

St Mark's Parish Magazine December 2025



THE PARISH CHURCH OF SAINT MARK, REIGATE

Vicar: The Reverend Martin Colton
Tel: 01737 241161 Email: vicar@stmarksreigate.co.uk
Associate Priest: The Reverend Reginald Grant
Tel: 07385 832372 Email: curate@stmarksreigate.co.uk

PARISH OFFICE

Monday to Thursday 9.00am to 2.00pm 01737 210785/ 07979 788601 Parish Administrator — Alexia Hartman E-mail: office@stmarksreigate.co.uk

READERS

Mr Ian Archer Mrs Sarah Cousins Mrs Susannah Dyde

CHURCHWARDENS

Mrs Jane Artis

Mr Timothy Warren

DEPUTY WARDENS

Mr Robert Crilley

SACRISTAN

Mr James Tanser

PCC TREASURER

Mrs Mel Crighton

GIFT AID SECRETARY

Mr Nigel Perkins

PCC SECRETARY

Mr Terrence Hancock

ORGANIST AND CHOIRMASTER

Mr Martin Hall

ELECTORAL ROLL

Mr Terrence Hancock

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Your Views & Contributions

Next issue will be available from 30 December 2025 All contributions to the editor by Monday 15 December 2025

Email: office@stmarksreigate.co.uk



Meet the Parish Magazine Team

Editor: Parish Office *email:office@stmarksreigate.co.uk*

Website Link: Parish Office

Advertising: Jane Artis email: janeartis@hotmail.com 07831 269866

Calendar Update: Fr Martin Colton
Proof Reader: Fr Martin Colton



LETTER FROM THE VICAR

Dear Friends

The theologian Karl Barth once asked, "What other time or season can or will the church ever have but that of Advent?" He was reminding people that Advent names the time between the birth of Jesus and Jesus' second coming. Until Jesus returns,



the Church, in some sense, remains in a suspended season of Advent. The Kingdom of God, which Jesus inaugurated, remains in a state of "not yet". Whilst the Kingdom of God is brought nearer, it is clear that God's will is not yet done on earth as it is in heaven. Indeed, we must pray it might still be so.

The church calendar invites us to linger in Advent, this year beginning on 30 November. Brokenness and pain may characterise life in this world, but Advent promises future glory. The promise of Advent is a promise of hope; that God will be present as we journey through the wilderness. Even in the gloom of December and the heart of winter, we can know that all of earth's longings will be fulfilled in Christ. God's Kingdom appears patchy on earth; it won't be fulfilled until Jesus returns. That is why we pray in Advent, "Come, Lord Jesus". But our hope that Jesus will come again to judge heaven and earth is not based on an empty promise. It's based upon the fact that God came once already. God's coming as a tiny baby into our midst, as one of us, in a faraway place named Bethlehem is a sign of things to come.

Christmas, when it arrives, reminds us that God is faithful. We celebrate the birth of a baby for whom we've spent a season praying. He comes among us in the Eucharist or Holy Communion, our food for the journey. He comes in nativity plays and in the gospel re-told at the Christingle Service in sticky oranges and sweets. He comes in the babies born on Christmas Day. We see him coming in a million different ways because of the way he once came into the world through Mary.

This is the reason for our hope; the Light of the world was born into our world, remains in our lives through the sacraments and the Scriptures, and will come again in glory. Until then, we are called to be faithful, celebrating Christmas, with joy that, despite it all, amidst it all, God is with us.

With every blessing

Monto



CHURCH NEWS

Remembrance Sunday

Remembrance Sunday was marked with a thoughtful service led by Rev Reg Grant on Sunday 9 November, where the community gathered around the War Memorial to honour all who have served. The children attending the service created a beautiful wreath (*pictured right*) to lay at the memorial. Throughout the week, the children of Brooklands School and Holmesdale School visited to lay down their own poppies and wreath, joining the wreath from St Mark's in a shared act of remembrance.















St Mark's Craft Group

At the 10am Service on 16 November Reverend Reg blessed items which had been knitted /crocheted by members of our St Mark's Craft Group, ladies from Wraymead and members of Christ the King Knitters.

All these contributions are being despatched to the Phoenix Group (who

liaise with the Red Cross, UNICEF and Oxfam International) and then sent to wherever there is political unrest, natural disaster or severe weather.



If anyone would like to join our group, we meet monthly in each other's homes and you would be most welcome. Contact Cherith Baldry or Sarah Cousins for details.



Particia Bird



From Our Young People

The front cover of this month's parish magazine has been beautifully designed by one



of our young people at St Mark's Church, Calista (9) as part of her school's Christmas card art project. The children were challenged to create a festive piece using abstract lines and circles, combining both warm colours and cool, colours from the colour wheel.

Calista's artwork is a wonderful example of creativity, expression and thoughtful use of colour. Her design brings a bright and joyful touch to our December issue and captures the spirit of the season.

Well done, Calista on a fantastic piece of art!

Have something your child is proud of – a talent, achievement or creative piece? Share it with our parish community by contacting the Parish Office.



NEWS FROM THE CHURCH OF ENGLAND

Black History Month: Southwark explores how cultural and social heritage interacts with our God-given identities

On Saturday 4 October, Southwark hosted its 18th annual Black History Month service themed: "Who do you say that I am?" (Matthew 16:15b). A celebration of identity and belonging – the service drew on inspiration from Jesus' words in Matthew's Gospel and explored how cultural and social heritage interacts with our God-given identities.



After opening with the hymn 'Brother, sister, let me serve you' the congregation were welcomed by The Bishop of Southwark, The Rt Revd Christopher Chessun who said "It is wonderful to be together in our Cathedral church – the mother Church of the diocese – for our Black History Month celebration and I am immensely grateful to all those who are contributing to the worship and the liturgy and those who are here. Your presence is a great blessing, as indeed in this diocese our great diversity is God's gift and God's blessing to us."

The congregation were then invited to pause for a moment of silence and pray for victims from the Jewish community following the tragic attack in Manchester on Thursday 2 October. Bishop Christopher said, "Pray to God for everyone in this nation, that all will be free and safe from fear... we pray that we all may live in peace."

Prayers written by the Black History Month planning group were said by the congregation. For the service, the group were keen to express the resonance of this year's theme by incorporating these prayers and other elements into existing liturgies, such as the Gloria and the Caribbean Lord's Prayer.

In partnership with the Southwark Diocesan Board of Education, there were several contributions from young people from schools across the diocese through music and fellowship. The first reading from the book of *Genesis* (1.16-31) was read by pupils from Bishop John Robinson Primary School, Thamesmead, who later led the prayers of intercession. The Revd Cordella Dawson, Chair of the Black History Month planning group and Vicar at St Philip, Norbury read excerpts from 'Still I Rise', world famous words by Maya Angelou – American memoirist, poet and civil rights activist.

Led by the choir from Archbishop Tenison's School, traditional African American spirituals 'Steal Away' and 'Down by the Riverside' with children from Bishop John Robinson Primary School were sang during the service. The Revd Judy Douglas, Curate at St Mary and St John the Divine, Balham read the gospel from the book of Matthew (16. 13-20).

In his sermon, The Venerable Dr Chigor Chike, Archdeacon of Lewisham & Greenwich said, "There is a Nigerian proverb that says that 'a person who doesn't know when rain started to beat him or her, would not know when it stops.' which is a way of saying that looking into the past and understanding it, helps us to make sense of what is in the present," as he explored the presence of racism in today's society dating back to the 1400s and the transatlantic slave trade.

After communion, the congregation participated in an Act of Commitment to Racial Justice, each lighting a candle of hope and during which the worship group from St Paul, Brixton led a time of musical reflection. The service concluded with the recessional hymn 'We are marching in the light of God'.

Following the momentum of the service and in the second part of the event, the Area Racial Justice Leads delivered a workshop and using a series of slides, took the audience through a timeline. Each presented key moments in history exploring black contributions to the Church and society focusing on origins and faith, resistance and liberation, black clergy breaking barriers and what Southwark are actively doing across south London and east Surrey – particularly in the space of anti-racism.

Overall, the day was an opportunity to join together in fellowship, worship, give thanks and share learning – all being in God's multi-ethnic kingdom realised in one place.



Prayer for Christmas 2025

Dear Father,

Christmas is coming. It's all such a rush – planning, shopping, spending, wrapping, posting, stressing! What's it all about? Lord, help us, in all the rat-race busyness, to make time to focus on that baby at the centre of it all. That baby who is Your Son, who was with You in the beginning and who, with You, created all things; that baby who brings life and light and hope and salvation; that baby who was and is Jesus, God, made man.

Lord, we thank You for that baby-gift to us — the greatest gift there has ever been. Thank You that because He came, grew up, lived, died and rose again, there is light in the darkness of this world's mess — light that can never be put out, that evil can never overcome. Jesus is the Light of the World. Putting our trust in Him, we thank You Lord, for Christmas — for Your grace and love for us. In Jesus' name.

Amen



Christmas is for Children

Christmas is for children. Certainly, the preparations in the previous months had children at the centre. Leastways that is how it used to be. Today the last-minute market provides everything. Except, that is, the fellowship.

The small child looks forward to the coming of Father Christmas with the toys and surprises and hopefully then the magic transfers to the coming of Jesus for both rich and poor represented by shepherds and wise men. The new child is hope and the whole story encompasses great cruelty but also joy and the triumph of "The Coming." The Christmas story makes simple sense to children.

As they mature children recognise that in commercial terms Christmas is a rare opportunity for marketing and they see the tension between material gain, actual needs and spiritual uplift.

So yes, Christmas is for children; new life, new values, but it is also for the mature. It can be a new beginning; a renewal of the spirit, the possibility of a new tomorrow; for which there is such a pressing need in the world today. So perhaps Christmas is a time for adults also. A time for reviewing values, for what we are and what we hope to be. A time of reflection and personal change, perhaps for the putting aside our personal Father Christmases and a renewal of spirit values.

Darwin authored the Origin of Species but remained a fervent Christian. A recent TV programme traced the development of the brain from primitive life to man's capabilities today; so many actions to put on socks, that is, if you can still reach that far, requires many movements in the brain! Is it possible that spirituality might have developed alongside other profound changes in the capacity of the human brain? You may decide that recent history provides little evidence for that! Or you may conclude that mankind is too short term; that he cannot cope with the real problems such as atomic weapons, climate change and possible pandemics. Vested interests are remarkably strong. What are we doing to save Gods world or to improve our own performance in, say, caring for others.

Yes, Christmas is for children but perhaps it is also an opportunity for the mature. Whatever your conclusions I hope you have a happy time at Christmas and a New Year devoted to solving problems rather than creating them.

Harry Ingram



Work

How do we see work? Is it a necessary evil, or a joy to be busy in an employment we like?

Some people find it exhausting, demanding so much of our time. So much depends on the company we have, both colleagues and bosses. Have we respect for them and do we see a positive result in our work? Are we receiving fair payment for the efforts we give and are we working in a happy environment? Is the work we do far from home when we want to be with our family and friends? If we are married with a family does our work keep us away from them more than we would like?

There are those not allowed to work and those not young enough, old enough or well enough to work. Such people can become depressed. However, many of those, like me, can find voluntary work of some kind that can be seen as positive and good for our fellow friends and, at the same time, good for ourselves. We don't want to be seen as work-shy or just not good at anything.

Of course, there is always some work of some kind, such as housework, sewing or knitting or gardening, if we have one.

When at work we wonder how we can fill the day when it comes to retirement, but so many of us find how the days fill up and we then wonder how we found time to work in former times. How will people manage to carry on without our "valuable help" in future times? But they do.

Our hero Winston Churchill was forced to set aside his work and instead devoted his time to writing and painting.

So many of Jesus' disciples left their work to follow Jesus but the fishermen at least returned to it to have breakfast with him after his resurrection. In his latter 3 years clearly, Jesus had left his job as a carpenter. What a job Paul took on when he stopped making tents and achieved so much in the early world? St Luke, who was a doctor, worked in his later life, leaving us his Gospel and his record of the Acts of the Apostles.

Sometimes we can see it as the will of God to change our roles in life to take on new tasks, hopefully for the benefit of others and not regretting the changes we have to make.

How wonderful it is to have jobs to do which means work is good for most at most times.



Laughter

A favorite expression of my father-in-law was "Keep Smiling". I like to think of this often, although there are situations when to do so is difficult, if not impossible. Smiling can be infectious as a smile from us may persuade someone else to smile, too.

Laughter is different and even if we see something as funny, others may not see it in the same way. We don't always feel inclined to break out in laughter and to do so may be offensive. My mother had a wicked sense of humour. If my father banged his finger my mother's first reaction would be to laugh, which wasn't always helpful. She would of, of course, follow it up with a second reaction to care for his needs.

The misfortune of others can make us laugh as has always been shown in the antics of clowns in the circus.

Roly Bain and Patrick Forbes were Anglican priests as well as being Holy Fools, Roly being elected as Clown of the Year in 1994 by Clowns International. I remember when he came to St Mark's Church to portray the Faith in his own very special way. I have their book "Clowning Glory" which is excellent. Their messages are not just for children but for us adults who need a good laugh, too.

But so much of what we used to laugh at is no longer acceptable. The best person for us to laugh at is ourselves, but some of us are too proud to do so.

The "Quote of the Day" in my newspaper today, by someone called Michael Pritchard is as follow:

"You don't stop laughing because you grow old. You grow old because you stop laughing."

Laughing is very good for us and makes us feel better. I feel sure Jesus enjoyed a good laugh during his lifetime on earth and probably has a good laugh these days at our antics in our sometime muddled and extraordinary lives.

Ian Archer

CALENDAR FOR DECEMBER 2025

Wednesday 3rd December 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 4th December 12.45pm Holy Communion (Iona) in Church

2.00pm SMART

Sunday 7th December 2nd **Sunday of Advent** (Green Sunday)

8.00am Holy Communion (BCP) – in the Hall

10.00am Sung Eucharist – in the Hall 4.00pm Family Service – in the Hall

Wednesday 10th December 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 11th December 12.45pm Holy Communion (Iona) in Church

Sunday 14th December 3rd **Sunday of Advent**

8.00am Holy Communion (BCP) – in Church 10.00 am Sung Eucharist – in Church and Online

1.00pm Community Lunch4.00pm Messy Church

Wednesday 17th December 9.00am Prayer Meeting

Thursday 18th December 12.45pm Holy Communion (Iona) in Church

Saturday 20th December 8.00pm Social Dance in the Hall

Sunday 21st December 4th Sunday of Advent

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 6.00pm Carol Service – in Church and Online

Wednesday 24th Dec Christmas Eve

9.00am Prayer Meeting

4.00pm Christingle and Crib Service – in Church

9.00pm First Communion of Christmas

Thursday 25th Dec Christmas Day

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

Friday 26th December St S

St Stephen

Saturday 27th Dec St John the Evangelist

Sunday 28th December Holy Innocents

8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.

CALENDAR FOR JANUARY 2026

Thursday 1st January Naming and Circumcision of Jesus

Sunday 4th January 2nd **Sunday of Christmas** (*Green Sunday*)

8.00am Holy Communion (BCP) – in the Hall

10.00am Sung Eucharist – in the Hall 4.00pm Family Service – in the Hall

Tuesday 6th January The Epiphany

Wednesday 7th January 9.00am Prayer Meeting

Thursday 8th January 12.45pm Holy Communion (Iona) in Church

Sunday 11th January The Baptism of Christ

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online

1.00pm Community Lunch

Wednesday 14th January 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 15th January 12.45pm Holy Communion (Iona) in Church Saturday 17th January 8.00pm Social Ballroom and Latin Dance

Sunday 18th January 2nd Sunday of Epiphany

8.00am Holy Communion (BCP) – in Church 10.00 am Sung Eucharist – in Church and Online

4.00pm Messy Church

Wednesday 21st January 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 22nd January 12.45pm Holy Communion (Iona) in Church

Sunday 25th January Conversion of St Paul

8.00am Holy Communion (BCP) – in Church

10.00am Sung Eucharist – in Church and Online

4.00pm Taizé Prayer

Wednesday 28th January 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 29th January 12.45pm Holy Communion (Iona) in Church

Please remember that planned services are subject to change at short notice so please check the details on our website or with the Parish Office.



The Festival of Nine Lessons and Carols

Nine Lessons and Carols, also known as the Festival of Nine Lessons and Carols and Service of Nine Lessons and Carols, is a service of Christian worship traditionally celebrated on or near Christmas Eve. The story of the fall of humanity, the promise of the Messiah, and the birth of Jesus is told in nine short Bible readings or lessons from Genesis, the prophetic books and the Gospels, interspersed with the singing of Christmas hymns, carols, and choir only items.

Although the tradition of Nine Lessons and Carols is popularly associated with King's College, Cambridge, its origins are attributed to Truro Cathedral in Cornwall. Edward White Benson, then Bishop of Truro, is credited with devising the service of Nine Lessons and Carols in 1880, and the Order of Service for the first Nine Lessons and Carols in 1880 is on display in Truro Cathedral.

Up to the late 19th century, the singing of Christmas carols was normally performed by singers visiting people's houses, and carols – generally considered to be secular in content – had been excluded from Christian worship. In the Victorian era, the rising popularity of hymnody encouraged church musicians to introduce carols into worship. An 1875 book of carols, *Carols for Use in Church During Christmas and Epiphany*, by Richard Chope and Sabine Baring-Gould, was an influential publication. At around this time, the composer and organist of St Paul's Cathedral, John Stainer, was compiling a collection, *Christmas Carols New and Old*, and during Christmas 1878 he introduced carols into the service of Choral Evensong at St Paul's Cathedral in London. Other cathedrals also began to adopt carols at Christmastide that year and the *Royal Cornwall Gazette* reported that the choir of Truro Cathedral would sing a service of carols at 10:00pm on Christmas Eve:

"The Choir of the Cathedral will sing a number of carols in the Cathedral on Christmas Eve, the service commencing at 10.00pm. We understand that this is at the wish of many of the leading parishioners and others. A like service has been instituted in other cathedral cities and large towns and has been much appreciated. It is the intention of the choir to no longer continue the custom of singing carols at the residences of members of the congregation."

Two years later, the Right Revd. Edward White Benson, at that time Bishop of Truro, conducted the first formal service of "Nine Lessons and Carols" on Christmas Eve 1880. Benson, concerned at the excessive consumption of alcohol in Cornish pubs during the festive season, sought a means of attracting revelers out of the pubs and into church by offering a religious celebration of Christmas. The idea for a service consisting of Christmas music interspersed with Bible readings was proposed by the Succentor of the cathedral, the Revd. George Walpole (who later became Bishop of Edinburgh). The cathedral – a Victorian gothic building – was still under construction, and services were being held in a temporary wooden structure which served as a pro-

cathedral. The first Nine Lessons and Carols service took place there at 10.00pm on Christmas Eve and was attended by over 400 people.

Benson's son later recalled:

"My father arranged from ancient sources a little service for Christmas Eve, nine carols and nine tiny lessons. They were read by various officers of the church, beginning with a chorister and ending, through different grades, with the bishop."

Bishop Benson was appointed Archbishop of Canterbury in 1883, and the Nine Lessons service began to gain in popularity across the Church of England and the wider Anglican Communion, as well as Roman Catholic churches in England and Wales. The original liturgy has since been adapted and used by other churches all over the world, particularly in English-speaking countries. Lessons and Carols most often occur in Anglican churches. However, numerous Christian denominations have adopted the service, or a variation of it, as part of their Christmas celebrations. In the UK, the service has become the standard format for school carol services.

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10 Fun Facts about Christmas trees

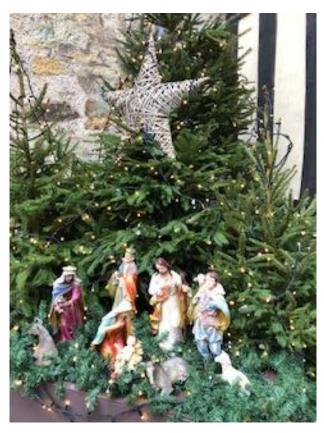
Even before the time of Christ, evergreen trees were seen in winter as a symbol of fertility.

It was the 16th century monk, Martin Luther, who is credited with the idea of having lights on Christmas trees. He added candles to his tree, to look like stars in a forest.

Windsor Castle got its first Christmas tree in 1800, brought by Charlotte, wife of George III.

It was in 1835 that the term 'Christmas tree' was first used in English.

It was in the 1840s, when Prince Albert, consort of Queen Victoria, began bringing trees inside, that led to their popularity throughout the UK.



It was Woolworths who first sold manufactured Christmas tree ornaments – back in 1880.

The tree in London's Trafalgar Square has been a gift from the city of Oslo, Norway since 1947.

The world's tallest Xmas tree, at 221ft high, was erected in a Washington shopping mall in 1950.

In a survey of the nation's favourite smells, real Christmas trees came eighth, just behind the sea, but ahead of perfume.

About five million real Christmas trees are sold in the UK each year.

Parish Pump



All in the month of December

It was:

250 years ago, on 16 Dec 1775 that Jane Austen, novelist (*Sense and Sensibility, Pride and Prejudice, Mansfield Park, Emma, Northanger Abbey, Persuasion*) was born. Over 30 million copies of her books have been sold, 7,000 of them in her lifetime.

70 years ago, on 1 Dec 1955 that African American civil rights activist Rosa Parks refused to give up her bus seat to a white man in Montgomery Alabama. This violated the city's racial segregation laws, and led to the Montgomery Bus Boycott (5th to 20th Dec 1956) and the birth of the modern American civil rights movement.

Also 70 years ago, on 20 Dec 1955 that Cardiff was proclaimed the capital city of Wales.

65 years ago, on 9 Dec 1960 that the first episode of the TV soap Coronation Street was broadcast on ITV.

30 years ago, on 15 Dec 1995 that the European Council announced that the new European currency would be called the Euro.

Also 30 years ago, on 21 Dec 1995 that the city of Bethlehem passed from Israeli to Palestinian control. On 26 Dec Israel also passed dozens of West Bank villages over to the Palestinian authority.

15 years ago, on 16 Dec 2010 that Ireland was granted a 67.5 billion Euro bailout from the European Union to rescue its banks and other financial institutions from collapsing.



A Lasting Gift for St Mark's Church

Leaving a legacy

Legacy gifts can make a huge difference to churches. Each year, gifts in wills, ranging from £100s to £100,000s are received. Faithful witnesses leaving generous legacies have enabled churches to invest in their buildings, pioneer new ministries, and sustain a welcoming presence in their communities.

Why should you write a will?

Writing a will means you choose:

- How you would like to share your property and possessions;
- · Who you would like to look after any children under the age of 18;
- How to support any charities or churches that are important to you.

Without a will, these decisions will be made according to pre-ordained rules, and by the courts, which may be different from your wishes. Leaving a will gives you peace of mind and lifts a burden from loved ones after you are gone.

To make it easier the Church of England has partnered with Farewill, the UK's favourite will-writer, so anyone can write a simple will online for free, in as little as 30 minutes. You can find out more by visiting https://farewill.com/southwarkdiocese.

We strongly advise seeing a solicitor for more complicated wills, or for people wishing to review their existing will or add a codicil.

A gift for future generations

After you have made provision for your family and friends, we hope you'll also consider leaving a gift in your will to St Mark's. A legacy is a valuable expression of how meaningful a church has been during your time there. It's a way to give thanks - a lasting testimony to the faithfulness, goodness and generosity of God.

The policy of the PCC is to use legacies to help fund additional mission or development projects in the parish, whether buildings, equipment or staff. Circumstances change over the years, so church members are encouraged to leave legacies for the general purposes of the parish. The PCC will discuss the most appropriate use of the legacy in the light of current projects and the donor's known areas of interest in the church (for example, children and youth, music, buildings).

You may also receive tax benefits for including a gift to St Mark's in your will. A gift in your will to a charity is free of inheritance tax and may also reduce the amount of tax payable on the rest of your will. https://www.gov.uk/donating-to-charity/leaving-gifts-to-charity-in-your-will

Please consider leaving a legacy to St Mark's.

Mel Crighton, PCC Treasurer



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December Crossword

Biblical references are from the New International Version

Across

- 1 Provisional meeting place of God and the Jews (Exodus 25:9) (10)
- 7 David's third son, killed when his head got caught in a tree during a battle with his father (2 Samuel 18:14,15) (7)
- 8 They ruled much of the west coast of South America in the 15th and early 16th centuries (5)
- 10 Small deer of European and Asian extraction (4)
- 11 Seized control of (Numbers 21:25) (8)
- 13 Terror (Luke 24:5) (6)
- 15 First World War heroine shot by the Germans in Brussels, Nurse Edith (6)
- 17 Stormy (8)
- 18 A bitter variety of this, together with lamb and unleavened bread, was the Passover menu for anyone unclean (Numbers 9:11) (4)
- 21 Arson (anag.) (5)
- 22 How John Newton described God's grace in his well-known hymn (7)
- 23 Habitation (Isaiah 27:10) (10)

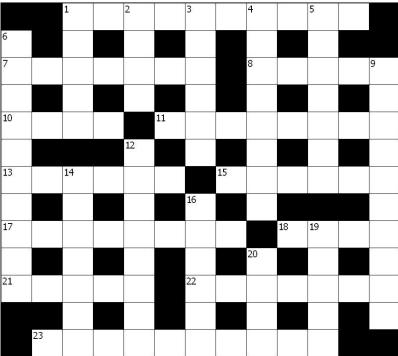
Down

- 1 and see that the Lord is good (Psalm 34:8) (5)
- 2 The wicked man flees though no one pursues, but the righteous are as ... as a lion (Proverbs 28:1) (4)
- 3 One of the exiles, a descendant of Parosh, who married a foreign woman (Ezra 10:25) (6)
- 4 He escaped from Nob when Saul killed the rest of his family and joined David (1 Samuel 22:19,20) (8)
- 5 City and lake in Central Switzerland (7)
- 6 Offer your bodies as living , holy and pleasing to God (Romans 12:1) (10)
- 9 Pouches carried by horses (Genesis 49:14) (10)
- 12 One who accepts government by God (8)
- 14 Aromatic substance commonly used in Jewish ritual (Exodus 30:1) (7)
- 16 He asked Jesus, 'What is truth?' (John 18:38) (6)
- 19 Are (Romans 13:1) (5)
- 20 You are to give him the name Jesus, because he will ... his people from their sins (Matthew 1:21) (4)

November answers

ACROSS: 1. Bartholomew 9. Evil one 10. Adore 11. Ran 13. Oreb 16. Zinc 17. Entail 18. Hung 20. Lehi 21. Joshua 22. Pity 23. Wide 25. Age 28. Alarm 29. Partake 30. Sennacherib

DOWN: 2. Alive 3. Took 4. Over 5. Onan 6. Emotive 7. Jehoshaphat 8. Melchizedek 12. A light 14. Beg 15. Strong 19. Not have 20. Law 24. Iraqi 25. Amen 26. Epic 27. Free



Puzzles

December Sudoku

9			6					
2	7			8				6
	8	6	Ti.	4	3	1	9	2
	9			1	6	5		
		5				2		
-		3	4	5			7	
7	5	9	1	6		4	8	
3				7			2	5
					5			9

November Solution

5	2	6	1	3	4	9	8	7
1	3	9	7	8	5	6	2	4
4	8	7	6	2	9	1	5	3
7	5	3	2	9	6	8	4	1
9	6	1	4	5	8	3	7	2
8	4	2	3	7	1	5	6	9
3	9	4	5	6	2	7	1	8
2	7	5	8	1	3	4	9	6
6	1	8	9	4	7	2	3	5



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For more information or to arrange a FREE care assessment please call: 01483 494132 or email: hello@novus-care.com

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For more information or to arrange a visit, please call us on 01737 247 928 or email livewell@abbeyfieldreigate.co.uk

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Would you be willing to visit people in a care home setting, talk about their wishes, care preferences and personal goals?

As a Marie Curie Companion, you could help people to:

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- write a plan about what matters to them, so their wishes are more likely to happen.
- share their wishes with the people closest to them.





To apply, search for 'companion' at

mariecurie.org.uk/get-involved/volunteering

For more information, contact

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