

# On the Calendar Cycle

Little-T traditions for feasts and fasts on the calendar cycle.

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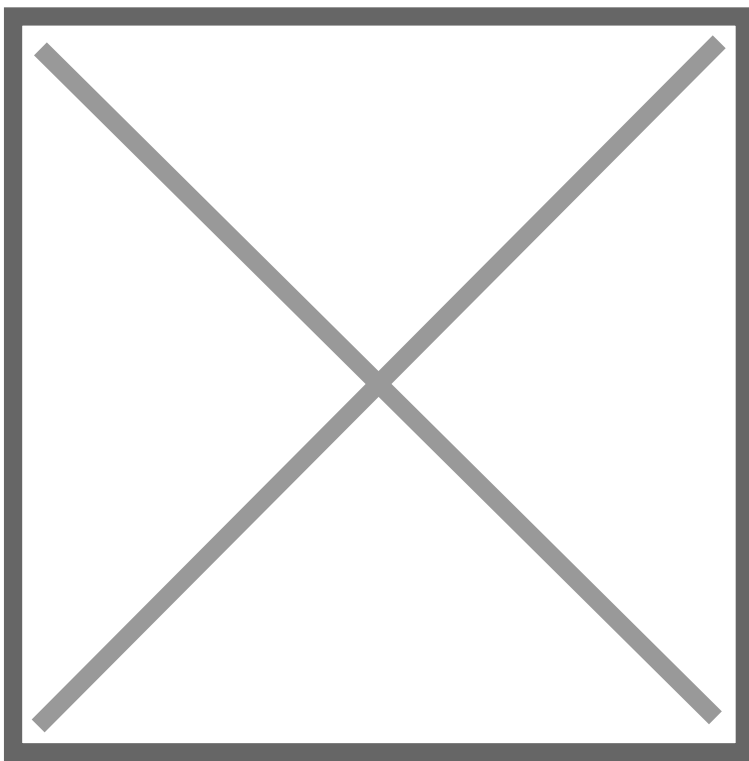
# Start of Nativity Fast

Date: 15-17 November

## Christmas Pudding

This tradition originates in England. You can watch [a video about it](#) from the Anglican Diocese of St. Albans.

On the first Sunday of Advent, prepare the [Christmas pudding](#). Everyone in the family should take a turn stirring the mixture, while saying the following prayer:



“ Stir up, O Lord, the wills of Your faithful people that they may plenteously bring forth the fruit of good works, as they await the coming of our Lord Jesus Christ to restore all things to their original perfection; who with You and the Holy Spirit lives and reigns for ever and ever. Amen.

This prayer is the Collect of the Day in Catholic and Anglican churches.

