



November is Remembrance Month

For next month we would love some of you to write a memory of your loved one. You don't have to put your name to it, and we will pick a few memories for our December Newsletter.

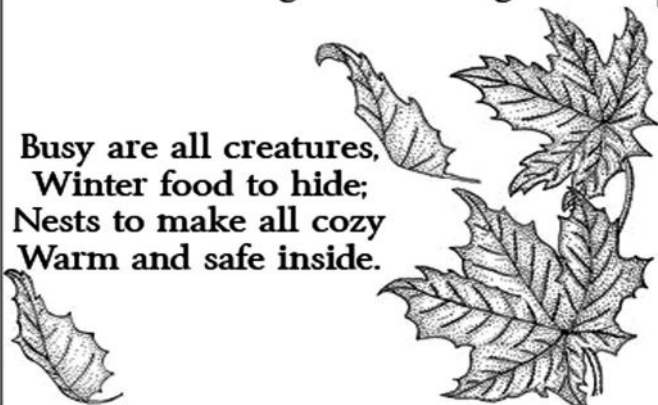


November by Margaret Morgan

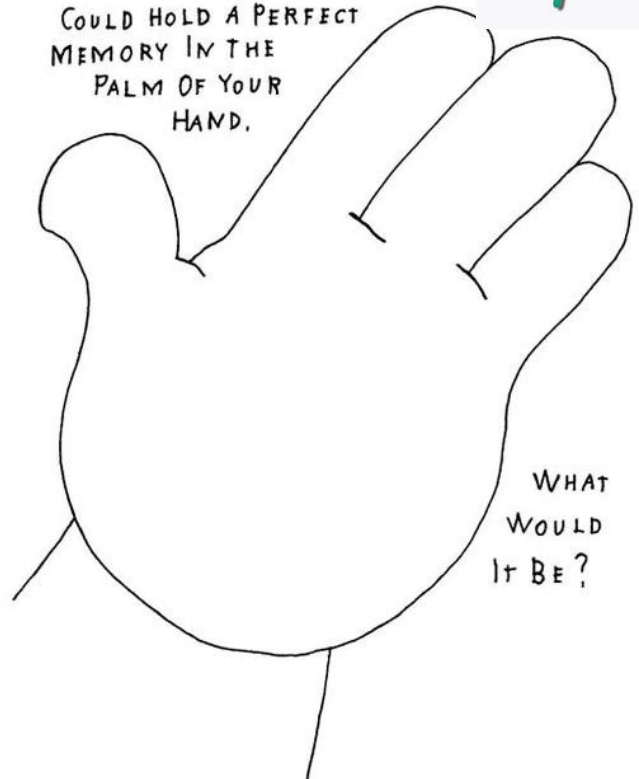
Now it is November,
Trees are nearly bare;
Red and gold and brown leaves
Scatter everywhere.

Dark now, are the mornings
Cold and frosty too;
Damp and misty evenings
Chill us through and through.

Busy are all creatures,
Winter food to hide;
Nests to make all cozy
Warm and safe inside.



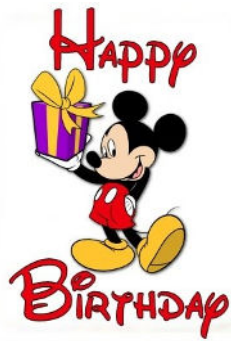
IMAGINE THAT YOU
COULD HOLD A PERFECT
MEMORY IN THE
PALM OF YOUR
HAND.



WHAT
WOULD
IT BE?

Did you know?

- ◆ When cranberries are ripe, they will bounce like rubber balls
- ◆ Pound cake got its name from the ingredients—
- ◆ you typically use a pound of flour, butter, sugar and eggs.
- ◆ Fruits such as apples, pears and apricots are all part of the rose family.
- ◆ Apples can float because they are made up of around 25 per cent air.
- ◆ The word potato came from Spanish patata
- ◆ Bananas grow in large hanging bunches
- ◆ Grapes explode when you put them in the microwave (don't try this at home!)
- ◆ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds.

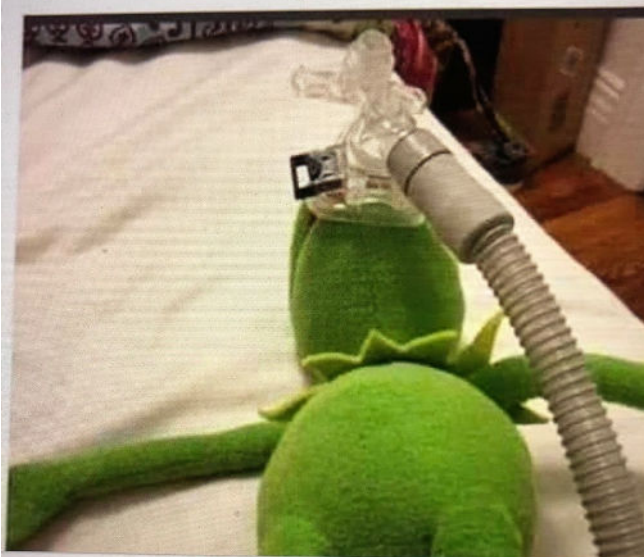


For anyone with a Birthday this month....



Just for Fun!!

me after I put the fitted sheet on the bed by myself



November Trivia II

1. What day is celebrated on 1 November by the Roman Catholic Church?
2. The Day of the Dead is a holiday celebrated throughout which country on November the 2nd each year?
3. In which city was John F. Kennedy assassinated on November 22, 1963?
4. On which day in November is Saint Andrew's Day?
5. N in the NATO phonetic alphabet is November, how many other letters are represented by months of the year in this alphabet?
6. What number month was November in the ancient Roman calendar?
7. What name is given to the month-long moustache-growing event launched each year in November to fundraise for charity?
8. Which United States National Holiday is held annually on November 11?
9. What officially opened for the first time on November 17, 1869?

Before you start... cover up the answers below!

1 Answers:

1. All Saints' Day (also known as All Hallows' Day, Hallowmas, or the Feast of All Saints)
2. Mexico
3. Dallas
4. 30th of November
5. None (just November)
6. Ninth (November retains its name from the Latin novem, meaning "nine".)
7. Movember
8. Veterans Day
9. The Suez Canal



Remembrance Day

**They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.**

From "For the Fallen" by Laurence Binyon

www.ActivityVillage.co.uk - Keeping Kids Busy

We will have a few "A Not so Jolly Christmas" booklets as the next meet if anyone would like one.



Grief bites

Thinking about Christmas.....

There is no rule that says you have to celebrate Christmas with your family and friends. If your grief is so fresh or overwhelming, take a year off. Spend the day watching your favourite movies alone if that is what you want to do. You don't have to put up a Christmas tree or send out Christmas cards. If anyone asks, tell them you needed some time for yourself this year and hope to be back into the festivities next year. Instead of celebrating, you can:

- Spend time at your favourite spot meditating or reflecting
- Take a long walk
- Contact an elderly neighbour or one who is alone on Christmas
- Create your own support group with others who are suffering through the same kind of loss.
- Give to causes your loved one cherished with a monetary donation or your time.

PLEASE REMEMBER TO FILL IN
YOUR NAME AND DATE OF
BIRTHDAY ON OUR NEW BIRTHDAY
LIST (WITH PAM DENNY)
OTHERWISE WE CAN'T WISH YOU
A



Happy Birthday



**Grief
Chat**

Now LIVE on our website at
www.bennettsfunerals.co.uk

Simply click on the logo to put yourself in contact with 24 hour grief support.

Manned by trained counsellors for when you need to talk with someone at any time.

If you have anything you would like mentioned in the newsletter, please let us know