

Every life is an amazing story

Write your final chapter and ensure your story is remembered by pre-arranging your funeral with Alex Gow



PHONE 07 3851 7800 24 HRS 7 DAYS

www.alexgowfunerals.com.au

Email: info@alexgowfunerals.com.au

BRISBANE

56 Breakfast Creek Road,
Newstead Q 4006

DECEPTION BAY

Tallowood Drive,
Deception Bay Q 4508

REDLANDS

4/17 Middle Street (Cnr Waterloo St),
Cleveland Q 4163

BROWNS PLAINS

2/11 Grand Plaza Drive,
Browns Plains Q 4188

... still family-owned



YOURS
FREE

The Alex Gow Super Puzzle Book

CROSSWORDS, WORDSEARCH,
CODE CRACKER, SUDOKU & TRIVIA

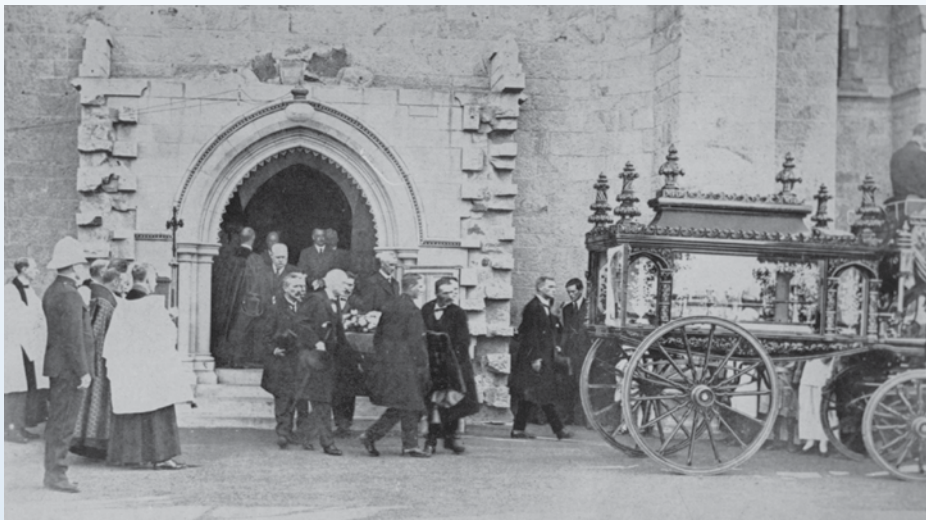
A Brisbane Family Owned Company



January to March 2020

WE'VE BEEN HELPING QUEENSLAND FAMILIES SINCE 1840

Whilst the history of our business dates back to 1840 as the first ever funeral business in Queensland, it was not until 1909 when Alexander Gow acquired the remaining shares from his partner Walter S. Barrett, that the Alex Gow brand would become Queensland's first and oldest funeral business.



Four generations of the Gow family have worked in the business and today Alexander's grandson Alistair and his children continue the tradition of family ownership and the high standards set by their predecessors. We believe that by being family-owned we are able to give a more personal service and be more flexible to the individual needs of our clients.

We live for our business and everything we do reflects our on-going commitment to providing affordable, quality services to our community. With four locations across SE Queensland Alex Gow Funerals is close by to assist you and your family 24hrs a day.

It doesn't matter if your need is immediate or you're just thinking ahead, the wonderful staff at Alex Gow will be there to guide you through all the options. Call us anytime at all on 07 3851 7800.

We hope you enjoy our free puzzle book. It's a great opportunity to test your skill and knowledge and keep mentally active. It's also a lot of fun.

Alex Gow puzzle books are supplied free as part of our ongoing commitment to community service. The book is broken up into monthly sections and answers for each month will be published on our website.

PLAYING SUDOKU

To solve a Sudoku puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 blocks

Remember no number can occur more than once in any row, column or 3x3 block.

PLAYING CROSSWORDS

Crosswords are one of the greatest word association puzzles of all time. Our 15x15 crosswords are easy to do in one session or complete over time. Using the clues provided fill in the answers moving left to right and top to bottom. Work with a friend if you want as sometimes two heads are better than one when solving a crossword puzzle. The more puzzles you do, the more familiar you'll be with standard puzzle clues and answers.

PLAYING WORDSEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

PLAYING CODE CRACKER

Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you two letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked the code fill in the answer in the boxes at the bottom.

PLAYING TRIVIA

Trivia is a great way to test your memory for general knowledge and history. Simply write your answers beside the questions and check to see how many you got right. Great to do with friends or on your own.

COLOURING FOR ADULTS

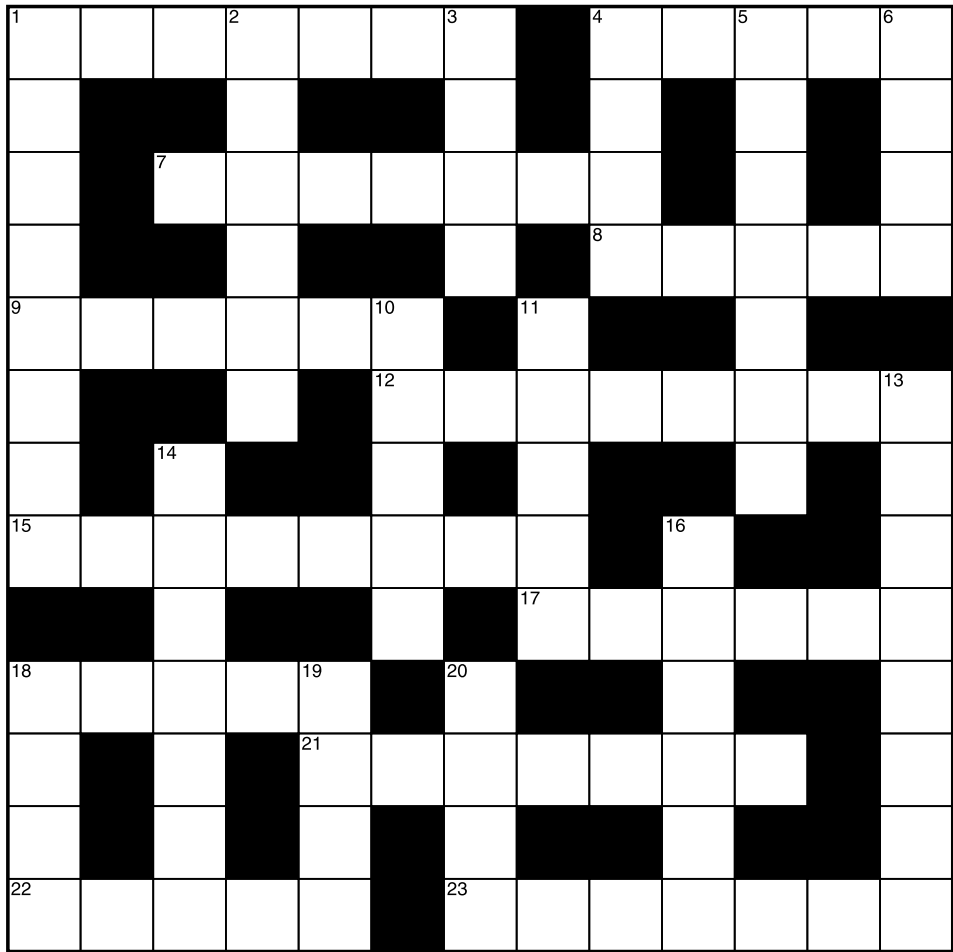
Like painting and craft, coloring offers a great source for focus and creativity. It has been shown to have stress-reducing benefits and helps with anxiety in people of all ages. It is a great fun social activity it also produces a similar calming effect on the brain to meditation.

WIN A COLES \$100 GIFT CARD

When you visit the puzzle answers page on our website you can enter to go into our monthly draw to win a Coles \$100 gift card.

PLUS, you'll find bonus questions there giving you another opportunity to win!

Full details on page 17

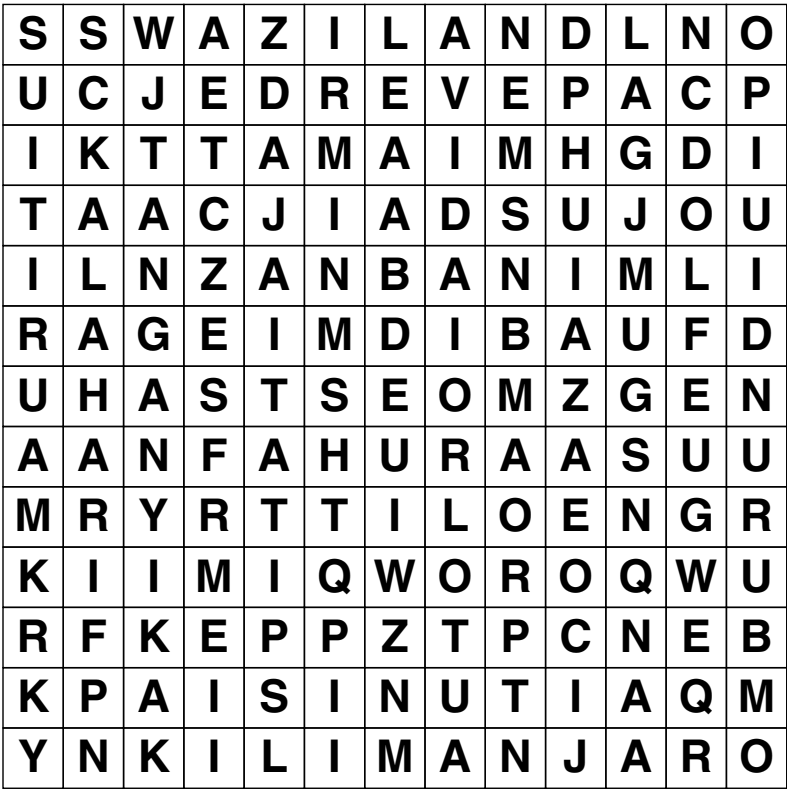


ACROSS

- 1. Unpredictable
- 4. Thin candle
- 7. Layer
- 8. Oval nut
- 9. Romancing
- 12. Slaughterhouse
- 15. Cease developing
- 17. Hung in folds
- 18. Outside limits
- 21. Angrily
- 22. Narrow elevation
- 23. Fatigue

DOWN

- 1. Gives authority to
- 2. Gain
- 3. Lions & tigers
- 4. Short-term worker
- 5. South American cloaks
- 6. Riding strap
- 10. Carnivals
- 11. Sped
- 13. Noisiest
- 14. Rinsed throat
- 16. Mexican flower
- 18. Large pitcher
- 19. Extent
- 20. Front of head



- BURUNDI
- CAMEROON
- CAPE VERDE
- DESERT
- DJIBOUTI
- ETHIOPIA
- KALAHARI
- KILIMANJARO
- MAURITIUS
- NAMIBIA
- RAS DASHAN
- SINAI
- SWAZILAND
- TANGANYIKA
- TUNISIA
- UGANDA
- ZULU

Fun With Trivia 461 - 463

- 461. What record label did the Beatles establish?
- 462. What year did Albert Einstein die?
- 463. Which is the largest planet in the solar system?

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

Fun With Trivia 464 - 467

464. What are a group of Dolphins called?
.....
465. What date was President John F Kennedy assassinated?
.....
466. How many men have walked on the moon?
.....
467. Who has won the most Academy Awards?
.....

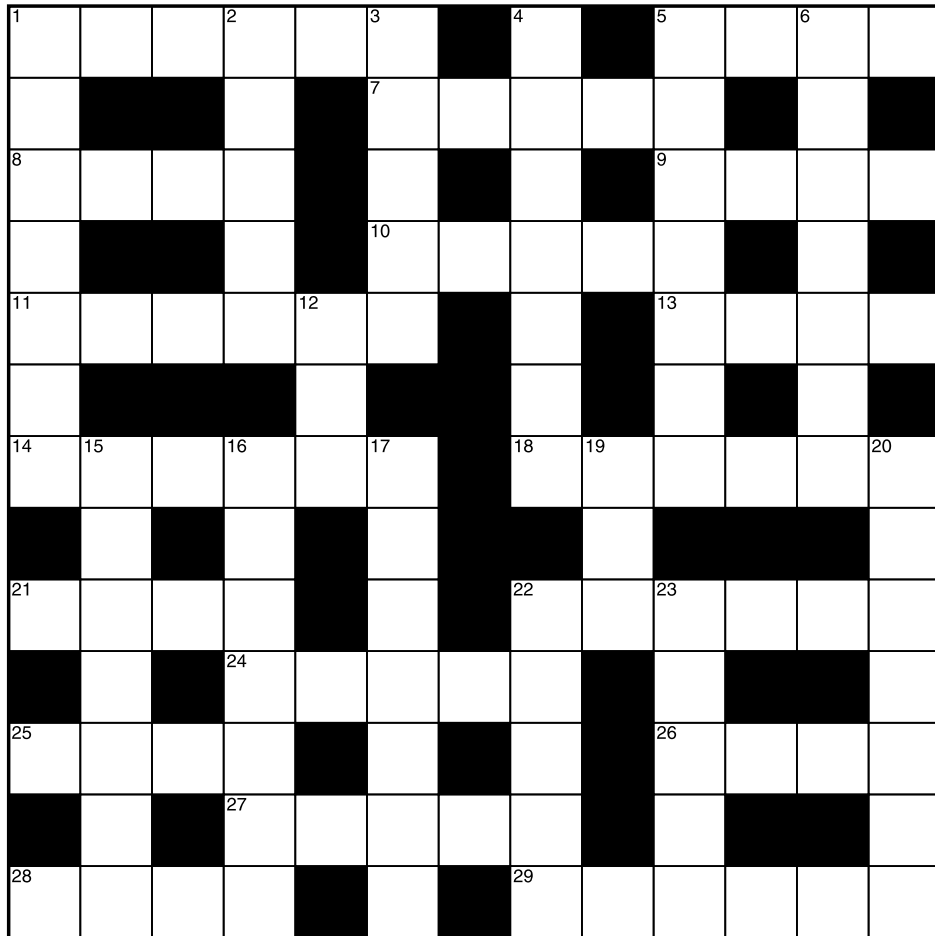
CLUES

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15	18	10	17	1		10		10	17	14	17	20	13
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10	9	20			14	10	2			18	10	15	18
12	14	23	16	20	2		20	17	23	2	14	7	19
	22		10		15	10	22		18		23		20
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14	13	14	1	20		17		5	17	8	10	23	23
17		2		17		11		9		20		20	24
11	10	22	22	20	22		1	11	10	2	23	1	25
													26

ANSWER:

8	18	2	20	1	23								
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ABCDEFGHIJKLMNOPQRSTUVWXYZ



ACROSS

- 1. Tropical lizard
- 5. Footwear item
- 7. Put
- 8. Noisy
- 9. Slightly open
- 10. Australian gems
- 11. Cardboard box
- 13. Electrical resistance units
- 14. Inborn skill
- 18. Wish
- 21. Pigs
- 22. Surgeon
- 24. Under no circumstances
- 25. Temporary visitor document
- 26. Bowl
- 27. Infuriates
- 28. Sandal or boot
- 29. Saturated

DOWN

- 1. Illegal
- 2. Accounts check
- 3. Kitchen smock
- 4. Marched
- 5. Summer & winter
- 6. Beguiling person
- 12. Possess
- 15. Eliminate
- 16. Entrap
- 17. Journeys
- 19. Self-image
- 20. Made from clay
- 22. Frock
- 23. Encrypted

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

- BEVERAGE
- BREAD
- CAFETERIA
- DEVONSHIRE
- EARL GREY
- FRUITCAKE
- LEMON CURD
- MUFFINS
- NAPKIN
- PASTRIES
- PASTRY
- PIKELETS
- PLATE
- SANDWICHES
- SPOON
- SUGAR
- TEABAG
- TEAROOMS

Fun With Trivia 468 - 470

468. What is the currency of Brazil?

469. Who is known as the Father of the telephone?

470. Which nail grows fastest?

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

Fun With Trivia 471 - 474

471. What temperature does water boil at?
.....
472. Who discovered penicillin?
.....
473. What Spanish artist said he would eat his wife when she died?
.....
474. Who wrote Julius Caesar, Macbeth and Hamlet?
.....

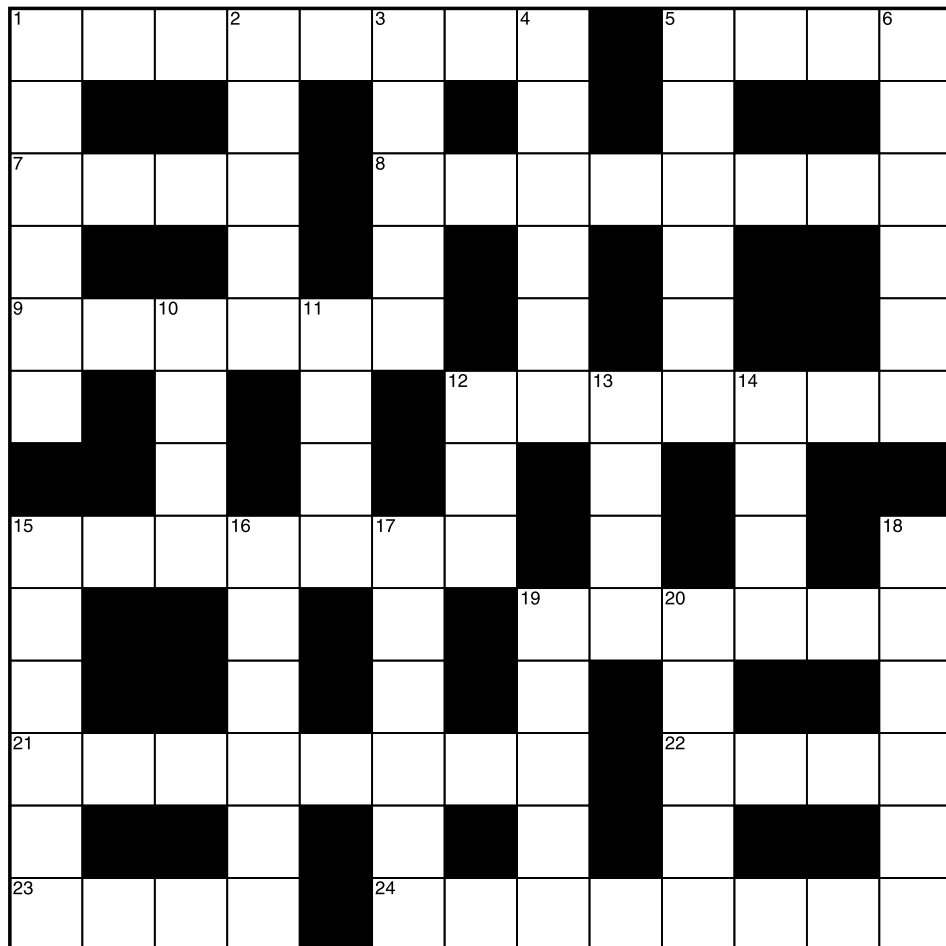
CLUES

1	2	3	4	5	6	D	N	8	9	10				
18	10	10	21	10	1			15	14	8	8	13	20	11
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13	21	10	1		17	21	11		7	20	20	6		13
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18	15	12		18	3	8	14	13		19	21	15		15
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20		15	18	7		5		15	18	12		21		22
6	20	20	6		19	20	8		17	20	13	1		23
	15		6		21		20		13		18			24
12	14	19	10	20	6		6	19	20	18	6	10		25
														26

ANSWER:

8	19	20	20	9	20									
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ABCDEFGHIJKLMNOPQRSTUVWXYZ

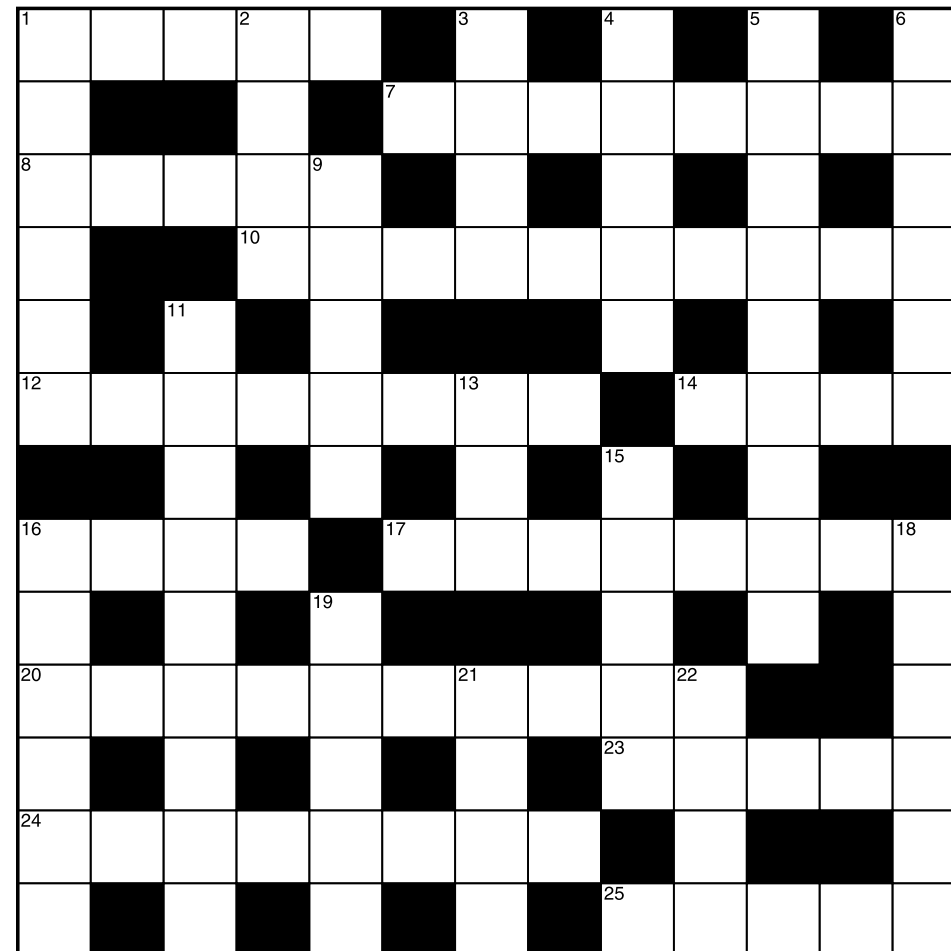


ACROSS

1. Proffered
2. Jest
7. A long time
8. Remarkable events
9. Refreshment booths
12. Pursued stealthily
15. Bewildered
19. Sponged
21. Swiftest
22. Open mouth wide
23. Poultry products
24. Calming drug

DOWN

1. Appreciation
2. Brushes (off)
3. Cavorts
4. Straight
5. Wild African canine
6. Eventuated
10. Was obliged to pay
11. Ship's spine
12. Lump of turf
13. Water
14. Door handle
15. Muslim temple
16. Dance nightclubs
17. Painters' tripods
18. Stick (to)
19. Loved excessively, ... on
20. Prejudiced person

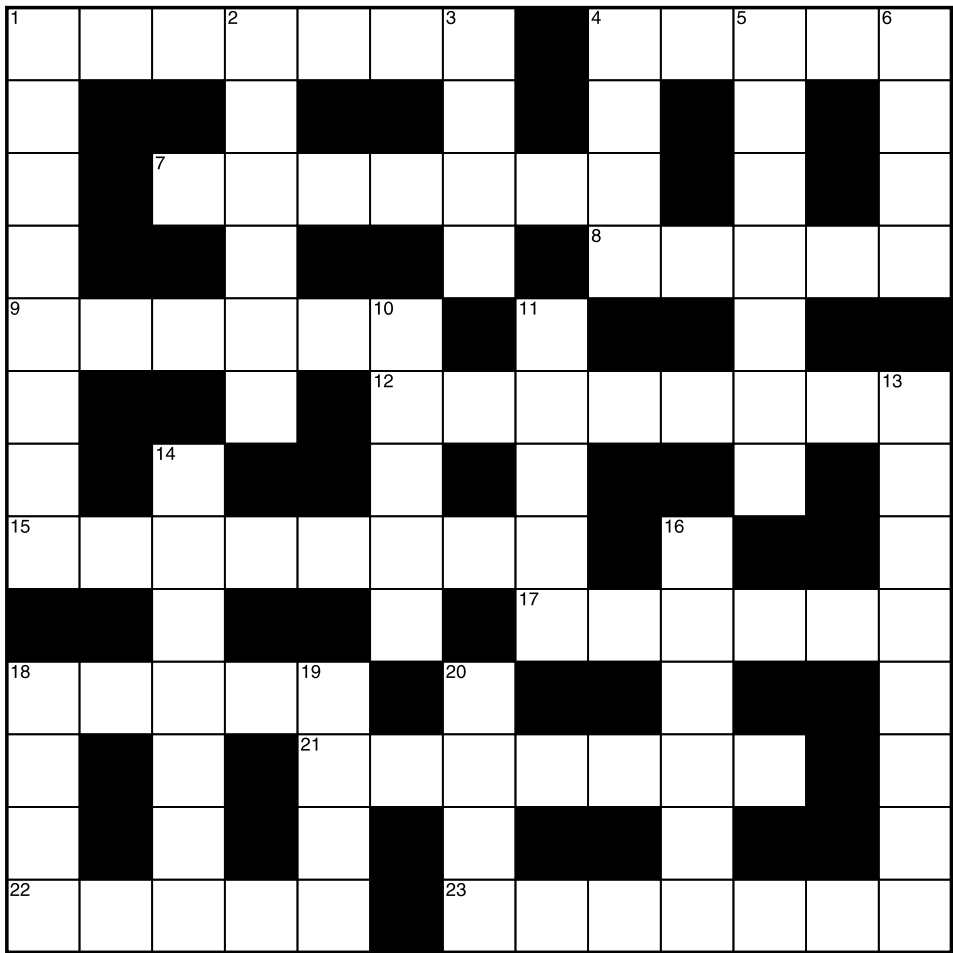


ACROSS

1. Performed
7. Clamber
8. Either yes or no
10. Strolling
12. Put at risk
14. Leer
16. Loading wharf
17. Decreed
20. Came (from)
23. Nude
24. Furthest limits
25. Malice

DOWN

1. Respect
2. Flows away
3. Computer symbol
4. Palm fruits
5. Condensing
6. Jamaican music
9. Deserves
11. Perfectionists
13. Misjudge
15. Sanctuary
16. Speech extracts
18. Absent-minded scribble
19. Bee homes
21. Discontinued (project)
22. Moist



ACROSS

- 1. Nearby
- 4. Tremble
- 7. Predicament
- 8. Ups & ...
- 9. Expressions of pain
- 12. Beseeched
- 15. Small grains
- 17. Nastier
- 18. Duck's call
- 21. Envision
- 22. Stage of development
- 23. Fruit tree grove

DOWN

- 1. Reclining casually
- 2. Zoo inmate
- 3. Tropical root vegetables
- 4. Rectangular courtyard
- 5. Uncomfortable (situation)
- 6. Scrapes by, ... out a living
- 10. Stupid
- 11. Twitch
- 13. Undressed
- 14. Mosquito-borne fever
- 16. Middle-age spread
- 18. Wisecrack
- 19. Flying toy
- 20. Ballroom dance, ... doble

WIN a \$100 Coles Voucher

JANUARY

Find all the answers and solutions to our puzzles at www.alexgowfunerals.com.au and each month you can go in the draw to win a Coles Voucher valued at \$100



It's so simple!

Once you have finished your January puzzles, simply log onto the website and click the **PUZZLE Answers & Solutions button**. Once you're on the puzzles page just click on **January Answers & Solutions icon**. Just by logging in you'll go into the draw to win a \$100 Coles shopping voucher and get access to all the puzzle answers for that month.

You'll also find 2 online bonus questions. Answer them correctly and you will receive an extra entry in the \$100 Coles voucher draw. It's all so easy. HINT: the answers to the bonus questions can be found on our website.

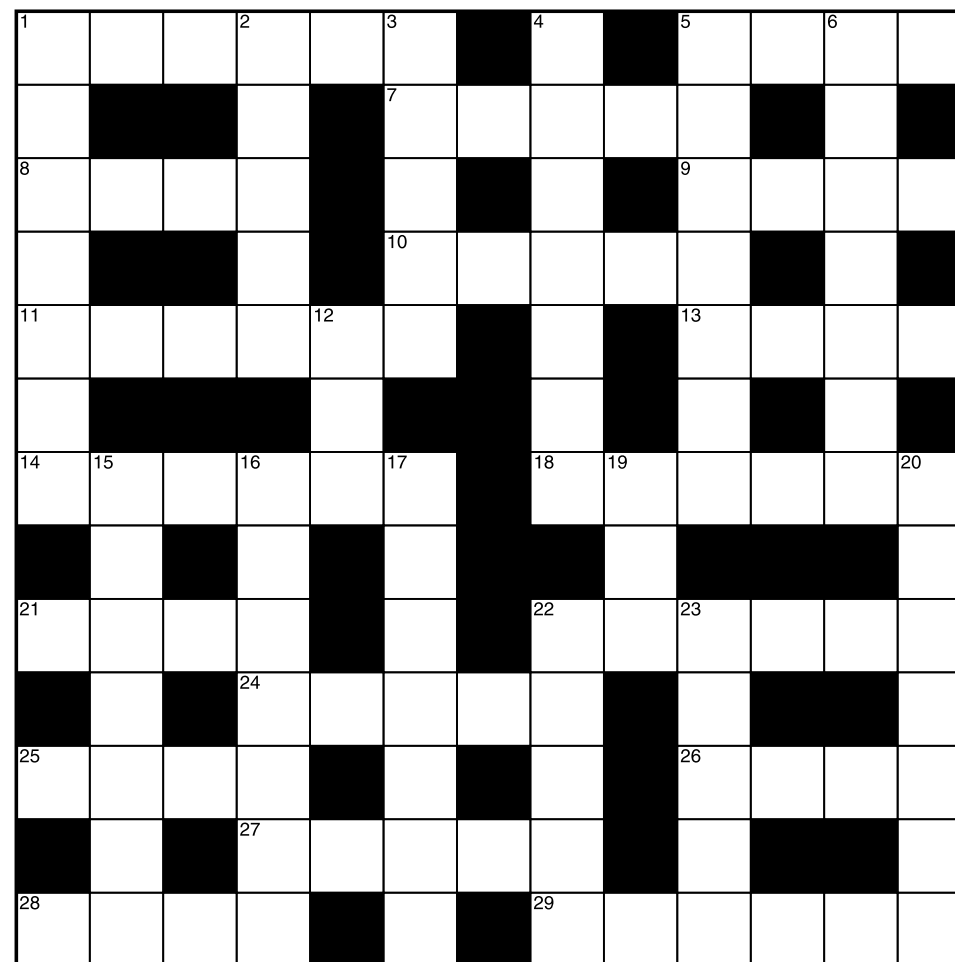
The same applies to February and March puzzle answers. Just click on the icon and all the answers will be there for you. Answers & Solutions will all be published on the 1st of each month and added to the website.

- January Answers & Solutions – published on 1st January 2020
- February Answers & Solutions – published on 1st February 2020
- March Answers & Solutions – published on 1st March 2020

Coles voucher winners will be drawn on the 7th day of month immediately following entry. Winners will be notified via email or phone based on nominated preference. Winners are drawn randomly by Alex Gow staff and all decisions are final. No correspondence will be entered into. Winners agree to have their photo and image published to verify their win.

Do you need an extra Puzzle Book for a friend or relative?
They can be downloaded or printed from the Puzzle Page on the website www.alexgowfunerals.com.au

Crossword No: 208



ACROSS

1. Made cat sound
5. Pounce
7. Sad poem
8. Arm or leg
9. Pleasant
10. Ancient remnant
11. Anomaly
13. Owl's cry
14. Brutal
18. Unassuming
21. Spur
22. Complied with
24. Become informed
25. Very short skirt
26. Tablet
27. Light push
28. Male red deer
29. Rudder handle

DOWN

1. Bed headrests
2. Jewish scholar
3. Denounce
4. Recover (goods)
5. Hanged unlawfully
6. Mooring weights
12. Price ticket
15. Rescue by helicopter
16. Confounding
17. Enlarges
19. Globe
20. Walking infant
22. Beginning
23. Throw out



ALEX  GOW | *Pre-arranged Funerals*

It Makes Good Sense Advantages of Preplanning your funeral

Ease the burden on your family

If your wishes are known when you die, they won't be faced with making difficult decisions at a trying time. But when planning with the Alex Gow Executor Funeral Plan there is also provision where you can leave permission for your family to change your wishes, should the need arise. This doesn't mean they have complete freedom to change everything, but it does show that you trust those you have left behind to carry out your wishes and at the same time fulfil their personal needs as they face your passing.

Assume financial responsibility

Planning ahead enables you to make financial arrangements to cover your funeral costs. Even if you are leaving behind sufficient money, will your survivors be able to access it? Life insurance and superannuation payouts are quite often not available when it comes time to pay for funeral expenses. And unfortunately, with Funeral insurance there is no guarantee it will be used to pay for your funeral.

Help your family to have the benefit of a meaningful funeral

A funeral is an important event for a grieving family. Psychologically, it enables the family to begin the healing process. Families benefit emotionally and socially by honouring the lives of their loved ones with a fitting ceremony and by giving them a proper send off.

Why an Alex Gow Pre-arranged Funeral Local

- Alex Gow Funerals is a Brisbane family owned business with almost 180 years of experience looking after local families.
- Alex Gow Funerals recommends you place your investment in a Sureplan Funeral Bond, Sureplan Friendly Society is a Queensland company owned by its members since 1935 and therefore all members benefit from lower premiums and higher returns as all dividends are paid to the members, none are paid to third party shareholders.

Options

- The unique flexibility of the Alex Gow Executor Funeral Plan gives you a wide choice of options so you can tailor your plan to suit your own individual requirements.
- You can invest up to \$13,250 in a funeral bond for each person and this is not subject to the Governments Income and Assets Tests. So, your pension entitlements are protected.

Flexible

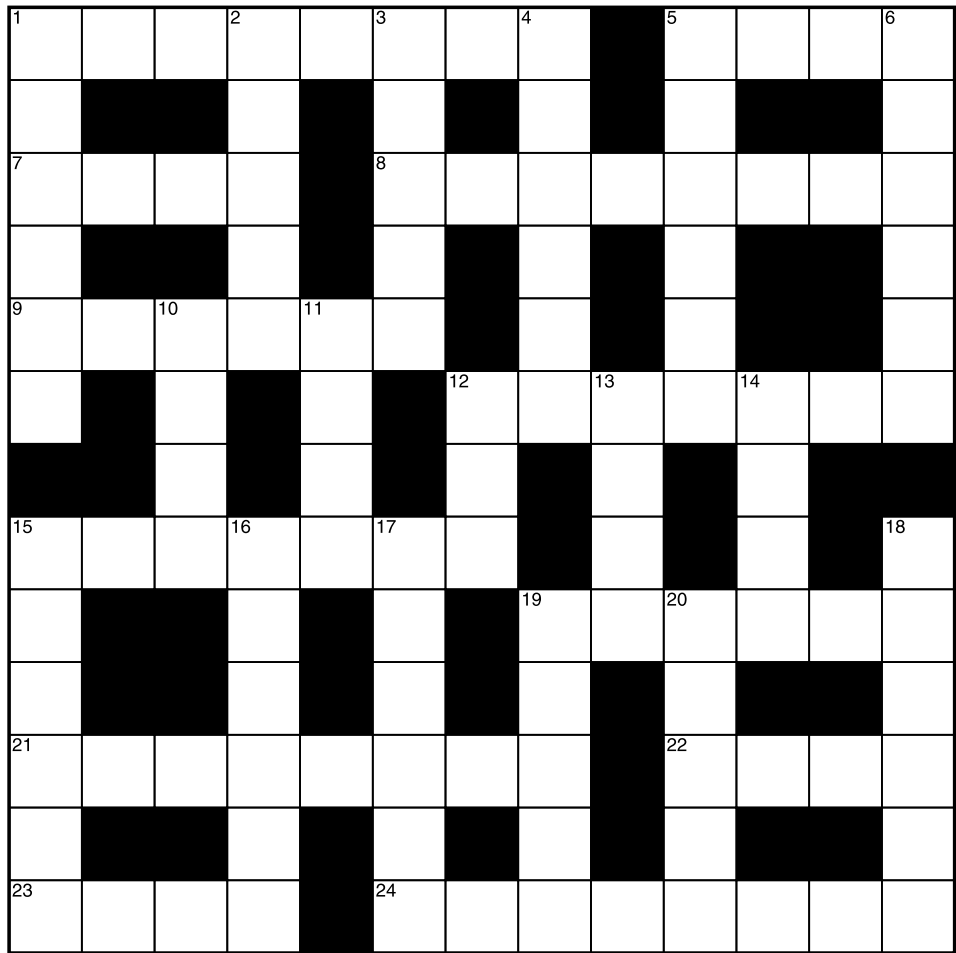
- No lock in contracts
- Once you have completed your Executor Funeral Plan you can change your details at any time.
- There are no financial penalties imposed should you move interstate or to an area where Alex Gow Funerals cannot carry out your Executor Plan funeral.

If you are looking to plan or pre-plan a funeral service, please call us on 3851 7800 to make an appointment to meet one of our staff in the comfort of your own home or, if you prefer, at one of our four conveniently located offices.

ALEX  GOW

Pre-arranged Funerals

NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY



ACROSS

- 1. To the point
- 5. Expired
- 7. Large tooth
- 8. Questioner
- 9. Ogled, ... at
- 12. Referee's device
- 15. Line of hereditary rulers
- 19. Burglaries
- 21. Financial
- 22. Stupor
- 23. Decoy
- 24. Makes stable

DOWN

- 1. Sweepstake
- 2. Enthusiastic
- 3. In front
- 4. Roofing grass
- 5. Floats on current
- 6. Ridicule
- 10. Uniform
- 11. Grain tips
- 12. Route
- 13. Skin irritation
- 14. Slight quarrel
- 15. Gloomy
- 16. For each one
- 17. Sums
- 18. Evaluate
- 19. Cooking herb
- 20. Terminated



- AIRPORT
- BOTTLE
- CAMERA
- CLOTHING
- COSMETICS
- CREDIT CARD
- CURRENCY
- FARAWAY PLACES
- LAPTOP
- LODGE
- MONEY
- NOTEPAD
- OVERNIGHT
- PASSPORT
- PHONE
- SOCKS
- TOOTHBRUSH
- VOUCHERS

Fun With Trivia 475 - 477

475. What did the crocodile swallow in Peter Pan?

476. Which river passes through Madrid?

477. Which German city is famous for the perfume it produces?

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

Fun With Trivia 478 - 481

478. Who did Prince Rainier of Monaco marry?

479. When did the First World War start?

480. What did Joseph Priestley discover in 1774?

481. Where is the smallest bone in the body?

CLUES

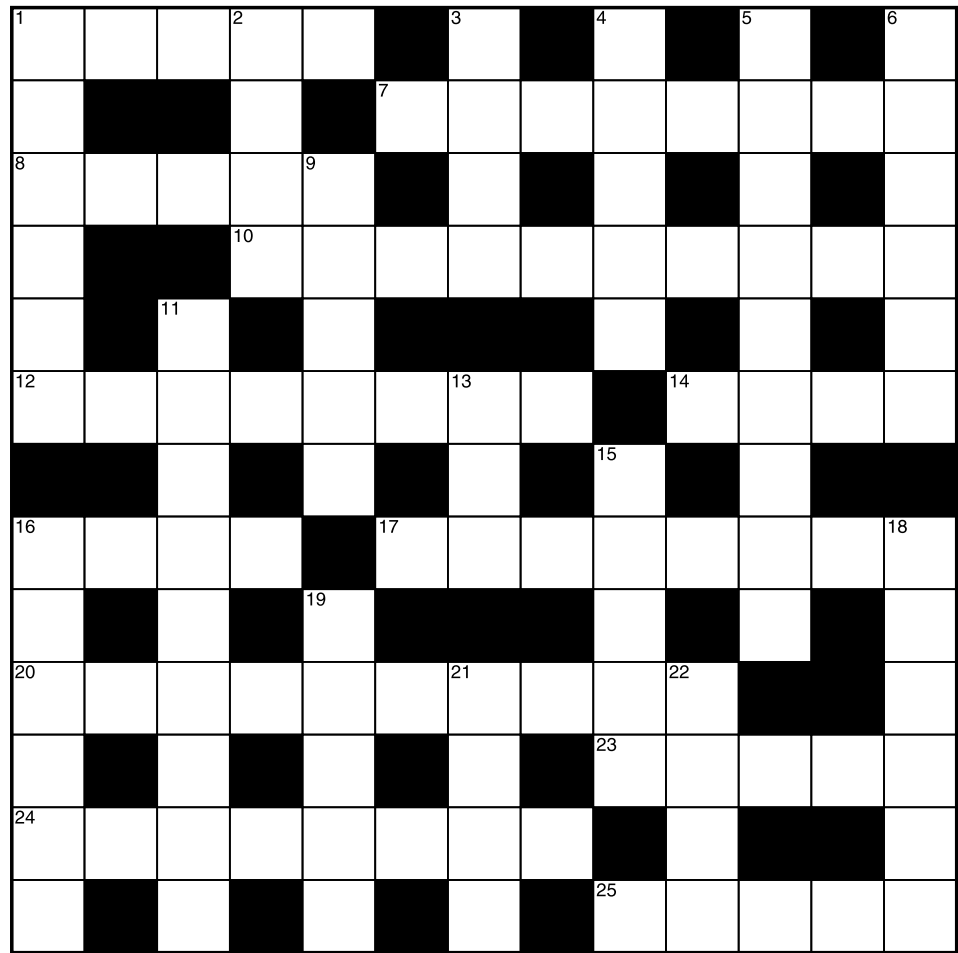
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9	16	9	7	22		21		21	7	9	19	5
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9	7	19		19		10		5		8	13	15
6			1	13	4		13	7	2			19
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	21		5	4	5		18	5	5		21	
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13			20	19	8		7	9	14			21
9	17	19		5		9		7		22	5	12
18		21		9	20	14	21	17		13		17
5	3	9	22	20		5		9	4	9	7	5
7		7		5		20		11		12		7
20	19	9	12	11	20		16	5	20	20	5	5

ANSWER:

18	7	15	6	9	16							
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ABCDEFGHIJKLMNOPQRSTUVWXYZ

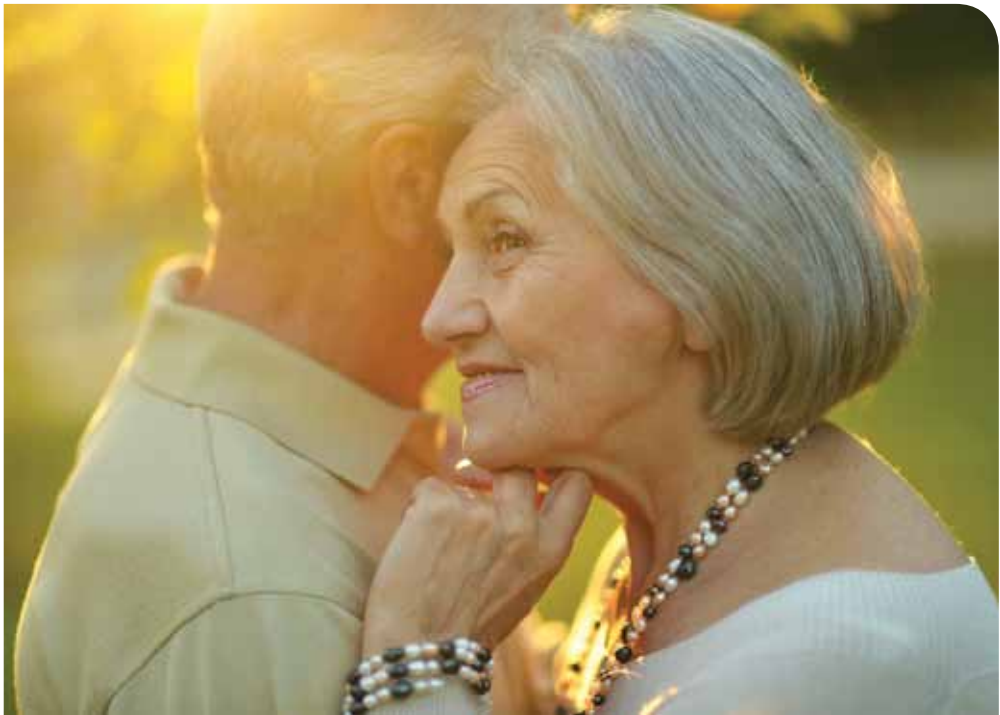


ACROSS

- 1. Inquiry
- 7. Emotional eruption
- 8. Lowest female voices
- 10. Moderation
- 12. Disgraces
- 14. Be sullen
- 16. Resign
- 17. Clearly expressed
- 20. Overstate
- 23. Brown pigment
- 24. Cosmetic pencil
- 25. UK & Eire, The British ...

DOWN

- 1. Fluid units
- 2. Unruly protest
- 3. Refuse heap
- 4. Terminate
- 5. Say correct way
- 6. Flash (of lightning)
- 9. Dingy
- 11. Drools
- 13. Negligent
- 15. Darts
- 16. Waits in line
- 18. Pinches (nose)
- 19. Once more
- 21. Fishing spool
- 22. Morays



Had your pension reduced?

Then talk to us!

Sureplan Gold funeral bond is a secure and reliable funeral investment plan and a contribution of up to \$13,000 may be exempt from the Income & Assets Test.

Trust the enhanced security of a friendly society, with its unique benefit fund structure.

To find out more contact
Alex Gow Funerals
Telephone (07) 3852 1501
www.alexgowfunerals.com.au



The Paradoxes of Mourning

Alan D. Wolfelt, Ph.D.

Part 2 of 3

The Dark Knight of the Soul

Paradox 2: Mourners must make friends with the darkness before they can enter the light.



A paradox is a seemingly self-contradictory statement or situation that is in fact often true. The paradox of mourning we will consider together in this article might, at first glance, seem self-contradictory, but as I will reveal, it is actually a forgotten Truth with a capital T. It's a Truth we must rediscover because it is essential to understanding how mourners begin to heal in the aftermath of significant loss.

The International Dark-Sky Association is a nonprofit “fighting to preserve the night.” Recognizing that human produced light creates “light pollution,” which diminishes our view of the stars, disrupts our circadian rhythms and ecosystems, and wastes significant amounts of energy, the association seeks to reserve the use of artificial lighting at night to only what is truly necessary.

As you read about Paradox 2, I would like you to remember this mantra of “fighting to preserve the night.” During our times of grief, we are also well served to fight to honor and preserve the sanctity and restorative powers of the dark night of the soul.

The Dark Night of the Soul

One way in which we used to honour the need to make friends with the darkness of grief was to observe a period of mourning whose length and customs varied by era, religion and culture, as well as by a mourner's specific relationship to the deceased. During this time, mourners essentially withdrew from society. When they did venture out, they wore clothing that outwardly represented their internal reality.

Such mourning “rules” or customs were a way of acknowledging loss and honoring the need for a period of darkness. They were superficial signs of a deeply profound, spiritual crisis. In fact, a significant loss plunges you into what C.S. Lewis, Eckhart Tolle and various Christian mystics have called “the dark night of the soul.”

After the death of someone loved, the dark night of the soul can be a long and very black night indeed. Families struggling after a significant loss of any kind are inhabiting that long, dark night. It is uncomfortable and scary. It hurts. Yet if they allow themselves to sit still in the blackness without trying to fight it, deny it or run away from it, they will find that it has something to teach them.

The So-called Dark Emotions

Have you noticed that we tend to equate the dark with all things evil and bad, while light represents goodness and purity? Darkness is night, ghosts, caves, bats, devils and vampires. Darkness is also ignorance and void. And when we feel “dark” emotions, we mean that we feel sadness, emptiness, loss, depression, despair, shame and/or fear. Yes, the dark emotions are painful and challenging to experience. But are they really bad? No, they are not.

Feelings are not intrinsically good or bad, they simply are. They arise in us in response to what we are seeing, hearing, touching, tasting and smelling in any given moment. They also emanate more abstractly from our thoughts. Feelings are essentially the bodily response to the existential experience of living and being.

And so it is normal and natural for mourners to turn to the dark emotions of grief. They must acknowledge them and allow themselves to feel them. In fact, I often say that we must befriend our dark emotions. Befriending pain is hard. It's true that it is easier to avoid, repress or deny the pain of grief than it is to embrace it, yet it is in befriending our pain that we learn from it and unlock our capacity to be transformed by it.

Funeral directors can and do help by bearing witness to and normalising expressions of this pain. When funeral directors create a safe, unhurried atmosphere for families to encounter the dark emotions in their presence, they are letting them know that their behavior, crying, keening, expressing anger or anguish, etc, is normal and necessary.

The Darkness of Liminal Space

Grief lives in liminal space. Limina is the Latin word for threshold, the space betwixt and between. Funeral directors help people who are in liminal space every day. They are unsettled. They are in limbo. Both their automatic daily routines and their core beliefs have been shaken, forcing them to reconsider who they are, why they're here and what life means.

Yes, it's uncomfortable being in liminal space, but that's where grief takes mourners. Without grief, they wouldn't go there. But it is only in liminal space that they can reconstruct their shattered worldviews and re-emerge as transformed people who are ready to live and love fully again.

The Light of Empathy in the Darkness

Funeral directors can help families cope during the dark night of the soul by employing empathy. But first, it's important to understand the difference between sympathy and empathy.

When people are sympathetic to you, they are noticing and feeling concern for your circumstances, usually at a distance. They are “feeling sorry” for you. They are feeling “pity” for you. They may be offering a simple solution, platitude or distraction. Sympathy is “feeling for” someone else.

Empathy, on the other hand is about making an emotional connection. It is a more active process, one in which the listener tries to understand and feel your experience from the inside out. The listener is not judging you or your thoughts and feelings. She is not offering simple solutions. Instead, she is making herself vulnerable to your thoughts, feelings and circumstances by looking for connections to similar thoughts, feelings and circumstances inside her. She is being present and allowing herself to be taught by you. Empathy is “feeling with” someone else.

In the time of darkness for the grieving families, a funeral directors genuine empathy can be the candle they need to find their way through the early days of their grief.

Entering the Light

Paradox 2 says that mourners must make friends with the darkness before they can enter the light. But what is the light? There really is no set destination on the journey through grief. The light of healing in grief is not exactly like the light at the end of a tunnel. Reconciliation is the goal, but it is not a fixed end point or perfect state of bliss. At least here on earth, bittersweet is as sweet as it gets.

The Chinese yin-yang symbol represents the duality of many experiences in life. The shape of the symbol is a perfect circle, in other words, a unified whole. But making up the circle are two comma shapes, one black (the yin) and one white (the yang). And within each comma shape is a dot of the opposite color.

The symbol is a visual reminder that everything comprises both darkness and light. Yet the darkness and the light are not opposing forces. Rather, they are complementary twins that only together form a whole. What's more, the drop of white in the black yin and the drop of black in the white yang remind us that nothing is purely dark or light, good or bad. Instead, life is made up of people, places, actions, things and experiences that are mixtures of both.

And so, as funeral directors help families create meaningful funeral experiences, they think of the light as the thoughts and feelings they want to project as possibilities for the mourners futures. While the time of the funeral is a natural and necessary time of darkness, be reassured that there is love and life in the months to come. A meaningful, elements-rich funeral also upholds hope, gratitude, joy, love and peace.

Dr. Alan Wolfelt is a respected author, educator, and consultant to hospices, hospitals, schools, universities, funeral homes and other community agencies. His life's work of companionship those who grieve has lead him to advocate for the value of meaningful funeral experiences.

For more information, visit: www.centerforloss.com or email drwolfelt@centerforloss.com

Can we help with your funeral planning?

In order to help you gain a better understanding of all the funeral options and considerations in the privacy of your home, you can now download our Helpful Guide to Funeral Planning from our website

www.alexgowfunerals.com.au

The guide provides you with quality information to help you choose a service that is meaningful and appropriate to you.

For more information or to arrange a free consultation, simply call our friendly staff on 3851 7800.



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Visit **carinity.org.au**

An outreach of Queensland Baptists



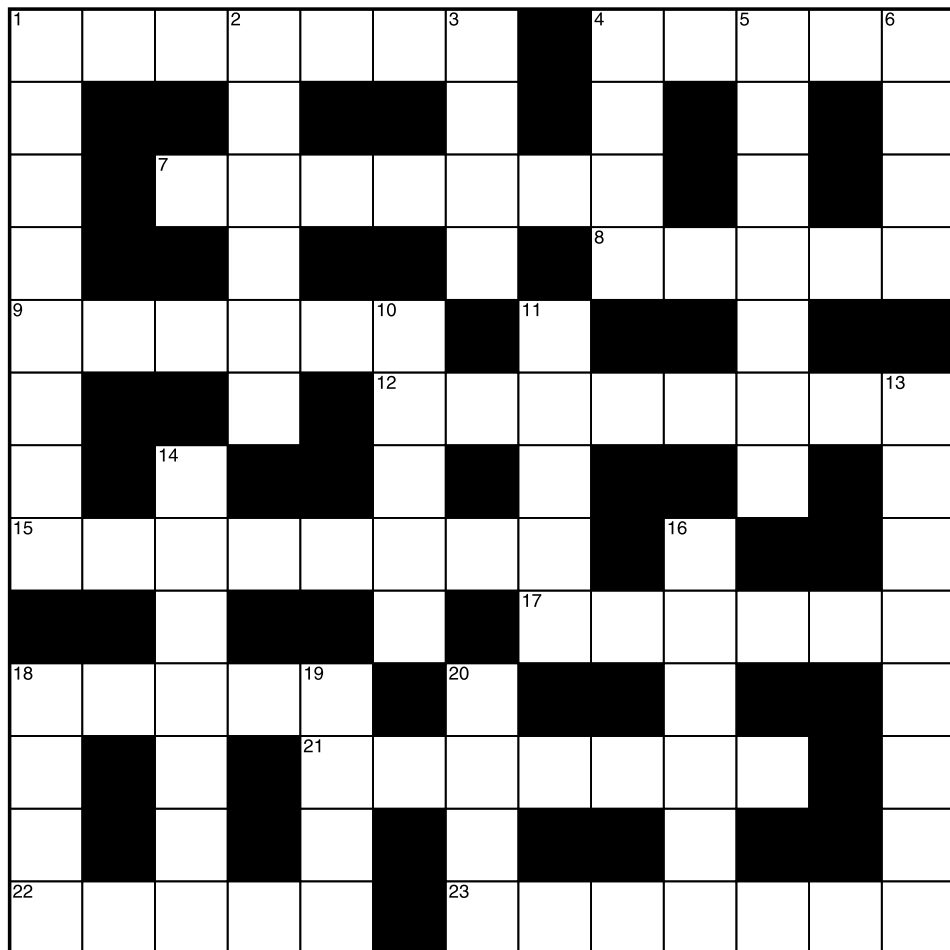
Adult colouring-in No: 36

ALEX GOW
FUNERALS



All the solutions and answers for each month's puzzles can be found on our website at

www.alexgowfunerals.com.au



ACROSS

1. Worn by friction
4. Plucked string sound
7. Old-fashioned
8. Playing-card Jack
9. Wallop
12. Runaways
15. Scriptwriter's words
17. Combined forces, ... up
18. Give lessons
21. Saying yes to
22. This 24 hours
23. Carve

DOWN

1. Confessed
2. Aviator
3. Twofold
4. Garment fold
5. Assumed identities
6. Heredity unit
10. Shrub fence
11. Eight-piece group
13. Set of symptoms
14. Quit (premises)
16. Mode
18. Clump of grass
19. Hallowed
20. Disabled

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

- CATERPILLAR
- CROQUET
- FLAMINGOS
- GARDEN
- HEDGEHOGS
- KNAVE
- MAD HATTER
- MOCK TURTLE
- PLAYING CARDS
- POEM
- POOL OF TEARS
- QUEEN
- RABBIT HOLE
- RIDDLES
- STORY
- TEA PARTY
- TRIAL

Fun With Trivia 482 - 484

482. Which is the only mammal that can't jump?

483. What does the roman numeral C represent?

484. What nationality was Chopin?

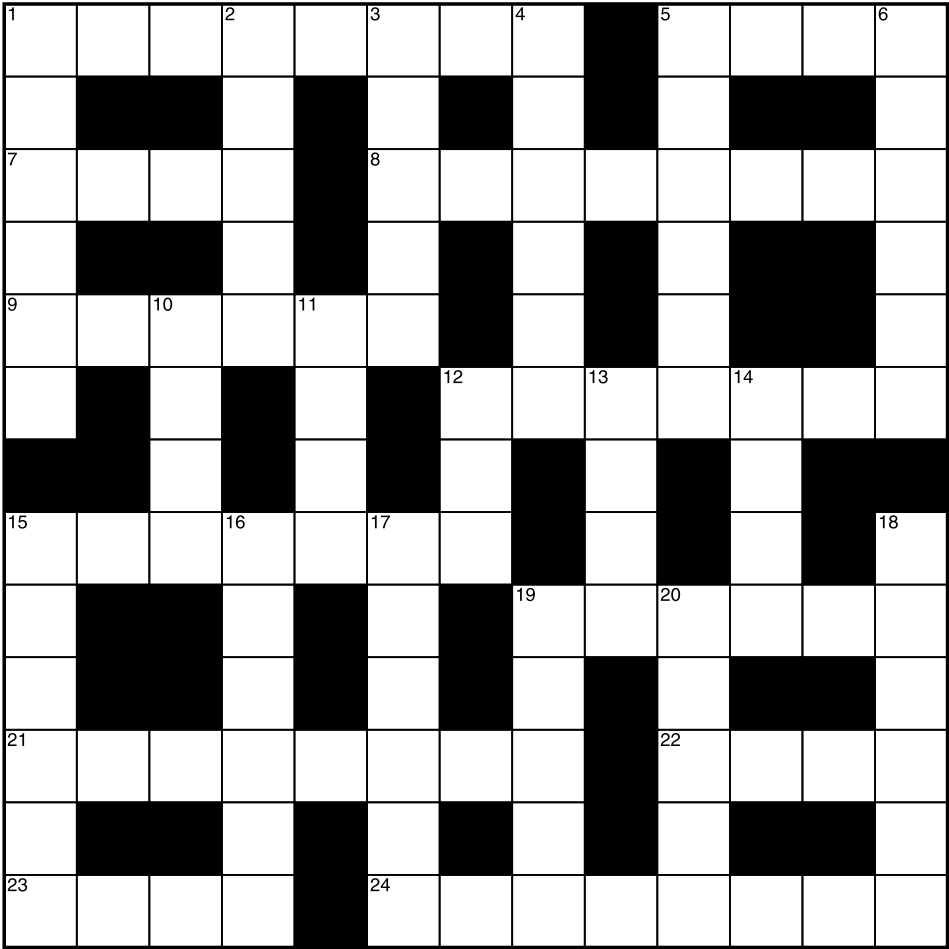
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Fun With Trivia 485 - 488

485. Who lived at 221B, Baker Street, London?
.....
486. Where did Salvador Dali live?
.....
487. Who painted the Mona Lisa?
.....
488. How many dots are there on two dice?
.....

1				2		3		4		5		6	
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8										9			
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21								22		23			
25										26			
28								29					

- ACROSS
1. Spanish fleet
5. Draw in (air)
7. Stale
8. Dingy
9. In the area of
10. Volley of bullets
11. Crowd brawls
13. Have (to)
14. Caught in the act
18. Entangle
21. Unnatural sleep
22. Library user
24. Actress, ... Kelly
25. Bully
26. Take nap
27. Happening
28. Electricity supply network
29. Moves furtively
- DOWN
1. Stomach
2. Leisurely walk
3. Accumulate
4. Set apart
5. Like-meaning word
6. Meteor impact holes
12. Before (poetic)
15. One good turn deserves ...
16. Crowded
17. Formal arguments
19. Maiden name indicator
20. Horse restrainer
22. Hires out
23. Contributed



ACROSS

- 1. Absconders
- 5. Always
- 7. Tiny branch
- 8. Not scared
- 9. Dehydration symptom
- 12. Plods
- 15. Vulgar
- 19. More orderly
- 21. Very distressing
- 22. Loan
- 23. Light sleeps
- 24. Laterally

DOWN

- 1. Gyrate
- 2. Hostility
- 3. Mature
- 4. Beard trimmer
- 5. Fetching task
- 6. FM receivers
- 10. Woes
- 11. Confident
- 12. Musical, ... Wizard Of Oz
- 13. Encourage
- 14. Squall
- 15. Life gas
- 16. Desert animals
- 17. Sheer hosiery
- 18. Wears away
- 19. Nuzzled
- 20. Let

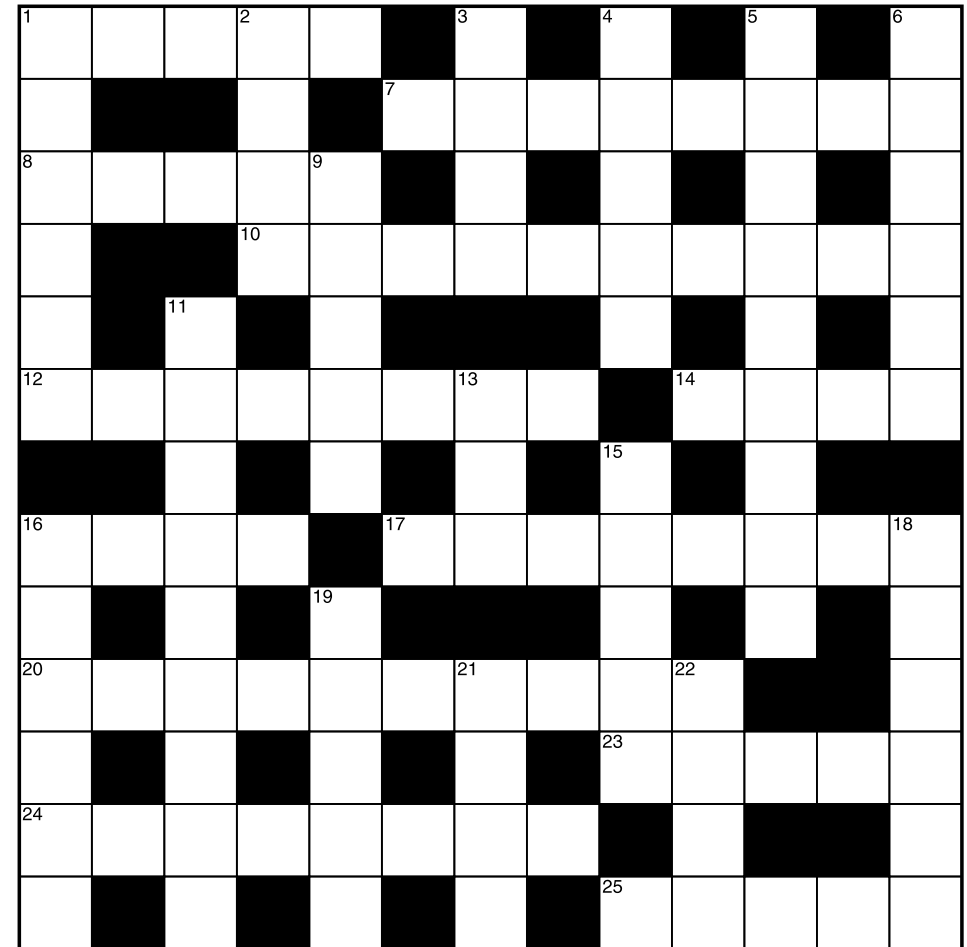
CLUES

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19		13		1	3	15	13	4	10
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17			6	18	15	6	3	20	11
5	6	7	15		17	3	11		5
11		1		14	3	11	18	22	6
8	11	18	22	10		8		10	11
			13	1	22		22	3	7
17	22	11	19	15		15		11	11
22		2		19	1	14	1	9	6
1	3	19	15		15	1	20		1
2			10	1	18	2	11	15	15
17	4	16	11	3		18		13	21
14		17		22	10	11	17	3	8
15	17	20	10	15		8		22	13

ANSWER:

20	1	2	1	12	7				
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ABCDEFGHIJKLMNOPQRSTUVWXYZ



ACROSS

- 1. Balanced
- 7. Game fowl
- 8. Rebuke
- 10. Blessed
- 12. Chewing
- 14. Office circular
- 16. Extended family
- 17. Protested
- 20. Pillaging
- 23. Crave, ... for
- 24. Tarried
- 25. Sham

DOWN

- 1. Balanced
- 7. Game fowl
- 8. Rebuke
- 10. Blessed
- 12. Chewing
- 14. Office circular
- 16. Extended family
- 17. Protested
- 20. Pillaging
- 23. Crave, ... for
- 24. Tarried
- 25. Sham

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

- ACUPUNCTURE
- AMINO ACIDS
- AROMATHERAPY
- CHIROPRACTIC
- ECHINACEA
- FLOAT TANK
- GARLIC
- GESTALT
- GINSENG
- HOLISTIC
- HYDROTHERAPY
- HYPNOSIS
- LIPIDS
- MINERALS
- NATUROPATH
- TOUCH

Fun With Trivia 489 - 491

489. What horoscope sign has a crab?
-
490. Where does the British Prime Minister live?
-
491. When did the Second World War end?
-

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

Fun With Trivia 492 - 495

492. What are the first three words of the bible?
-
493. How many children has Queen Elizabeth the Second got?
-
494. By what other name is Siddhartha Gautama known?
-
495. What's the name of the famous big clock in London?
-

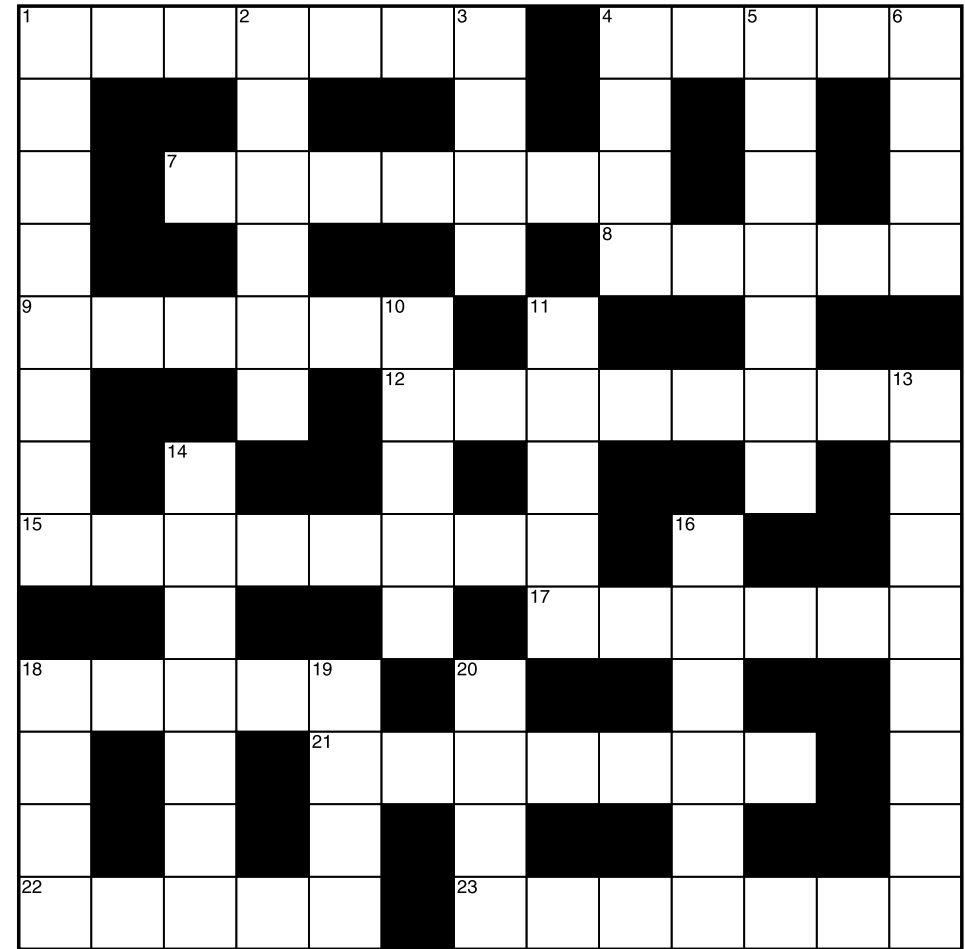
CLUES

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13	22	20	13	15	6	12	13	19	18	3	14	22	20	13	15	6	12	13	19	18	3	14	22	20	13

ANSWER:

4	13	15	16	3	11	17	10	2	3	15	14	16	5	13	4	10	10	13	9	10	3	15	14	16	5
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



ACROSS

1. Pursuing closely
4. Hollywood prize, Academy ...
7. Grove of fruit trees
8. You will, we ...
9. Glows
12. Strolls aimlessly
15. Collar
17. Cried in pain
18. Burglary warning
21. Word jumble
22. Edition
23. Young hare

DOWN

1. Snow sled
2. Lasso
3. Desired result
4. Support devices
5. Displayed
6. Unexciting
10. Spread
11. Rice field
13. Leafiest
14. Scratches (surface)
16. Gratify
18. Opposed to
19. Confusing network
20. Trip over

A meal delivered to the door

Sometimes the pressures of life bought about by ill-health, a disability or depression impact on our motivation, desire or ability to cook. Often, it's the last thing we can or want to do.

Our sense of independence can be challenged by admitting we might need a little help. Meals providers are often told, "I wish I'd got meals sooner".

A common problem facing people adapting to changed circumstances is poor nutrition and or weight loss. These often lead to more complications. A few decent meals a

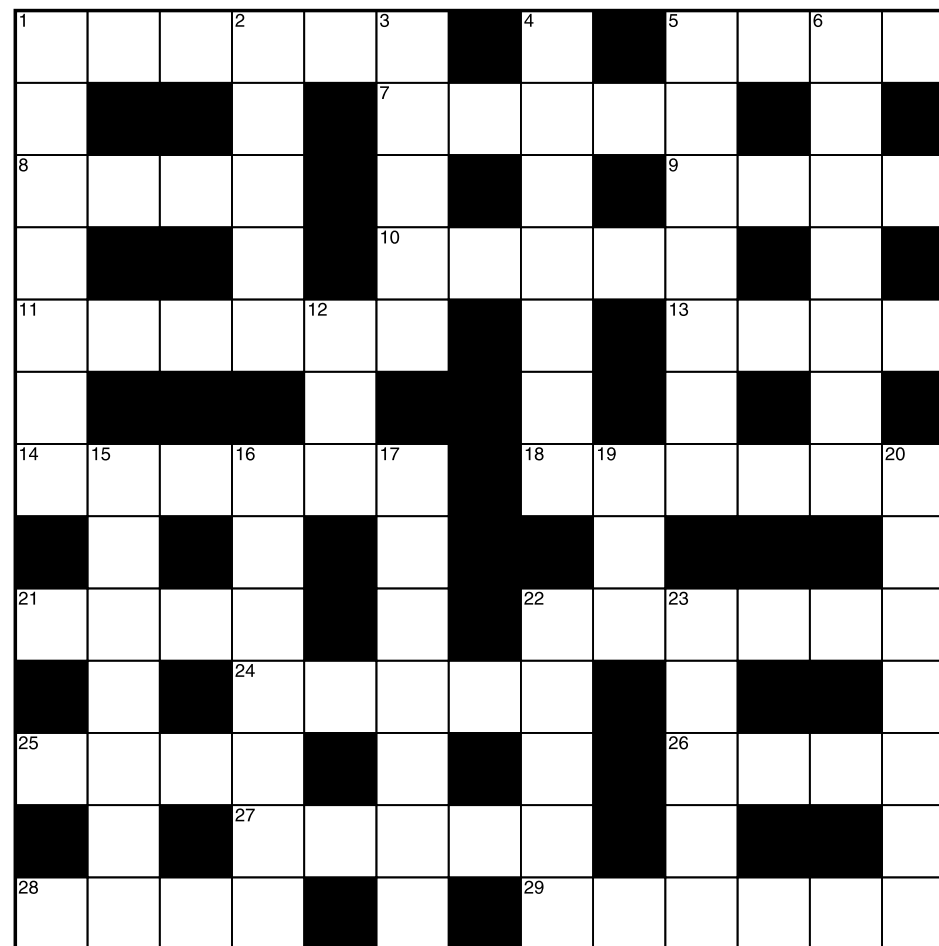


week make a huge difference. The easiest way to find out about services is to ring your local Meals on Wheels service. Numbers listed below, they will be more than happy to explain how their particular service operates, and to get you started.

ACACIA RIDGE	3275 1860	INALA	3372 5276
BEENLEIGH	3287 1477	LOGAN CENTRAL	3808 2312
BRIEBIE ISLAND	3408 1721	LOGAN WEST	3800 5263
BULIMBA	3399 8900	MITCHELTON	3354 3919
BURPENGARY	3888 3754	MT GRAVATT	3343 6026
CABOOLTURE	5495 2996	NUNDAH	3266 4500
CAPALABA	3390 3450	PINE RIVERS &	
CARINA	3398 7438	DISTRICT	3285 2532
CENTENARY	3279 1974	REDCLIFFE	3284 3861
CLEVELAND	3286 2626	SANDGATE	3269 2073
CROSBY PARK	3256 0788	STAFFORD	3356 2382
DECEPTION BAY	3203 2800	WYNNUM &	
GEEBUNG	3263 6634	MANLY DISTRICTS	3396 9479
HOLLAND PARK	3397 9150	YERONGA	3848 9607

Additional information on Meals On Wheels Queensland can be found at www.qmow.org

Crossword No: 216

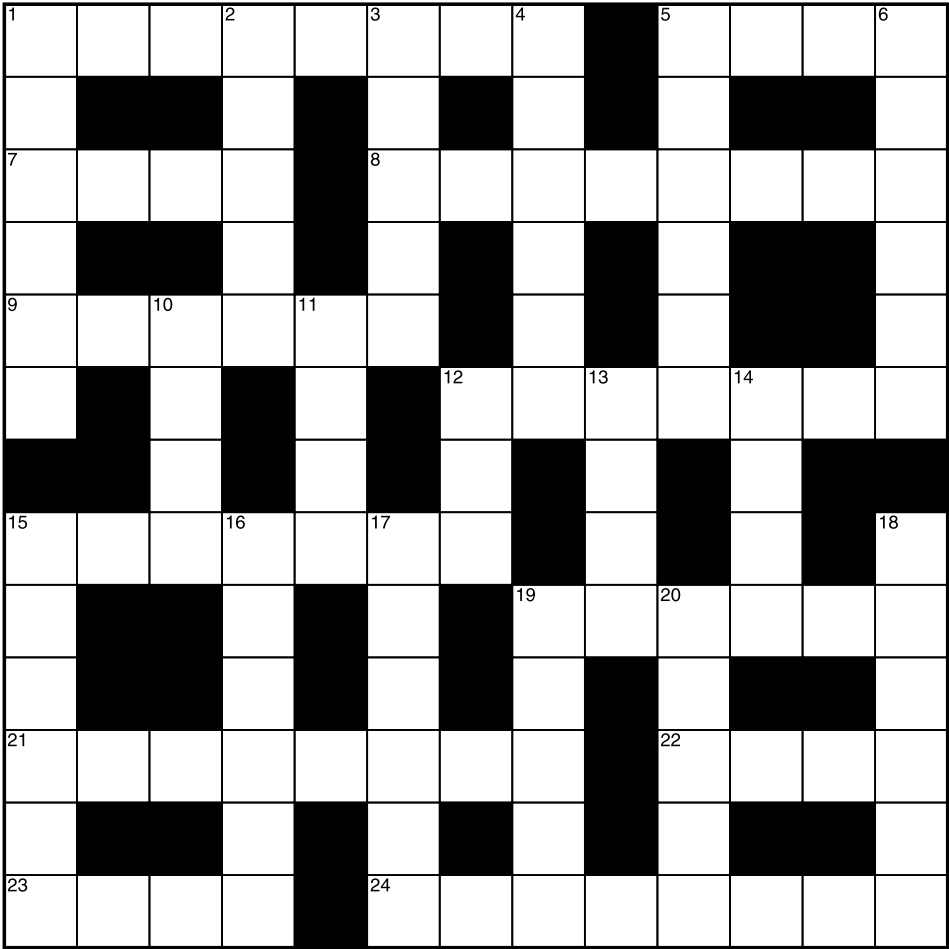


ACROSS

1. Detect
5. Prods sharply
7. Exaggeratedly masculine
8. Defined region
9. Seepage
10. Shine
11. Bee's liquid harvest
13. Single object
14. Carnivores, meat ...
18. Most painful
21. Cougar
22. Stood on hind legs
24. Terminate
25. Days of yore, the ...
26. Graceful bird
27. Clear
28. Refuse to admit
29. Wool clippers

DOWN

1. Throat capsule
2. Skilful
3. Piece of glowing coal
4. Frozen water spikes
5. Merrier
6. Sportsmen's jackets
12. Ventilate
15. Flatter to excess
16. Precisely
17. Graze
19. Primary number
20. News
22. Splits apart
23. Supermarket lane

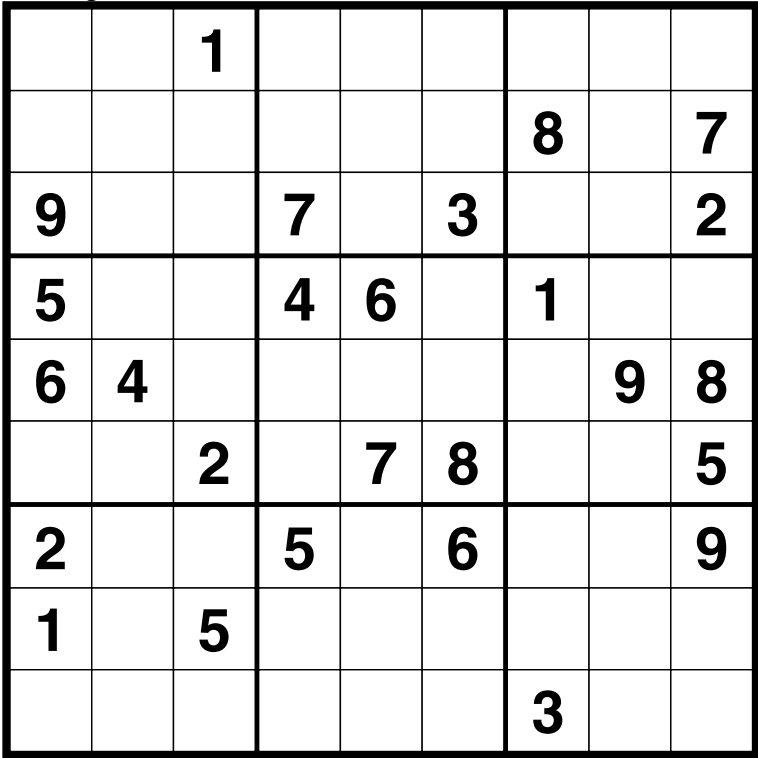


ACROSS

1. Comes undone
5. Doing word
7. Feral
8. Envy
9. Public disturbance
12. Movie inspectors
15. Inflated ball
19. Tenderly
21. Rigidity
22. Plaintive howl

DOWN

1. Remove cover from
2. Snake, puff ...
3. Like
4. Scant
5. Pansies
6. Purchasers
10. Duck or chicken
11. Too
12. Cheat
13. Memorandum



Fun With Trivia 496 - 498

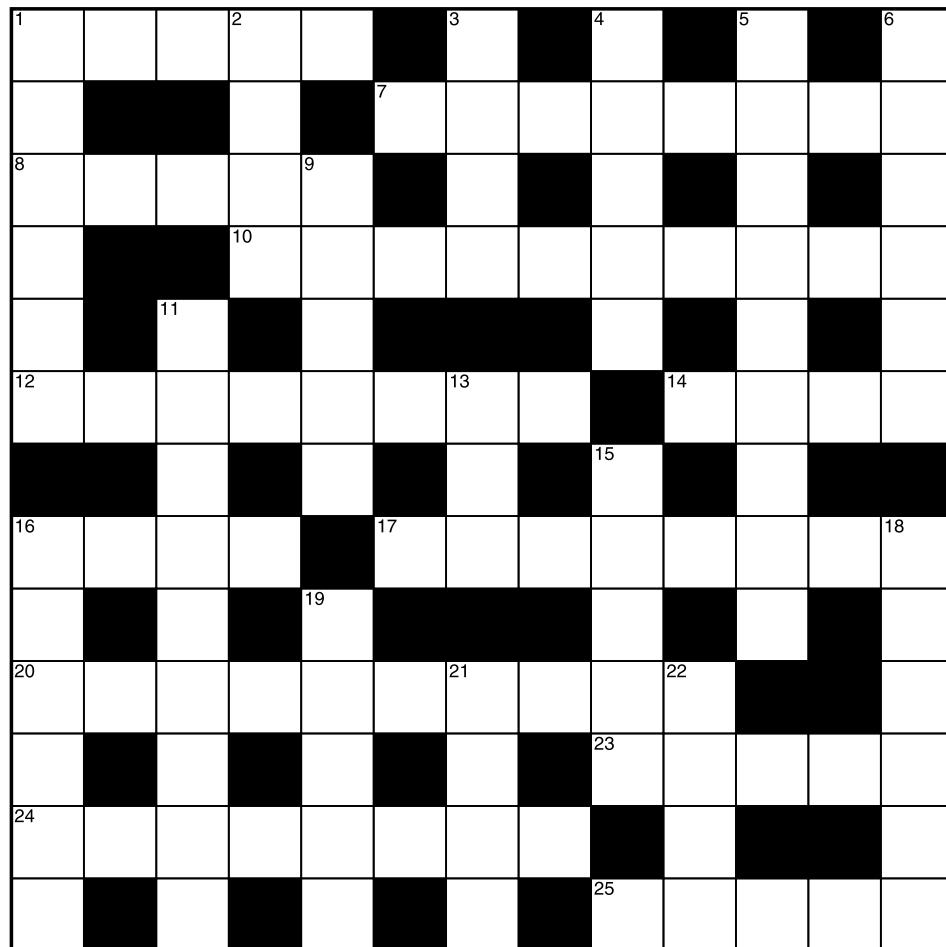
496. Where was Christopher Columbus born?

497. When did the American Civil War end?

498. What did the 7 dwarves do for a job?

Crossword No: 218

MARCH



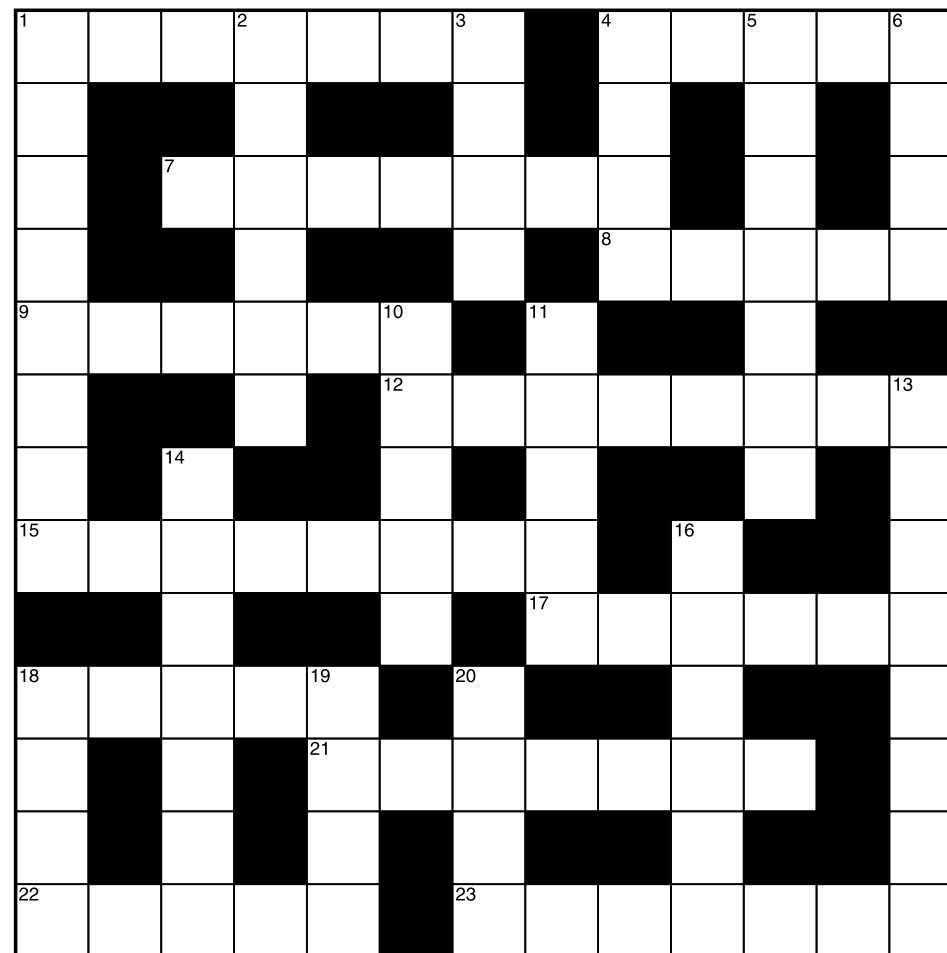
ACROSS

1. Opposite of rural
7. Daughter's child
8. Common
10. Juveniles
12. Complete disorder
14. Rushed
16. Glass pots
17. Looking very undernourished
20. Significant
23. Brought under control
24. Most fortunate
25. Sense of the absurd

DOWN

1. Dethrones
2. Not here
3. Wide smile
4. Grind (teeth) together
5. Bone specialist
6. Unexpended
9. Hotel foyer
11. Male family head
13. Large deer
15. Disobey (rules)
16. Mixture
18. Indecently
19. Inflexible
21. Deep wound
22. Den

Crossword No: 219



ACROSS

1. Nutrient (pill)
4. End of war
7. Nervously restless
8. Wrap for head & shoulders
9. Remained
12. Leaves (sinking ship)
15. Regional speeches
17. Greatly pleased
18. Complete
21. Of the beach
22. Family adage
23. Deserved

DOWN

1. Disappeared
2. Every time
3. Actor, ... Nolte
4. Settles account
5. Pilot
6. Fragrant type of tea, ... Grey
10. Move to music
11. Make happen
13. Followed secretly
14. Lowest British titled rank
16. Italian sausage
18. To ... it may concern
19. Resound
20. Pacify

Puzzles Can Help Your Brain

Scientific studies have proven that working with puzzles and other logic games helps improve reasoning, memory and logic. They promote a form of synergy between the left and right brain, termed by psychologists as a “full brain approach”. This can result in better memory, deeper learning and better recall. Puzzles appeal to our creative and logical minds, offering a full brain work out, especially for retirees who don't have a daily work commitment.

Alex Gow recognises this and hope that by offering this Puzzle Book with up to three-month's worth of fun brain exercises, we can actually help you improve your brain vibrancy as you get older. One of the biggest fears for us all as we get older is losing our mental sharpness, possibly developing dementia, Alzheimer's or other mental illnesses – but by giving our brain a moderate workout on a frequent basis we can help hold off the onset of some of these issues.

Puzzles and games also instigate social interaction and communication. Doing puzzles together is a pleasurable experience for all participants helping to maintain social and communicative skills. Science has also shown that when a puzzle is finally completed there is a feeling of satisfaction and dopamine is released in the brain, as a kind of reward system for our efforts.

Please enjoy your FREE Alex Gow Puzzle Book. Remember all the answers and solutions can be found on our web site www.alexgowfunerals.com.au They are published at the beginning of each month along with a couple of bonus Questions that will give you an extra entry in the monthly draw for the \$100 Coles voucher.

Note: All data collected on the Alex Gow Puzzle Book answers web page remains private and will not be shared with any other party.

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SAVE \$10 - 4 FREE REFILLS
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Dinky Dia-Wipes are spun woven silk cleaning wipes to clean your finger before every glucose test, suitable for all Type 1 & Type 2 diabetics.

SPECIAL OFFER

Did you know you can get a pair of orthotics from your health fund every year? **NO GAP*** to pay and no out-of-pocket expenses!

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Don't have private health? We have you covered. Get 50% off orthotics!

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*Subject to full private health annual podiatry entitlement available and processed through HICAPS. If you don't have private health insurance or for item numbers not covered, 50% off full fee schedule applies. Visit myfootdr.com.au/terms for details.

Norths Leagues Club & Char Restaurant 2 for 1 offer

Buy one meal and get one free!

Exclusive to Alex Gow puzzle book readers.

Terms & Conditions Apply: Available Sunday to Thursday for Lunch or Dinner on the A-La-Carte main menu only, in Char Restaurant. Free meal can be of equivalent or lesser value. One voucher per person, per day. One voucher per table. Expires 31st March 2020. Acc 64. Ad 1 - Norths Leagues Club

ABC Honey 1/2 Price offer

Take advantage of this great offer and help support Aussie Beekeepers.

Harvested by the bees from many flowers with a "mixed blossoms" flavour everyone loves. It brings the freshness of a spring garden to you in a bottle. Exclusive to Alex Gow puzzle book readers only at www.abchoney.com.au/discount/ALEXGOWPUZZLEBOOK

Special price is for single pack purchase. Does not include delivery but flat rate available. Order other products and only pay a single courier fee. 31st March 2020.

Dinky Dia-Wipes will give you a more accurate glucose reading every test. Our Dinky Dia-Wipes are very handy for all ages to remove food, dirt, soaps, creams, from the fingers that can affect glucose readings. There is NO alcohol in Dinky Dia-Wipes as alcohol will increase your glucose reading higher than it actually is. Our wipes are now sold worldwide in convenient packs to suit home, work, purse or car.

Special Offer - \$19.00 with FREE DELIVERY*

2 x Round finger wipes in refillable plastic containers (32 wipes per pack)

8 x Round refill finger wipe packs (32 wipes per pack)

Use the code AlexGowPuzzleBook on your check out and get 4 bonus packs for FREE

Shop for yourself or you family and get this great offer at www.dinky-dia-wipes.com.au

* FREE SHIPPING WITHIN AUSTRALIA



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