

STIR-UP SUNDAY!



As part of the church calendar, the last Sunday before Advent is dedicated to Christ the King. But it is also known as 'Stir-up Sunday', when the corresponding collect prayer begins: "Stir up, O Lord, the wills of your faithful people....." However, it has become by tradition the day on which people stir up the ingredients to make their Christmas puddings!

So in her address at Easingwold Parish Church, vicar Revd. Margaret Young gave us a practical demonstration, making her Christmas pudding in front of us, with a running commentary on the meaning of the various ingredients!

A Christmas pudding traditionally has 13 ingredients to signify Jesus and His disciples, including the bread to represent the body of Christ, while the raisins and sultanas, from grapes, are for the wine, reminding us of the blood of Christ; the apples prompt us to think of Adam and Eve and how human we are; the mixed peel, the orange skin, tells us that we need to clothe the naked; the spices are a reminder of Christ's body being embalmed in spices and herbs; brandy is used both in the mixture and poured over the pudding and ignited, the fire signifying Jesus' love and power; a coin is often put into the pudding as a token of good luck; a sprig of holly on top of the pudding symbolises Christ's Crown of Thorns.



Margaret then invited everybody to stir the mixture, as a reminder that Christ is there for all of us. Overall, it was a most novel and memorable way of getting the essential message across! M.W.