



St. Bede's Catholic Primary School

Advent Newsletter, Week 3



“There stands among you the one coming after me.”

Dear families of St. Bede's,

This weekend we welcomed the third Sunday of Advent; Gaudete Sunday – *Gaudete in Domino semper*, or *“rejoice in the Lord always.”* We are privileged to be invited to rejoice in the fact that the Lord is near.

The real comfort in the Gospel from Matthew is that John the Baptist knew from the very start about Jesus. John is the great messenger destined to tell and prepare the way for Jesus. He talks about the preparation for the coming of the Messiah and here we can make tangible links to our own routines as people of God. Christmas is nearing and we are preparing our way for the birth of Jesus, our Saviour. I invite you this week to think about how you are preparing the way for the Lord and bringing other people with you.

I thank you again for your continued support and wish you all a happy and peaceful week.

With my very best wishes,

Celia Salter
RE Lead

Working through Advent with thoughts for the day

Monday

Take time to listen to family and friends without giving advice or turning the conversation to your needs. Notice what it means to simply be present to what another person is saying.

We pray for those in leadership positions

Tuesday

What is it you are rushing around preparing for? Is Christ at the centre?

We pray for those who are blind

Wednesday

What do you do that may irritate others?

We pray for our young people that they will be the person God wants them to be rather than who they think they have to be

Thursday

Do we treat everyone equally? Take time to acknowledge the contribution made by someone you have previously overlooked.

We pray for all volunteers

Friday

What has God called us to do?

We pray for those who do not yet know God

Caribbean Black Fruit Cake

<https://www.africanbites.com/caribbean-black-cake/>



Ingredients:

- 1-2lbs of dried fruits (currents, raisins, prunes, cherries); 1 cup of dark rum & 1 cup of sweet wine; 10oz unsalted butter; 1 cup of granulated sugar; 5 large eggs; 2 $\frac{1}{4}$ cups of flour; 2 tsp baking powder; 3 tbsp. of browning; 2 tbsp. molasses; 1 tsp mixed spice; 1 tsp of nutmeg; 2 tsp grated lime; 1 tsp of almond extract & 1 tsp vanilla extract

Method:

- Start by chopping all the fruits into little chunks, then place in a large bowl.
- Pour rum and wine in the bowl of fruit, add enough alcohol to cover fruits. Cover and leave in a cool place for 2 days so it soaks up the alcohol. If leaving for more than 2 days, you may have to add more alcohol.
- Pour the soaked fruit together with any remaining juices into a blender and blend until it has a paste-like consistency.
- Pre-heat the oven to 160°C/325°F. Grease and line the cake tin (pan) with baking parchment.
- Cream together the butter and sugar at high speed until it's fluffy and starting to look white, about 3- 5 minutes.
- Stir in the eggs, a one at a time, beating the mixture well between each one and adding a tablespoon of the flour with the last egg to prevent the batter from curdling.
- Sift in the flour, baking powder, followed by browning, molasses, almond and vanilla extract, mixed spice, and nutmeg. Mix the batter and then add the fruit blend and lime zest.
- Stir well until everything is fully combined. Scrape down the sides of the mixing bowl.
- Pour batter into a greased 10 inch cake pan.
- Bake until a cake tester comes out clean, about 2 hours.
- If desired, poke the cake with a toothpick, then brush each with about $\frac{1}{4}$ cup rum or sweet wine while the cake is still hot. Let the cake soak up the rum.
- Let it cool completely before serving.
- If desired, wrap the cake tightly in plastic wax or parchment paper. Store in a cool, dry place for up to 1 month.

Heavenly Father, John the Baptist came to bear witness to your light and to prepare people for your arrival; we ask that you fill us with your light and give us the courage to bear witness to your Word.