

St Mark's Parish Magazine January 2026



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Your Views & Contributions

Next issue will be available from 29 January 2026 All contributions to the editor by Thursday 15 January 2026

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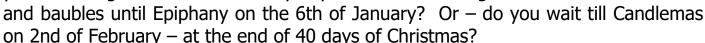
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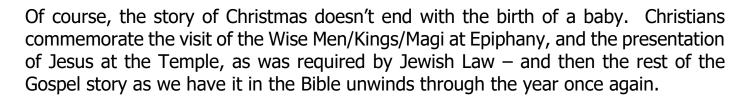
Calendar Update: Fr Martin Colton **Proof Reader:** Fr Martin Colton

LETTER FROM THE VICAR

Dear Friends

How long does your Christmas last, I wonder? Are you a decorations down by Boxing Day, can't wait to get it all over kind of person? Is the New Year the time for moving on from Christmas, or perhaps you pack Christmas away the day before you have to go back to work? Maybe you hold on to the glitter





Jesus came to be "God with us", born as a baby, "day by day, like us he grew", until he became a man, taught about God, healed people, was executed, rose again from the dead and ascended to heaven. The message of the deep love of God for creation, including us human beings, that was brought into the world by that baby was confirmed by how he lived, died and is wonderfully with us still. The message of Christmas remains with us always.

Do I keep my decorations up all year then? Well no. The decorations would drive me mad – and spoil the season next time – so for us the decorations come down at Epiphany, the 6th of January. I do leave the Nativity Scene, one we bought in Bethlehem carved from Olive wood up for a while longer to remind us that God is with us, even in the dark, damp, cold of the rest of our winter. I try to hold on to some of the feeling of peace and hope for the world that the season of Christmas reminds us of.

Whenever you take your decorations down, don't pack the life-giving, wonderful message into the boxes and put it in the loft till next year. I pray for each of you a Christmas that brings the love of God nearer to your hearts and your lives — and that you will take God with you into the New Year and transform your life.

Every blessing this New Year.

Monton



CHURCH NEWS

Events at St Mark's in December

December was a wonderfully full and festive month at St Mark's, with many opportunities for worship, fellowship and connection across our church and wider community.

The festivities began on 4 December with our **SMART** Christmas event, when the St Mark's Afternoon Retirement Group gathered for Christmas treats, carols and lively conversation. The afternoon provided a warm and welcoming space for thoughtful discussion and shared celebration.

On Sunday 14 December, we held our much-valued **Community Lunch**, which takes place on the second Sunday of each month (except August). This continues to be a cherished occasion, offering a delicious meal, friendly company and a welcoming environment for people from across the community.



Later that same afternoon, **Messy Church** brought families together for a joyful and well-attended Christmas celebration. Children enjoyed a range of crafts and activities, followed by a service and a dinner with festive 'party food', filling the hall with laughter, creativity and Christmas cheer.

On Sunday 21 December, the church echoed with music during our Carol Service, which was also live-streamed so that those unable to attend in person could join

from home. It was a reflective and uplifting service that helped us prepare our hearts for Christmas.

In the days leading up to Christmas, the spirit of service was clearly visible. On 23 December, volunteers of all ages came together to prepare the **Christingle** oranges, while our dedicated **Flower Group** worked hard to decorate the church, creating beautiful Christmas swags and transforming the church into a truly festive setting.





This preparation led into the Christingle and Crib Service on 24 December, where the Church was full, warmly supported by the wider community. It was a joyful and meaningful service, particularly for families and children, as we shared the Christmas story together.

None of these events would have been possible without the generosity and commitment of our volunteers. Whether through preparing food, welcoming others, creating crafts, decorating the church, or offering time and support behind the scenes, so many people contributed. We are deeply thankful for everyone who helped make December at St Mark's such a special and memorable time.



NEWS FROM THE CHURCH OF ENGLAND Bishop of Southwark announces his retirement

The Bishop of Southwark, The Rt Revd Christopher Chessun, has announced that he will retire on his 70th birthday in August 2026, after 43 years in ordained ministry.

Reflecting on his time in ministry, Bishop Christopher thanked the people of Southwark Diocese, saying, "I am mindful of all that you have given generously and



sacrificially, as clergy and lay people, to strengthen partnerships in the Gospel in the parishes and ministries to which you have been called. I thank God for you daily, and ask for your prayers in these concluding months."

Following Bishop Christopher's retirement, The Bishop of Croydon, The Rt Revd Dr Bishop Rosemarie Mallett, will serve as Acting Bishop of Southwark, working alongside her fellow suffragan Bishops. She said: "This Diocese has been enormously blessed by Bishop's Christopher's reflective leadership style and pastoral care. Under his guidance, we have developed our vision and strategy to ensure that we prioritise our parishes and the people we serve. Most of all, he has helped us, though all the changes and challenges, to always remember to speak well of and to each other, and to walk together even if we don't always see eye to eye — and it is these values that we will continue to honour as we move into the next phase of our diocesan life."

"It is an immense privilege to work closely with Bishop Christopher and to see at first hand how he inhabits his episcopal role," said Diocesan Secretary Nicola Thomas. "He brings great wisdom and insight and, as a result of his leadership, the Diocese of Southwark remains strong and united as a Christian presence in every community in south London and east Surrey."

"In the relatively short time that I have been in Southwark as Bishop of Kingston, I have come to see what a special Diocese it is — vibrant, characterful and diverse," added the Bishop of Kingston, The Rt Revd Dr Martin Gainsborough. "Bishop Christopher has been exemplary in upholding the best of Southwark and it has been a pleasure to serve alongside him."

The Bishop of Woolwich, the Rt Revd Alastair Cutting said, "It has been an honour and a joy to serve alongside Bishop Christopher. His personal and institutional hospitality are legendary and his prayer and care for people has been inspirational for me in my own seeking to be a better disciple of Jesus and shepherd of his people."

Bishop Christopher's last day in office will be 4 August 2026 and his last service will take place at Southwark Cathedral at 12pm on Saturday 18 July.

About Bishop Christopher

Christopher Chessun was born in 1956 in Hampton, Middlesex, the elder of identical twins. He trained for the priesthood at Westcott House, Cambridge, and was ordained as deacon in 1983, he served his title at St Michael & All Angels, Sandhurst, before moving on in 1987 to the post of senior curate at St Mary, Portsea in Portsmouth Diocese.

In 1989 he became Chaplain and Minor Canon at St Paul's Cathedral and Vocations Adviser in the Diocese of London in 1990, staying in both these roles until 1993 when he was appointed Rector of St Dunstan & All Saints', Stepney. Between 1997 and 2001 he was Area Dean of Tower Hamlets. In Stepney he held a number of exofficio posts on the governing bodies of various trusts and church schools.

In April 2001 he was installed as Archdeacon of Northolt and during this time he was a trustee of the North Thames Ministerial Training Course, Chairman of the Trustees of St George's Chapel at Heathrow Airport and chaired the London Diocesan Schools' Committee.

In April 2005 he was consecrated Bishop in Southwark Cathedral, taking up his appointment as Area Bishop of Woolwich and Urban Bishop for the Diocese of Southwark. The Woolwich Area is linked with the Diocese of Manicaland in the eastern highlands of Zimbabwe. Bishop Christopher made an initial visit in June 2006, the first of a number of visits to strengthen the inter-diocesan links.

In March 2011 he began public ministry as the tenth Bishop of Southwark. He is a strong advocate for the parish system as the most effective means of church presence and engagement in the life of local communities including the need to proclaim the Gospel afresh amid the rapid changes in church and community life. He is also the Church of England's Lead Bishop for the Middle East and in this role has coordinated a number of diocesan pilgrimages to the Holy Land, participated as an Anglican ecumenical delegate in the annual Vatican-mandated Holy Land Coordination and worked for peace with justice for the Christian, Muslim and Jewish peoples of Israel and Palestine.



Ian Archer

The second time I met Ian and his family was by "Soldiers Leap" by the pass of Killiecrankie, Scotland. Neither of us accepted the challenge! We were friends for over fifty years.

As a young child Ian had a difficult start through separation from his family through evacuation to New Zealand throughout the Second World War. But his natural ebullient personality saw him through. His book tells us of the many escapades of his early years.

Most of his life he worked as an accountant for the Church Commissioners. His spare time was family based but took in such activities as the local sea cadet group. You will remember his direct Sunday service sermons but not all of you the regular calls he made to bring the elements to many local Care homes and any one in need. He will leave a large hole in the ministry at St Mark's.

He was stricken when his beloved wife Jenny died after an extended illness but he was well cared for by his three children who looked after him and took him on many enjoyable and memorable holidays.

Certainly, Ian's life focussed on Christian service. He always thought the best of both individuals and events sometimes almost beyond the realities. In the end his personality had absorbed especially the second commandment and he retained that through his dying hours. We shall greatly miss him.

Harry and Chris Ingram

Ian sadly died on 12 December 2025, but he has left us with unpublished articles. These articles he had planned to be included in this January magazine.



Evangelisation

As Christians we are expected not just to glory in our faith but to love all those we meet and try to share that faith with others, too. Therein there are many dangers as we can use certain methods that are counterproductive.

When someone is in trouble we could inadvisably say:

"Everything happens for a reason." This is not in the Bible, the nearest quote being "To everything there is a season." The fact is that faith, by definition, is unreasonable.

If it could be verified it would be fact and not reason. For instance, if one had been raped how could that be for a reason? It is better in that case perhaps to mourn alongside the person, not to find a supposed reason.

"He or she is in a far better place." This may or may not be true and we have no way of knowing. We may believe it, but we cannot be sure in trying to give this reassurance.

"Have you asked Jesus into your heart?" Why, my heart, and not my liver or kidneys? This suggests that Christianity is an emotional experience rather than a lifelong practice to strive to be a follower of Christ.

"Jesus died for your sins." I did not ask Jesus to die for me and, if I am not a Christian, how can I imagine that to be a good thing. The whole idea of being washed clean by another person's blood is enough to give any person nightmares, rather than to seek what Christianity is about.

"The Bible clearly says...."

Unless we are clever and knowledgeable Biblical scholars what we read in one place might be challenged elsewhere. Cherry picking can be dangerous. In earlier times, slavery and many other evils were helped that way.

"God needed another angel in heaven so called him/her home."
This is not found in the Bible and is a well-meaning but insensitive thing to say to someone else, ignoring the grief the bereaved person is going through.

"Are you saved?"

This implies a power/privilege in balance in life. This is like saying "I am saved, but perhaps from what I know about you I am guessing you are not." How invidious is that?

"The Lord never gives someone more than they can handle."

What about those with mental illness, those in war-torn countries who are tortured to death, what about the millions of Jews murdered in the Holocaust. This saying implies that such tragedies are given us by God and that he decides on what tragedy we meet next. Although we might be tempted to blame God for disasters that is not the God I know and would want to get to help others to know, too.

We have to give other people a chance to share their thoughts and experiences with us to realise where they are on life's pilgrimage. Maybe then, if the other person wants to know the effect my faith has had on me, in sharing that, listening to them and our actions, rather than any of our words, could be most effective in attempting any evangelization.



Examples

What impressions do we give to others in the same group as us? Whether it is of a club, a school, a business, a nationality or a religion, the impression we give to others is important. I think of this especially as a Christian. As a young man I had role-models, people I admired so much I wanted to be like them. If anyone saw me as a role-model now, what impression would they get?

The impression we give to others is so important! If we are welcoming and friendly towards all those we meet, they might think others of our group will be the same. However, if on meeting someone I might be in a bad mood, not feeling friendly at all, I can inadvertently give the impression that, not just me, but all my group may be unfriendly, too. And not just now, but always.

Perhaps I am in danger of putting that person off for ever hereafter, them thinking others in the group I love were just like me. This must put us on our metal to be welcoming to all. If one of any group behaves badly, great bad publicity is given to such isolated behavior, implying all of us are like that, too.

On the other hand, if the way we live our lives, and how we are always welcoming to others, this may inspire and encourage those we meet. Perhaps then they will willingly become lasting friends and members of the group we would want them to join.

I owe so much to so many people whom I have admired, and their inspiration has helped me through my life. Having said that, we are all individuals and as such should not just copy someone but make our own paths in the circumstances we have to face, hopefully in the way God would want us to do.

Ian Archer

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

1.30pm Requiem and Thanksgiving for Ian Archer

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.

CALENDAR FOR FEBRUARY 2026

Sunday 1st February 4th **Sunday of Epiphany** (Green Sunday)

8.00am Holy Communion (BCP) – in the Hall

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

Monday 2nd February Candlemas

Wednesday 4th February 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 5th February 12.45pm Holy Communion (Iona) in Church

Sunday 8th February 2nd **Sunday before Lent**

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

1.00pm Community Lunch

Wednesday 11th February 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 12th February 12.45pm Holy Communion (Iona) in Church

Sunday 15th February Sunday before Lent

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

4.00pm Messy Church

Wednesday 18th Feb Ash Wednesday

9.00am Prayer Meeting

8.00pm Eucharist and Ashing

Sunday 22nd February 1st Sunday of Lent

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

4.00pm Taizé Prayer

Wednesday 25th February 9.00am Prayer Meeting

3.25pm T-Time Tales

Thursday 26th February 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.



All in the month of January

It was:

250 years ago, on 1 January 1776 that, according to tradition, George Washington raised the first American flag, the Grand Union Flag, at Prospect Hill in Charleston, Somerville, Massachusetts.

200 years ago, on 30 January 1826 that the Menai Suspension Bridge was first opened. It links the island of Anglesey to mainland Wales, and was the world's first major suspension bridge.

125 years ago, on 1 January 1901 that the Commonwealth of Australia was established when the six British colonies of New South Wales, Northern Territory, Queensland, South Australia, Victoria and Western Australia were federated.

Also 125 years ago, on 22 January 1901 that Queen Victoria died, and was succeeded by her son, Edward VII.

100 years ago, on 13 January 1926 that Michael Bond, children's writer, was born. He created the characters Paddington Bear and Monsieur Pamplemousse.

Also 100 years ago, on 26 January 1926 that Scottish engineer and inventor John Logie Baird gave the first demonstration of his TV system to members of the Royal Institution.

90 years ago, on 20 January 1936 that King Geoge V died and was succeeded by his son Edward VIII, who abdicated that December.

80 years ago, on 8 January 1946 that Elvis Presley received his first guitar on his 11th birthday. (Apparently, he would have preferred a bicycle.)

Also 80 years ago, on 10 January 1946 that the United Nations General Assembly convened for the first time, in Westminster Central Hall, London.

75 years ago, on 9 January 1951 that the UN headquarters in New York City was officially opened.

70 years ago, on 31 January 1956 that AA Milne, writer, poet, humourist and playwright died. Best known for his stories about Winnie the Pooh.

65 years ago, on 20 January 1961 that John F Kennedy was inaugurated as the 35th President of the USA.

50 years ago, on 12 January 1976 that Dame Agatha Christie, crime novelist, short story writer and playwright died. Best known for creating the character Hercule Poirot and Miss Marple, and for the world's longest running play, *The Mousetrap*.

40 years ago, on 28 January 1986 that the US space shuttle Challenger exploded shortly after lift-off from Cape Canaveral, Florida. All seven astronauts were killed, including the first teacher in space, Christa McAuliffe.

30 years ago, on 20 January 1996 that the first Palestinian general election chose Yasser Arafat to be President of the Palestinian National Council in a landslide victory.

Also 30 years ago, on 27 January 1996 that the first Holocaust Remembrance Day was observed in Germany. It became International Holocaust Remembrance Day in 2005 when it was adopted by the United Nations. It marks the day (27th January 1945) that the Auschwitz-Birkenau concentration/death camp was liberated during WW2.

Parish Pump



Prayer for the New Year, 2026

Dear Father, Lord of all time,

Here we are! Another New Year! So many mixed emotions for different people, for different reasons. For some, the reluctance to leave a year which brought joy and happiness; for some the relief of leaving behind a difficult year; for some, sadness at moving into a year where a loved one has never been; for some, apprehension and insecurity about what might lie ahead in this world of polarisation, conflict and confusion about what is true.

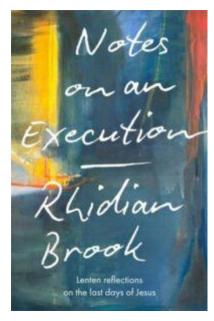
Lord, help us to take time at the start of 2026 to refocus our hearts, minds and spirits – to tune into you, our un-changing God.

Help us to be calmed and encouraged by the promise of Jesus that He is the Way, the Truth and the Life. The safe Way. The ultimate Truth. The Life, your gift, to be with you for all eternity.

You promised never to leave us or forsake us. When we put our trust in you, through what Jesus did on the cross, we are secure, we are accompanied, no matter what the New Year brings.

We can go forward, safely. Thank you, in Jesus' name. Amen.

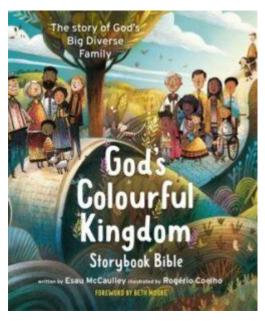




Notes on an Execution – Lenten Reflections on the Last Days of Jesus By Rhidian Brook

Bestselling novelist and broadcaster Rhidian Brook invites you to step back into the story of Holy Week and see it unfold as if you were there. Told as a series of vivid, real-time eyewitness reports, *Notes on an Execution* takes you from Jesus' arrival in Jerusalem to His execution and beyond, without the cushion of hindsight. You stand among the crowds and disciples, experiencing each moment with all its original tension, shock and surprise – full of the confusion and hope felt by those who first encountered Jesus.

Rooted in biblical accounts and historical insight, Notes on an Execution brings fresh life to a story that has shaped the world for two thousand years. Perfect for Lent reading, small groups or personal devotion, it will help you see the story you thought you knew with new eyes... and feel its urgency and wonder afresh.



God's Colourful Kingdom Storybook Bible – the Story of God's Big Diverse Family By Esau McCaulley

This book tells the story of God's love of ethnic diversity and his concern for the poor, His justice and His compassion. It includes 16 Old Testament stories and 15 New Testament stories, guiding children and their parents and carers to discover God's overarching story of grace and His intentional design for a diverse church that cares about the vulnerable. Several of the stories are not traditionally included in storybook Bibles, providing new reflective opportunities for families.

Have you recently read a good book? Tell us about it. Email office@stmarksreigate.co.uk with your book review.



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



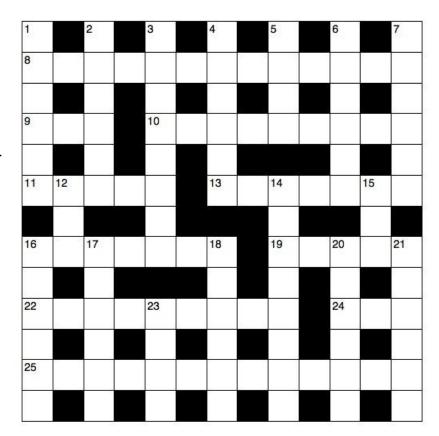
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January Crossword

Biblical references are from the New International Version

Across

- 8 How the Abyss (NIV) is described in the Authorized Version (Revelation 9:1) (10,3)
- 9 Frozen water (Ezekiel 1:22) (3)
- 10 The Ten Commandments (9)
- 11 In Roman Catholic theology, neither heaven nor hell (5)
- 13 Des cons (anag.) (7)
- 16 'Though [your sins] are red as , they shall be like wool' (Isaiah 1:18) (7)
- 19 Keen (Romans 1:15) (5)
- 22 Repugnant, loathsome (Jeremiah 24:9) (9)
- 24 Drink like an animal (Judges 7:5) (3)
- 25 First and last (Revelation 22:13) (5,3,5)



Down

- 1 Father of Ahi, a Gadite (1 Chronicles 5:15) (6)
- 2 Where David found the stone with which he killed Goliath (1 Samuel 17:40) (6)
- 3 'Hour by hour fresh lips are making thy doings heard on high' (8)
- 4 'And there were shepherds living out in the fields near by, keeping watch over their at night' (Luke 2:8) (6)
- 5 United Society for Christian Literature (1,1,1,1)
- 6 'If he refuses to listen even to the church, treat him as you would — or a tax collector' (Matthew 18:17) (1,5)
- 7 Where Paul was taken when things became difficult for him in Berea (Acts 17:15) (6)
- 12 Istituto per le Opere di Religione (Vatican Bank) (1,1,1)
- 14 'Therefore, if anyone is in Christ, he is a new ; the old has gone, the new has come!' (2 Corinthians 5:17) (8)
- 15 Used to colour ram skins red for use in the tabernacle (Exodus 25:5) (3)
- 16 Vat car (anag.) (6)
- 17 'Be joyful — , patient in affliction, faithful in prayer' (Romans 12:12) (6)
- 18 'The parts that are unpresentable are treated with special modesty, while our presentable parts — special treatment' (1 Corinthians 12:23) (4,2)
- 20 Ancient rowing boat (Isaiah 33:21) (6)
- 21 Say again (2 Corinthians 11:16) (6)
- 23 What Jesus did in the synagogue in Nazareth after he stood up (Luke 4:16) (4)

December answers

ACROSS: 1. Tabernacle 7. Absalom 8. Incas 10. Roes 11. Captured 13. Fright 15. Cavell 17. Cyclonic 18. Herb 21. Sonar 22. Amazing 23. Settlement

DOWN: 1. Taste 2. Bold 3. Ramiah 4. Abiathar 5. Lucerne 6. Sacrifices 9. Saddlebags 12. Theocrat 14. Incense 16. Pilate 19. Exist 20. Save

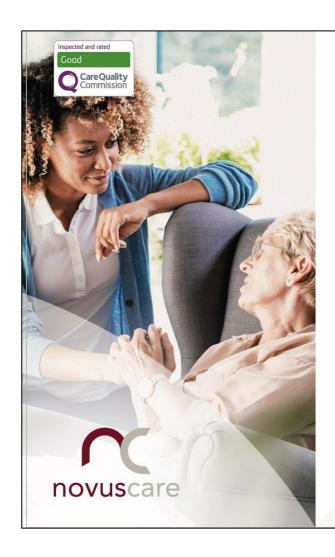
Puzzles

January Sudoku

3		9		8			2	
	2	6		7	4		9	
7			6				8	
	3		7	2		5		
	8			3			4	
		7		1	5			
	3				7			1
	7		1	4		8	6	
3 99	1			5		4		9

December Solution

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



Care in the heart of your own home

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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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