

PRESS RELEASE

**HELP CAUSE AN ONLINE STIR this
November by contributing to Bradford
Cathedral's STIR-UP SUNDAY videos!**



The wooden spoon is passed from the Revd Canon Mandy Coutts to staff member Maggie Myers as they prepare for their own contribution to the Bradford Cathedral Stir-Up Sunday videos.

As we head towards the seasons of Advent and Christmas, the team at Bradford Cathedral are busy planning their activities for the month, but they're getting ready early to mark 2020's Stir-up Sunday, and they need your help!

The Church of England's upcoming Advent and Christmas campaign is called 'Comfort and Joy' and Bradford Cathedral is looking to bring joy throughout this period – and before – starting with some fun videos to mark 'Stir-up Sunday'.

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HOSPITALITY. FAITHFULNESS. WHOLENESS.

Stir-up Sunday is the Sunday before the season of Advent begins, and it's typically when people make their Christmas puddings. This year it falls on the 22nd November and the cathedral team are calling on you to help contribute to a video to mark the day.

To take part, all you need is a wooden spoon and someone to film you. To be part of it, take your wooden spoon and receive it from one side of the frame, whether that is left or right; make your stirring gesture; and then pass it to a different side. These clips will then be put together to form a chain of people stirring, for some videos going out on the Sunday.

If you want an example of how the footage should look and how you can get it to us, then there's full information available on the cathedral website, where you can see the Revd Canon Mandy Coutts and staff member Maggie Myers demonstrating an example!

STIR-UP SUNDAY FACT!

The Collect, Stir up O Lord, was in the earliest editions of the Book of Common Prayer 1549 and has been used as a prayer since then. George I in 1714 is attributed as introducing the Christmas Pudding to this country from Germany

You can, of course, be as creative as you want! As long as you make sure the spoon moves to and from off camera, you stir in the middle, and you film in landscape (wide format), then you can be as imaginative as you want. Maybe you want to move the spoon off camera above you, or you want to film in a famous part of the city or elsewhere?

Maybe you want to rope in friends, family, pets or others?

As long as you don't do anything that's dangerous, against the law or breaks your local COVID guidance, we'd love to see it! You don't even need to be in Bradford to take part.

Canon Mandy Coutts of Bradford Cathedral says:

"Stir up Sunday marks the beginning of our preparation for Christmas and the joy that celebrating Jesus' birth brings. The Christmas pudding is a wonderful mixture of ingredients from around the world, which over time deepens its magnificent flavours, just like the church, through its diversity and in its coming together, becomes more wonderful over time.

"Whatever happens this Christmas, the joy of the Christmas pudding and its long history draws us into a tradition that is about expectant hope and the comfort of knowing that we have a God who loves us all and delights in the joy of His Son's birth."

The deadline for submissions is 5pm on Wednesday 18th November.

More information will be announced soon about further services, event and online activities from Bradford Cathedral during December.

To find out more about how you can take part, please visit
<https://www.bradfordcathedral.org/whats-on/stir-up-sunday/>

ENDS

Notes for Editors

About Stir-up Sunday

'Stir-up Sunday' comes from a collect in the Book of Common Prayer, which begins with the words, "Stir up, we beseech thee, O Lord, the wills of thy faithful people", and is the day when people traditionally make their Christmas pudding.

About Bradford Cathedral

Bradford Cathedral has been a place of worship in Bradford since the first millennium. It is the oldest building in the city and, alongside being a place of worship, hosts events, arts projects and much more.

For further information please contact:

Philip Lickley

Communications, Marketing and Events Officer

t: 01274 777720 (*please leave a message and I will get back in touch with you*)

e: commsandevents@bradfordcathedral.org