



# The Parish Post

## *Benefice of Veryan with Ruan Lanihorne*

### *December 2023*

*"For a child is born to us, a son is given to us, and his name will be the Prince of Peace." – Is 9:6*



#### The parishes of VERYAN and RUAN LANIHORNE

##### VERYAN

##### (St Symphorian) Parish Church Churchwardens

Julia Pound, Calendra Farm  
churchwarden@veryanchurch.org.uk  
Pippa Stephens, Cherry Tree Cottage  
churchwarden1@veryanchurch.org.uk

##### Hon. Secretary

Mandy Holloway  
secretary@veryanchurch.org.uk

##### Treasurer

Mrs Carol Hughes  
Castle Towers  
Ruan Lanihorne  
[501855]  
treasurer@veryanchurch.org.uk

##### PORTLOE

##### (All Saints) United Church Church Steward

Mr Trounce Guy  
Pengelly Farm  
West Portholland [501471]

##### Hon. Secretary

Mrs Jeanne Hitchings  
End Cottage, Portloe [501114]

##### Hon. Treasurer

Mrs Joyce Gilbert  
Porthjulyan  
Pendower Road  
Veryan [501365]

##### RUAN LANIHORNE

##### (St Rumon) Parish Church Churchwardens

Mr David Hughes  
Castle Towers  
Ruan Lanihorne  
[501855]  
Mrs Caroline Martin [501697]

##### Hon. Secretary

Mrs Holly Ledson

##### Hon. Treasurer

Mrs Carol Hughes

##### Submissions for the Newsletter

Pippa Stephens  
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Veryan [501652]  
veryanparishnewsletter@gmail.com

#### Services in our benefice in December

##### Sunday 3rd December

##### Advent Sunday

*Ruan. 9.30am Holy Communion*  
*Portloe. 10.30am. Morning Worship*  
*Veryan. 11am Eucharist*

##### Sunday 10th December

##### Advent 2

*Portloe 10.30am Morning Worship*  
*Veryan. 11am Eucharist*

##### Sunday 17th December

##### Advent 3

*Portloe 10.30am Morning Worship*  
*Veryan. 11am Eucharist*

##### Sunday 24th December

##### Christmas Eve

*Portloe 9.30am Holy Communion &  
Carol Service*  
*Veryan 11am Eucharist*

##### Monday 25th December

##### Christmas Day

*Ruan. 9.30am. Holy Communion*  
*Portloe 10.30am No service*  
*Veryan No service*

##### Sunday 31st December

##### Christmas 1, Naming of Christ

*Ruan. 9.30am Holy Communion*  
*Portloe. 10.30am. Morning Worship*  
*Veryan. 11am Eucharist*

See following pages for additional  
services

#### Readings for December [Veryan]

##### Sunday 3rd December

##### Advent Sunday

*Isaiah 64, 1-9 Doreen;*  
*1 Corinthians 1, 3-9 Dave Shepperson*  
*[lectionary page 441]*

##### Sunday 10th December

##### Advent 2

*Isaiah 40, 1-11 Blair;*  
*2 Peter 3, 8-15a Pippa*  
*[lectionary page 444]*

##### Sunday 17th December

##### Advent 3

*Isaiah 61, 1-4 & 8-end;*  
*1 Thessalonians 5, 16-24*  
*Valerie & Brian [lectionary page 448]*

##### Sunday 24th December

##### Christmas Eve

*Isaiah 52, 7-10 John V;*  
*Hebrews 1, 1-4 Julia*  
*[lectionary page 23]*

##### Sunday 31st December

##### Christmas 1, Naming of Christ

*Isaiah 61, 10, to 62,3 Margaret;*  
*Galatians 4, 4-7 Sue*  
*Jeremy [lectionary page 457]*

*From the registers*

*22.11.2023*

Baptism & confirmation

**Pippa Stephens**

Confirmation

**Alice Godfrey**

*A message to our readers.....*

Tis the season to reflect on the trials and tribulations of the year gone by. From the war in Ukraine to devastating wildfires, storms, and floods across the globe, followed by the ongoing conflict in Israel and Gaza. In addition, the cost of living crisis persists, placing strain on food banks in the UK. The approaching winter feels daunting, with little to rejoice about.

But amidst the darkness, the message of Christmas shines brighter than ever. It's a message of hope, joy, and peace that has stood the test of time for over 2000 years. Emmanuel, the Prince of Peace, has come to be with us. And His kingdom, filled with righteousness, knows no bounds.

Even in our little church community, we can still spread this message. Whether it's through supporting food banks, attending local events, or showing love to small businesses, we can all make a difference. Let's be a witness of God's love by simply showing kindness to our neighbours.

As we bid farewell to this year, I wish all our readers a truly Merry Christmas and a prosperous and joyous 2024. May the spirit of Christmas bring you health and happiness throughout the coming year.

*Merry Christmas. with love & best wishes*  
*Pippa (editor)*

# Christmas

AT VERYAN CHURCH



**Every Sunday**  
**11 am**

  
**Eucharist**  
services during  
**Advent**  


**14th Dec**  
**6 pm**

Service of  
*Nine Lessons  
& Carols*

**23rd Dec**  
**5 pm**

*retelling of*  
**The Nativity**  
a family friendly service  
with popular carols,  
candles, mince pies &  
mulled wine

**24th Dec**  
**11.30 pm**

  
*Christmas*  
**Midnight Mass**

**All free! Everyone welcome!**  
for more information see our Facebook Page

## A Season for joyful song

Some of us like to sing, no matter what we may sound like to others! And sometimes, something happens that is so special that we can't help but burst into song.

In the Christmas story, singing is featured on three occasions.

When Mary visited her elderly relative, Elizabeth, she was so overwhelmed with happiness at the forthcoming miraculous birth of her Son, that she burst into a flow of praise. Her words are known as The Magnificat, and they have been set to music by numerous composers down the years. Mary recalled God's promise that He would rescue His people and, through the Messiah, save the world.

The next 'song' came from the angels, on the night of Jesus' birth. They appeared to the shepherds in the fields of Bethlehem and were full of the glory of God. 'Peace on earth', 'goodwill toward man'.

The final 'song' in the Nativity story came from the shepherds, who hurried to see the new-born baby. They were so overwhelmed by the implications for Israel, that they sang praises to God as they returned to their sheep.

Mary, the angels and the shepherds could not help but sing for joy at the coming of the Messiah. They were the first, but not the last! Since the day of Pentecost, hundreds of millions of people have raised their voices in gratitude, thanks and wonder at God's love and mercy in sending Jesus.

Down the centuries, countless poets and musicians have composed music to describe a wondrous moment in history. At Christmas, around the world, people come together to sing carols and other songs that express the wonder of God's Gift to us.

Jesus has given us hope; forgiven our sin; and continues to impart faith and heal our spiritual wounds. Now isn't that something to sing about?

Join us on Thursday 14th for the traditional service of Nine Lessons and Carols. (Apologies to the Roseland Choir who I gave a fright to, as I incorrectly said in the Roseland Magazine that that they would be joining us. I'm sure they'll be there in spirit and we will sing loud so they can hear us!)

***Service of  
Nine Lessons and Carols***

***Veryan Parish Church***

***Thursday 14 December 2023  
6 pm***

***Fr Doug Robins***



# Roseland Church Services for Christmas

Information from leaflet circulated  
by The Roseland Magazine



## 2023

### United Benefice of Vryan with Portloe and Ruanlanihorne

#### Vryan Church

Thursday 14 <sup>th</sup> December	Service of Nine Lessons and Carols	6.00pm
Saturday 23 <sup>rd</sup> December	Family Christmas Service	6.00pm
Sunday 24 <sup>th</sup> December	Midnight Mass (Common Worship)	11.30pm

Please note there will be no services at Vryan on Sunday 24<sup>th</sup> December at 11 am, nor on Christmas Day

#### Portloe

Sunday 24 <sup>th</sup> December	Holy Communion (Common Worship) and Carol Service	10.30am
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Please note there will be no service on Christmas Day

#### Ruanlanihorne Church

Sunday 17 <sup>th</sup> December	Carol Service	6.00pm
Monday 25 <sup>th</sup> December	Christmas Day Holy Communion (Book of Common Prayer)	9.30am

### The Parish of Tregony with St Cuby and Cornelly

#### St Cuby Church (Tregony)

Sunday 10 <sup>th</sup> December	Carol Service and start of Christmas Tree Festival	4.00pm
Sunday 24 <sup>th</sup> December	Crib Service Midnight Communion	4.00pm 11.30pm
Monday 25 <sup>th</sup> December	Christmas Celebration	10.30pm

#### St Cornelly Church

Sunday 24 <sup>th</sup> December	Morning Prayer	8.30am
Monday 25 <sup>th</sup> December	Holy Communion	8.30am

### Tregony Bible Christian Church

Wednesday 20<sup>th</sup> December Candlelit Carol Service  
Mince pies and mulled wine served afterwards.

Sunday 24<sup>th</sup> December Morning Worship Carol Service  
Mince pies and mulled wine served afterwards.  
Please note there will be no service on Christmas Day

10.30am

### Portscatho United Church

17<sup>th</sup> December Carol Service 10.30am

Please note there will be no services on Sunday 24<sup>th</sup> December nor on Christmas Day

### Parish of St Just in Roseland and St Mawes

#### St Just in Roseland Church

Thursday 21 <sup>st</sup> December	Carols by Candlelight	7.00pm
Sunday 24 <sup>th</sup> December	BCP Holy Communion Holy Communion Midnight Mass	8.00am 11.00am 11.30pm
Monday 25 <sup>th</sup> December	BCP Holy Communion Holy Communion	8.00am 11.00am

#### St Mawes Church

Sunday 3 <sup>rd</sup> December	Choral Evensong for Advent with the Roseland Churches Choir	6.00pm
Sunday 24 <sup>th</sup> December	Holy Communion Crib Service	9.30am 4.00pm
Monday 25 <sup>th</sup> December	Holy Communion	9.30am

### St Mawes Roman Catholic Church

Sunday 24 <sup>th</sup> December	Mass Celebrated by Father John Guest	10.00am
Monday 25 <sup>th</sup> December	Mass Celebrated by Father John Guest	10.00am

### United Benefice of St Gerrans with St Anthony in Roseland and St Philleigh

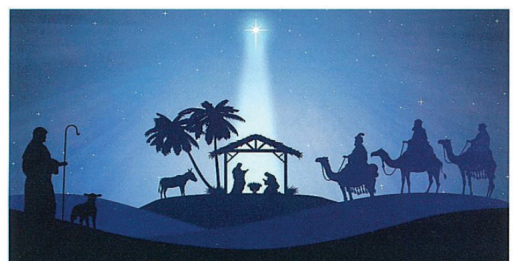
#### St Gerrans Church

Monday 4 <sup>th</sup> December	Christmas Messy Church	3.15pm-4.30pm
Sunday 10 <sup>th</sup> December	Carols in Portscatho Square	5.00pm
Sunday 17 <sup>th</sup> December	Nine Lessons and Carols	6.00pm
Sunday 24 <sup>th</sup> December	Carols with Holy Communion Crib Service	10.00am 4.00pm
Monday 25 <sup>th</sup> December	Family Holy Communion	10.00am

#### St Philleigh Church

Sunday 17 <sup>th</sup> December	Christingle	4.00pm
Tuesday 19 <sup>th</sup> December	Carols in the Barn and Nativity Drama..	6.00pm
Sunday 24 <sup>th</sup> December	Christmas Holy Communion Service	10.30am

Please note there will be no service on Christmas Day







# The Heart of Christmas

We're at that time of year again! But is Christmas just about the shopping, tree or presents? At its heart, Christmas is all about a God who has showed up on earth. The Creator of the universe, whose hands flung stars into space, cared enough to come to earth as a tiny baby. 'The Word became flesh and made His dwelling among us.' (John 1:14)

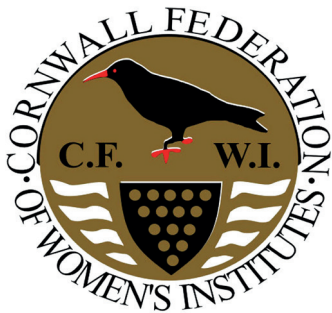
Every year we sing carols and retell the same story of the donkey, innkeeper, stable, angels, shepherds, star, wise men, gifts and Mary and Joseph with baby! Why do we do all this? It's to remind us that God deals with the mess of our world by sending His Son to die in our place. This makes it possible for us to have a relationship with Himself:

When the time came, He "did not consider equality with God something to be used to His own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself by becoming obedient to death – even death on a cross! (Philippians 2:6-8)

Reflecting on Jesus in the manger is a great place to start understanding the heart of the Christmas message. However, it's so much more than simply a cute baby lying in the bed of straw:

*If our greatest need had been information, God would have sent us an educator;  
If our greatest need had been technology, God would have sent us a scientist;  
If our greatest need had been money, God would have sent us an economist;  
If our greatest need had been pleasure, God would have sent us an entertainer;  
But our greatest need was forgiveness, so God sent us a Saviour.*

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## Veryan WI

Pam Dodd, Co-President, welcomed members to the November meeting.

Our speaker for the evening was Jamie Beetham who spoke about his life and career in catering. He started out by working in the family hotel at Pendower Beach before going on to train at Cornwall College in Camborne. He had a short break from catering before starting his own company Beetham Food which now caters for weddings and private events. During lockdown they also launched a much welcomed take away service from their premises.

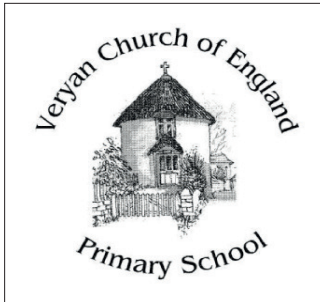
For our charity collection this year members have donated socks, scarves and hats for St Petrocs.

Some of our members helped to knit and crochet poppies for the very first display at Veryan Church. On Remembrance Sunday, our Vice-President, Jill Stewart laid a poppy wreath at the War Memorial on our behalf.

On Friday 17th November a team took part in the CFWI Rosebowl Quiz at Ladock Village Hall and we are delighted to report that they won. Team members were Pam Dodd, Alison Golding, Ros Hocking and Jill Stewart. Congratulations to all of them.

There is no meeting in December as members will be enjoying a Christmas Meal at the Kings Arms in Tregony.

If anyone is interested in joining Veryan WI please contact Mary Earp on 01872 501636. [facebook.com/WIVeryan](https://facebook.com/WIVeryan)



## Veryan CE Primary School

'Tis the season before Christmas and the excitement is in the air! We're filling our days with plays, activities, trips, crafts, and songs that make this time of year so special. The children have adapted beautifully to the change in our normal routine, as we set aside time to practice our Nativity play and create Christingles.

But it's not just about the presents delivered by Father Christmas. We want the children to feel a deep connection to the true meaning of Christmas, so we've taken many of our lessons to the church. It's been a wonderful opportunity to reflect on Advent and the anticipation of Christ's arrival, sparking captivating discussions along the way. And let's not forget the festive fun of decorating baubles with lots of glitter and placing them on the Christmas tree in the church!

We'd like to express our heartfelt thanks to Sue Truscott for visiting Carne class and sharing her beloved toys from her childhood.

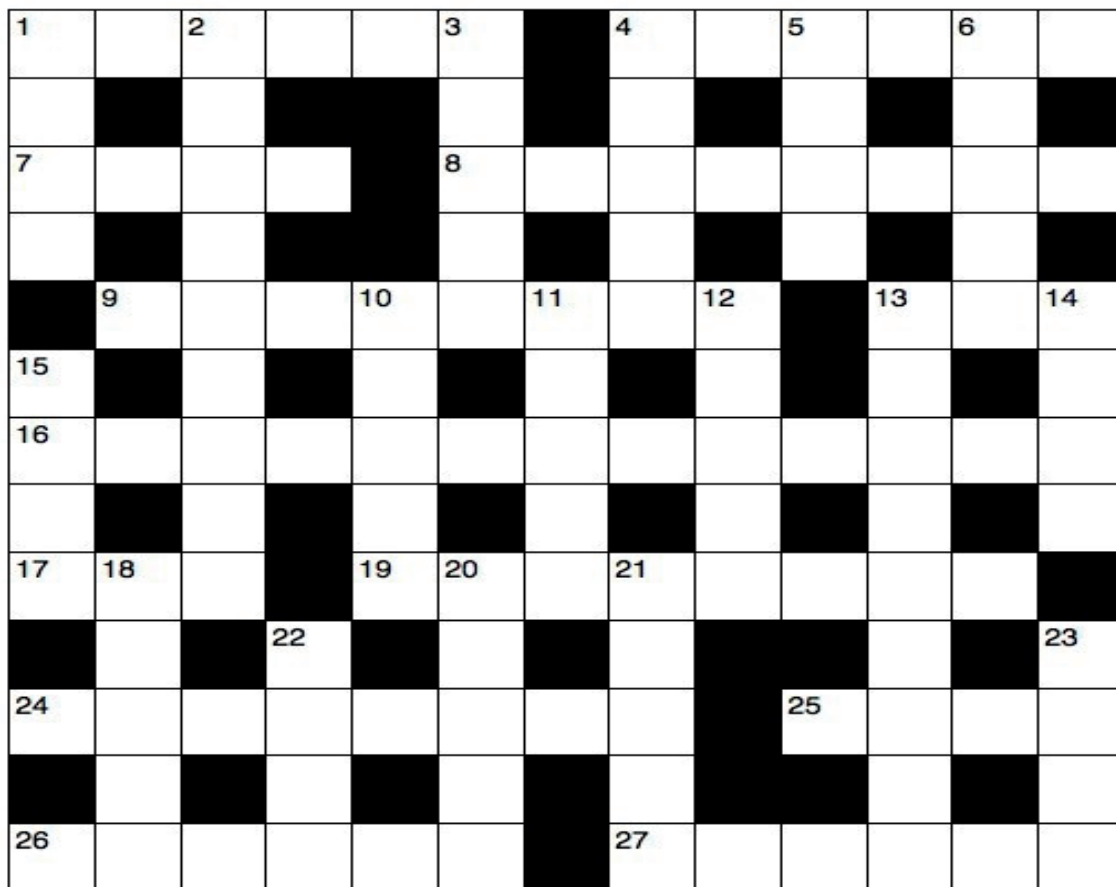
We're also grateful to the church PCC for their unwavering support in all of our endeavors.



Our Christmas Fayre is on Saturday 9th December with traditional stalls and our fantastic raffle! We hope to see you there!

As we wrap up this extraordinary year, we want to wish you a very Merry Christmas! May your holiday season be filled with warmth, love, and happiness.

- Emily Bennett, School Secretary



#### Across

- 1 Rely (Psalm 62:7) (6)  
 4 'He stretches out the heavens like a — , and spreads them out like a tent to live in' (Isaiah 40:22) (6)  
 7 What the dove carried the olive leaf in, when it returned to Noah's ark (Genesis 8:11) (4)  
 8 Annoy (1 Samuel 1:6) (8)  
 9 Judah's last king, who ended his days as a blind prisoner in Babylon (Jeremiah 52:11) (8)  
 13 'They all — and were satisfied' (Luke 9:17) (3)  
 16 Eliphaz the Temanite was one; so was Bildad the Shuhite and Zophar the Naamathite (Job 2:11; 16:2) (4,9)  
 17 National Association of Evangelicals (of the USA) (1,1,1)  
 19 Popular song for New Year's Eve, Auld — — (4,4)  
 24 Able dock (anag.) (8)  
 25 The number of stones David chose for his confrontation with Goliath (1 Samuel 17:40) (4)  
 26 Elgar's best-known 'Variations' (6)  
 27 Soak (Isaiah 16:9) (6)

#### Down

- 1 Money owing (Deuteronomy 15:3) (4)  
 2 Conciliatory (Titus 3:2) (9)  
 3 'Do this, whenever you — it, in remembrance of me' (1 Corinthians 11:25) (5)  
 4 A group assisting in the governance of the Roman Catholic Church (5)  
 5 One of the gifts Joseph's brothers took with them on their second journey to Egypt (Genesis 43:11) (4)  
 6 'Reach out your hand and — — into my side. Stop doubting and believe' (John 20:27) (3,2)  
 10 Be outstandingly good (2 Corinthians 8:7) (5)  
 11 'What — — that you are mindful of him, the son of man that you care for him?' (Psalm 8:4) (2,3)  
 12 Horse's feet (Judges 5:22) (5)  
 13 Notice (Deuteronomy 17:4) (9)  
 14 Comes between 2 Chronicles and Nehemiah (4)  
 15 One of Israel's northern towns conquered by Ben-Hadad (1 Kings 15:20) (4)  
 18 Narnia's Lion (5)  
 20 One of the two rivers in which Naaman would have preferred to wash (2 Kings 5:12) (5)  
 21 Avarice—one of the evils that come from inside people (Mark 7:22) (5)  
 22 Knight Grand Cross of St Michael and St George (1,1,1,1)  
 23 Jacob's first wife (Genesis 29:23) (4)



# Holy Days in December, lets focus on....

## *6th December.*

### *St Nicholas – another look at this much-loved saint*

One account of how Father Christmas began tells of a man named Nicholas who was born in the third century in the Greek village of Patara, on what is today the southern coast of Turkey. His family were both devout and wealthy, and when his parents died in an epidemic, Nicholas decided to use his inheritance to help people. He gave to the needy, the sick, the suffering. He dedicated his whole life to God's service, and was made Bishop of Myra while still a young man. As a bishop in later life, he joined other bishops and priests in prison under the emperor Diocletian's fierce persecution of Christians across the Roman Empire.

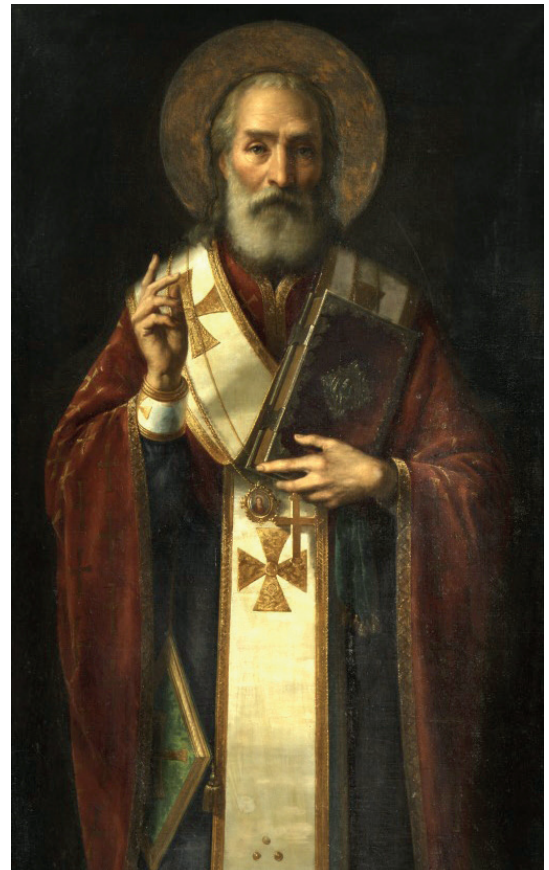
Finally released, Nicholas was all the more determined to shed abroad the news of God's love. He did so by giving. One story of his generosity explains why we hang Christmas stockings over our mantelpieces today. There was a poor family with three daughters who needed dowries if they were to marry, and not be sold into slavery. Nicholas heard of their plight, and tossed three bags of gold into their home through an open window – thus saving the girls from a life of misery.

The bags of gold landed in stockings or shoes left before the fire to dry. Hence the custom of children hanging out stockings – in the hope of attracting presents of their own from St Nicholas – on Christmas Eve. That is why three gold balls, sometimes represented as oranges, are one of the symbols of St Nicholas.

The example of St Nicholas has never been forgotten – in bygone years boys in Germany and Poland would dress up as bishops on 6th December, and beg alms for the poor. In the Netherlands and Belgium 'St Nicholas' would arrive on a steamship from Spain to ride a white horse on his gift-giving rounds. To this day, 6th December is still the main day for gift-giving and merry-making in much of Europe. Many feel that simple gift-giving in early Advent helps preserve a Christmas Day focus on the Christ Child.

So How did he “become Father Christmas”?

In the UK, Nicholas became the basis for Father Christmas, who emerged in Victorian times as a jolly-faced bearded character. Meanwhile, Dutch and German settlers had taken him to America with them as Sinter Klaas and Sankt Nicklas.



It was in America that Nicholas received his final two great breaks into real stardom. The first was when the Rev Clement C Moore, a New York Episcopal minister, turned from his life-work of writing a Hebrew/English lexicon, to write a fun poem for his children one Christmas. His 'The Visit of St Nicholas' is now universally known by its first line: 'T'was the Night Before Christmas'.

From Clement Moore we discovered that St Nicholas is round and pink-cheeked and white-bearded, and that he travels at night with sleigh, reindeer and a sack of toys on his back. It was Clement Moore who also revealed that St Nicholas enters houses down chimneys and fills children's stockings with toys and sweets.

So how did we find out that Father Christmas wears red? That was the US Coca-Cola advertising campaign of 1931, who finally released the latest, up-to-date pictures of Father Christmas: wearing a bright red, fur-trimmed coat and a large belt.

These days, it is good that Father Christmas uses reindeer and doesn't have to pay for petrol. In order to get round all the children in the world on Christmas Eve, he will have to travel 221 million miles at an average speed of 1279 miles a second, 6,395 times the speed of sound. For all those of us who are already exhausted just rushing around getting ready for Christmas, that is a sobering thought.

Have you ever stopped to consider that the very first martyr of the Christian Church (Stephen died c 35 AD) was a deacon? (But no, he wasn't worked to death by his church.) It was Stephen, one of the first seven deacons of the Christian Church. He'd been appointed by the apostles to look after the distribution of alms to the faithful poor, and to help in the ministry of preaching.

Acts 6 and 7 tells us all that we know of his life, and the passages seem to suggest that he was an educated Hellenistic Jew. Certainly Stephen's famous challenge to the Jews reveals him to have been learned in the Scriptures and the history of Judaism, besides being eloquent and forceful.

Stephen's proclamation on the day of his martyrdom pulled no punches. He told the Jews that God did not depend on the Temple. The Temple was but a temporary institution destined to be fulfilled and superseded by Christ, who was the prophet foreseen by Moses as the Messiah for whom the Jewish race had so long awaited.

Stephen then challenged his hearers for resisting the Spirit and for killing the Christ, as their fathers before them had killed the prophets. The Jews were so outraged by this that they stoned Stephen on the spot for blasphemy.

As he died, Stephen saw a vision of Christ on God's right hand. The men who were witness to the stoning placed their clothes at the feet of Saul (afterwards Paul), who (to his deep regret later) consented to Stephen's death.

By the fourth century Stephen had his own feast day in both East and West Churches. When his supposed tomb was discovered in 415, his popularity soared. His (supposed) relics were taken to Constantinople and then Rome, along with some stones (allegedly) used at his martyrdom.



Early on the Church made Stephen the patron saint of deacons. In the late Middle Ages he was also invoked against headaches (!).

In England, 46 ancient churches are dedicated to him, most of them built after the Norman Conquest. In art Stephen is usually given a book of the Gospels and a stone, and sometimes the palm of martyrdom.

## **28 December**      *Holy Innocents*

The death of a very young child is perhaps the hardest grief of all to bear. So the 28th December is a very poignant day in the church calendar. It is when the worldwide Church joins with bereaved parents to grieve the loss of babies and young children. For Holy Innocents day recalls the massacre of the young male children of Bethlehem by Herod the Great.

Herod had been told by the magi, or wise men, that a great king had been born in Bethlehem, and he felt shaken. How could a child in unimportant little Bethlehem be so powerful that the stars in the night sky honoured His birth?! Herod took the magi so seriously that he decided to try and kill this new young rival. He decreed that every male baby of two years and under should be killed. (Matthew 2:1-18).

Bethlehem was not a large place, and Bible commentators estimate that between six and 25 infants were slaughtered by Roman soldiers. Their mothers were inconsolable at the death of their babies, as indeed mothers have always been.

The death of these innocent baby boys of Bethlehem became a feast-day in the western Church by the 4th century. This was because the Church considered them to be martyrs because they not only died for Christ, but instead of Christ.

Down the centuries, the tragic loss of the Holy Innocents has touched the imagination and hearts of poets, preachers and artists. Though heart-broken parents still grieve today, the Church can offer them one firm assurance: that young children who die to this world will undoubtedly "this day be with Me in Paradise." The One who eagerly said "Suffer the little children to come unto Me" will be the last person to turn them away.

*Sadly, one lesson we learn as we get older is that those we love are not always going to be there next year and all we have left are memories. So, this Christmas we should treasure those moments with our loved ones...*

### Your Christmas Dinner Table

Gaze around your dinner table  
As you dine on Christmas Day  
Treasure them while you are able –  
One day they may well go away.

Love is really hard to measure,  
Love's not easy to define,  
But memory's the only treasure  
That will stand the test of time.

So, treasure all that Christmas laughter,  
Hold it close – that's my advice.  
For there may come a time soon after  
When memory is worth great price.

It is sad that life is temporary,  
Happy times will disappear;  
When those you treasure are a memory,  
The memory is a treasure dear.

By Nigel Beeton

### Grieving at Christmas Time

Grieving the loss of a special loved one is hard all year round. However, there is no doubt that the pang of grief can feel much more intense at times when the world comes together, such as Christmas. We wanted to share some important tips on how to cope and ways in which you can practice self-care when missing your loved one this festive period.

#### *How to cope*

It's important to remember how individual grieving actually is. What can work for one person, may not work for you and that is ok. It's about finding what does work for you and what can be a healthy outlet for your grief when you need it most.

#### *Make time and space to remember your loved one*

Making time and space to remember your loved one can be in any way which feels right to you. For example, you might want to leave an empty chair at the dinner table as an act of remembrance. Or, you may want to make a toast to your loved one and take time with those closest to you to share your thoughts, feelings and memories about your special person.

#### *Decide what would be the most comfortable way for you to celebrate this festive season*

We already know that Christmas can be a very pressured time of year for many due to a number of reasons. In grief, this can be felt even more so due to the overwhelming nature of the season on top of missing a very important person in your life. Therefore, we think it is best that you 'celebrate' the season in whatever way feels right for you. This could be by allowing yourself to take part in your usual festivities. It could also be by allowing yourself to step away from plans if you're not feeling so 'merry & bright'. Make a plan A or a plan B, so that you can choose on the day what supports you best in your grief. It's important that if you feel uncomfortable with plans, that you can express this to those closest to you in the hope that things can be adjusted.

#### *Remember, everyone grieves differently*

We all grieve in our own way and that is perfectly normal. Especially at a time when we all come together, it's important to remember that those within your family or friend group who are grieving a loss may choose to honour their grief in a way that might look different to you. This means giving space and acceptance to others in their grief journey at Christmas time.

#### *Make time to practice self-care*

It is important that you make time to practice self-care as much as possible for your own mental health and well-being. Prioritising self-care within your grief journey could be that much needed healthy outlet for you. Self-care is not selfish and it's up to you what that might look like.

#### *Share how you are feeling*

It can feel really heavy carrying your grief and all the thoughts and feelings which come with it. It can sometimes feel easier to keep those feelings to yourself, through fear of embarrassment, feeling misunderstood, or in this case, not to 'ruin' the festive feelings for anyone else. However, this isn't true - your grief never has to be hidden away or carried alone, no matter what time of year it is. Try to share how your grief is making you feel with those closest to you - although they may not understand, they can be there to listen and sharing your grief can feel really empowering.

There are so many organisations that provide invaluable information and support to people affected by bereavement. Below are some useful numbers:

Cruse Bereavement Care  
[www.cruse.org.uk](http://www.cruse.org.uk)  
[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
0808 808 1677

Child Bereavement UK  
0800 028 8840 for the Information & Support Team  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

The Samaritans  
24 hour helpline support every day of the year for anyone in distress including those who are feeling suicidal.  
08457 90 90 90  
[www.samaritans.org](http://www.samaritans.org)

***Remember, you matter, your grief matters and so does your loved one's memory.***

extracts from: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)



D	E	P	E	N	D		C	A	N	O	P	Y
E		E			R		U		U		U	
B	E	A	K		I	R	R	I	T	A	T	E
T		C			N		I		S		I	
	Z	E	D	E	K	I	A	H		A	T	E
I		A		X		S		O		T		Z
J	O	B	S	C	O	M	F	O	R	T	E	R
O		L		E		A		F		E		A
N	A	E		L	A	N	G	S	Y	N	E	
	S		G		B		R			T		L
B	L	O	C	K	A	D	E		F	I	V	E
	A		M		N		E			O		A
E	N	I	G	M	A		D	R	E	N	C	H

ACROSS: 1, Depend. 4, Canopy. 7, Beak. 8, Irritate. 9, Zedekiah. 13, Ate. 16, Job's comforter. 17, NAE. 19, Lang Syne. 24, Blockade. 25, Five. 26, Enigma. 27, Drench.

DOWN: 1, Debt. 2, Peaceable. 3, Drink. 4, Curia. 5, Nuts. 6, Put it. 10, Excel. 11, Is man. 12, Hoofs. 13, Attention. 14, Ezra. 15, Ijon. 18, Aslan. 20, Abana. 21, Greed. 22, GCMG. 23, Leah.