



Dear Mother, You Are Essential!

Mothers are amazing; yet, some days we don't seem to notice it. We've become so strong and resilient that somehow, we began believe it all *just happens*. But this isn't true. Mothers work tirelessly at all the jobs and fulfill all the roles and never likely say no (even when we probably should say it more often.)

I'm often in awe of the number of things we achieve in a day. It's never a question of '*Should I?*' but rather it's a response of '*How will I?*' We figure out a way to do AND and BOTH. We are the leaders of our church's ministries, teachers, social workers, nurses, grocery store cashiers and mail carriers. Then at the end of our work days, we mentally shift gears because our next job of 'MOM' is about to start. With our last bits of energy and enthusiasm, we help with homework and prepare dinner and never second guess it. We do it because caring for those blessed to us is our number one priority.

Or maybe you're the mother of adult child(ren) who answers the phone calls for advice or questions about marriage or family recipes. You desire to be with your child(ren) now more than ever before. You all are no longer living in the same home anymore, but you're never out of reach.

Or maybe you're the mother of little ones. You're spending more time with your children than you're alone. You're supporting them through digital learning, disappointments and dreams. You never waiver in your commitment to them as you maintain focus on reaching your own goals, too. Every day you're chipping away to carve out a space just for you. (Mama, you deserve something just for you!)



Or perhaps, you're the woman who has stepped up to offer love and wisdom in a mother's absence. It's not easy, but you do it anyways. You believe it's within the best interest of the child(ren). You bury your differences and pride to nurture a child that's not yours by birth but adoption, foster care or life's circumstances.

But Remember to Love You Too...

Day after day, we show up with the hope of giving it everything we have. We sacrifice our first and sometimes our last, too. Sometimes it's graciously appreciated and other days, no one acknowledges it. You may feel overlooked and invisible, but I see you! In this very moment, I want you to know you're seen, you're cherished, you're valued and worth than rubies and diamonds (Proverbs 31).

If only for once this year, take a moment to lie down your invisible cape and superpowers of caring for others to refresh and replenish yourself. Someone else (whom you love and trust) can make dinner or do the bedtime routines. Don't neglect yourself for fear of "what if they don't just like me?"

From one mother to another, please know others will never do it all just like you. All that matters is your children are safe and loved. Take time today to breathe deeply. You'll soon return stronger, calmer and more courageous than you were before. Love grows from the inside out.

Happy Mother's Day, xo!

Talancia (Tee) Pea

(Mother to sweet peas and a spoiled Boxer)

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