

Children's Christmas Cakes

Everyone (well almost) loves Christmas Cake.

Here is our version of a Children Christmas Cake - or mini Christmas Cakes - a recipe that doesn't contain alcohol, just for children!

Can be made up to 1 month before Christmas and decorated a week before Christmas

INGREDIENTS:

12 oz plain flour	2 lb dried fruit
1 tsp. mixed spice	4 oz blanched almonds
1 tsp. cinnamon	4 eggs
1/2 tsp. salt	4 tbsp orange juice (instead of alcohol)
8 oz butter	1 finely grated lemon zest
8 oz sugar	1 tbsp golden syrup
4 oz fruit peel	small paper patty cakes
4 oz cherries	



Icing:

Melted White Cooking Chocolate
Green and Red snakes



METHOD:

- * Put the flour through a sieve
- * Mix the fruit peel, cherries, fruit, chopped almonds and lemon zest
- * In a bowl, whisk the eggs and orange juice together
- * Cream the butter, sugar and golden syrup until soft
- * Add the flour and egg mixtures alternately to the butter mixture
- * Stir in the fruit mixture
- * Roll a mini cake a bit larger than a malteser - or big enough to sit comfortably in the small paper patty cake holder
- * Place paper patty cake holders containing the mini christmas cakes in a laming-ton tin or similar
- * Place tin in the middle of a hot oven and bake for a total of 3.5 hours as follows: high for the first 1.5 hours and then turn down to medium for the remainder of the cooking time
- * When cakes are cooked, cool for 30 minutes before storing in an airtight container then decorating

Decorating:

We decorated our Kids Christmas Cakes by covering with melted white cooking chocolate (1 pkt). We then used pieces of pre-cut green and red snakes to decorate like a mistletoe.



Handmaids of Christ and Children of Mary

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

December 2009
Month of the Holy Child Jesus

This leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you receive the bulletin of the Crusade and pray for the intentions of the Crusade. As girls, Our Lady is your special model. Therefore as well as being Crusaders and Handmaids of Christ, you are also Children of Mary. The purpose of these few pages is to help you in your spiritual life.

AN EASY WAY TO BECOME A SAINT By Fr Paul O'Sullivan, OP

Chapter 8 - THE PRINCIPAL DUTIES OF THE DAY - 6

5. SLEEPING

We devote 7 or 8 hours a day to sleep, that is a third part of our lives. Few Christians derive from their rest the merit they might easily obtain. These 7 or 8 hours of every day are for many lost hours, and in some cases the occasion of sins of slothfulness.

What a pity to lose 8 hours every day! Some sleep too little, some too much, some yield to excessive laziness in arising.

The following suggestions will enable us to transform these 8 hour's sleep into 8 hours of prayer and merit.

A) Our sleep is a sacred duty imposed on us by God, and its fulfillment ought to be an act of obedience to God.

b) We ought to say our night prayers slowly and devoutly, asking for a good night's rest.

c) Let us offer our sleep to Our Lord in union with His sleep during His life on Earth. Bear in mind that every action united to the acts of Our Lord has an indescribable value. Priests, before beginning their Office, unite it with the prayer of Jesus when on Earth.

d) Let us offer every breath we draw, every beating of our hearts during the night as

so many acts of love for God. Thousands of acts of love every night!

e) Our dear Angel Guardian is with us all night, watching over us, just as a tender mother watches over her sick child. Say a few loving words to this dear Angel before closing your eyes.

j) Good Christians sprinkle holy water every night over their persons and bed as defense against the devil.

g) If we cannot sleep, let us offer this weariness in honor of the three hours Jesus Christ passed on the hard bed of the Cross. Let us go on repeating the Name of Jesus, and this will help us to get the desired rest.

h) Regarding rising, we ought to form the habit of getting up immediately when our clock strikes or when we are called. The habit of jumping up quickly makes rising more easy. Laziness or delay in getting up makes it more difficult. It is also a bad beginning for the day, a beginning claimed by the devil.

i) When dressing, we should accustom ourselves to repeat frequently the Holy Name of Jesus. These first moments of the day are most precious, and we should offer them to God. This habit will guarantee us the help and protection of God during all the day.

An amusing fact is told of a young lady who was rather lazy and slow in getting up. On being called one morning she turned over again and said, "I am tired this morning; I will sleep a bit longer." She heard a voice, as of one lying beside her, which said, "Do, do, and I will remain with you." Recognizing the devil, she bounded from her bed and was never again inclined to sloth when arising.

We may well apply this fact to ourselves, for it is quite certain that if we are lazy and slothful, the devil is really beside us and snatches the first fruits of the day from God.

How many thousand Catholics could easily hear Holy Mass and receive its indescribable graces if they were less lazy in getting up!

Frequently, too, laziness in arising makes us hurry over our morning prayers or even neglect them entirely. This is a very grave fault and may cause disastrous consequences. No one should dare to omit or say hurriedly his morning prayers.

Instruction upon meditation

Meditation, or mental prayer, is a devout and fruitful consideration of Divine things, and of all that is conducive to the acquirement of virtue and of eternal salvation. It is not a difficult exercise; it requires attention and reflection, a desire to know God better in order to love Him more. It should be done in the company of Our Lady, the saints and our guardian Angel.

Refer to the previous issues of this bulletin to learn how to make meditation properly. Remember that as Handmaid, you promised to meditate 15 minutes every day. St Teresa of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

SEEK a convenient time to attend to thyself; and reflect often upon the benefits of God to thee. Let curiosities alone.

Meditation – On the Kingdom of Christ - 1

By the vows of Baptism, you enroll yourself a soldier of Jesus Christ, in order to conquer the kingdom of Heaven by violence. Listen to the words of your King : « If any one will come after me, let him deny himself, take up his cross and follow me. » You must then deny yourself by refusing your senses the indulgences that withdraw you from the thoughts of heaven, by refusing your will and understanding every gratification that nourishes pride, lust, vanity, or self-ease. You must take up your cross by suffering willingly the corporal and mental hardships of your state of life, the contradictions which may come from superiors or others, and you must, besides, practise voluntary exterior penance. You must imitate and follow Christ: He loved poverty, He practised humility, patience, meekness, His zeal extended to save the whole world. A generous soldier would blush to behold his king enduring the whole toil of the combat, of which he himself was to enjoy the glory and profit, and not wish to share his toils!

The Martyrology on the Twenty-Fifth Day of December

The Martyrology is read during the hour of Prime (the first hour of the morning) of the Divine Office, by priests, monks and religious. On Christmas Eve is read the following text, which is particularly interesting for all the historical events and people it mentions and the exact dates :

In the year, from the creation of the world, when in the beginning God created Heaven and earth, five thousand one hundred and ninety-nine; from the flood, two thousand nine hundred and fifty-seven; from the birth of Abraham, two thousand and fifteen; from Moses and the coming of the Israelites out of Egypt, one thousand five hundred and ten; from the anointing of King David, one thousand and thirty-two; in the sixty-fifth week, according to the prophecy of Daniel; in the one hundred and ninety-fourth Olympiad; in the year seven hundred and fifty-two from the founding of the city of Rome; in the forty-second year of the empire of Octavian Augustus, when the whole world was at peace, in the sixth age of the world, Jesus Christ, eternal God, and Son of the eternal Father, desirous to sanctify the world by His most merciful coming, having been conceived of the Holy Ghost, and nine months having elapsed since His conception, is born in Bethlehem of Juda, having become Man of the Virgin Mary.