

STIR IT UP SUNDAY

An opportunity to join together for

INTERGENERATIONAL CONNECTION

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Stir it up Sunday goes back to Victorian times, and occurs the Sunday before Advent. It is inspired by the collect in the Book of Common Prayer:

"Stir up, we beseech thee, O Lord, the wills of thy faithful people"

It became a day where families would gather and prepare Christmas pudding/mincemeat prior to Advent, taking turns to 'stir up' the mixture.

This year we invite you to organise an intentionally intergenerational event for your whole church. Turn the page for more ideas.



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The goal of this event is for a ministry unit to gather different aged people together to connect through sharing recipes and making Christmas mincemeat and/or Christmas cake together.

Groups to invite:

- AAW, Mothers Union, womens groups
- Mens Shed or men-only groups
- Youth groups or young adult groups
- Homegroups
- Families from Sunday School, After School Programmes, Space, Playgroups
- People/families from Selwyn Centres

You will need to intentionally curate small groups so there are different generations present, for example; a family with small children, one or two young people, a middle aged person and two or three older people in each group.

You could:

- Have a shared meal as part of your event.
- Have small groups make a batch of mincemeat and send everyone home with a jarful and a recipe for mince pies
- Make a Christmas cake that will be cut and shared during one of your Christmas celebrations
- Have a pastry making class for people who would like to learn.



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Suggested event plan

Gather the whole group to make a Christmas cake. Have ingredients pre-measured and invite people of different ages to add ingredients and stir. Pop the cake in the oven.

Continue with a shared lunch using the *Stir It Up* conversation starter cards.

After lunch have people make fruit mince together in small groups. If you want to use the time for intercessory prayer, you can use the prayer prompts in the *Stir It Up* resource.

As you finish, bless the food prepared. Make plans to cut and eat the cake as a community during your Christmas season.

Not keen on a separate event?
Do an all-age service and incorporate making fruit mince as intercessory prayer in small groups, using the prayer cards in the *Stir It Up* resources.

Already do something similar in your ministry unit?
Reflect on how you would typically run the event and make some small changes to intentionally connect the generations together



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Christmas Cake

250g butter
2 cups white sugar
2kg mixed dried fruit
1 cup sherry
2 tsp mixed spice
2 tsp baking soda
4 Tbsp golden syrup
4 eggs
450g plain flour
1 tsp baking powder
2 Tbsp orange zest

Heat butter, white sugar, fruit, sherry, spice, baking soda and golden syrup in a large saucepan. Heat over a medium heat for 2 minutes, stirring often. Allow to cool fully (at least 1 hour).

Heat oven to 125°C conventional bake. Grease 2 x deep 20cm round tins (or 2 x regular 30cm tins) and triple line with baking paper, ensuring the paper extends up the sides beyond the tin.

Beat eggs and stir through cooled fruit mixture. Sift dry ingredients and fold into fruit mixture with orange zest.

Spoon into tins, bake for approximately 3 -3 ½ hours or until cooked when tested with a skewer.

Source: Chelsea Sugar

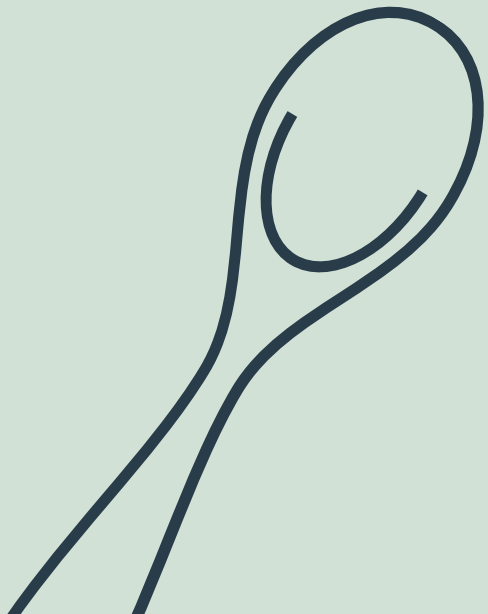
Use these recipes or gather some from your own community

Fruit Mince

3 cups currants
1 cup raisins, chopped
1 cup cranberries
3 apples, peeled and grated
1 cup soft brown sugar, packed
½ tsp ground cloves
½ tsp allspice, ground
1 lemon, finely grated zest and juice only
½ cup brandy

Mix all ingredients together

Source: Annabel Langbein



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Timing

To Start

- Choose your team & book your date (Reign of Christ Sunday is the usual date but choose one that suits your plans)
- Identify the groups and people you are going to invite
- Make a plan of what you will do e.g. Making large batches of mincemeat; Creating Christmas cakes (large or small);
- Decide when the event will take place, ie as part of a service or as a separate event.
- Do "save the date" advertising

October

- Send out invitations to different groups and people
- If asking for recipes invite contributions to start to collate
- Depending on your needs, invite donations of mixed dried fruit from your congregation.
- At the end of the month begin to follow up invitees.

November

- Follow up with different people you have invited
- Start arranging intergenerational groups based on your RSVPs.
- Collect up equipment such as bowls, cups, wooden spoons, jars.
- Purchase ingredients
- Finalise the outline of your session, identifying time for socialisation, connection, prayer and activity.



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Other thoughts:

A key part of intergenerational connection is being intentional. Planning helps to make sure everyone is included.

Try to have a range of ages on your organising team.

You may want to collate recipes from your community to share with one another. Let people share where their recipe has come from as part of your event.

Consider making small Christmas cakes to share with those living alone.

Donate some jars of fruit mince to a local community pantry

Prime a few people to move around the groups, helping facilitate and guide as needed.

Make sure your space is set up to allow small people and people with mobility needs to move around safely.

If you are talking to a group, consider useing a microphone to help everyone hear.

Sometimes people need to be invited and reinvited into the activity, especially little ones. Have someone available to model this to the groups as needed.

We'd love to hear how you get on. Send any pictures (with permission to share)

Have fun! Celebrate being together.

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Download the booklet, prayer prompts
and conversastions starters at:

https://aucklandanglican.org.nz/
intergenerational-ministry/

For any questions about this resource or intergenerational ministry, contact:

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