

St Mark's Parish Magazine January 2025



### THE PARISH CHURCH OF SAINT MARK, REIGATE

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Donations to cover the cost of this publication are welcome



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### **Your Views & Contributions**

Next issue will be available from 30 January 2025 All contributions to the editor by Thursday 16 January 2024

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### Meet the Parish Magazine Team

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### LETTER FROM THE VICAR

Dear Friends,

January 6th is the Feast of the Epiphany; the twelve days of Christmas are over, the decorations have mostly gone, and we remember the three men, variously called Kings, Magi, Wise Men. Those who came from the East, following a star which led them to the infant Christ before whom they knelt



down in homage, and by offering their best gifts revealed just how special the child was.

Thinking about the three men reminded me of words from the Old Testament book Ecclesiastes: "A threefold cord is not quickly broken." The verses which contain those words begin: "Two are better than one, because they have a good reward for their toil, for if they fall one will lift up his fellow; but woe to him who is alone when he falls and has not another to lift him up". In other words, we need each other. Those three men would have needed one another on their long journey, for mutual encouragement and protection; they may have huddled together for warmth, perhaps one kept an eye on the star whilst the others slept.

As we enter this new year, with the uncertainty of what the year will bring, we all need more than ever to journey with each other and look out for each other. We could call in on friends and neighbours. We can signpost people to the Foodbank to help them on their journey, and also regularly contribute food and toiletries. Maybe even encourage people to join a local group or organisation to find friendship and fellowship.

Wherever we find ourselves and whatever our circumstances, the beginning of a new year is a way point in our journey through life; so let's be thankful for the cords of friendship and fellowship which bind us together on our journey. At the same time not forgetting those who, for whatever reason, find themselves seemingly adrift without anyone or anything to hold on to – that this may be the year when they find a lifeline to hold on to – a cord which will not quickly be broken.

Wishing you all a Happy New Year and every blessing

Monto



### **COMMUNITY LUNCH**

This year's community lunch was a packed, fun filled and a musical event.

We had over 65 guests and helpers, attending a full Christmas lunch, including turkey, veggie Wellington, pigs in blankets and all the trimmings, with, of course, Christmas pudding and brandy sauce.



Each guest received a chocolate Santa from our own Father Christmas. Finally, to finish off with Carol singing led by Dunottar Choral Society and mince pies.

Thanks to everyone (drivers, cooks, servers, cleaners) for what has been a very successful and fun filled year of community lunches

Very much looking forward to expanding our community reach in 2025.





### Give to Go Green Campaign

A huge thank you to everyone who gave so generously to our Give to Go Green campaign raising fund to replace the church lighting.

Congratulations you have reached your target!<br/>You can continue fundraising and your match funding will be capped at £9,838£10,015£19,853£19,676Raised this<br/>campaignTotal including<br/>match fundingTarget

The total showing on the campaign web page is  $\pm 19,853$  but we have also been able to claim Gift Aid of over  $\pm 1,750$  on your donations giving a total raised of  $\pm 21,630$ . This is greater than the anticipated cost of the lighting project and any excess will be held in restricted reserves to be used on future projects to reduce our carbon footprint.

We will be receiving the matched funding of  $\pounds 9,838$  from the Church of England shortly and are expecting to carry out the installation in the Spring. Once complete we will be saving electricity and reducing our costs every time we turn on the lights in the church.

This is the first time our fundraising has been restricted to giving via Give A Little, either by card machine or via the website, and we were delighted to see how many people embraced this way of giving. The statistics show that there were 185 donations from 143 different donors. You can see below that the majority of donations were made on Sundays at our regular services (8am, 10am, Family service and Messy Church) but also at our concert and during the week via the website.

£10,015.00	£54.14	185	143	£5,745.00
Raised this period	Average donation value	Donations	Unique donors	Gift Aid eligible donations
Income over time				
£3000				
£2500				
£2000				
£1500				
£1000	$+ \Lambda$			
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At St Mark's we are committed to reducing our carbon footprint and have already made great strides: installing solar panels, switching to renewable electricity, green Sundays, installing new thermostats, changing to LED bulbs in the hall and this project will switch the church to LED too.

Thanks to everyone for your donations.

### Mel Crighton, Treasurer



### News from the Church of England Christmas and Easter congregations swell as Church of England sees third year of growth



Attendance at Christmas services leapt by 20 per cent last year and the number of worshippers at Easter was up 8.6 per cent as Church of England congregations experienced a third year of growth, the latest full annual statistics show.

The number of regular worshippers in the Church of England edged above a million in 2023 for the first time since the Covid-

19 pandemic, according to the Statistics for Mission 2023 report.

Overall attendance remains below 2019 levels but the report published shows numbers recovering towards the pre-pandemic trend.

The report confirms the pattern highlighted in preliminary headline figures for 2023 published in May of this year, with some upward revisions.

Overall weekly attendance at Church of England churches rose to 693,000 in 2023, from 663,000 in 2022, an increase of 4.5 per cent. The total reflects an upward revision from the preliminary figure of 685,000 published in May.

Meanwhile the number of children attending weekly increased from 90,000 in 2022 to 95,000 (up 4.9 per cent in a year). Again, the figure was revised upwards slightly from a total of 92,000 quoted in May.

The Church of England's overall "worshipping community" – the total number of regular worshippers – rose to 1,007,000 in 2023, from 982,000 the previous year. Just under two million people (1,961,000) attended services on Christmas Eve and Christmas Day last year, up from 1,636,000 in 2022.

Separately, 2.1 million attended services for the congregation and community during advent 2023 in addition to 2.3 million who attended civic and school advent services.

Meanwhile the number of worshippers at Easter rose 8.6 per cent to 938,000.



SMOAT WELCOMES BACK HELIER DREUX WITH HIS MUCH ACCLAIMED ILLUSTRATED QUIZ

£15 TICKET INCLUDES CHEESE & CHARCUTERIE PLATTER BRING YOUR OWN DRINKS

### Saturday 1st March 2025

DOORS OPEN AT 7.15PM FOR 7.30 START ST MARK'S CHURCH CENTRE, REIGATE

TABLES OF 8 - BRING A TEAM OR JUST JOIN A TABLE ON THE NIGHT

For tickets email chair@smoat.org.uk or go to www.smoat.org.uk to find a link to TicketSource



### Diaries

Diaries are important for recording what has happened or is expected to happen. These days I keep my diary for future engagements only.

Diaries were nearly all handwritten, although nowadays are often kept on a mobile phone or computer.

Young people, perhaps especially girls, used to put all their secret thoughts in a diary and therefore often kept them under lock and key. Some people would have diaries covering several years so that they could compare what happened on a particular day with what happened today. Some diaries were banned or edited during wars, although some illegally got through to the future.

How wonderful are some diaries such as those by Samuel Pepys and Anne Frank. Sometimes one's memory is not as good as one thinks it is and then if one can find an old diary our recollections can be revised.

I had forgotten that on the more spectacular holidays enjoyed by Jenny and me, I had scribbled notes each day of what we had done and the ones I had written on our last visit to New Zealand in 1996 were lovely to read again. This was not a diary but still very useful.

Perhaps writing about events that have taken place helps to instill the details into our memory. How lovely it is to share with others who had shared those experiences those memories that are recalled. Of course, we might not then agree with those details. Without any diary to confirm it, I thought the first time I held Jenny's hand was at a firework party in the dark in her parents' garden. She didn't remember that, so maybe it was someone else's hand I held?

Just as the lack of handwritten letters these days without handwritten diaries of what has happened today, future historical resources will suffer about what is happening in this day and age.

### **Ian Archer**



### Colours

How lucky we are that all around us is not just black and white but is in glorious colours. At one time all films were black and white and before colour television came in we watched tennis, golf and even snooker in black and white. Then came that super day when colour films and then television became available. Still, some of the old black and white films can still be enjoyable.

We are fortunate that around here we can enjoy the colours of the countryside even though every year many of us traditionally look forward to a White Christmas. To dress up for a wedding, for a funeral, or for a special evening we men often wear a dark suit or dinner jacket but would not colour seem more appropriate?

We like to admire the colour of the eyes and of the hair of someone we love. But we can even change the hair colour to what we want.

How wonderful are the colours of the flowers, birds and trees. Food on a plate seems better when there are different colours to be seen. We can enjoy fireworks mainly because of the colourful array to be seen in the sky. Then how wonderful some works of art are because of the colours of the paint and how the artist has used those colours to create such a lovely result.

In Church we have different colours of furnishing depending on the season, reminding us of the life and teaching of Christ. How lucky we are that our God made so many things in colour to refresh us and all creation on our way.

We just need time to stop and think about them.

### Ian Archer



### Week of Prayer for Christian Unity 2025 – 18 – 25 January

It is now 1,700 years since the First Council of Nicaea. Not many people know that. Anyway – so what?

Because the Council of Nicaea, in 325, was the very first ecumenical council that the Christian Church ever held. A serious heresy had crept into the Eastern Church: Arianism, which taught that Jesus Christ was not divine, but only human.

To resolve the crisis, the Emperor Constantine called a council and summoned both the Western Church and the Eastern Church. Constantine knew that the Church had to get together and pull in the same direction. They did, and out of that Council came the Nicene Creed.

Get together and pull in the same direction. That is a good description of what Christ's Church on earth should be doing. That is the hope of the Week of Prayer for Christian Unity.

For 2025, the theme of Week of Prayer for Christian Unity focuses on belief, in commemoration of the Council of Nicaea, held so long ago.

The Scripture passage chosen for the worship service is Martha's confession of faith in Jesus, as narrated in John 11:17-27. Jesus had said: 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?' 'Yes, Lord,' she replied, 'I believe that you are the Messiah, the Son of God, who is to come into the world.'

Jesus is the Messiah. He is divine. Mary believed in Him, and so did the Council of Nicaea in 325. And so do hundreds of millions of Christians today.

The Week of Prayer for Christian Unity is traditionally observed from the 18 to 25 January – the 'octave' of St Peter and St Paul. This year's resources can be found at: <u>https://ctbi.org.uk/resources-for-week-of-prayer-for-christian-unity-2025/</u>



### **Prayer for New Year 2025**

Dear Lord,

We begin a New Year! We all have hopes, expectations, fears and uncertainties, as we move into 2025 – already a quarter of the way through this new century!

We can't know what will happen in the world, in our country, in our lives during this year, but we come before You, thankful that if we put our trust in Jesus and what He achieved on the cross, we need not be afraid; we are safe and secure.

He takes all our hopes and fears and gives us His Peace and His Spirit in return, to sustain and equip us this New Year and always.

Thank you, gracious Father.

Thank you, Lord of all the years.

In Jesus' name, Amen.

### **CALENDAR FOR JANUARY 2025**

Wednesday 1 <sup>st</sup> January Thursday 2 <sup>nd</sup> January	Naming of Jesus 11.30am Memorial Service for Hilary Hobbs in Church
Sunday 5 <sup>th</sup> January	The Epiphany – "Green Sunday"8.00amHoly Communion (BCP) – in the Hall10.00amSung Eucharist – in the Hall and Online4.00pmFamily Service – in the Hall
Wednesday 8 <sup>th</sup> January Thursday 9 <sup>th</sup> January	3.25pm T-Time Tales 12.45pm Holy Communion (Iona) in Church
Sunday 12 <sup>th</sup> January	The Baptism of Christ8.00amHoly Communion (BCP) – in Church10.00 amSung Eucharist – in Church and Online1.00pmCommunity Lunch
Wednesday 15 <sup>th</sup> January Thursday 16 <sup>th</sup> January <b>Saturday 18<sup>th</sup> January</b>	<ul> <li>3.25pm T-Time Tales</li> <li>12.45pm Holy Communion (Iona) in Church</li> <li>Week of Prayer for Christian Unity Begins</li> <li>8.00pm Social Ballroom and Latin Dance</li> </ul>
Sunday 19 <sup>th</sup> January	<ul> <li>2<sup>nd</sup> Sunday of Epiphany</li> <li>8.00am Holy Communion (BCP) – in Church</li> <li>10.00am Sung Eucharist – in Church and Online</li> <li>4.00pm Messy Church</li> </ul>
Wednesday 22 <sup>nd</sup> January Thursday 23 <sup>rd</sup> January <b>Saturday 25<sup>th</sup> January</b>	12.45pm Holy Communion (Iona) in Church
Sunday 26 <sup>th</sup> January	<b>3<sup>rd</sup> Sunday of Epiphany</b> 8.00am Holy Communion (BCP) – in Church 10.00am Sung Eucharist – in Church and Online 4.00pm Taizé Prayer
Wednesday 29 <sup>th</sup> January Thursday 30 <sup>th</sup> January	3.25pm T-Time Tales 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 2025**

Sunday 2 <sup>nd</sup> February	8.00am 10.00am Associate	tion of Christ in the Temple (Candlemas) Holy Communion (BCP) – in Church Sung Eucharist and Licensing of Revd Reg as Priest– in the Church and Online Family Service – in the Church
Wednesday 5 <sup>th</sup> February Thursday 6 <sup>th</sup> February	•	T-Time Tales Holy Communion (Iona) in Church SMART
Sunday 9 <sup>th</sup> February	8.00am 10.00am	<b>ay before Lent</b> Holy Communion (BCP) – in Church Sung Eucharist – in Church and Online Community Lunch
Wednesday 12 <sup>th</sup> February Thursday 13 <sup>th</sup> February	•	T-Time Tales Holy Communion (Iona) in Church
Sunday 16 <sup>th</sup> February	8.00am	<b>ay before Lent</b> Holy Communion (BCP) – in Church Sung Eucharist – in Church and Online Messy Church
Thursday 20 <sup>th</sup> February	12.45pm	Holy Communion (Iona) in Church
Sunday 23 <sup>rd</sup> February		a <b>y before Lent</b> Holy Communion (BCP) – in Church Holy Communion – in Church and Online Taizé Prayer – in Church
Wednesday 26 <sup>th</sup> February Thursday 27 <sup>th</sup> February	3.25pm 12.45pm	T-Time Tales 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.



### How the New Year and Resolutions began

1 January was not always the start of a New Year. The Babylonians began their New Year on 23 March. For them, it was a logical choice, as with the arrival of Spring, crops were being planted, and a new cycle of life was beginning.



For centuries the Romans agreed with them, but they chose 1 March for New Year. It was the Romans who brought in the idea of making resolutions at New Year, mostly along the lines of acting more noble, and doing good to others.

Then in 46 BC Julius Caesar changed the Roman Empire's calendar. His new Julian calendar realigned the year to the sun, and also began on 1 January. Caesar wanted to honour Janus, the two-faced god who looks backwards into the old year and forward into the new. January 1st didn't have any astronomical or agricultural significance, it was just a random date selected by Caesar.

### **Parish Pump**



### New Year 2025

If we put our hand in God's hand As we enter this New Year Not knowing what the future holds But that our Friend is near, We shall not fear what lies ahead If He is by our side, Nor wander from the pathway If He will be our quide. The Sinless One from heaven came To dwell with us on earth, He sought and bought us with His blood And offered us new birth. Now as we travel through this year He knows the things He's planned, O let us trust and know just this – Our times are in His hands.

### **Megan Carter**



### All in the month of January

### It was:

400 years ago, on 13 Jan 1625 that Jan Brueghel the Elder, Flemish artist, died.

**150 years ago**, on 14 Jan 1875 that Albert Schweitzer, German theologian, philosopher, physician, musicologist, writer and humanitarian, was born. He won the Nobel Peace Prize in 1952.

**100 years ago**, on 3 Jan 1925 that Benito Mussolini declared himself dictator of Italy. **90 years ago**, on 8 Jan 1935 that Elvis Presley ('The King') was born. An American rock and roll singer, guitarist and actor, he died in 1977.

**80 years ago**, on 16 Jan 1945 that Adolf Hitler took up residence in the Fuhrerbunker, a subterranean bunker complex in the garden of the Reich Chancellery in Berlin. It became the headquarters of the Nazi regime, and he remained there for the rest of his life. He committed suicide there in April 1945.

**75 years ago**, on 6 Jan 1950 that the UK officially recognised the Republic of China and established diplomatic relations.

**60 years ago**, on 24 Jan 1965 that Winston Churchill died. He was Prime Minister 1940-45 and again in 1955, and one of the greatest wartime leaders of the 20<sup>th</sup> century. He was named as 'the greatest Briton of all time.' He won the 1953 Nobel Prize for Literature "for his mastery of historical and biographical description as well as for brilliant oratory in defending exalted human values."

**50 years ago**, on 20 Jan 1975 that Bob Dylan's album *Blood on the Tracks* was released.

**40 years ago**, on 1 Jan 1985 that the first mobile phone call in the UK was made by comedian Ernie Wise. He rang Vodafone's head office in Newbury from St Katherine's Docks in London.

**Also 40 years ago**, on 23 Jan 1985 that a debate from the House of Lords was televised live for the first time.

**30 years ago**, on 1 Jan 1995 that the World Trade Organisation was established.

**25 years ago**, on 1 Jan 2000 that the calendar switched over to the year 2000, with no major computer problems from the Y2K 'Millennium Bug'.

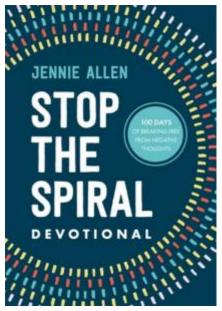
**15 years ago**, on 4 Jan 2010 that the Burj Khalifa in Dubai opened. It is the world's tallest structure, standing 2,722 feet (829.8 metres.)

**Also 15 years ago**, on 12 Jan 2010 that the Haiti earthquake took place. The capital, Port-au-Prince, was devastated and at least 100,000 people were killed and buried in mass graves.

**10 years ago**, on 7 Jan 2015 that the Charlie Hebdo shooting in Paris took place. Two Muslim brothers forced their way into the offices of the Charlie Hebdo satirical magazine and opened fire. 12 people were killed and 11 injured. The brothers were shot dead on 9 Jan. The magazine had published images of the Islamic prophet Muhammad in 2011 and 2012, and its offices had been firebombed in Nov 2011.



### **Book Reviews**



### Stop the Spiral Devotional – 100 Days of Breaking Free from Negative Thoughts By Jennie Allen

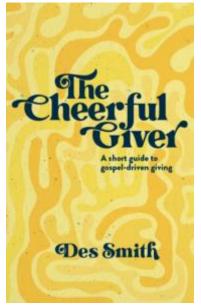
Are your thoughts holding you captive? Are you worn out from getting stuck in patterns of anxiety, distraction, or cynicism? If so, do you know that God built a way for us to escape that downward spiral?

*Stop the Spiral Devotional,* inspired by the New York Times bestseller *Get Out of Your Head,* is your invitation to begin noticing negative spirals – every day. In this book, you'll find one hundred days of devotions to inspire you to stop toxic thinking patterns and remind you of God's power to set you free.

Each day's reading includes: verses for meditating on God's Word, a 'Rewire the Spiral' statement to repeat throughout your day, a personal prayer for sparking deeper intimacy with God.

Let this hundred-day devotional guide you in refusing to be a victim to your thoughts and in realizing that you have already been equipped with God's power to live free.

Jennie Allen is the founder and visionary of IF: Gathering, as well as the New York Times bestselling author of *Get Out of Your Head, Find Your People, Made for This, Anything*, and *Nothing to Prove.* 



## The Cheerful Giver – a short guide to gospel-driven giving

### **By Des Smith**

The Cheerful Giver is a short and accessible guide to the topic of Christian generosity. It begins by showing why Christians should be generous, how God's generosity to us in the gospel should enlarge our hearts and make us generous, before addressing the practical questions of how much people should give and where that giving should be directed.

Easily able to be read in less than an hour, and written in a conversational tone, this short book would be an excellent complement to a one-off talk or a short sermon series on generosity. It would also be ideal for pastors who are looking for a resource that will help as they speak about

congregational giving.

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  $\pounds 100s$  to  $\pounds 100,000s$  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 <u>https://farewill.com/southwarkdiocese</u>.

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

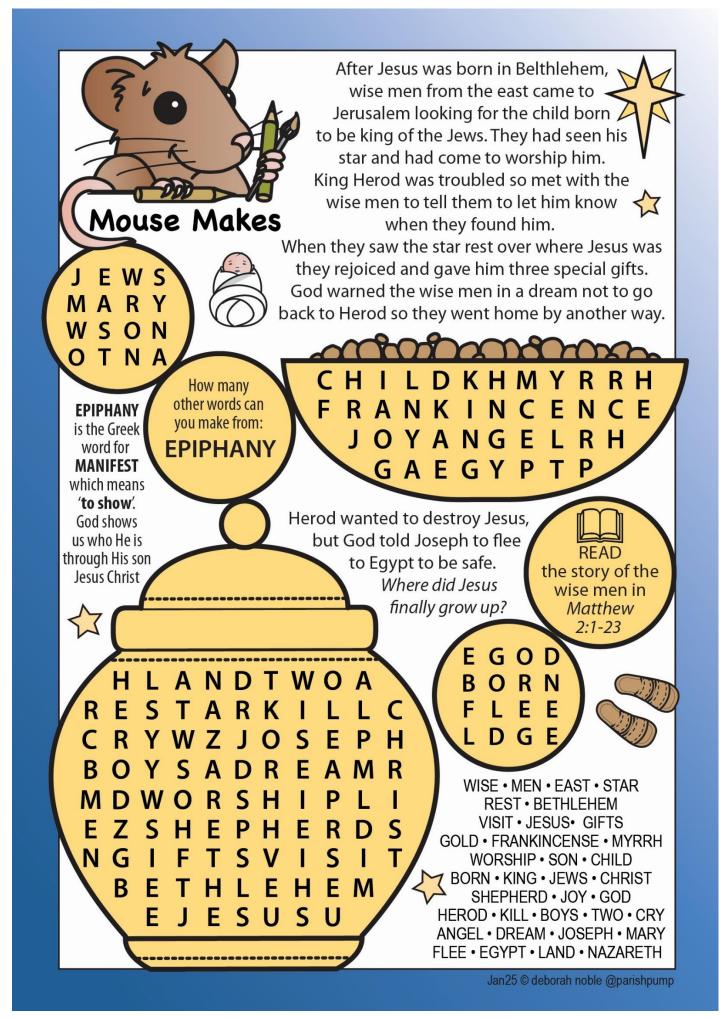
After you have made provision for your family and friends, we hope you'll also consider leaving a gift in your will to St Mark's. A legacy is a valuable expression of how meaningful a church has been during your time there. It's a way to give thanks - a lasting testimony to the faithfulness, goodness 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. <u>https://www.gov.uk/donating-to-charity/leaving-gifts-to-charity-in-your-will</u>

Please consider leaving a legacy to St Mark's.

Mel Crighton, PCC Treasurer



### January Crossword

Biblical references are from the New International Version

### Across

- 1 Paul said the wrath of God 'is being revealed from heaven' against this (Romans 1:18) (11)
- 9 Go smite(anag.)(7)10'But I have risen, I will go ahead of you into Galilee'(Matthew 26:32) (5)
- 11 'Take and —; this is my body' (Matthew 26:26) (3) 13 Type (2 Thessalonians 2:10) (4)
- 16 'Woe to those who iniquity' (Micah 2:1) (4)
- 17 'How shall we if we ignore such a great salvation?' (Hebrews 2:3) (6)
- 18 Opposite of evens (4)
- 20 Previously cited (Latin) (4)
- 21 'There is surely — of God in this place, and they will kill me because of my wife' (Genesis 20:11) (2,4)
- 22 The Thessalonians were warned to keep away from every brother who was this (2 Thessalonians 3:6) (4)
- 23 Beat (anag.) (4)
- 25 To trouble or afflict (Job 16:3) (3)
- 28 Part of a roof (1 Kings 7:9) (5)
- 29 Attain (Job 5:12) (7)
- 30 Insect noted for its gymnastic ability (Psalm 78:46) (11)

#### Down

- 2 Smell (John 11:39) (5)
- 3 Lion's home (Jeremiah 25:38) (4)
- 4 'Jesus Christ is the yesterday and
- today and for ever' (Hebrews 13:8) (4)
- 5 Tidy (4)
- 6 Made their home (Genesis 47:27) (7)
- 7 Their task was to carry the curtains of the tabernacle (Numbers 4:25–26) (11)
- 8 Timothy's was called Lois (2 Timothy 1:5) (11)
- 12 The Lover likened the fragrance of the Beloved's breath to these (Song of Songs 7:8) (6)
- 14 Times Educational Supplement (1,1,1)
- 15 Eight-tentacled sea creatures (6)
- 19 'And lead us not into temptation, but us from the evil one' (Matthew 6:13) (7)
- 20 D.L. Moody's legendary song leader, D. Sankey (3)
- 24 Rarely used musical note (5)
- 25 'Your will be done on earth it in heaven' (Matthew 6:10) (2,2)
- 26 and 27 `The Lord Almighty will them with a , as when he struck down Midian at the rock of Oreb' (Isaiah 10:26) (4,4)
- 27 See 26 Down

### **December answers**

ACROSS: 1 Lame 3 Obtained 8 Omit 9 Merchant 11 Burdensome 14 Crafty 15 Please

17 Blacksmith 20 Splendid 21 Tier 22 Singeing 23 Hand

**DOWN:** 1 Look back 2 Main road 4 Breast 5 Accomplish 6 Near 7 Date 10 Pestilence 12 Basilica 13 Tethered 16 Action 18 Asa's 19 Clan

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### Puzzles

### January Sudoku

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

### **December Solution**

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



## Care in the heart of your own home

Are you or an elderly loved one looking for extra care and support at home in **Reigate** or the surrounding areas? Then our local carers are here to help.

Novus Care is regulated by the Care Quality Commission and can provide a qualified carer to support your loved one in their own home from just **a visit per week to around the clock live-in care.** 

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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.
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To apply, search for 'companion' at mariecurie.org.uk/get-involved/volunteering For more information. contact

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