

**Happy Mother's Day**  
By Senior Reverend Akira Sebe  
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Today, I want to talk about sincere appreciation and gratitude and how Gedatsu can help mothers raise their children.

First, let's take a moment to remember Mother Kiyota. Mother Kiyota sacrificed being a mother to her own children in order to spread the Gedatsu teaching here in the U.S. She did not have time to raise her children, and her children suffered. Let's express appreciation to Mother Kiyota. In many ways, she was the mom to Gedatsu. She nurtured the Gedatsu teaching and helped it grow. She was not able to enjoy her role as a mother to her own children. We owe much to her. Thank you.

Nowadays, most mothers cannot stay home and raise their children. Now, they need to do both – have a job and take care of the family. I know this is difficult.

Moms get up early every morning, make the breakfast and lunch for the family, get their children to school with dad's help, and spend lots of time juggling carpools, getting the children to soccer, dance class, basketball practice, meeting work deadlines, rushing home to pick up the kids, rushing home to make dinner or go grocery shopping. Then after all that, she may feel guilty if she has to pick up pizza or microwave something frozen because she ran out of time. After dinner is cleaned up, she has to think about the next day – what things need to get done for school, what the next day's schedule is, and so on. That's a lot. And a lot of the detail things like this dads can't do.

Moms may feel frustrated, tired, sometimes resentful to their husband. This is natural. It is difficult.

Dads can do something to help. They can practice Gedatsu. Dads, please support your wife by practicing appreciation. For example, instead of complaining if pizza is served for dinner, show your appreciation in front of your kids by saying something like, "Kids, isn't this fun to have pizza tonight? We have to say "thank you" to Mom for getting it for us. We know Mom is busy doing so much for the family. Thank you Mom".

If the Dads can say with sincere appreciation the words "Thank you" to their wife, then they are teaching their children the importance of appreciation and gratitude. If Dads say thank you to their wife every day in front of the children, then the children will start to say thank you too. After a while – it takes time – they will say it on their own and won't need to be reminded.

When Mom hears this, she will feel better. When she hears Dad and her children say "thank you" sincerely, she will feel appreciated. When her efforts are recognized and appreciated by her husband and her children, her own feelings will change. She will feel

all her efforts are worthwhile and the resentment, frustration and feelings of being tired will fade away. She will begin to feel joy and the blessing of having children. And she will be happy inside.

This is Gedatsu.