



# Myths, Legends, Books & Coffee Pots

The official blog of Historical Fantasy Author, Mary Anne Yarde. Come and join me on the hunt for everything mythological, as well as historical. Oh, and let's not forget the odd book or two! Grab a cup of coffee and enjoy...

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Thursday, 14 December 2017

## Christmas in the time of Alfred the Great ~ #history #Christmas @BritonandDane



Christmas in the time of Alfred the Great.

By Mary Ann Bernal.



### Celebrating Christmas in the Ninth Century

#### The Du Lac Chronicles



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The Du Lac Chronicles: Book 1



The court of Alfred the Great was Christian, deferring to the Pope in Rome for religious guidance. King Alfred rigorously enforced the Church's mandates from fasting during Lent to Almsgiving throughout the year, and not just at Christmastime.



#### The Du Lac Devil: Book 2



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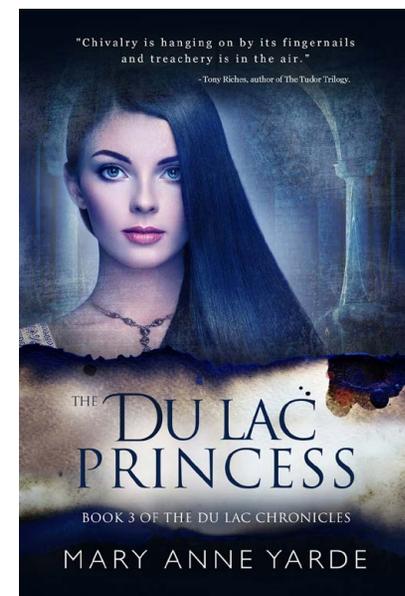


Alfred the Great ~ Wikipedia

There was merrymaking and feasting, but it was also a solemn occasion; prayer and attending Mass was foremost, since the holiday celebrates the birth of Christ.

During the twelve days of Christmas (the days prior to Christmas Day), the Christian community prayed at daily Mass, attended vigils, and participated in almsgiving, donating not only to the poor, but to the religious communities as well.

One must not forget the food. Meats included beef, pork, turkey and boar, which was a nice respite after having fasted on fish. Favorite vegetables were carrots, onions, parsnips and cabbage. Bread warmed on the hearth and everything was washed down with wine, mead and ale. Yes, there was always room for dessert



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with a variety of tasty pies or fruit, such as apples, plums and cherries. And like today, a great chef was worth his or her weight in gold.



Minstrels would play festive tunes and guests would dance; gift giving was also practiced.

Over the centuries, customs have come and gone, but the main reason for the celebration remains, celebrating the birth of Christ.

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## About Mary Anne Bernal



Mary Ann Bernal is a family oriented, community activist participating in programs supporting the United States military. A guest on The Morning Blend television show hosted by KMTV, the CBS affiliate in Omaha, Mary Ann was also interviewed by the Omaha World-Herald for her achievements.

All of Mary Ann's novels and short story collections are dedicated to fallen military heroes who gave their lives defending our freedom. A prolific writer originally hailing from New York, Mary Ann now resides in Omaha and has traveled for pleasure and research to the United Kingdom, Ireland, Italy and Greece.



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Mary Anne Yarde's writing blog

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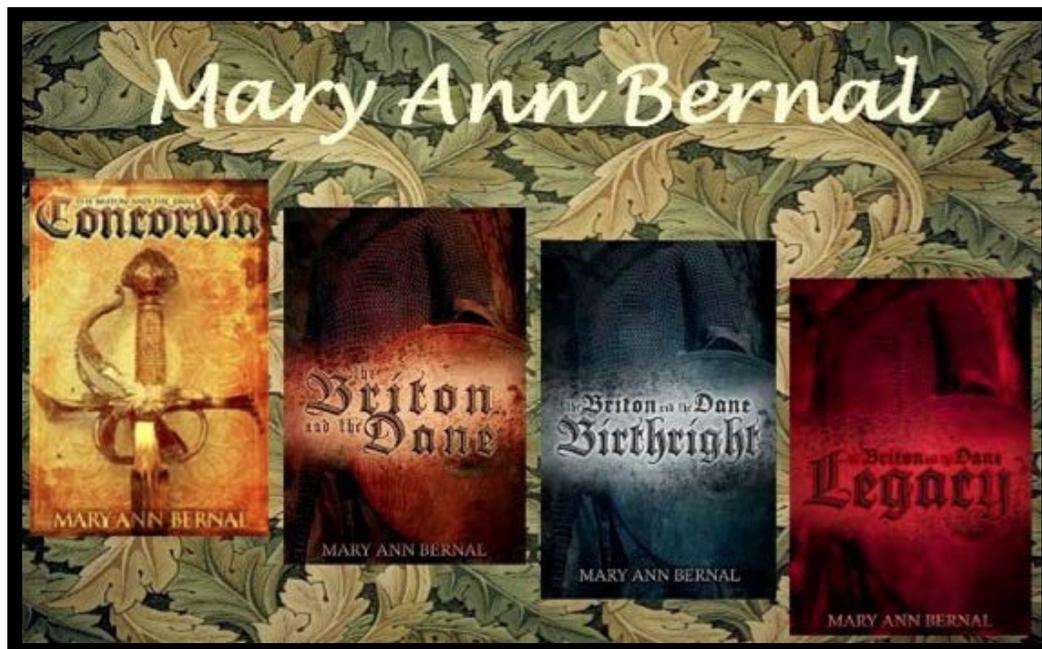
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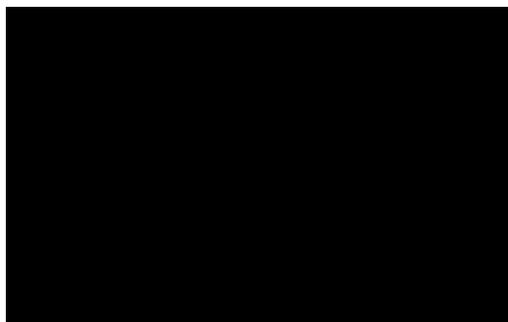
[www.maryannbernal.com](http://www.maryannbernal.com)

## The Briton and the Dane

The Briton and the Dane series transports the reader to ninth century Anglo-Saxon England, a tumultuous period in history, when the feared Vikings ravaged all of Christendom.



[Amazon US](#) [Amazon UK](#) [Smashwords](#) [Barnes & Noble](#)

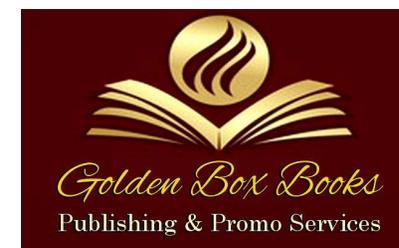


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Posted by [Mary Anne Yarde](#) at [07:00](#)



Labels: [#Christmas](#) [#Christianity](#) [#history](#) [#Medieval](#)

### 3 comments:



[Jackie Williams](#) [14 December 2017 at 08:00](#)

I can smell that bread warming on the hearth! Delicious!

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**Mary Anne Yarde**  [14 December 2017 at 08:12](#)

What a fabulous post, Mary Ann!

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**Mary Ann Bernal** [14 December 2017 at 13:49](#)

Thanks for having me, Mary Anne. Love Christmas. God Bless.

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See you on your next coffee break!  
Take Care,  
Mary Anne xxx

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