

I weave a silence on my lips,
I weave a silence into my mind,
I weave a silence within my heart,
I close my ears to distractions,
I close my eyes to attentions,
I close my heart to temptations.

Calm me, O Lord,
As you stilled the storm,
Still me, O Lord,
Keep me from harm.
Let all tumult within me cease,
Enfold me, Lord, in your peace
Amen

Celtic Prayer



Bring Me Sunshine 12

Dear Friends,

This past week the news has featured the death of Vera Lynn aged 103. By 1945 this young working-class woman was a symbol of British war time spirit. She was born Vera Welch; her father worked as a plumber in the docks, and her mother was a dressmaker. She made her public debut at a local working men's club at the age of 7, adopting her grandmother's maiden name of Lynn. At 15 she was signed up to sing in dance bands, and her career took off. By 1938 she was able to move her family into a house in Barking and buy an Aston Martin and a fur coat. She became known as the Forces Sweetheart and travelled to the middle East, India and Burma singing for the Troops. My parents had many of her albums, and I listened to them often. The songs we may remember her most for are The White Cliffs of Dover and We'll Meet Again, which has become particularly poignant at this time of COVID-19 when we are not sure when we will indeed be able to meet again properly – to gather as we did to listen to concerts, see a film, go to the theatre, attend church services and share demonstrative greetings. But, as Vera sang: "But we know well meet again some sunny day". Let's hope that day is not too far away now.

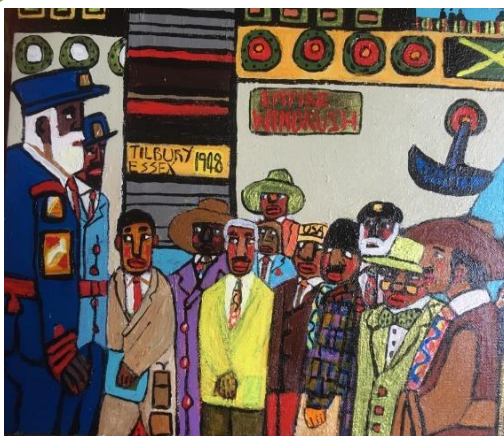
It appears restrictions are lifting; some people of course are still shielding and this is particularly hard for them as they shouldn't be going anywhere yet.

Monday the 22 June was a significant day for many of us – the day now called Windrush Day in Commemoration of the HMS Empire

Windrush bringing the first migrants to Britain from the West Indies. I have had the privilege of Coordinating a group of West Indian elders called Stockwell Good Neighbours in Brixton for the last 20 years, and have, over the years, learnt much about their history and culture and shared wonderful celebrations with them. Many I am honoured to call friends. So Windrush day saw me donning my Windrush T shirt and singing in the street: "You Can get it if you really want" written by Jimmy Cliff and sung by Desmond Dekker (buried in Streatham, a South London Lad). It was chosen to reference the 1,027 passengers aboard the Windrush which docked in Tilbury on the 22 June 1948.

The celebration is an antidote to discrimination, made all the more significant this year when the black lives matter campaign has placed a spotlight on the treatment experienced by the Windrush Generation. It highlights their contribution through culture and music, and shows how those people and the generations after them keep giving to Britain, with many members working on the front line of this crisis in hospitals, on public transport, and in care services helping save lives and look after those most at risk. So together let's give thanks for the Windrush Generation.

Have a good week and stay safe. Please send us your stories so we can keep this magazine going as I believe it will be some time yet that we are able to join in large numbers again. Love in Christ, Lesley



"Today, as we honour the legacy of the Windrush generation, and the invaluable contribution of black people in Britain, I dearly hope that we can continue to listen to each other's stories and to learn from one another... The diversity of our society is its greatest strength and gives us so much to celebrate."

-Prince Charles, Windrush Day 2020

Entertainment and Leisure Quiz

1. What award winning and long running musical was based on a collection of poems by T. S. Elliot?
2. George Lazenby only played James Bond in one film, which one was it?
3. What are the two letters that carry the highest 10 points value in Scrabble?
4. What famous author lived at 48 Doughty Street?
5. Only two pieces can make the first move in a chess game. What are they?
6. In the film Mary Poppins, what does Mr. Banks do for a living?
7. What did Clint Eastwood have a fistful of?
8. What was the nationality of Hans Christian Anderson?
9. Who wrote the novels, Frenchman's Creek, The House on The Strand, and Jamaica Inn?
10. Which Tony starred in "Some Like it Hot"?
11. Which famous Hollywood actor was born with the name Archibald Leach?
12. In which board game might the lead piping prove to be the murder weapon?
13. Which family were chased by pirates and shipwrecked on the island of Tobago in the 1960's film?
14. In which musical do these three characters appear..... Wild Bill Hickok, Katie Brown, Adelaide Adams?
15. In Dad's Army, what was Captain Mainwaring's first name?
16. Which TV comedy duo always ended their show by saying, "And it's goodnight from me, and it's goodnight from him"?
17. Which actor played three roles in the 1959 film "The Mouse That Roared"?
18. Which game show hosted by Bruce Forsyth amongst others, featured a conveyor belt?
19. Which musical does the song "Big Spender" come from?
20. Which author was also a steeplechase jockey?

1. Cats, 2. On Her Majesty's Secret Service, 3. Q and Z, 4. Charles Dickens, 5. Pawn and Knight, 6. Banker, 7. Dollars, 8. Danish, 9. Daphne du Maurier, 10. Curtis, 11. Cary Grant, 12. Cluedo, 13. Swiss Family Robinson, 14. Calamity Jane, 15. George, 16. The Two Ronnies, 17. Peter Sellers, 18. Generation Game, 19. Sweet Charity, 20. Dick Francis



Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and is pleased to share them with you

Hey Guys,

'Positive mind; Positive vibes; Positive life' - Unknown

It's good to look on the positive side of life but one should be realistic and accept that life can also be complicated sometimes.

I was looking at the difference between *joy* and *happiness* and found that joy is when you make peace with yourself despite the circumstances whereas happiness is dependent on external factors such as other people, thoughts and events.

Now that life seems to have slowed down let's embrace the simple experiences and pleasures in an attempt to cultivate joy from the inside out so that we can remain in a constant joyful state.

"My brothers and sisters, think of the various tests you encounter as occasions for joy" – James 1:2

Hope you have a good day,

Vera :)

Goodbyes are only for those who love with their eyes.

Because for those who love with heart and soul there is no such thing as separation

Rumi



General Animals 3

L	S	O	R	E	C	O	N	I	H	R	L	A	R
L	A	R	A	G	T	E	R	M	I	T	E	L	P
H	T	R	G	N	L	E	S	A	E	W	E	K	S
O	R	E	S	I	E	K	A	N	G	A	R	O	O
T	A	G	I	E	P	T	A	T	M	A	W	G	T
R	E	I	E	S	R	O	H	R	H	G	K	A	A
E	M	T	K	N	R	T	A	S	S	O	R	Z	R
L	U	T	L	E	O	P	A	R	D	R	C	E	R
E	O	W	R	L	H	N	T	O	E	I	E	L	N
P	S	L	H	G	K	L	U	S	R	L	R	L	I
H	N	E	E	A	T	M	R	L	O	L	A	E	E
A	A	M	P	A	L	C	T	M	R	A	R	O	R
N	K	A	T	R	L	E	L	I	I	I	O	G	E
T	E	C	M	R	E	O	E	H	U	E	T	R	T

- CAMEL
- LEOPARD
- WHALE
- TURTLE
- SHARK
- HORSE
- MOLE
- TIGER
- GAZELLE
- RAT
- RHINOCEROS
- EMU
- WEASEL
- PIG
- TERMITE
- KANGAROO
- ELEPHANT
- GORILLA
- SNAKE

Holiday at Home Project lead organiser: Lesley
email lesleyaallen@bopenworld.com Tel. 07729 785843

To make Bring Me Sunshine original contributions
(your words, **not** your money!): Amy
email 1000AQ@googlemail.com Tel. 07847 799791

Your contributions make all the difference... please, please share - a quiz, poem, short piece about what you are doing at home, something about your life now or a memory from the past... unless you write your name in the item it will be anonymous, so please join in! If you have email or whatsapp you can send a picture, too



A One-Minute Mindfulness Exercise

Body Scan

Sometimes It can feel we are an observer of our own body, while we are caught up in our heads. Spend your one mindful minute bringing awareness to your body and your body's sensations.

Close your eyes and begin scanning your body. Start with your feet, and then slowly bring your awareness upwards in your body until you reach your hands. What sensations do you feel? Heaviness in the legs? Strain in the back? Perhaps no sensations at all. Now move your focus out from the hands and become aware of your environment and the space all around you.

With Love from Diamond Club and Bring Me Sunshine's Rosa...

Dear Friends,



Just a few bits of maybe useless information:

1. Edinburgh is the capital of Scotland but Glasgow is its largest city
2. The longest place name in Ireland is Muckanagherdauhaulia, in County Galway
3. Bram Stoker was from Dublin and he wrote 'Dracula' in 1897
4. The law states that Scotch whisky must be matured in Scotland for a minimum of three years before it can earn its name

Getting to Know You...Verona's holiday of a lifetime

My Scary Experience

In 2007 my daughter and I went to Beijing for a holiday; we wanted to be adventurous and do and see as much as we could.

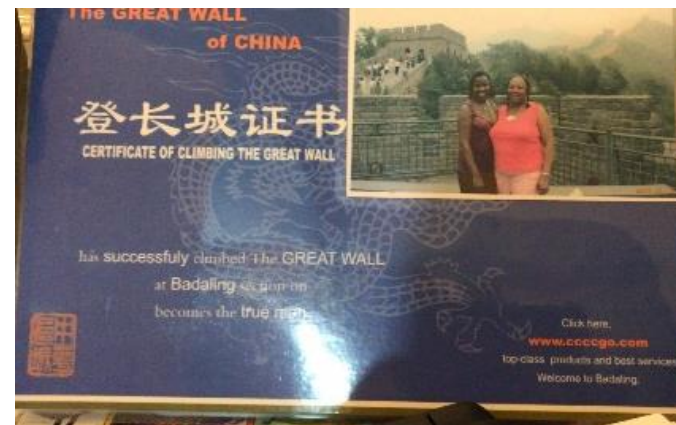
We settled into our hotel very well, and started planning our activity; first was to visit the Great Wall of China – with no intention of climbing. Well, my daughter said 'Mum, you stay and I will go up'. But after she went off I said to myself 'this is an experience of a lifetime', so I braved it and climbed the Great Wall to the top. My daughter was very pleased and shocked.

Our next adventure was to ride in a rickshaw sightseeing, so we booked a ride. When they came it was two cycles with a side seat - we tried to cancel but to no avail, as the language was a barrier, so we decide to brave it. The riders took us to the middle of Tiananmen Square with traffic coming from all directions. I thought this was the end - I could see the news headline, 'two black people have been killed in an accident'! Anyway, we managed to get them to leave us off while we were still in one piece.

Our next mishap was when we went out again to the Forbidden City. When we were to go back to the hotel, we took the wrong direction! Can you imagine, we can't speak Chinese and it was getting late; we started to get worried, but by God's mercy someone came to our rescue, and we arrived back to our hotel safe and sound.

The moral is that in everything you do, ask God to guide and protect you.

P.S. We spent five days there and we only saw two other black people from afar!



A poem suggested by a reader:

When this is over

May we never again take for granted;
A handshake with a stranger,
Full shelves at the store,
Conversations with neighbours,
A crowded theatre,
Friday night out,
The taste of communion,
A routine check-up,
The school rush each morning,
Coffee with a friend,
The stadium roaring,
Each deep breath! A boring Tuesday.
Life itself.

When this ends,

May we find that we have become more like the people we
wanted to be,
We were called to be,
We hope to be,
And may we stay that way —
Better for each other because of the worst.

Laura Kelly Fanucci

Cooking is easy - but it's not easier than not cooking

I just read my first cooking book! It's about thyme.

Do you ever get that when you're half way through eating a horse and you think to yourself, 'I'm not as hungry as I thought I was?' (Tim Vine)

Holy Cross Church is now open for private prayer Sunday, Wednesday and Friday, 7-8pm. Please enter through the side door and exit by main door. Hand sanitiser is available, but toilets are not!

T	T	L
E	U	A
C	I	V

How many words of three or more letters, each including the letter in the middle, can you make from this diagram? There are up to 15, including one nine letter word

Cultivate, acute, clue, cue, cult, cut, cute, cutter, cattle, lieu, lute, tau, taut, value, vault

Quick Quiz: name the plant, and see if you can answer the question too



1. In which film was she a Disney Princess?
2. Which Shakespeare play was she in?
3. Whose secret love child was she in Downton Abbey?
4. Which F. Scott Fitzgerald novel was she in?
5. Where did she have breakfast?

1. Jasmine, Aladdin; 2. Viola, Twelfth Night; 3. Marigold, Lady Edith; 4. Daisy (Buchanan), The Great Gatsby; 5. Holly (Golightly), Tiffany's

Jesus I AM Statements

'I am the **Bread of Life**; he who comes to me will never be hungry; he who believes in me will never thirst' *John 6:35*

'I am the **Light of the World**; he who follows me shall not walk in the darkness, but shall have the light of life' *John 8:12*

'I am the **Gate**; anyone who enters through me will be safe; he will go in and out, and find pasture' *John 10:9*

'I am the **Good Shepherd**; the good shepherd lays down his life for his sheep. I know my own, and my own know me' *John 10:11,14*

'I am the **Resurrection and the Life**; if anyone believes in me even though he dies he will live' *John 11:25*

'I am the **Way, the Truth and the Life**; no-one can come to the father except through me. If you know me, you know my Father too' *John 14:6*

'I am the **True Vine**, and my Father is the vinedresser. Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more'



Rituals of Peace and Prayer

Father Mother God, thank you for your presence during the hard and mean days. For then we have you to lean upon.

Thank you for your presence during the bright and sunny days, for then we can share that which we have with those who have less.

And thank you for your presence during the Holy days, for then we are able to Celebrate you and our families and our friends.

For those who have no voice, we ask you to speak. For those who feel unworthy, we ask you to pour your love out in waterfalls of tenderness.

For those who live in pain, we ask you to bathe them in the river of your healing. For those who are lonely, we ask you to keep them company. For those who are depressed, we ask you to shower upon them the light of hope.

Dear Creator, you, the borderless sea of substance, we ask you to give to all the world that which we need most – Peace.

Amen.

Maya Angelou

