

ADVENT III : ABUNDANT JOY

EACH WEEK FOCUSES ON A METAPHOR FROM NATURE THAT HAS DEVELOPED AS OUR CHRISTMAS TRADITIONS DEVELOPED. THESE



METAPHORS WILL HELP US PRAY IN WORSHIP AND PRAY AT HOME. THIS WEEK, THE TAKE HOME ACTIVITY INVOLVES THE JOY OF COOKING.

ROSEMARY IS THE NATURAL ELEMENT THAT WE USE AS THE ANCHOR IMAGE DURING WEEK III OF THE SERIES. ROSEMARY IS RELATED TO THE VIRGIN MARY (THOUGHT TO BE MARY'S FAVOURITE PLANT) AND PEOPLE THOUGHT THAT IT COULD PROTECT YOU FROM EVIL SPIRITS. IT IS ALSO SOMETIMES CALLED THE FRIENDSHIP PLANT AND IT WAS THE MOST COMMON GARNISH PUT ON THE BOAR'S HEAD THAT RICH PEOPLE ATE AT THE MAIN CHRISTMAS MEAL IN THE MIDDLE AGES!

IT IS ALSO KNOWN AS THE REMEMBRANCE HERB AND WAS USED AT CHRISTMAS AS THIS IS THE TIME THAT WE REMEMBER THE BIRTH OF JESUS. IN THE LATE 1700S A SPECIAL CHRISTMAS ROSEMARY SERVICE WAS STARTED WHERE A RED APPLE, WITH A SPRIG OF ROSEMARY IN THE TOP OF IT WAS SOLD BY THE SCHOOL BOYS TO MEMBERS OF THE CONGREGATION.

HAVE ROSEMARY AND APPLES PRESENT FOR PRAYER TIME THIS WEEK. Pray for the people that bring flavour and delight to your life - family, friends and relatives. Pray for the homeless, the sick, those dealing with illness and loss, the dying, those struggling with mental illness and depression all who are seeking to be remembered this season and loved. Read Psalm 98 and pray for creation, its struggles and for the light of healing.

ROSEMARY AND APPLE RECIPES (p.s. you might bring your creations to share with the congregation next Sunday)

Sautéed Rosemary Apple Slices:

Prepare apple slices and add to frying pan with butter and oil until browned on both sides. Add fresh rosemary. Toss and serve hot! <https://bit.ly/2kYDqg5>

Caramelized Apples with Fresh Rosemary:

Pour Rosemary-infused apple cider over baked apple slices. Broil until edges are golden and serve with yogurt (optional). <https://bit.ly/2lYDqg5>

Rustic Rosemary-Apple Tart:

Using basic butter crust placed in pie dish and place thinly sliced apples on top. Bake for 40 minutes. <https://bit.ly/2EKShmv>