

*God grant me the serenity to accept the things I  
cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world as it is, not as I  
would have it;  
Trusting that He will make all things right if I  
surrender to His will;  
So that I may be reasonably happy in this life  
And supremely happy with Him forever and ever  
in the next  
Amen*

*Attrib. Reinhold Niebuhr*



# Bring Me Sunshine 15

*Whilst thinking about the letter I would put at the beginning of this Bring Me sunshine addition this popped into my email at midnight on Sunday, I'm not sure who is behind or responsible for putting me forward and I have to say my initial thoughts was it's a scam and at the end of the letter there would be something asking me to transfer £1000 into some bank account but it appears to be genuine. So I'd just like to add that the thanks should include all the dedicated team of community, church, Diamond club and Bring Me sunshine volunteers who each week support what I'm doing to reach so many wonderful older people. I share this accolade with you all. Lesley.*

Dear Lesley,

When historians look back on this period in our lives, they will have to answer one really testing question: "how did a country so deeply divided by the Brexit question manage to pivot in a matter of days to become one of the world's most unified communities?" For the answer we need look no further than Her Majesty's March 19<sup>th</sup> message to the nation: "At times such as these, I am reminded that our nation's history has been forged by people and communities coming together to work as one, concentrating our combined efforts with a focus on the common goal."

'Coming together' has been most evident in our capital. The NHS has been the most visible example with thousands of Londoners celebrating the hard work and sacrifice of doctors, nurses, auxiliary staff and others who risked their own health for us. Joining NHS Volunteer Responders or participating in #clapforcarers showed a focus on the 'common goal' like never before in peacetime.

However, as you know, the headlines hide many worrying issues. Londoners have lost loved ones, or have been struck down by Covid- 19; Lockdown has left vulnerable people housebound and dependent on others for life's basics; children in cramped accommodation have little to satisfy agile minds and growing bodies; adults struggle to feed their families as they cope with furlough or unemployment.

Fortunately, London is blessed by having many wonderful organisations like the Diamond Club who are striving tirelessly to improve the lives of those facing tough realities. My Representative Deputy Lieutenant Sir Steve Bullock has been in touch to tell me of how you have been able to react to the crisis and so continue to help the older citizens of the borough.

As The Queen's representative in this great city I am hugely impressed by your switch to using the telephone and internet to check in on your members. The "Bring me Sunshine" activity packs are a wonderful way of reducing feelings of isolation and loneliness amongst your service users and I found your piece in the Tablet especially inspirational. The Diamond Club provides a poignant reminder of the power of our Christian values in times of trouble. The historians to whom I referred in my opening lines will do well to study Lewisham for clues on how those positive forces were unleashed so quickly. To close, I would like to help those chroniclers with a quote from The Queen's VE Day broadcast: "our streets are not empty; they are filled with the love and the care that we have for each other. And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire."

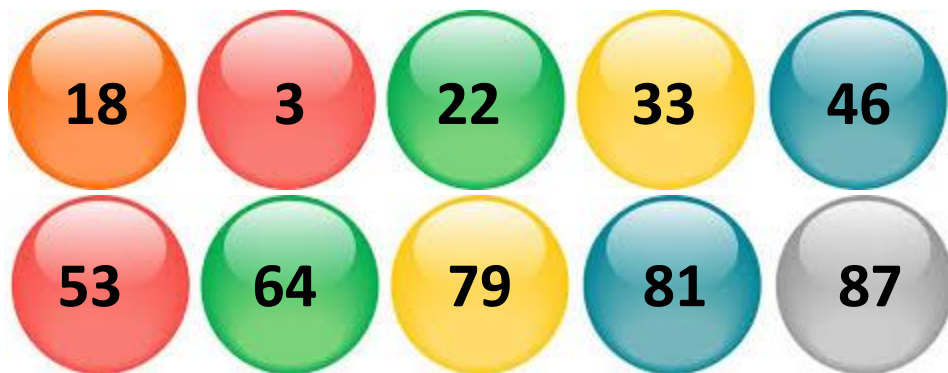
At last, Londoners are beginning to fill our streets again as a result of the love and care which you and so many others have generously dispensed. Thank you, I am very proud to share London with you.

*With very best wishes*

*Kenneth Olisa*

Sir Kenneth Olisa OBE, Lord Lieutenant of Greater London

*Your Bingo Numbers this week are:*



## Quiz - Films

1. Which western star was known as 'Duke'?
2. Which singer starred in Blue Hawaii and King Creole?
3. Who played seven parts in the 1996 film The Nutty Professor?
4. In which film did Julie Andrews play a nun called Maria?
5. In which film did Whoopi Goldberg play a lounge singer forced to pose as a nun?
6. Which film director always had a small cameo appearance in his films?
7. Which film had characters called Eliza Doolittle and Professor Henry Higgins?
8. Which 1987 film starred Danny Glover and Mel Gibson as LA Police Department detectives?
9. Which 1961 musical featured rival gangs the Jets and the Sharks?
10. Who played Malcolm X in the 1992 film?
11. Which singer and dancer starred in Singing in the Rain?
12. Finish this famous film duo - 'Butch Cassidy and...'
13. Who played Cleopatra in the 1963 film?
14. Sidney Poitier played a teacher in an East-end school in which 1967 film?
15. What is the name of the superhero film set in the fictional land of Wakanda?

1. John Wayne 2. Elvis Presley 3. Eddie Murphy 4. The Sound of Music 5. Sister Act  
6. Alfred Hitchcock 7. My Fair Lady 8. Lethal Weapon 9. West Side Story  
10. Denzel Washington 11. Gene Kelly 12. The Sandlot 13. Elizabeth Taylor  
14. To Sir, With Love 15. Black Panther



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,*

*'We are all products of our experiences, good and bad. Sometimes you learn as much from the negative experiences as you do from the positive' Brad Garlinghouse*

*The bible says the same thing in Ecclesiastes 7:14 – 'When times are good, enjoy the good; when times are bad, consider: God has made the former as well as the latter so that people can't discover anything that will come to be after them.'*

*We should consider the bad – what can be gained from it? For example, as a result of this pandemic one can see how important our healthcare system is and I hope that more care and funding will be provided to them after all this is over.*

*Furthermore, we don't know what happens to us after – maybe God did that so that we constantly depend on Him. Jesus said 'Do not worry saying "What shall we eat/drink/wear?"... For your heavenly Father knows that you need all these things. But seek first the Kingdom of God and His righteousness, and all these things shall be added to you.' Matthew 6:31-33*

*Hope you have a blessed day, Vera :)*

## Herbs & Spices

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

THYME  
NUTMEG  
BASIL  
TURMERIC  
TARRAGON  
BAY LEAF  
CUMIN  
PEPPER  
OREGANO  
GINGER  
STAR ANISE  
FENNEL  
CINNAMON  
ROSEMARY  
DILL  
ALLSPICE  
SALT  
PAPRIKA  
CLOVES  
SAGE

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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



A Meditation by Antony de Mello SJ

### Seedlings

If any of the short sentences that follow appeals to you, place it in your heart and ponder on its inner meaning. This will cause its inner truth to germinate and grow.

Do not force it open with your mind.  
That would only kill the seed.

Sow it where the soil is rich. Sow it in your heart.  
And give it time.



You do not have to change for God to love you.



Be grateful for your sins. They are carriers of grace.



Say goodbye to golden yesterdays - or your heart will never learn to love the present.

surgical drain beside the bed my friend's hand crept out and grasped my ankle! I had to make up an excuse for being rooted to the spot, fiddling with my shoelaces, and had to dig my nails into my friend's hand to escape and accompany Sister on her rounds.

My favourite wards were surgical and paediatric, but I was afraid of working on theatres, where the Sister was a temperamental Irish woman who would throw surgical instruments at students.



It was hard having to return for placements every year at the end of November, just as my family were starting to think about plans for Christmas, although I enjoyed Christmas on the wards.

Later I trained as a midwife, and spent my working life in the NHS in South East London, but I have never forgotten the patients and colleagues I met in my training at Joyce Green Hospital.

Pauline sends her love and thanks to everyone who helped to make her 80<sup>th</sup> birthday so memorable recently – she is deeply grateful for all the good wishes, cards, generous presents, songs, prayers, and people on the pavement!

C	A	U
L	A	T
I	A	R

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 34, including one nine letter word

Actuarial, act, actual, air, altar, arc, aria, art, atrial, aura, aural, auric, car, carat, cart, cat, curia, curial, curtall, lair, liar, lira, racial, rail, rat, ritual, tail, talc, tar, tau, tara, trail, trial, ultra

*Getting to Know You...Pauline tells us about becoming a nurse*

I had been recruited in Ireland for nurse training following the visit of Matron Miss Cousins from Joyce Green Hospital, and arrived in England to start my new life on a dull, dreary, January day in 1960. I was met at Euston by friends from home who were working in London, and enjoyed a memorable weekend being shown around by them. Everything, even the escalators, seemed new and different, a far cry from my village back home.

It may come as no surprise to some that I had been expected at the hospital at Dartford immediately after my arrival, so was four days late! After meeting Miss Cousins again, I was introduced to my fellow students, who I was to share friendship with throughout our training.

We were given a programme mapping our placements, study, night duty and holidays for the three years of training, with holidays in May and November. At the end of the first month we had to pass a test on anatomy and physiology before being allowed on the wards, which created a determination to study in me.

My colleagues were an eclectic mix, and I was the 'goody two shoes' of the class. I had never mixed with anyone except my family and cousins, and didn't smoke or take a drink, but we were fun-loving and high spirited and were like a crowd of bold brats, spending our £10 monthly salary straight away, leaving us bored out of our boxes the rest of the month. But I did work conscientiously, had respect for the Sisters, and used to eat the books as I wanted to pass my exams.

We used to get rowdy sometimes in the nurses' home, and were called in front of matron once because of this, but high spirits were a release after work. Sometimes we bent the rules on the wards. We had to go to the canteen for breakfast on night duty as it was forbidden to eat on the wards, but used to make egg and toast, until the Night Sister surprised us by declaring 'your toast is burning', to which my friend replied 'Oh Jesus!' which stopped that. The worst thing my friends did was call on me on the ward when I was on night duty and they were off, looking for magazines; on hearing Night Sister, who had a distinctive step because of a limp, they hid under the nearest bed. Just as sister got out her torch to look at the patient's

*From a reader:*

You are the caller  
You are the poor  
You are the stranger at my door

You are the wanderer  
The unfed  
You are the homeless  
With no bed

You are the man  
Driven insane  
You are the child  
Crying in pain

You are the Other  
Who comes to me;  
If I open to another,  
You're born in me



*The Spirit of God is a person you can invite in. But watch out - in time He will go over to the fridge, pull it from the wall and say 'What's all this mess under here?' But at least he helps clear up*

*Milton Jones*





### Endless Time

Time is endless in thy hands, my lord.  
There is none to count thy minutes.  
Days and nights pass and ages bloom and fade  
like flowers.  
Thou knowest how to wait.  
Thy centuries follow each other perfecting a small  
wild flower.  
We have no time to lose,  
and having no time we must scramble for a  
chance.  
We are too poor to be late.  
And thus it is that time goes by  
while I give it to every querulous man who claims it,  
and thine altar is empty of all offerings to the last.  
At the end of the day I hasten in fear lest thy gate  
be shut; but I find that yet there is time.

*Rabindranath Tagore*

Dear God, we pray for another way of being,  
another way of knowing.

Across the difficult terrain of our existence  
we have attempted to build a highway  
and in so doing have lost our footpath.

God, lead us to our footpath.  
Lead us there where, in simplicity,  
we may move at the speed of natural creatures  
and feel the earth's love beneath our feet.

Lead us there where, step-by-step,  
we may feel the movement of creation in our hearts.

And lead us there where, side-by-side,  
we may feel the embrace of the common soul.

Nothing can be loved at speed.  
God, lead us to the slow path;  
to the insights of the pilgrim;  
another way of knowing;  
another way of being. AMEN.'

*Michael Leunig (b.1945) Common Prayer Collection,*

