would be met. God, ever-present Love, had an answer. Fifteen minutes later, the young woman called again to say a neighbor had seen her porch lights and offered to help her move her car.

This experience showed me that I don't need to try to be superwoman. God is a very present help in all situations. My role was to prayerfully know that.

Since then, my life has changed for the better. I no longer act like superwoman. I pray before saying "yes" to something, and I don't feel guilty if I decline. I prioritize my tasks. The stress has gone. And most important, I make time each day to pray for myself and listen for my Father-Mother's guidance.

Now each year when Mother's Day arrives, I remember with gratitude the nurturing my mother gave me, and the selfless caring that women around the world give their own children and others. Like me, they may wish sometimes that they were "superwoman"—able to leap tall buildings in a single bound. Yet with the help of God's Mother-love we all can fulfill our tasks with poise and grace.

The divine Mother's love:

Science and Health:

[256:7](#)

[592:16](#)

King James Bible:

[Luke 6:12](#)

[Lev. 19:2](#)

[II Cor. 8:13,14](#)

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