

## Stir Up Sunday

Another name, more colloquial than *Christ the King*, for the coming Sunday, the Next Before Advent is, 'Stir Up Sunday'. This comes from the opening sentence of the collect in the *Book of Common Prayer* for this day.

The prayer begins, '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;....'

These words led to the tradition of making the mix for Christmas puddings and Christmas cakes on this day. The family should gather together to stir the ingredients, one after the other, with each person making a wish secretly. Doing this a month early for Christmas allows the mix to mature and become deeply rich in colour.

Buy the ingredients this week, (with an extra bag for the food bank?). After Mass next Sunday, make time to begin this important preparation for the coming feast of Christ's nativity. The 'Stir up Sunday' tradition will be maintained.

\*\*\*\*\*

## RefugEase and the Israeli-Hamas War

A practical way to process our concern and anxiety as we watch the horrors happening in the Middle East is to contribute to the humanitarian relief efforts. *RefugEase* is a charity with a local presence. You can read more about it here: [Gaza Appeal Aid Shop — Refugease.](#)

If you go online, you can see how it works. On the website you can put items of aid, such as a food parcel or a medical aid kit, into your basket, and pay for it, just like any other online shopping. You pay, and the items are made available from a hospital and a school in Gaza via *RefugEase's* local partners, MATW Project.

*RefugEase* also has a charity shop in the 'Royal Victoria Place', and you are encouraged to go in to discuss their efforts and donate in person, if you choose. Please note that *RefugEase* does not take political sides in these situations, as it is only concerned with humanitarian aid.

\*\*\*\*\*

## Phone Call Preparations

This is the time of year when family members ring each other to make tentative arrangements for where they will celebrate Christmas. Are we going to Wales this year, or staying at home while others visit us? Who is traveling on Boxing Day or the Sunday before Christmas Day? When will public transport be running?

Make sure you take in the most important consideration: where will you worship the Saviour's birth? S. Barnabas will welcome us all on Sunday 24<sup>th</sup> at 11.00 am the Last Mass of Advent; at 11.59pm at our Midnight Mass of Christmas; and at 11.am on Monday, Christmas Day.

Each of these occasions is different and will give us a new and enriching experience of the Christ who became human for our salvation. Build them into your family celebrations.

\*\*\*\*\*

*Please take this Pew Leaflet home and keep it for your reference and prayers.*

*Take a copy to give to a friend and share the good news.*

## THE PARISH OF S. BARNABAS, TUNBRIDGE WELLS

33<sup>rd</sup> Sunday of Ordinary Time

19<sup>th</sup> November, 2023

*WELCOME TO S. BARNABAS CHURCH,*

*especially if you are a visitor or a new-comer.*

*We hope you will be able to stay for refreshments,*

*which will be served at the rear of the Church immediately following the Mass*

## PLEASE PRAY THIS WEEK FOR

- peace in our world between: Israel and the Palestinians; Ukraine and Russia; those places where there is civil war: Somalia; Yemen; the countries of central Africa.
- the powerful countries of the world who can influence peace or war; those supplying arms and making for the spread of fighting.
- our government; our King, members of the judiciary, our Prime Minister and all ministers of state; all members of Parliament; wisdom, integrity, and justice in their deliberations and decisions.
- our Archbishop of Canterbury, all bishops and priests, as they seek to discern God's will in the challenges of the moral and social life of our country.
- the clergy of our Deanery meeting in S. Barnabas this week; positive outcomes.
- all who, at this moment, are held hostage or are prisoners of conscience around the world; those who are being tortured.
- all refugees and migrants who have entered our country; those who must make decisions on their future; compassion and clarity in their processes.
- those who have asked for our prayers, those who are ill, or in any way distressed, or facing difficult decisions.
- Carla, James, Brian, Johnny, Paul, Ann, Veronica
- those who have died recently

\*\*\*\*\*

## Services this Week

Monday	20 <sup>th</sup> November – <i>Feria</i>	9.00 am Low Mass
Tuesday	21 <sup>st</sup> November – <i>Feria</i>	11.00 am Low Mass
Wednesday	22 <sup>nd</sup> November – <i>St Cecilia</i>	11.00 am Low Mass
Thursday	23 <sup>rd</sup> November – <i>St Clement I</i>	11.00 am Low Mass
Friday	24 <sup>th</sup> November – <i>S Andrew Dũng-Lạc</i>	11.00 am Low Mass 1.30 pm Year 3 Mass
Saturday	25 <sup>th</sup> November – <i>Feria</i>	11.00 am Low Mass
Sunday	26 <sup>th</sup> November – <b>THE FEAST OF CHRIST THE KING</b>	

The Sunday Next before Advent

**11.00 am PARISH MASS, and Sunday School**

## The Feast of Christ the King

Next Sunday is designated as the Feast of Christ the King. It is the last Sunday of Year A. Each liturgical year ends with this festival of acclamation. It is a relatively modern feast instituted in 1925 by Pope Pius XI, but its roots in the early Church. Cyril of Alexandria expounded, in the fifth century, the hypostatic union, that is the union of the divine and human in Christ, thus making him the ruler of all. The Kingship of Christ is also presented in the New Testament texts describing his return as the King of all the earth at the end of time.

The Feast of Christ the King has been included in the Church liturgy by most Christian Churches. It is seen as a suitable summation of the Christian year, and precursor of the Advent reflections.

\*\*\*\*\*

## Clement, Bishop of Rome, martyr c.100

On Thursday, we celebrate the life of one of the earliest post-Apostolic elders of the Church. Clement is mentioned, by the very early Christian writers, Irenaeus and Tertullian, as the Bishop of Rome from 88 CE to his death. Along with Polycarp and Ignatius of Antioch, Clement is described as the first Apostolic Father of the Church. We have one of his writings, a letter written to the Corinthians. This is very much a pastoral letter, describing the divisions in the Corinthian Church community, in the same terms as St Paul in his first letter to that Church contained in our New Testament. It is interesting that St Clement I, Bishop of Rome, speaks as having authority over the elders of Corinth. This First Letter of Clement to Corinth is still available to read today.

\*\*\*\*\*

## The Food Bank is Calling

Have you been able to help fill both the *Food Bank* basket at the back of the Church AND fill our hungry neighbours in Tunbridge Wells? Tins of food, dried foods, such as pasta, beans and pulses, are all welcome.

The Vicar's challenge was to make every Sunday a *Harvest Thanksgiving*. Marking our gratitude to God for all his goodness to us, we are making others aware of what love can do. Not only are the recipients gaining the food they need, but at the same time they receive the embrace of love, which we all need to receive, and to give.

## Children and Our Church

Our thanks continue to go to the loyal team of Sunday School teachers who faithfully lead our weekly ministry to the children of our Church. These foundations, laid in early life, are so important, both to the life of our young people and of our continuing worship at S. Barnabas, and wherever they travel in later life.

It is good for each of us to look at what led us to become part of the worshipping community of our Church. In an exciting - but confusing - world our young people will benefit from learning about the teaching of Christ, and sharing our worship and its beautiful holiness as they are 'formed'.

Make sure that all the children you know and those in our community are aware of this opportunity.

\*\*\*\*\*

## Cecelia, Martyr at Rome, c.230

On Wednesday, the Church remembers an early Roman martyr. St Cecelia is a young noble woman who had an arranged marriage, even though she had vowed to remain a virgin. It was said she sang to God in her heart whilst the marriage took place. Her husband, his brother, and Cecelia were all martyred for their faith, in about 230 CE. She was early on declared the patron saint of music, and through the ages composers have honoured her role, especially in sacred music. From Purcell to Britten, Cecelia has been praised for patronage of musicians.

\*\*\*\*\*

## A Follow On - Isaac Watts

It is most appropriate that in the same week as we give thanks for St Cecelia, we also recall the writings of Isaac Watts. He was a Congregational Minister in the late seventeenth early eighteenth century, and, as well as books of theology, he wrote over 750 hymns. Many of these are still sung in our worship. His works include 'When I survey the wondrous Cross', 'O God, our help in ages past' and 'Jesus shall reign where'er the sun'. He wrote in an age when congregational singing, other than psalms, was not widely accepted or practised.

He is sometimes described as the second-best hymn-writer in the English language. Do you know who might be considered the best hymn-writer? It is good that we give thanks for his contribution to the music of our Churches. Isaac Watts died on 25<sup>th</sup> November, 1748. Hence we remember him this Saturday – 25<sup>th</sup> November.

\*\*\*\*\*

## Chapter Meeting at S. Barnabas

On Monday of this week the Chapter of clergy for the Tunbridge Wells Deanery will be meeting here in S. Barnabas Church. Please pray that it will be a time of enrichment for them all, and especially for Fr John as he hosts the meeting.

\*\*\*\*\*

*If you have any news or ideas that might be considered for inclusion in future leaflets, please give copy to Robert Middlewick. ([robertmiddlewick@gmail.com](mailto:robertmiddlewick@gmail.com))*

*Shared stories build communities and enfold newcomers*