



OUR CORE

Values

Courage

We value the courage it takes to embark on the journey to healing and to explore the scars left by mother loss.

Respect

We respect each motherless daughter who participates in this ministry or volunteers to serve in this ministry.

Educate

We help motherless daughters explore how mother loss has shaped their lives.

Equip

We equip motherless daughters with the knowledge necessary to gain the wisdom to loosen the strongholds of loss and grief and to journey towards freedom and experiencing the gifts God has for them.

Empower

We empower motherless daughters to make choices that will help them heal and change the way they look at their past and their future.

Community

We are a community of women who welcome and respect any woman who is motherless regardless of age, race, or religious background.

Integrity

We maintain the integrity and privacy of each woman.

Commitment to Helping Others

We value the commitment of the volunteers to this ministry and will equip the servant leaders in this ministry with the knowledge, skills, and resources to help others.

OUR

Mission

The Motherless Daughters Ministry is a Christian organization dedicated to serving women who have lost or missed the nurturing care of a mother. We fulfill our mission by freeing women from the bondage of grief and loss through self discovery, understanding how loss has shaped their lives, and by empowering them to journey towards healing themselves, and helping others.

STATEMENT OF

Faith

As a Christian organization, The Motherless Daughters Ministry believes:

About God...

- That there is one true God. He is personal and knowable.
- God manifests Himself in three persons — the Father, the Son, and the Holy Spirit.
- We believe that Jesus Christ is the Son of God.
- We believe in the Holy Spirit who lives within each one of us and empowers us.

About Ourselves and Others...

- We believe that God has given us the unique privilege to help free women who come to us from the bondage of grief and loss.
- As Christian believers, we embrace others in love and will show Christian maturity.
- We will respect individual differences.
- We will help women who come to us to mend their relationships with God.
- We will embrace the gifts and lives that God has planned for these women.

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PLACE
POSTAGE
HERE

Serving women who have lost or missed the nurturing care of a mother.

Who is a Motherless Daughter?

A motherless daughter can be a woman who has experienced mother loss through the death of her mother, either by *early loss* before her 20s or *later loss* after her 20s. A motherless daughter could be a woman who has experienced a mother who may have quit nurturing her at an earlier age, and then she loses her mother again through death as an adult. This is defined as a *double loss*. A motherless daughter might be a woman who has a *living mother but has never experienced her mother's nurturing care*.

How Do We Serve?

We serve by freeing women from the bondage of grief and loss through self-discovery, understanding how loss has shaped their lives, and by empowering them to journey towards healing themselves, and helping others. We do this through offering classes.

Our Mother Loss Classes:

THE JOURNEY



The Journey focuses on mother loss & its effect on your life, how her absence shapes your identity, influences your style of mothering and relationships, how your grief surfaces throughout your lifetime, and how you experience living beyond your mother's final years. This could literally change your life. Are you ready?

THE EMOTIONALLY ABSENT MOTHER



The class focuses on women who have missed mothering in their lives whether their mother is deceased or living. This is called "under-mothered." For whatever reason, she just was not there for you. We will explore what impact the absence of mothering has had on your life and explore what you can do to support your healing.

DAUGHTERS OF THE NARCISSISTIC MOTHER



This class instills an understanding and realization of your mother's condition and the effects that her narcissism has had on your life. Narcissism is often rooted in family history. It is a life long struggle to break the bonds. Understanding this empowers self-trust and self-acceptance of who you are today and that YOU are good enough. Will I ever be good enough is not really a question but it is a judgment. It is a message that you may have received from your mother.

Special Events

These change frequently. Please go to www.motherlessdaughtersministry.com for current information.

Motherless Daughters Coaches

Our coaches provide safe, one-on-one caring support to any woman who has experienced mother loss and requests individual support with issues and concerns related to that loss.



Where do I find out more?

Go to www.motherlessdaughtersministry.com or email motherlessdaughtersdaughters@gmail.com

Holistic Empowerment Classes and Events

As motherless daughters, there are many things that we wish we had gotten from our mothers. For instance, navigating life, taking care of our bodies, feeding our souls, developing relationships, balancing work with other life demands, menopause, parenting, and the list goes on and on. However, we are not alone. Many mothered women face the same challenges. They may or may not have had the mentoring or education to master these skills. Whether we are a motherless daughters or not, there is so much about being a woman we don't know. We need others, a community, to help us know about these things.

Ongoing Holistic Empowerment Offerings: CONNECTIONS AND CONVERSATIONS



Meets monthly, in an informal, yet supportive setting to discuss how mother loss, whether through death, neglect or absence, has affected us as women. Join us to connect, laugh, talk and know you are not alone.

THE ROAD TO FORGIVENESS



Forgiveness is a journey. Ever wonder why you keep forgiving the same thing or person over and over? It may be you really have not understood what you really need to forgive. What are your losses? How did the losses affect your life? Each time we lose something, it changes who we are. Our identity is different. Each loss forges a new road to forgiveness. When you can become clearer about what you need to forgive, the road becomes straighter. Each loss plays a central part of being alive and to avoid loss is to avoid being alive.

OUR Testimonies

I am finally able to release my expectations, and enjoy my mother for who she is, imperfections and all.

—A.

The class is helping me to break the cycle that I don't want to repeat in my own family. I enjoyed being a part of this group and all of them have a "love Lord" feel for others. Because of the Motherless Daughters Ministry, I know that I am not alone in this journey – I have a huge network of women to belong to.

—Julianne

I think if you are afraid to take this class, know that you will not be on the journey alone. The women in your class will be with you every step of the way. You will feel your burden, that heavy weight of sorrow, being carried amongst all of you. You will not be left to yourself. You will not be left alone in the pain to figure it out, to find your way. Take the step of faith. It will be worth it.

—Jacqueline

When I first learned about the Motherless Daughters class I was hesitant to join, because my mother is still alive. She has not played a mother role for me, at least since my teenage years. I am so thankful I did choose to take the class, because I found other women in similar situations, and I learned to let go of the anger I had held onto for so many years. I am finally able to release my expectations, and enjoy my mother for who she is, imperfections and all.

—Angie H.