“I really saw clearly, and for the first time, why a mother is really important. Not just because she feeds and also loves and cuddles and even mollycoddles a child, but because in an interesting and maybe an eerie and unworldly way, she stands in the gap. She stands between the unknown and the known.”

—Maya Angelou, *Mom & Me & Mom*
Psalm 23 (King James Version)

The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for his name’s sake.
Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil: my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.

Baptismal font – touch the water as a reminder of your calling to be a nurturer of all creation.

Table & candles – light a candle in celebration and/or memory of someone who has nurtured you.

Chalk board – write a name or situation on the board as an act of prayer.