



## ALBAN MANOR

NURSING HOME • ST ALBANS

Beautiful purpose built home in the heart of St Albans, furnished to luxurious standards.

We promote independent living with 24/7 residential, nursing and dementia care.

For more information please come and visit or contact us

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Remembrance Sunday has a special significance at Alban Manor as we are very lucky to have residents to share with us first hand their wartime memories. It is a very poignant time of the year when in the UK we all pause, to remember and thank the contribution of British and Commonwealth military and civilian servicemen and servicewomen in the two world wars and the later conflicts.

Remembrance Sunday is the second Sunday in November, whilst 11 November is Remembrance Day also known as Armistice Day, which marks the end of hostilities in the First World War in 1918. The first 2 minute silence was held in 1919 at 11am on 11 November. Since 1921 the Royal British Legion has been selling poppies every year to raise funds for ex-service men and women. In 1946 it was agreed by the King and the Prime Minister that the Second Sunday in November should be named Remembrance Sunday to commemorate both World Wars. A red poppy is worn from just before Remembrance Sunday (8 November 2020) to Remembrance Day (11 November 2020).

Most of us are familiar with the ceremony we see on TV which is when members of the Royal Family lay wreaths of remembrance poppies at the Cenotaph on Whitehall in London. There is 2 minutes silence at 11am and the ceremony concludes with The Nation's Thank You procession at 1.30pm.

There are prayers, music and a march-past of military and other service men and women. Throughout the country church bells are often rung, half ruffled, to mark the sombre occasion. We at Alban Manor like most of the country like to watch the ceremony and spend time in quiet thought.

Throughout this week our residents have been sharing with staff their wartime stories and the impact the war had on them and their loved ones. There are stories of loss as well as great joy during that period. It is heart warming to hear that even in the most challenging of times there were moments of happiness too. We are forever grateful to our senior citizens for all that they have done to make our country and lives so much better and richer in every way.

*"Gratitude is not only the greatest of virtues but the parent of all others"*  
Marcus Tullius Cicero



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