

Based on the gospel for Sunday 11 March – John 3:14-21

“God so loved the world that he gave his one and only Son.”

The love of a parent for their child finds deep expression in today’s gospel. God’s love for us all is limitless.

In the second reading, St Paul reminds us that we too are God’s children, his “work of art”. The Lord knitted us in our mother’s womb, and has clothed us with mercy.

Today on Mothering Sunday we celebrate mothers everywhere, dedicated to ensuring the best for their children.

Unity is a young mother aged 20, living in Zimbabwe. After the birth of her baby Twalumba she had no-one to turn to for help.

“I had difficulties feeding,” Unity explained. “My child was so small. He wasn’t growing as fast as he should have been. It was very painful to see him suffer.”

Twalumba was at risk of becoming severely malnourished. But thanks to help from people like you, Unity found support. She joined a new mums’ group and, supported by a CAFOD-trained health worker, learned how to feed her baby successfully.

Twalumba is now a smiling, healthy child. Unity rejoices as she lifts him in the air. “I now have peace of mind because I have seen that he is growing very well.”



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Generous God, you uplift us with love and mercy every day of our life. On this Mothering Sunday we give you thanks for mothers everywhere, who love, cherish and nurture their children. Amen.