

*May Almighty God Bless you  
May He look upon you with the eyes  
Of His mercy and give you His peace.*

*Here below may he pour forth  
His graces on you abundantly  
And in heaven may He place you  
Among His saints  
St. Clare of Assisi*



## *Bring Me Sunshine 13*

Dear Friends

This week I have been thinking about change and how it affects us; and particularly how it affects you, the older members of the community, during a time which appears to be heading towards some changes for individuals, groups, churches and businesses.

It seems a rather more uncertain time than earlier in the COVID-19 pandemic when we were at least being given daily updates, and were told what we should and shouldn't do. Now there seems to be more questions than answers- should we go out shopping, meet with friends, go to church, book a restaurant or plan day out at the zoo? The guidelines say we should avoid non-essential contact to minimise risk. We should avoid face to face contact, wear face coverings in enclosed spaces, definitely public transport but we can, from the 4<sup>th</sup> July, meet up with one other household as well as our supportive bubble if we have one. Hand washing and sanitising is still essential. Some places of worship are opening again, but not all, as there is a huge emphasis on the need for safety, particularly for the most vulnerable members of the community. The decision is yours of course to choose what risks you are prepared to take; but as Dr Hillary said on Good Morning TV this morning: 'the virus hasn't gone away and relaxing the rules could well be at our peril'.

As well as these changes there are maybe the changes we are thinking about in our personal lives - our relationships with others, our priorities, consideration for our planet. What are the positive things we want to take away from this time? I am struck by the kind heartedness of community and neighbours - strangers who have come together and are looking at ways to continue to support each other through mutual aid into the future. Pope Francis called this last week: 'reverence to each other', but he also talked about having dialogue with others which is more about listening, looking and responding, expressing what we have in common rather what divides us, and doing this through love.

This week we acknowledged the 80<sup>th</sup> birthday (although she's happy to go with 74) of former midwife and one of our top volunteers, Pauline Maton. Known by many in the Catford Community, Pauline volunteers at the Irish Centre, Holy Cross Parish, the Diamond Club, TTT (a mental health drop-in group), the Bring Me Sunshine team and is a member of the Union of Catholic Mothers group. Cllr James Walsh described her as a "Matriarch of Catford, known as the life and soul of the party and with a giant heart" and others said "No one can meet Pauline and not be blown away", "What a life force", "What a ball of fire", "Her laugh is infectious", "The best person to sit next to in mass when you're sleep deprived and have slightly boisterous kids!".

The messages that flooded in via twitter, Facebook and in person showed us how widely loved this lady is by people from all walks of life. She epitomises to me some of the lessons to take away from this time: humility, generosity, small acts of kindness (she never forgets a date, birthday or anniversary), and, most importantly, relationships, as she is a great connector of people.

We can't all do everything, and we can't be everywhere, but we can all do something.

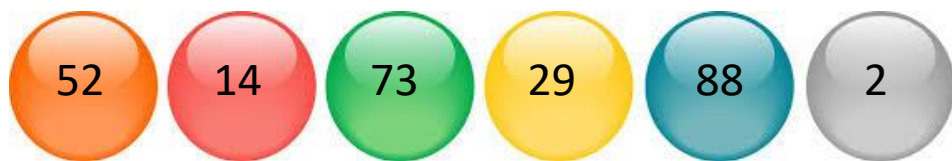
We also heard of the death of another strong Irish woman this week - Maggie from Maggie's Café in Lewisham, a place to get a great breakfast and where the teapot was never empty.

I say, this week particularly, as you make decisions about your movement and connectiveness to others, to stay safe.

love in Christ, Lesley

Those of you who have Bring Me Sunshine posted or delivered will have received a bingo ticket this week. Over the next few weeks we will play bingo. Each week there will be some numbers to mark off if they are on your ticket. Once you have a full house (all the numbers on your ticket) call, text or e mail Lesley.

Numbers this week:



## Quiz - Science and Maths

- 1.Which muscle contracts to straighten your arm?
- 2.Where would you find the Crest of Ilium?
- 3.What does humidity measure?
- 4.What is the common name for grape sugar?
- 5.What is meteorology the study of?
- 6.Which planet is closest to the Sun?
- 7.How many corners does a rectangle have?
- 8.The shape of a rainbow is a circle: true or false?
- 9.What is the name of the part of the eye that surrounds the pupil?
- 10.What are dairy products made from?
- 11.How many degrees in a semi-circle?
- 12.What is the chemical symbol of ice?
- 13.What covers more of the Earth; land or sea?
- 14.What does the E stand for in E-mail?
- 15.What is formed when a river flows over a cliff?
- 16.Incisors and canines are types of what?
- 17.How many fives are there in 45?
- 18.What does REM stand for?
- 19.Is the heart above or below the stomach?
- 20.How many hours are in a day?

1.Triciceps 2.The hip bone 3.Moisture in the air 4.Glucose 5.Weather  
6.Mercury 7.4 8.True 9.Iris 10.Milk 11.180 degrees  
12.H2O 13.Sea 14.Electronic 15.Waterfall 16.Teeth  
17.9 18.Rapid Eye Movement 19.Above 20.24



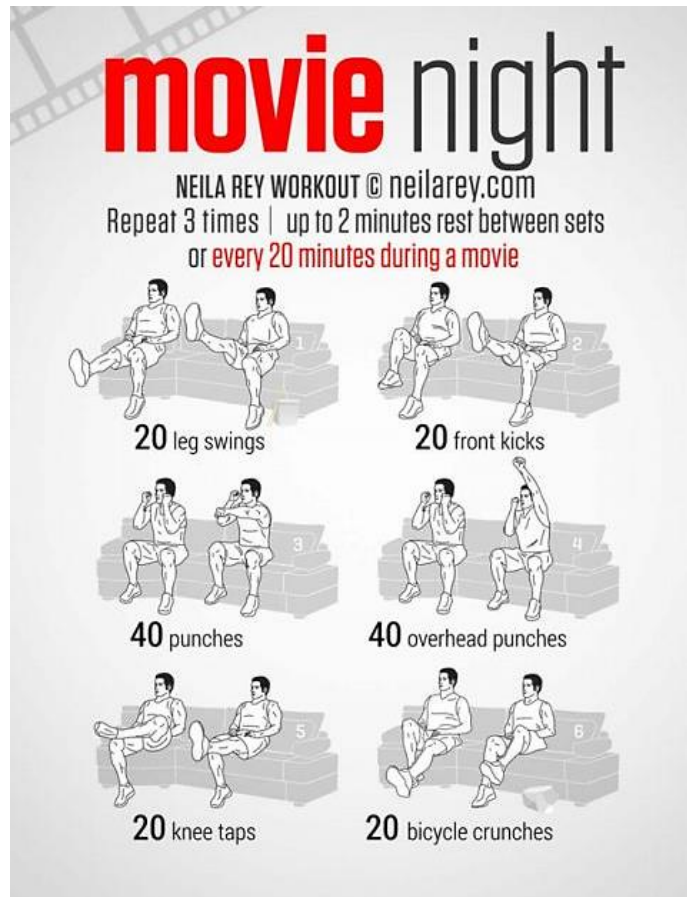
Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and is pleased to share them with you

Good morning all,

I've attached a 'movie night exercise' sheet - exercise you can do on the sofa :D

Hope you have a blessed day,

Vera :)



## Crafting Items

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

SCISSORS  
X-ACTO KNIFE  
PAPER  
GLUE  
SCALLOP TOOL  
YARN  
POLYMER CLAY  
KNEEDLE  
FELT  
FABRIC  
CROCHET  
MARKERS  
NEEDLE TOOL  
BLADE  
RESIN  
THREAD

Holiday at Home Project lead organiser: Lesley  
email [lesleyaallen@btoopenworld.com](mailto:lesleyaallen@btoopenworld.com) Tel. 07729 785843  
To make Bring Me Sunshine original contributions  
(your words, **not** your money!): Amy  
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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



Thanks to Sister Regula for this meditation:



**'Be praised, O Lord,  
through Brother Sun  
and Sister Moon!'**

Yesterday evening I was fortunate enough to observe the opening of a bright yellow flower on the stem of an Evening Primrose ... and this morning I noticed a tiny little spider building a delicate web between the stems of two daisies ... nothing short of a miracle, simply amazing!

It made me think of what Pope Francis wrote in 'Laudato Si' about Francis of Assisi, who loved our Earth and all it contains:

*"... he would call creatures, no matter how small,  
by the name of 'brother' or 'sister'..."*

How lovely to consider each creature great and small as a brother or a sister!  
But are we right to do so? Well, I went to afresh one of the Creation narratives at the beginning of the Bible (Genesis 2: 7, 9, 19) and I found that we humans have indeed been created out of exactly the same soil as all our fellow creatures:

*'... the LORD God formed the first human being  
from the soil of the ground...  
...out of the soil the LORD God made to grow  
every tree that is pleasant to the sight and good for food...  
... out of the soil the LORD God formed  
every animal of the field and every bird of the air...'*

And you know what? The latest scientific research confirms whole heartedly that every bit of the Universe is made of the same stuff!

***Wishing you a good day and may you have the opportunity to marvel  
at one or several of your fellow creatures  
and be blessed with the gift of awe and wonder!***

We even started lessons again and when our new teacher said we were 'naturals' (even though we were in our sixties!) it gave us the confidence to start competing again. We took dancing even more seriously the second time around and most weeks hired small halls like Goldsmith's in Downham to practise in. The Rivoli Ballroom at Crofton Park and The Grafton Ballroom in Dulwich became regular venues, along with many others all over London. At one time we practised alongside Anton and Erin of 'Strictly' fame! We loved every minute and even when we stopped competing we still carried on dancing. It was a wonderful time, meeting up with old friends that we had made back in the Fifties as well as making many new ones.

I still meet up with some of them each week for coffee and a chat, usually about our years dancing and, of course, 'Strictly'!

*A couple of observations by Paul Merton...*

***It's amazing how many people think they've got dignity to lose, isn't it?***

***I've never been disappointed by politicians. I've never invested that much in them in the first place.***



From Bring Me Sunshine's very own Dancing Queen, Violet...

### My Dancing Years

I can't believe that it was sixty years ago when my dear husband Ken and I took our first ballroom dancing lesson and started a hobby that was to bring us so much pleasure and good friends during our sixty-six wonderful years together.

We had married in 1948 and it was in the early Fifties that I started working in the office in Robertson's factory in Bromley Road. A work colleague, Pat, was telling me how much she and her husband enjoyed tea-dances and that they had joined ballroom dancing lessons being run by the L.C.C. so that they could compete. She suggested that we might enjoy tea-dances too. At first, Ken wasn't keen; he was very busy building up his business, but something about the idea stayed with me and I wanted to give it a try. I decided to go with Pat and her husband, but when the day of the tea-dance came Ken was not at work and he decided to come with me and enjoyed it too, so our dancing years began!

I can still remember my first pair of shiny white satin dance shoes and the multi-layered frock I made for myself of turquoise-blue tulle. With lots of practice we improved over the years, dancing and even competing in many different ballrooms, once even travelling as far as Filey in Yorkshire. We loved every minute of it.

Then in 1969 we bought our first house and were kept busy painting and decorating; we both had full-time jobs and had developed other interests too – Ken especially, who became motor-bike mad! So the dancing stopped. Somehow the next thirty years flew by and it wasn't until, having retired in 1988, I bumped into my old friend Pat again. Pat and her husband were still dancing and she asked us if we would like to go to a tea-dance with them. We did; the old magic ... the music... the atmosphere...all came flooding back and we were hooked!

A thought from Henri Nouwen suggested by Diamond Club and Bring Me Sunshine regular, Rosa:



A little prayer for you:

Sometimes I think of life as a big wagon wheel with many spokes. In the middle is the hub. Often in ministry it looks as if we are running around the rim trying to reach everybody. But God says 'start in the hub, live in the hub; then you will be connected with all the spokes and you won't have to run so fast'.

Take care all you friends, praying for the day we will all meet again.  
Sincerely yours, with love from Rosa

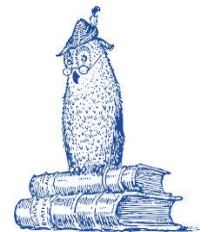
I	E	E
B	T	H
X	I	D

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 22, including one nine letter word

Exhibited, beet, bet, betide, bidet, bite, debit, debt, diet, edit, exhibit, exit, exited, hit, tee, teed, the, thee, tide, tied,

There is never time in the future in which  
we will work out our salvation.  
The challenge is in the moment;  
the time is always now

James Baldwin





Love bade me welcome: yet my soul drew back,  
Guilty of dust and sin.  
But quick-eyed Love, observing me grow slack  
From my first entrance in,  
Drew nearer to me, sweetly questioning,  
If I lacked anything.

A guest, I answered, worthy to be here:  
Love said, you shall be he.  
I the unkind, the ungrateful? Ah my dear,  
I cannot look on thee.  
Love took my hand, and smiling did reply,  
Who made the eyes but I?

Truth Lord, but I have marred them: let my shame  
Go where it doth deserve.  
And know you not, says Love, who bore the blame?  
My dear, then I will serve.  
You must sit down, says Love, and taste my meat:  
So I did sit and eat.

*George Herbert*

Eternal and everlasting God, who art the Father of all mankind,

As we turn aside from the hurly-burly of everyday living, may our hearts and souls, yea our very spirits, be lifted upward to Thee, for it is from Thee that all blessing cometh.

Keep us ever mindful of our dependence upon Thee, for without Thee our efforts are but naught.

We pray for Thy divine guidance as we travel the highways of life. We pray for more courage.

We pray for more faith and above all we pray for more love.

May we somehow come to understand the true meaning of Thy love as revealed to us in the life, death and resurrection of Thy son and our Lord and Master, Jesus Christ.

May the Cross ever remind us of Thy great love, for greater love no man hath given.

This is our supreme example, O God.

May we be constrained to follow in the name and spirit of Jesus, we pray.

*Coretta Scott King*

