



GENEROSITY IN CREATIVE PRAYER: ADVENT

STIR-UP
SUNDAY
RESOURCE



Stir-up Sunday

The following could be used for a short all age slot at the beginning of a service before children leave for groups, expanded as part of a longer all age talk or within a Childrens group session.

Aim

To encourage a generous Advent through Stir Up Sunday & making a Christmas pudding

YOU WILL NEED:

A large mixing bowl, Wooden spoons

The following ingredients all weighed & ready in separate bags.

Christmas pudding ingredients

- 75g currants
- 75g sultanas
- 50g mixed peel
- 25g glace cherries
- 85g soft brown sugar
- 85g suet
- 100g fresh breadcrumbs
- 1 tablespoon self-raising flour
- ½ teaspoon ground mixed spice
- 2 medium eggs
- 1 grated apple
- A little orange juice (can be added later)



Stir-up Sunday - Session

Talk

Begin by explaining that Stir up Sunday is always the last Sunday before Advent and it takes its name from the tradition of “Stirring up” the ingredients for a Christmas pudding. However, originally it had nothing to do with Christmas puddings but came from the special prayer or collect that is said in church at this time each year.

"Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of Thee be plenteously rewarded, through Jesus Christ our Lord".

Go on to explain that this is to help us think about getting ready and the meaning of advent, also to “Stir us up” to be generous, to do good things and share the real message of Jesus and the Christmas story with other people. Advent isn’t all about chocolate or even about making a Christmas present list!.....even though we might enjoy both!

Part of the tradition of making the stir up Sunday Christmas pudding is that everyone has a turn to stir the mixture and make a wish or a hope.

- It's not a wish for yourself but for others.
- It's a time to think about how we can be generous and share what we have. How could we help make the world be a better place for others?
- I wonder what you might wish/hope for when it's your turn to stir the pudding?

Did you know?

A Christmas pudding is supposed to contain thirteen ingredients which represent Jesus and all his disciples, and that when you stir it you have to do it from east to west (right to left) which helps us to remember the three wise men who visited baby Jesus.

So, let's all make a Christmas pudding together. There are lots of different ingredients on the table, if we added only a few of these I wonder if it would make a good Christmas pudding? Probably not because it needs all of them to become something really good. It's like everyone here, we are all like these ingredients, on our own we can each do good and kind things, but if we all work together we can do something really amazing!

The Christmas story changes everything because when Jesus came into the world he told us that love and caring for others is the most important thing, so I wonder what ingredients you might need to help others in their lives? Maybe... being kind, being generous, remembering to share, being thankful for all you have.

Invite children/families up to add the ingredients to the bowl and give the pudding a stir, ask them to think about being a good ingredient.

When everything has been added go on to explain that we have to allow the pudding to stand and wait to be cooked very slowly, and then it will keep until its ready to share with everyone at Christmas.

It does take time and we do have to wait but it helps us to remember the importance of being fruitful, of all working together, of sharing and being generous with what we have. That together we can make a difference to others.

Prayer

Lord God,

This Advent stir us up to remember that Christmas isn't about what we want or need. but about being generous and sharing what we have with others.

Amen