



Advent Breakfast and Service of Light

Encouraging faith (Chichester)

Every advent Cuckfield Mothers' Union hold an advent breakfast and service of light. At 7am a cooked breakfast is prepared followed by an 8.30 service in the Church. Everyone is given a candle and a bracelet with 4 star beads. The service is built on the idea of preparing adults and children for Christmas (as in Lent preparation).

Older children help the 5/6year olds on the basis that if they can read they can join in. The stars on the bracelets are held in turn (rather like a rosary) to help all remember the themes of the 4 different weeks of Advent.

The Church is in semi-darkness and the young people light the candles as "Now Light One Thousand Christmas Lights" is sung and everyone places the candles at the altar in front of an empty crib. This usually involves repeating the carol 2 or 3 times.

Then Mothers' Union beat a hasty retreat to start frying eggs, and young and not so young enjoy a hearty cooked breakfast. This has become a feature of parish life and a good fundraiser for Mothers' Union (though there is no charge for children).



For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.mothersunion.org