

BGW Celebration of Pregnancy Blessingway

A blessingway, Celebration of Pregnancy, is a way to honor and nourish a mother. Pregnancy and childbirth is a mind, body and spirit event in women's lives. We want to pamper them, acknowledge them, and honor them but at the same time, we want to give praise and thanks to God for such a gift and blessing.

Some women adopt, some women are having #10 baby, some women lose their babies. Their babies are worthy of celebrating, in an intimate and respectful way. We want to create a culture that is mindful of the work to be pregnant and having children.



A blessingway is an old Navajo (native American) ceremony, which celebrates a woman's rite of passage into motherhood. A westernized version of this is the 'Mother Blessing' which is the term I will use out of respect of the Navajo tradition, especially having read that the Navajo people don't approve of the name being used this way (I have used it in the title as it is more widely known as a blessingway). Unlike a traditional baby shower, where gifts are purchased for the baby, a Mother Blessing is all about nurturing the mother-to-be and celebrating motherhood.

<http://www.bellybelly.com.au/pregnancy/blessingway-what-is-a-blessingway#.VNOBAELIa5Q>

There is no right or wrong way to host a blessingway or Celebration of Pregnancy! There are so many different components you can cater to the mom and guests attending. Here are some of the ideas women use at a blessingway:

- String beads on a necklace or bracelet for the mom to remember the women praying for her
- Decorate the mom's hair with dried flowers or make a wreath with fresh flowers
- Sing songs of praise and worship
- Give a gift from the heart, while lighting a candle, to place on tray so she can light candles when she is in labor, helping her know how many women are praying for her and baby
- You can do a foot wash with herbs, and essential oils
- You can massage the mom with essential oils on feet and hands and legs
- You can do a belly cast of her belly as a keepsake
- You can offer advice, scripture, and encouragement
- You can do henna design on her belly or hands and feet
- You can create small prayer flags for the mom to take home and display
- You can make affirmation cards for mom to look at in labor and postpartum

We host blessingways in the cottage. We have a kit available that includes 16 invitations, 16 tea light candles, instructional book/dvd, sand for tray, tray, herbs for foot bath, and essential oil for massage as a basic beginning that is easy to host. You can purchase that from website shop at www.blessingGodsway.com. The cost for us to host the blessingway depends on the type of activities you want to incorporate. Please contact us with your inquiries so we can get pricing for you.