Reverse Advent Calendar Christmas can be a difficult time for many, especially for those living on a tight budget. With increased fuel bills alongside seasonal pressure many will find themselves in a food crisis

You can help. For 24 days from Saturday 1 December you can donate one of the following from the list below and drop it off at your local foodbank.

Tinned Potatoes	Tinned Veg	Christmas Cake	Cheese Sauce
Tin Opener	Savoury Biscuits	Coffee	Diluting Juice
Shampoo	Rice	Gravy Granules	Deodorant
Hot Chocolate	Tinned Custard	Choc Biscuits	Stuffing
Tinned Meat	Chocolates	UHT Milk	Tinned Pudding
Instant Potatoes	Childs Toy	Nuts	Cash Donation
			to Foodbank

Advent Waiting

"For it was by hope that we were saved; but if we see what we hoped for, then it is not really hope. For which of us hopes for something we see? But if we hope for what we do not see, we wait for it with patience." Romans CH.8, v24 & 25

Advent is a season of waiting and anticipation. As Christmas approaches, remember those who longed for the Messiah: aged Simeon who blessed the baby Jesus, the eastern magi who sky-watched for years, old Elisabeth and young Mary, both expectant. And finally the long expected came!

Now we wait. He will come again, not as a vulnerable baby but as a victorious king, bringing full salvation and universal *shalom* to the world. We wait, but not passively. We do our best to straighten our lives and walk rightly. We pray – and work – for his kingdom to come everywhere. We wait, despite out inward groans of failure and pain and disappointment, because, whatever our present suffering, it will not compare with the glory to be revealed. It is something worth waiting for!

What are your deepest longings? This advent season, renew your hopeful waiting for god to give you all he has promised.

D McPherson - 2010

Put Christ back into Christmas

Toy soldiers, tanks and laser guns Trains, cars and dolls galore Computers, cameras, games and tapes Fill every High Street store.

Glittering tinsel, hollies green entice us from the shelves Bright cards to send to those we know, Trees, ornaments, fairies, elves.

> Bright music plays above the noise Oh! Peace, Where is thy dove? With all the racket going on, How can one think of Love?

Buy now for Xmas, bargains here, don't let them get away Visit Santa's Grotto now, too late on Xmas Day. Order the turkey and the wine, cake, bun and shortbread too. A Merry Xmas will be thine, that's all you have to do.

But wait a moment, something's wrong.
Out of this busy, bustling throng,
In and out of sundry places
I don't see any smiling faces
And in this Season of Good Cheer
I think that does seem rather queer.

There's something missing, without a doubt,
What can it be? I'll look about.
Now there's a sign with a different spelling
CHRIST in Christmas, that's what it's telling.
X marks the spot, but not the Saviour,
That's the lack in their behaviour

To celebrate the God – child's birth Who came to give us peace on Earth, To Christ whom prophets long foretold This time belongs just as of old

We may forget Him in the fuss, but He is watching over us And in the quiet evening hour, we feel again His holy power.

And know we are once more forgiven

Though our sins be as seventy times seven.

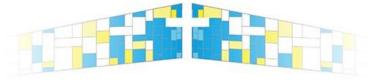
Margaret C. Irvine

Christmas List

- Buy Be presents.
- Wrap gifts someone in a hug
- Send gifts love
- Donate shep for food
- Make lots of food memories
- Be See the light



Advent Reflections 2018



'Christ'mas

Christmas is coming – its that time of year Christmas tune jingling – its nice on the ear The trees have all donned their white winter coats The robin trills out his magical notes

The sleepy earth is a wonderful sight Like a million diamonds – all sparkly bright The mountains reach up sheer exultation The air trembles gently in sweet expectation

Shoppers are rushing about here and there Owing their tempers like a grumpy old bear Dressing the tree with ribbons and glitter Banishing sadness and thoughts that are bitter

Letters to Santa with a heart felt plea "please will you leave a nice present for me" The shrill excitement – the children's voices All bring a smile as the world rejoices

How many sleeps until Christmas time Listening to Carols all sung in rhyme Buying the turkey for the great feast But have we forgotten the star in the east

The manger where a promised child lay His message was peace to all on that day A child, who, we're told was peaceful and mild

Without whom there would be no Christmas Day
Do just take a moment to sit down and pray
For peace on earth and goodwill to all
And make that our hope as the snowflakes fall