



On Mothering and What Matters

by Cassie Premo Steele, PhD

Each May, we celebrate Mother's Day with handmade cards, jewelry or brunch with the family. It's a lovely ritual when families express their love and appreciation for the mothers in their lives. But celebrating one day a year is not enough. Sometimes we wonder if perhaps we haven't been as good at mothering as we'd like to be. Or, we may feel that Mother's Day gifts given were out of obligation and not out of love. Maybe we even struggle with resentment over the dishes, laundry and chores that still remain on a Sunday evening.

The collective secret behind those private worries is that every day should be Mother's Day. This Mother's Day, let us rededicate ourselves to what really matters. The root of the word "matter" is connected to the Latin mater, from which our word "mother" comes.

What matters to you, right now, at this very moment? Is it the health of our environment, ending war and bringing about peace, or perhaps achieving equality despite our differences? Is it spiritual growth? What is your dream? Write it here: My dream is _____.

Go ahead. Everyone who works on this publication is cheering for you right now! Claim your dream! Do it!

In writing down our dreams, we are grounding them, literally. We are bringing them down to the ground, to

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the mater, the material plane. We are taking the first step in making them material reality. We are saying that it matters. We can make every day Mother's Day, a day for doing what matters. You do not have to be a mother to dedicate your life to nurturing and making the world a better place. You do not have to be anyone other than exactly who you are at this very moment.

You matter.

You hold inside yourself all the material that is needed to create the world we need.

Cassie Premo Steele, PhD, is a writer, teacher and coach who conducts workshops on creativity and healing, including the upcoming Wild Women Creativity Workshops May 9 and June 6 at the Celebration Center in Columbia. For more info, visit CassiePremoSteele.com. See ad for the Celebration Center, page 9.

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Tues., May 19,
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Where:

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