



St John's Methodist Church  
Baker Street  
Potters Bar  
Herts EN6 2DZ  
Registered Charity No 1130633

# St John's News

Website: [stjohnspb.org.uk](http://stjohnspb.org.uk) Email: [sjnews@stjohnspb.org.uk](mailto:sjnews@stjohnspb.org.uk)

Minister: Revd David Jebb: 01707 652978 / 07786 907634 [djebb2003@gmail.com](mailto:djebb2003@gmail.com)

Senior Steward: Robin Burns: 07956 879451 [seniorsteward@stjohnspb.org.uk](mailto:seniorsteward@stjohnspb.org.uk)

*December 2023 / January 2024*

| Date                             | Time    | Service  | Preacher                |
|----------------------------------|---------|--|-------------------------|
| Sunday 3 <sup>rd</sup> December  | 10.30am | Christingle Scout Parade & Advent              | Dawn & Guy Fenner       |
| Sunday 10 <sup>th</sup> December | 10.30am | Nine Lessons and Carols                        | Revd David Jebb         |
| Sunday 17 <sup>th</sup> December | 4.00pm  | All-age Nativity with Carols                   | Graham Phillips         |
| Sunday 24 <sup>th</sup> December | 10.30am | Morning Worship                                | Revd David Jebb         |
| Sunday 24 <sup>th</sup> December | 11.00pm | Christmas Eve Holy Communion                   | Revd David Jebb         |
| Monday 25 <sup>th</sup> December | 10.30am | Christmas Day Worship                          | Revd David & Jenet Jebb |
| Sunday 31 <sup>st</sup> December | 10.30am | Morning Worship (Favourite Songs and Readings) | Gill Goldfinch          |
| Sunday 7 <sup>th</sup> January   | 10.30am | Covenant Service (with Holy Communion)         | Revd David Jebb         |
| Sunday 14 <sup>th</sup> January  | 10.30am | Morning Worship                                | Revd David Mullins      |
| Sunday 14 <sup>th</sup> January  | 7.00pm  | Informal Café Worship                          | Revd Rosemary Mutopo    |
| Sunday 21 <sup>st</sup> January  | 10.30am | Creative Church and Celebration                | Graham Phillips         |
| Sunday 28 <sup>th</sup> January  | 10.30am | Holy Communion                                 | Revd David & Jenet Jebb |

*All ages are welcome to our 10.30am services. Under 3s are welcome in church and in the adjoining crèche area at the back of the church. Other children are invited to Junior Johns in the Garden Room. More information from a Steward or Jackie Hart 07825 211657.*

## From our minister – Revd David Jebb 'THIS MESSY WORLD NEEDS THE MESSIAH'

Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners". Mark 2:17, NIV

In the past few years, my second daughter Theolyn and I enjoyed making some Christmas decorations together, with some interesting results! As Christmas drew closer, the time came to display some of our home-made creations, yet I was left with a dilemma; how on earth would I integrate our less than perfect attempts amidst the perfection of the shop-bought and well-rehearsed Christmas decor that I have spent years honing and refining to look 'just right'?

As I considered this conflict between the perfect and the less than perfect, I experienced the merest glimpse of what it must have been like for Jesus to come to this world.

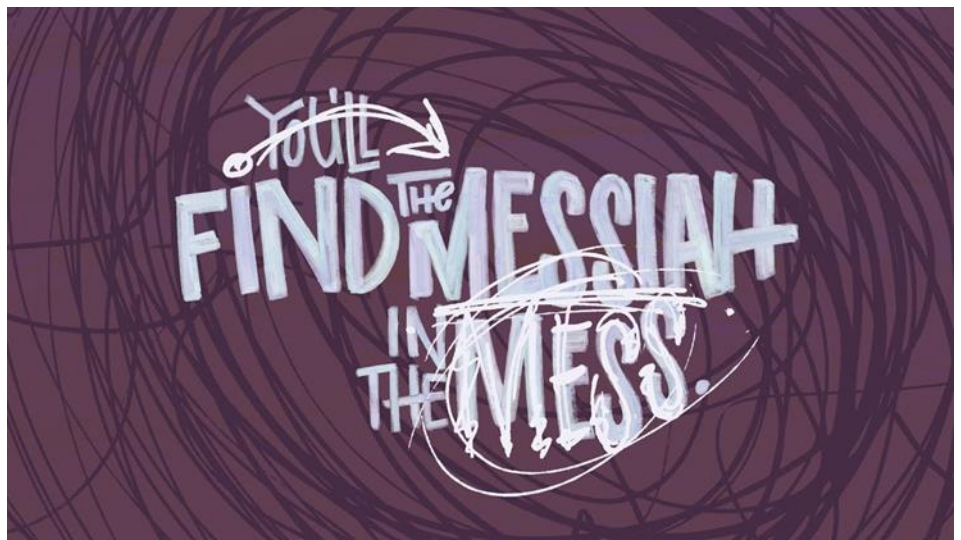


***Copy deadline for next issue is Sunday 21<sup>st</sup> January 2024***

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The perfect Jesus was born into a messy stable, a messy situation and a messy world. There was nothing easy or relaxed about His start in life, even His very life was threatened. Jesus was born into a huge bundle of fear, turmoil, war, destruction, shame and poverty.

As He grew, He ministered to the messy people... the prostitutes, the tax collectors, the thieves, the outcast, and the lepers. It was the perceived 'perfect people' of the day who struggled with this 'messy' lifestyle. And they were never happy to see Him bring hope and healing to those who really needed it.



I'm now considering my own life. Do I try to hide the messy bits from Jesus, displaying only the good bits that I think look acceptable? Yet the Christmas message is one of perfection reaching down into mess and saying, "I want to be there - in the mess, in the pain, in the shame, in the fear, in the places others consider unacceptable. That's where I want to be. That's why I came to earth from heaven."

As I celebrate our Saviour's birth this year, I will look at the less than perfect creations of mine and my daughter's and know that God loves the imperfect. I will treasure the truth that, in His perfection, He came into a mess, and He offers hope to the hopeless, love to the loveless and peace to those in turmoil.

If you want to give God a gift beyond price this Christmas, give Him your mess, for that's why Jesus was born and that's why He went to the Cross and died.

Whatever the memories are, Christmas is ultimately about God coming to us to redeem the whole of our lives. In times of joy and sorrow, with hidden memories and shared ones, there is nothing that can separate us from God's love – for we are blessed by a God who has shown that we are loved to the uttermost.

Advent and Christmas seasons are lovely, and deeply meaningful as we worship, wait and celebrate together. This newsletter included a list of our Christmas services and special events of the season. I hope you will receive it as a gift for your soul and join us as you are able.

As a new year approaches, whatever experiences life may bring, they will be brought to completion in Christ, and wherever we may travel God will be with us: God with us – Emmanuel!

May I wish a peaceful and Christ-filled Christmas to you all and to all those you love.

**David Jebb**

Prayer: Thank You, Jesus, for coming to earth in a messy way. You entered this world of mess because You are the answer to it all. This Christmas, I give You a gift; the gift of the mess I've been hiding from You, so Your love and light can shine in those dark places. Amen

You can also see David's monthly blog on our website at [www.stjohnspb.org.uk/ministers-blog](http://www.stjohnspb.org.uk/ministers-blog).

## Calling All Carol Singers

After a gap of three years, by public request, carol singing locally around St John's is back on Tuesday 19<sup>th</sup> December! We shall be meeting at 7.15pm at St John's. Please wrap up warmly. We aim to sing till around 8.45pm depending on the weather, and then return to the Clifton room for soup, rolls and coffee. We shall be collecting for Action for Children but another reason for singing is to bring the message of Christmas to our neighbours. If you are a beaver, cub or scout and would like to help with the collection, you will be very welcome.

For further details, please see Sally Gunning or Myra Sloper



# Family News

Stephen and Kathryn Krause have recently been granted awards for long and dedicated service by St John Ambulance.

Stephen has now received his seventh gold bar for over forty-five years' service.

Kathryn has been nominated to become a member of the Order of St John which is an honorary position by order of the King. The date for this is still to be announced.

Huge congratulations to you both.

We are delighted to hear that Myra and John Sloper are celebrating their golden wedding anniversary on 8<sup>th</sup> December. Myra and John married in the Chapel at the Methodist college in Ireland. They will be holding a family celebration at their home.

Lesley and Chris Humphreys are celebrating the engagement of their son Matt to Becca. We are delighted for you all.

We have several church members who need our prayers after surgery and ongoing hospital appointments. There are also those on waiting lists who become anxious as time goes by and we think of them too.

Barbara Biaggini has unfortunately had another fall, but we are pleased she is at home and recovering well.

Helen Barlow Email: [foodtech16@hotmail.co.uk](mailto:foodtech16@hotmail.co.uk) Tel: 01707 662254

## Advent Study on Zoom – 'Out of the Ordinary'

Circuit Ministerial Staff members are leading an Advent Study on Wednesdays from 7:45pm to 9.00pm on 29<sup>th</sup> November, 6<sup>th</sup> December, 13<sup>th</sup> December and 20<sup>th</sup> December.



The graphic is a promotional poster for an Advent Study. The left side features a purple background with a yellow halo and a yellow star. The text 'Out of the Ordinary' is written in a large, stylized font. Below it, the text 'Scratch beneath the surface this Advent and Christmas' is written in a smaller font. The right side of the graphic is a dark grey/black background with white text. It lists the dates and times of the study sessions, the leaders, and the Zoom link.

**Advent Study  
2023 on Zoom**

29<sup>TH</sup> NOVEMBER AT 7:45 PM  
LED BY DEACON NIGEL PERROTT

6<sup>TH</sup> DECEMBER AT 7:45 PM  
LED BY REV DANIEL YOVAN

13<sup>TH</sup> DECEMBER AT 7:45 PM  
LED BY REV DAVID JEBB

20<sup>TH</sup> DECEMBER AT 7:45 PM  
LED BY REV ROSEMARY MUTOPO

RING 07786907634 FOR A ZOOM LINK

Topic: ADVENT COURSE 2023 - 'OUT OF THE ORDINARY'

Join Zoom Meeting

<https://zoom.us/j/92804269914?pwd=VGQwLzNieHp6YVQ4QmIHMC92MXcrUT09>

Meeting ID: 928 0426 9914 Passcode: 724479



# Christmas Tea Party – Sunday 17<sup>th</sup> December 3pm

A silhouette of a nativity scene featuring Mary, Joseph, and baby Jesus in a manger, with a shepherd and three wise men on camels in the background, set against a bright yellow sunburst background.

**ST JOHN'S CHRISTMAS  
TEA PARTY**

Sunday 17<sup>th</sup> December at 3pm

At St John's Methodist Church, Baker Street,  
Potters Bar, EN6 2DZ

Tea, coffee, cakes and chat

Everyone is welcome - no need to book - no charge

Cakes kindly provided by Myra and John Sloper in  
celebration of their Golden Wedding Anniversary

Followed by our All-Age Nativity with Carols at 4pm

Do come and join us at our tea party on 17<sup>th</sup> December at 3.00pm. Enjoy some tea and cakes and a chance to chat before the All-age Nativity with carols at 4.00pm. Everyone is welcome. Toys and games will be available for the young at heart.

## Care Homes Services

We lead services at both Cuffley Manor and Cooperscroft Care Homes. All are welcome to come and join the small team as we worship with and talk to the residents. The service lasts about half an hour with time to talk over tea and coffee afterwards.

### Cooperscroft



1st Wednesdays in the month at 3.00pm:  
6<sup>th</sup> December – Christmas Carols  
3<sup>rd</sup> January – NO SERVICE

### Cuffley Manor



3<sup>rd</sup> Wednesdays in the month at 3.00pm:  
20<sup>th</sup> December - Christmas Carols  
17<sup>th</sup> January - Prayer Service

# Discover Christmas



Churches Together in Potters Bar present

## Discover Christmas

**Saturday 9 December 2pm**

A family Christmas Journey  
with craft, drama and carols.

At St John's Methodist Church,  
Baker Street, EN6 2DZ

### All are welcome

*It is free but please let us know you are coming  
by booking at*

[www.pottersbarchurchesholidayclub.co.uk](http://www.pottersbarchurchesholidayclub.co.uk)

*\*Please note, all children must be accompanied by an adult  
who will be responsible for them for the duration and can  
assist them with the activities running.*



**Churches Together in Potters Bar is a fellowship of Christians of different denominations  
who join together to proclaim the Christian Gospel.**

## Christmas Charity – Herts Young Homeless

This year the Church Council have chosen Herts Young Homeless as our Christmas charity. You can give at church or through our JustGiving page -  
<https://www.justgiving.com/page/stjohnspb2023hyh>

Who are Herts Young Homeless? They write:

*Homelessness can be defined as being without permanent, stable or suitable accommodation. Besides rough sleepers, this includes those who are 'sofa surfing' with friends and extended family or living in hostels.*

*hyh has a variety of FREE services open to all 16 – 24 year olds who are homeless or threatened with homelessness. We also have a Health Service which has no upper age limit.*

*hyh is an independent charity and has been supporting vulnerable people in Hertfordshire since 1998.*

*Our experience has enabled us to develop mediation, education and other specialist prevention services with the purpose of avoiding the misery of a breakdown in family relationships.*

*Of course, this is not always possible and in those cases we aim to help the young people affected through advice, support and other associated services.*

*Homelessness can lead to, and indeed result from, issues of drug and alcohol dependency and poor mental health. Our experts in these areas work with people of all ages to support them in overcoming these challenges.*

*We work closely with Herts County Council, local district councils and other agencies to improve local provision and prevent youth homelessness.*

*We are an inclusive charity, and are trained in, and sensitive to, the specific needs of young people at the intersections of homelessness, BAME, LGBTQ+ and disability.*

# hyh

**Herts Young Homeless**



# Let's Pray Together (Zoom)

## 'Let's Pray Together' Leaders for Dec 2023 and Jan 2024



### DECEMBER 2023

2nd Dec Revd Daniel Yovan  
9th Dec Jenet Jebb  
16th Dec Revd Rosemary Mutopo  
23rd Dec Revd David Jebb  
30th Dec NO PRAYERS

### JANUARY 2024

6th Jan NO PRAYERS  
13th Jan Dr George Woods  
20th Jan Revd Daniel Yovan  
27th Jan Revd Rosemary Mutopo

**Prayer session from 9 am to 9.45 am on Zoom. For a zoom link, please email: [djebb2003@gmail.com](mailto:djebb2003@gmail.com)**

## Meet to Pray (In Person)



**Meet to Pray – 10.00am**  
**Friday 8<sup>th</sup> December**  
**Friday 12<sup>th</sup> January**

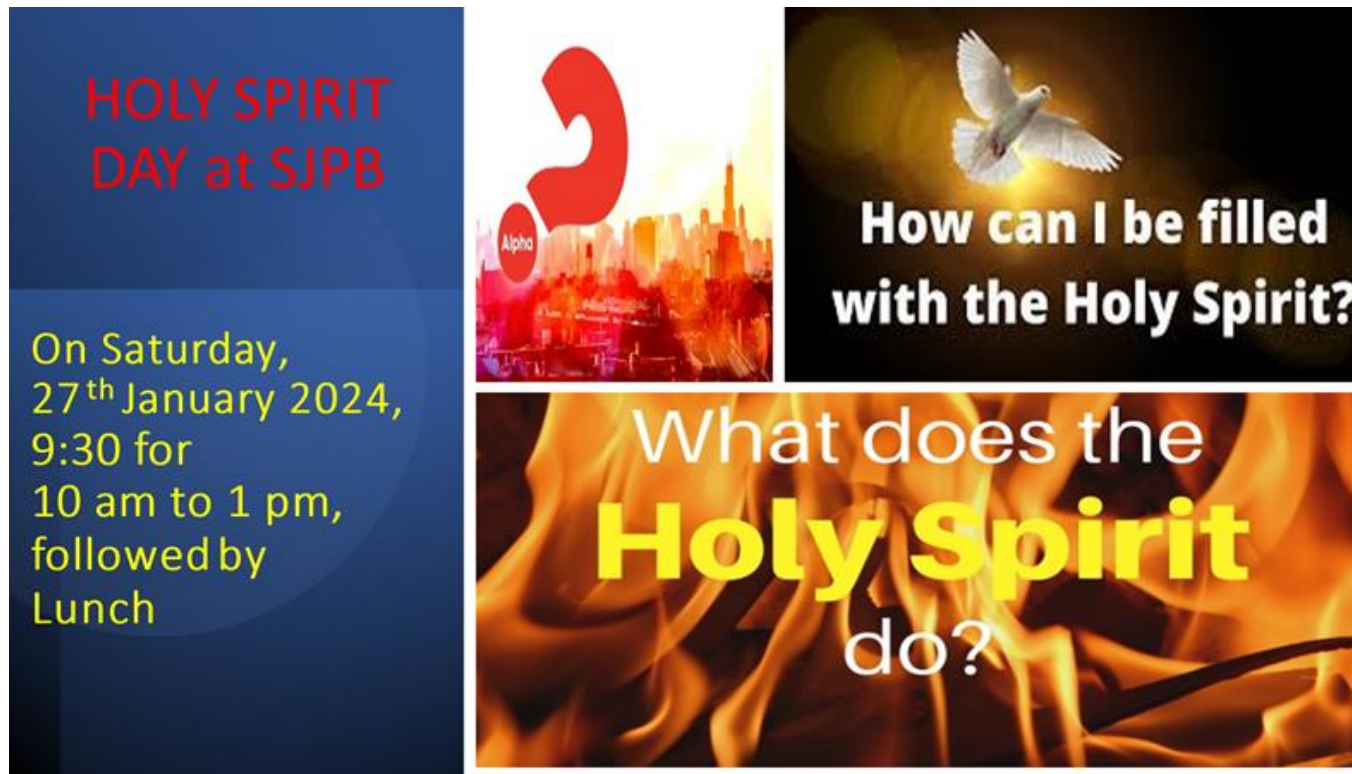
**Come and join us to talk to our God!**

Prayer meeting in the Garden Room starts at 10.00am and ends at 10.30am so we can join the Friday Coffee Morning.

Everyone is welcome. There is no need to pray out loud if you don't want to.

# Alpha Day (Holy Spirit Day) - Saturday 27<sup>th</sup> January

The Alpha Day is a part of the Alpha Course to which all are welcome to come along, even if you did not attend the previous sessions. It will take place on Saturday 27<sup>th</sup> January 2024, in the Clifton Room at St John's Methodist Church - 9:30 for 10.00am to 1.00pm. The day consists of welcome coffee/tea/drinks and Alpha Film talks on the Holy Spirit, small group discussion, worship and prayer ministry followed by a lunch to conclude the Alpha course. Revd David



Jebb and the Mission Outreach team are facilitating the day.

## FAQs

- **Do I have to come?** This day is a way for you to listen to three talks on the Holy Spirit who is the Consoler Jesus promised to send to us. If you attend, many of your questions about the Holy Spirit will be answered.
- **How important is the Alpha Day?** The Alpha Day is important enough that the majority who have taken Alpha continue to talk about it long after the course is over. Many have indicated its impact upon their lives. Those who indicate they had a less than fruitful experience on Alpha did not attend the Alpha Day.
- **Will we be in our small groups?** Yes.
- **Will food be provided?** Absolutely! We kick off the morning with welcome refreshments and finish with a lunch at 1.00pm.
- **Can we bring anything?** Please feel free to bring desserts/fruit trays if you wish.
- **I have more questions, who can I ask?** Please get in touch with your Alpha group facilitators and helpers or David Jebb with further questions. Please call him on 07786907634 or email [djebb2003@gmail.com](mailto:djebb2003@gmail.com)
- **No fee for the Alpha course or hospitality, but a donation will be taken for the arrangements for future Alpha courses.**
- **Is registration required?** Yes, please, so we can prepare for food accommodation accordingly. email: [djebb2003@gmail.com](mailto:djebb2003@gmail.com)

## Church Flowers

Thank you very much to all who have donated towards the flowers in the church during 2023.

If you wish to donate in 2024, the form for donations is on the noticeboard at the far end of the vestibule. Please indicate on the form by the appropriate date and pass your donation to Margaret Bland, Barbara Thompson or one of the stewards near to the chosen date. Thank you.

The flower group hope you have enjoyed the weekly pedestal displays and those we put in other areas at the festivals of Easter, Harvest and Christmas.

Margaret Bland

# Chrismon Tree

Have you noticed that our Christmas tree in the church is decorated differently from most? For many years now, St John's has put up a Chrismon tree in the church. When it was first done, the meaning was explained during a service, but that was a while ago – some people have never heard it and others have forgotten!

So, what is a Chrismon tree? The word 'Chrismon' combines 'Christmas' with 'Monogram', or initials – used here to refer to all the symbols of the Christian faith that we put on the tree. The Chrismon tree both looks beautiful and reminds us of God's love shown to us in the life of Jesus.

The TREE points to heaven and is an evergreen (now artificial), symbolising the eternal life available in Christ.

The LIGHTS symbolise the lives of Christians, living like Jesus, who is the Light of the World.

The COLOURS are symbolic too. White and Gold are the Christian colours for Christmas – white suggests the innocence, purity and perfection of Christ and Gold the glory and majesty of God.

How many of the symbols can you spot? Look out for these (I don't promise they are all on our tree!)



|                                     |   |
|-------------------------------------|---|
| IHS                                 | From the Greek word IHYSOS, meaning Jesus   |
| Fish                                | An ancient symbol for Christ. The Greek letters stood for Jesus Christ, God's Son, Saviour  |
| CHI RHO                             | With the X and P overlapping – they are the first two letters of the word 'Christ' in Greek   |
| Circle                              | A symbol of God the eternal one. A circle has neither beginning nor end   |
| Alpha & Omega                       | The first and last letters of the Greek alphabet – God is the beginning and the end   |
| Dove                                | Symbolises the Holy Spirit and the gift of Peace  |
| 7-tongued flame                     | Represents the Holy Spirit  |
| Fleur de Lys,<br>Shamrock, Triangle | All represent the Trinity – One God in Three Persons – the Father, Jesus the Son, and the Holy Spirit   |
| Stars                               | 4 points = star of Bethlehem<br>5 points = star that guided the Wise Men<br>6 points = star of David<br>7 points = the gift of the Holy Spirit<br>8 points = Baptism and New Life |
| Bible                               | God's word  |
| Angels                              | God's messengers  |
| Pearl                               | From the story of the Pearl of great price, represents God's Word to us   |
| Daisy                               | Flower of innocence, reminding us of the simplicity of Jesus' birth   |
| Shell & pearls                      | Together symbolise baptism  |
| Shepherd's Crook                    | Jesus said "I am the Good Shepherd"   |
| Crown                               | Jesus Christ is our King  |
| Crown of Thorns                     | The only crown Jesus wore, a reminder that he suffered for us   |
| Lamb                                | Jesus is called the Lamb of God   |
| Grapes                              | Remind us of the blood of Christ, shed for all  |
| Chalice                             | Represents Holy Communion and forgiveness and reconciliation with God   |
| Wheat                               | Jesus said "I am the Bread of Life"   |
| Cross of nails                      | Jesus the carpenter was nailed to a cross for our sins  |
| Anchor cross                        | The hope of the world   |
| Celtic & Circle Cross               | Has no beginning or end so symbolises eternity and God's endless love   |



|                      |   |
|----------------------|---|
| Cross of Glory       | The rising sun behind the cross suggests the new day of the resurrection      |
| Cross over the World | Christ dies for the whole world   |
| Jerusalem Cross      | Consists of 5 crosses, symbolising the 4 gospels, or the five wounds of Jesus |
| Latin Cross          | With its long upright is the most widely used form among Christians           |
| Butterflies          | Symbol of Resurrection  |
| Lily                 | Symbol of Resurrection  |

## Remembrance

A thought-provoking Remembrance Parade Service with our Scout group took place on Remembrance Sunday. In addition to our wooden cross decorated in poppies, some of which had been made by our Cubs this year, a large red poppy was made and displayed on another cross whilst reflections were read to us by adults and members of our Scout group. Since 1921, a red poppy has been worn as a sign of remembrance after it is believed the soil at Flanders in Belgium, which was churned up by artillery shells, encouraged the growth of the dormant poppy seeds which later bloomed in abundance on the barren land. The reflections were quotes by army chaplains and accompanied by the bringing up of 4 individual petals to make a red poppy. These reflections made more personal to us as our minister Revd David Jebb has been an army chaplain in the past. A reading from the bible was also read out from Matthew 24: 6-8 where Jesus is speaking to his disciples. "You are going to hear the noise of battles close by and the news of battles far away; but do not be troubled. Such things must happen, but they do not mean the end has come. Countries will fight each other; kingdoms will attack one another. There will be famines and earthquakes everywhere. All these things are like the first pains of childbirth".



We then heard that a white poppy has also been worn at Remembrance as a sign of peace, so a large white poppy was also made and displayed. This was accompanied by reflections of peace by famous world leaders along with a reading from Philippians 4: 7 - God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

Key verses from the bible to help us make sense of war were then displayed on large boxes. The bible message is that from the beginning we were and are...



### Broken people in a broken world

The perfect world God created was broken as a result of man and woman disobeying God. (Gen 3: 16-19)

As Jesus foretold... wars, famine and earthquakes have happened throughout history. (Matthew 24: 6-8)

### We have a future hope

The light shines in the darkness, and the darkness has never put it out. (John 1:5)

There will be pain before God brings in a new heaven and new earth, where there will be no more grief, crying or pain. The old things will disappear. (Rev 21: 4)

### When will this happen?

No one knows the day or hour, the angles do not know, Jesus may not have known, but God knows. (Matthew 24: 36 paraphrase)

Margaret Rhodes

# Regular activities

| Day        | Time              | Activity  | Contact  |
|------------|-------------------|---|--|
| Mondays    | 10.00 – 11.45am   | Jumping Johns Toddlers  | Margaret Bland 07887 532128  |
| Mondays    | 10.00am – 12.00pm | Can We Fix It Group   | Roger Croughton 01707 650438   |
| Mondays    | 10.30 – 11.30am   | Vestry Hour   | Revd David Jebb 01707 652978   |
| Mondays    | 2.30 – 4.00pm     | Women's Guild   | Jo Hutton 01707 658436   |
| Mondays    | 8.00 – 10.00pm    | Badminton   | Margaret Bland 07887 532128  |
| Tuesdays   | 11.00am – 3.00pm  | Welcome Space   | Barbara Thompson 01707 665621  |
| Wednesdays | 6.30 – 8.00pm     | Cubs  | <a href="http://www.4thpottersbar.scoutsonline.co.uk">www.4thpottersbar.scoutsonline.co.uk</a> |
| Wednesdays | 2.30 – 4.30pm     | Strafford Gate House Group (usually 3 <sup>rd</sup> Wednesday in the month)   | David Carter 07709 284852  |
| Wednesdays | 7.45 – 9.00pm     | Bible Study in Clifton Room (Fortnightly)                                     | Lesley Humphreys 07961 347152  |
| Thursdays  | 7.00 – 8.30pm     | Scouts  | <a href="http://www.4thpottersbar.scoutsonline.co.uk">www.4thpottersbar.scoutsonline.co.uk</a> |
| Fridays    | 10.00 – 10.30am   | Meet to Pray (usually 2 <sup>nd</sup> Friday in the month in the Garden Room) | Robin Burns 07956 879451   |
| Fridays    | 10.30am – 12.00pm | Morning Coffee in Clifton Room  |  |
| Fridays    | 10.30am           | Byng Drive House Group (Fortnightly)  | Dawn Fenner 07969 924346   |
| Fridays    | 6.15 – 7.15pm     | Beavers   | <a href="http://www.4thpottersbar.scoutsonline.co.uk">www.4thpottersbar.scoutsonline.co.uk</a> |
| Saturdays  | 9.00 – 9.45am     | Let's Pray Together (by Zoom)   | Revd David Jebb 01707 652978   |

## Churches Together in Potters Bar

For more information see [www.ctpb.org.uk](http://www.ctpb.org.uk).

### Prayer Meetings

Join us at 8.30am on the first Saturday of each month as we pray for the Churches and Community of Potters Bar. Meetings last about 45 mins followed by breakfast.

**Please note change of venues**

Saturday 2<sup>nd</sup> December King Charles the Martyr, 368 Mutton Lane. EN6 3AS

Saturday 6<sup>th</sup> January 2024 Our Lady & St Vincent, 243 Mutton Lane, EN6 2AT



## Circuit News

St John's Methodist Church is part of the St Albans and Welwyn Circuit. See [www.stalbansandwelwyncircuit.org.uk](http://www.stalbansandwelwyncircuit.org.uk) for more details. Our superintendent is Revd David Jebb. The circuit office can be contacted at [admin@midhertsmethodists.org.uk](mailto:admin@midhertsmethodists.org.uk) or on 01727 854211.



### Thinking Lunches at Marlborough Road Methodist Church, St Albans

12.30pm to 1.30pm. Please bring your own sandwiches and drinks. Half an hour talk, and then discussion.

Thursday 7<sup>th</sup> December - Natalie Liley - 'The need for poverty support locally'  
The first Thinking Lunch in 2024 will be on 1<sup>st</sup> February.



# From the Methodist Modern Art Collection

## Dalit Madonna by Jyoti Sahi (b.1944)



*Image Copyright © Trustees for Methodist Church Purposes. The Methodist Church Registered Charity no. 1132208*

This image echoes the Indian folk symbol of the grinding stone, found in every traditional home. This has two parts. The larger "Mother Stone" is fixed and stable, whilst the smaller "Baby Stone" moves to grind food stuffs on the Mother Stone. Relating Mary and Jesus to this symbol links the bond between them to the preparation of daily bread on the grinding stone so we can think of it when saying "Give us this day our daily bread". "Dalit" means broken (sometimes used by those in South Asia traditionally regarded as low caste or 'untouchable'). Breaking items on the grinding stone is necessary to create wholesome food for the family. The suffering in the relationship of Jesus and Mary is necessary to create life and hope.



**Colour in your own nativity picture!**

