



Bring Me Sunshine 14

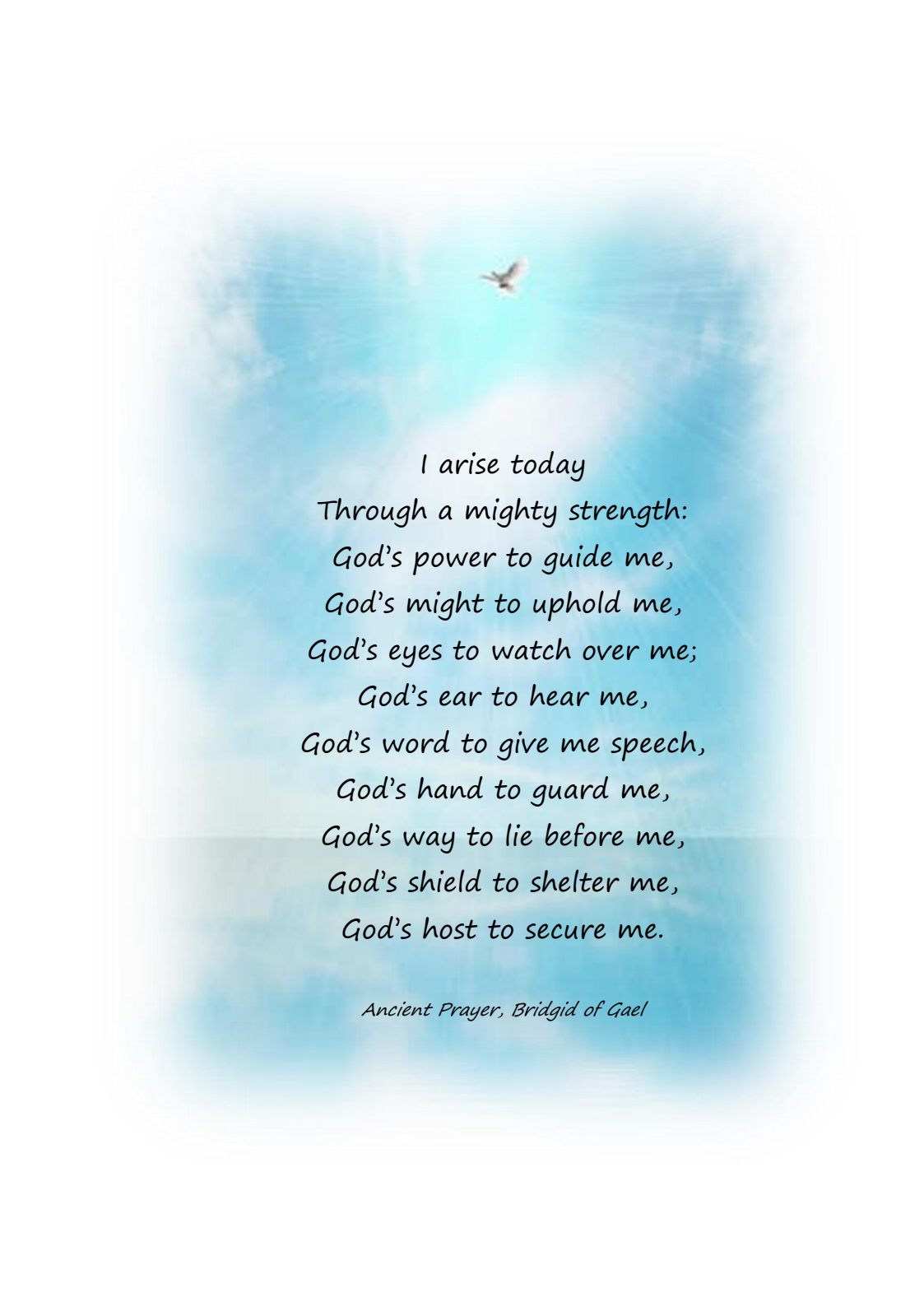
Dear Friends

I hope you're all well and coping with the changes of life. Some people I understand are now having their hair done or going to a restaurant, and someone I know went to the cinema over the weekend. All experiences are very different with social distancing and face coverings expected, but none the less I'm sure very enjoyable - but not advisable for the vulnerable and those of you shielding I'm afraid. From the 1st August the government says you will no longer have to shield.

Perhaps more importantly for most of you, some had the chance to attend church again - 100 days or 15 Sundays since most churches were last open for a service and able to offer sacraments. Some are still planning the logistics of reopening, as safety is paramount, but it won't be long in coming.

My friend, a vicar in Chiswick, welcomed home his parishioners on Sunday, as the church bells rang out and Jesus in the eucharist was revealed in simplicity, without singing, papers, and other distractions. A simpler service, but a very welcome one. During his homily he used the analogy of the Wizard of Oz, a film I have seen so many times - a group of pilgrims on a journey seeking something. One was seeking intellect and clarity of thinking; another courage as he was disabled by fear; another the ability to feel, have empathy and compassion; and the heroine was seeking home and a place she knew and loved. I am wondering if you've experienced some of these longings through the pandemic, and maybe you still are? So, let's put our trust in God to be with us through our own journey.

Of course, attending a church for those of you shielding is not possible yet, but you are a huge part of the church community; so by joining in with the on line services, U tube reflections or through prayer you remain at the heart of church.



*I arise today
Through a mighty strength:
God's power to guide me,
God's might to uphold me,
God's eyes to watch over me;
God's ear to hear me,
God's word to give me speech,
God's hand to guard me,
God's way to lie before me,
God's shield to shelter me,
God's host to secure me.*

Ancient Prayer, Bridgid of Gael

I enclose an application form to help reduce the cost of your water bills. These can be reduced by 50% for most of you so I urge you to complete it.

Also enclosed is some writing paper and a stamped envelope for you to send a letter to someone you care about or who may be isolated at this time.

There are some lovely initiatives locally. In one, volunteer musicians are bringing a song to your doorstep, so if you fancy having a song played, let me know and I will refer you. There is also a photography project, where you will be loaned a camera and a pack and will have two weeks to take some photos - this can be done from your own doorstep, garden or home, or, if you go for a walk, your local area. Afterwards you will be given the prints and one maybe included in a booklet they are producing. Again, if interested, let me know.

I urge you all to be extra careful if out shopping or going about as there are more people around and some are ignoring social distancing or the advice for face coverings to protect others.

There are still many mutual aid volunteers to help with essential and non-essential shopping or repair works, and GPs and hospitals are resuming many of their appointments now. For those receiving packs I include a CD - it may not be to your taste, but I hope it will act as a trigger to listen to music that lifts your soul and brightens your mood on the radio, CD's, Vinyl if you still have any; or you can dial up for a hymn on the freephone number 08008048044, book a song on your doorstep, or simply sing out at home as you go about your business.

Much Love, Lesley



London Quiz

1. Who became Mayor of London in May 2016?
2. Opened in 1987, what does the acronym DLR stand for?
3. Opened in 1979, which is the newest line on the London Underground network?
4. Which Second World War museum ship is permanently moored on the River Thames?
5. Which road links Buckingham Palace to Trafalgar Square via Admiralty Arch?
6. London Bridge was the only bridge across the River Thames until which date: (a)1639, (b)1739, or (c)1839?
7. At 309.6m, what is the tallest building in London?
8. What was first designed by Harry Beck in 1931?
9. Which area of London is believed to derive its name from a former hunting cry?
10. What colour is the Bakerloo line on the Tube map?
11. Which London park is famous for its Speakers' Corner?
12. The Tower of London lies within which London Borough?
13. St Paul's Cathedral sits at the top of which hill, the highest point in the City of London?
14. Who wrote, 'when a man is tired of London, he is tired of life'?
15. What took place in Hyde Park from 1 May to 11 October 1851?

Your Bingo Numbers this week are:



1. Sadig Khan 2. Docklands Light Railway 3. The Jubilee line 4. HMS Belfast 5. The Mall 6. (b)1739 7. The Shard 8. The London Underground Map 9. Soho 10. Brown 11. Hyde Park 12. Tower Hamlets 13. Ludgate Hill 14. Samuel Johnson 15. The Great Exhibition



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,

What Lingers

We're always hurrying.
But this march of time -
it's of little worth among
whatever abides.

All that hastens
will soon be gone,
for what lingers
beyond initiates us.

Children, don't waste
your courage on speed
or squander it in flight.

All is at rest:
Darkness and bright,
blossom and book.

Rainer Maria Rilke

A good reminder to us on having a mindset based on the heavenly promise that won't be squandered or gone. Jesus said "**Do not work for food that perishes, but for food that endures [and leads] to eternal life, which the Son of Man will give you; for God the Father has authorised Him and put His seal on Him**" (John 6:27)

When we bear in mind that everything God does for us is for the ultimate reward of living in eternity with Him then it is difficult to be disappointed when our own personal desires and prayers don't happen as we hoped.

Abraham died before seeing the full promise from God come to pass, nonetheless he still died in faith. Just because we don't see the good results does not mean there was no answer/faith - God's results are there. At the end of it all the purpose of God over-rules.

Hope you have a blessed day,

Vera :)

Dinosaurs

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

GRYPONYX
RHABDODON
AGUSTINIA
GIANT
ASTRODON
DILONG
HAGRYPHUS
LAOSURUS
HORNS
PREY
CERATOPS
CIONODON
RUGOPS
ERKETU
EGGS
TANIUS
TAIL
NEST
RAPTOR
KAKURU

Holiday at Home Project lead organiser: Lesley
email lesleyaallen@btoopenworld.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



My name is Dorothy Brooks and I am a widow who has lived in London for over 60 years. I came to England from Jamaica as a teenager leaving behind my parents and seven siblings. Jamaica was a lovely place to grow up. I was born in Portland, a parish in Jamaica, and we lived in Windsor Rio Grande. Our schools were strict but they taught us everything we needed to know. My mother was a housewife and my father ex-military. They were landowners so we lived comfortably, and our family was well respected within our community.

I came to England by plane and, having never been on a plane before, that in itself was eye-opening. The first thing I remember was the cold- I had never experienced freezing temperatures before. The hardest part of being here was missing my family, which necessitated me returning home annually despite the crippling cost of flights. I loved going back to Jamaica so I could spend time with family, see friends, and enjoy the wonderful food and scenery I missed so much.

I settled London, married, and had three children: Lorraine, Carol, and Gary. I now have six grandchildren and six great grandchildren. Two of my siblings followed me to England: a brother and a sister who live not too far away, and I have an older brother in Birmingham who came here before me. Sadly, my parents are deceased as well as two of my sisters. I am in regular contact with my remaining siblings in Jamaica, and still visit them whenever I can.

Mastermind is back! Thanks to Denis for the next round

BRING ME SUNSHINE MASTERMIND

We welcome Phyllis from the Diamond Club. On her specialist subject on the history of the Threshing Machine she scored maximum mark. Now for General Knowledge:

Q: What happened to the egg in a monastery?

Phyllis: It fell out of the frying pan into the Friar

Q: Name the three stages of mens' hair

Phyllis: parted, unparted, and departed

Q: What do you call a woman hanging on a clothes line?

Phyllis: Peggy

Q: Does an apple a day keep the doctor away?

Phyllis: No, it's one of granny's myths

Q: What do you call a Mexican whose car has been stolen?

Phyllis: Carloss

Q: What Spice Girl can carry petrol?

Phyllis: Gerri Can

Q: What is the one thing that every married man has in common with his wife?

Phyllis: They both married on the same day

Q: What team plays football at White Hart Lane?

Phyllis: Usually the away team

Q: What do you call a Welshman eating a biscuit?

Phyllis: Dai Gestive

Q: What were the most famous Scottish cloakroom attendant and barmaid called?

Phyllis: Angus McCoatup and Phil McQuinness

Smile Please

Once when I was at work our manager put a notice in front of us saying 'Smile'. He wanted our customers to feel welcome. All went well until a lady came to the man working next to me with a complaint. Midway between sentences she stopped and said 'have you listened to a word I am saying – you standing there with a stupid smirk on your face. You might find it amusing, I find it disgusting' and stalked out. Oh dear! Don't smile so broadly every time.

Doreen (Salvation Army)

Just a warning – carry on smiling!



Good to see that people are still doing craft – here are some lovely examples, to inspire you... also remember we would like 6" (plus a bit of border for joining) fabric squares decorated with whatever you have to hand, to make a BMS community artwork – so, keep sewing, making cards, and decorating fabric squares!



During my career I had a variety of jobs. I taught myself hairdressing, and would do all my friends hair. Later I went to college and gained my diploma in hairdressing. However my true career would be as a nurse for the NHS. I had various nursing jobs including working on the wards and as a district nurse, and eventually a phlebotomist

(a nurse who takes blood and other samples from patients to send to a laboratory). I retired from nursing sixteen years ago, but continued working in the care industry for a further five years.



In retirement I have been able to pursue interests in gardening, travelling, dancing, & looking after less fortunate friends and family. My faith is important to me, and I am a member of a local church. I also regularly attend a couple of clubs specifically for senior citizens.

Quick Quiz – Sporting Firsts

1. Who was the first British woman to win both 800 m and 1500 m Olympic gold medals, in 2004?
2. In 1930, who - in their own country - became the first team to lift the FIFA World Cup trophy?
3. Who was the first Cricketer to score 100 international centuries in Test and one day internationals combined?
4. In 1954, who became the first person to run an official four-minute mile?
5. Who is the first athlete to win four World Championship titles in the 200 m?

1. Dame Kelly Holmes 2. Uruguay 3. Sachin Tendulkar 4. Roger Bannister 5. Usain Bolt

When one is too old for love,
one finds great comfort in good dinners

Zora Neale Hurston



MEDITATIONS ON COURAGE

IT TAKES COURAGE *Anon*

It takes courage
To refrain from gossip
When others delight in it,
To stand up for the absent
person
Who is being abused.
It takes courage
To live honestly
Within your means,
And not dishonestly
On the means of others.
It takes courage
To be a real man or a true
woman,

To hold fast to your ideals
When it causes you
To be looked upon
As strange and peculiar.
It takes courage
To be talked about,
And remain silent;
When a word would
justify you
In the eyes of others,
But which you dare not
speak
Because it would injure
another.

It takes courage
To refuse to do
something
That is wrong
Although everyone else
May be doing it
With attitudes as carefree
As a summer song.
It takes courage
To live according
To your own convictions,
To deny yourself
What you cannot afford.
To love your neighbour
As yourself!

THE WORLD NEEDS COURAGE AND HOPE

The world needs Courage and Hope
It needs voices that believe-
It needs kindness and caring and love
But also the strength of conviction
The world needs so much
My own doubting and questioning voice lacks
What I have to give
Is not what Humanity most needs.
More questions, more self- obsessions
The endless example of the single individual
Striving to create what he may never be able to.
God of Love of Goodness and of Kindness
I am afraid You need a lot stronger servants than I.
Shalom Freedman



Give Me Strength

This is my prayer to thee, my lord—strike,
strike at the root of penury in my heart.
Give me the strength lightly to bear my joys and sorrows.
Give me the strength to make my love fruitful in service.
Give me the strength never to disown the poor or bend my knees
before insolent might.
Give me the strength to raise my mind high above daily trifles.
And give me the strength to surrender my strength to thy will with love.

Rabindranath Tagore

Success is to be measured not so much by the position that one
has reached in life as by the obstacles which he has
overcome while trying to succeed

Booker T. Washington

The wise man in the storm prays God not for safety from danger
but for deliverance from fear

Ralph Waldo Emerson

There are three friends in this world: courage, sense, and insight

African Proverb

Fear not, for I have redeemed you; I have called you by
name, you are mine. When you pass through the waters, I
will be with you; and through the rivers, they shall not
overwhelm you; when you walk through fire you shall not
be burned, and the flame shall not consume you. For I am
the Lord your God, the Holy One of Israel, your Saviour
Isaiah 43:1-3