



Bring Me Sunshine 17

Dear Friends,

Hope you're keeping well and keeping your spirits up despite not being able to gather as before. I have heard of several people going to cafes, restaurants and cinemas which are operating safe social distance measures. Or, like me, you may have some underlying health conditions and are being cautious and doing what we are advised, which is to keep interactions to a minimum. Most Churches are now open for services and this, I know, is welcome for most of you. August is often a quiet time for our older members of the community, with usual clubs and organisations taking a break and family going away on holiday.

All of us at Bring Me Sunshine will continue to support you, our older or more vulnerable members of the community, with news and activities wherever possible, although we will be reducing our postal and personal deliveries to once a fortnight. So, you will not receive a delivery on the 8th August.

Some of you have really enjoyed a song on the doorstep and I have been privileged to view a few, such as Kate enjoying a Beatles song and Violet, Albert and Freda enjoying a Nat King Cole song, 'Unforgettable', bringing back happy memories of ballroom dancing with her husband for Violet. Verona will be hearing Abba's 'Dancing Queen' next week, which is very appropriate as she's a great dancing queen herself. If you'd like a song let me know. The doorstep singers will travel across Lewisham, so those living a little farther afield can still benefit.

*God to enfold me, God to surround me,
God in my speaking, God in my thinking.*

*God in my sleeping, God in my waking,
God in my watching, God in my hoping.*

*God in my life, God in my lips,
God in my soul, God in my heart.*

*God in my sufficing, God in my slumber
God in mine ever-living soul,
God in mine eternity*

In the Carmina Gadelica tradition

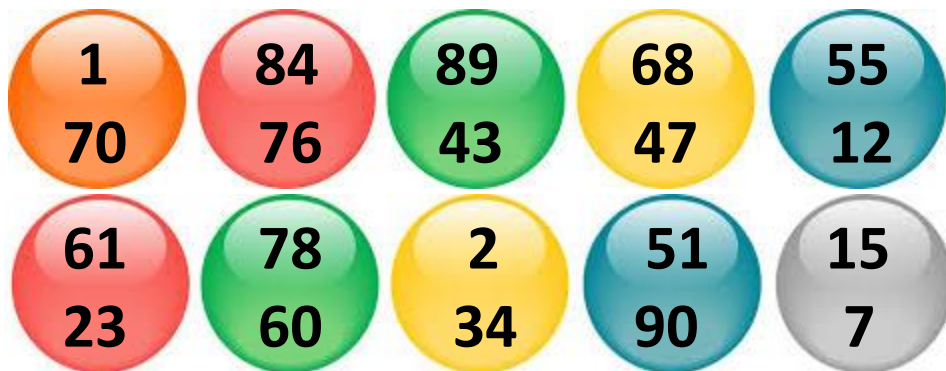
I've enclosed notepaper and a stamped addressed envelope so you can write sending your stories, poems, anecdotes, recipes, jokes and thoughts for the magazine so we can keep it interesting. We would also like your thoughts and feedback on what we are doing so that we can provide you with what you want, and help us as we try to raise funds with the aim of continuing to keeping in touch with our Bring Me Sunshine family until we can meet in person again.

We would like to offer you the opportunity through the organisation Catbytes to help you enter the digital world and access Zoom, WhatsApp, internet and YouTube, all giving you more chances of keeping connected with others, for example family, friends, Churches and organisations. They will lend you a reconditioned second hand laptop or tablet for 30 days, and set it up for you to try out. If you don't have broadband, which many of you won't, then they may be able to set you up with a mini wi-fi hub. There is a cost for the wi-fi hubs which Catbytes is applying for funding to provide. They will assist you, using social distancing guidelines, on your doorstep, and you can have a family member or Bring Me Sunshine volunteer with you when they call.

Please let me know if you'd like me to put you forward for this chance of getting connected.

Love, Lesley

Your Bingo Numbers this week are:



Extreme Places...

1. What is the largest county in England?
2. What is the largest island in the world that is not a continent?
3. What is the tallest building in London?
4. What is the largest city in Scotland, by population?
5. What is the most easterly bridge over the Thames in London?
6. What is the highest mountain in the world?
7. What is the largest ocean in the world?
8. What is the largest city in Jamaica?
9. After London, what is the largest city in England?
10. What is the largest lake in Ireland?
11. What is the largest state in the USA?
12. In which English county is the most easterly point in the UK?
13. What is the largest island in the Caribbean?
14. What is the largest city in Africa?
15. What is the largest borough by area in Greater London?

1. North Yorkshire 2. Greenland 3. Shard 4. Glasgow 5. Tower Bridge 6. Everest/Sagarmatha (Nepal)/Chomolungma (Tibet) 7. Pacific 8. Kingston 9. Birmingham 10. Lough Neagh 11. Alaska 12. Suffolk (Lowestoftness) 13. Cuba 14. Lagos 15. Bromley



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 afternoon all,

"The thing is, I don't do these things for recognition, being a good teammate, being a positive member of the community. I do them because those things make me whole and complete" - Dwyane Wade

It's important that as members of any community that we don't put all our efforts to achieve honour/praise from others. Sometimes they may set impossible standards leaving one feeling inadequate when that is not the case.

It's interesting to learn that not all the Pharisees hated Jesus; in fact some believed in Him but would not openly acknowledge it **"for they loved human praise more than praise from God"** (John 12:43)

Trying to win approval of men does not always align with gaining approval of God. (Galatians 1:10) I'm not saying we cannot have a good reputation - of course we can! But this quote highlighted to me how easily one can fall into the trap of labouring for human approval in spite of God's wishes.

Hope you have a great day,

Vera :)

Home Furnishings

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

BEDS
WELCOME MAT
CURTAINS
DESK
CHAIR
TILE
TELEVISION
HASOCK
HUTCH
SINKS
THROWS
RADIO
DRESSER
TABLE
COUCH
CABINETS
RUGS
TVTRAYS
SOFA
CHUTE

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

Let's remember all the Bring Me Sunshine volunteers this week. Here is a contribution from one of them, Yvonne:

Hi, Yvonne here,

Some of you may recognise me by my photo. I'm one of the Bring me Sunshine helpers.

I look forward to Saturdays when I can visit and deliver parcels to the elderly and vulnerable people in the local community. As I don't have a car Lesley drops the delivery packs to me.

I have some lovely social distancing chats sometimes from the gate or from a top window.

The packs have newsletters from local churches, arts and crafts to make and a home-made cake or packet of biscuits.

Last week I was greeted by some thankyou cards. One in particular was very special. The lady suffers a lot of pain on a daily basis. She was unable to complete the craft activities and left them unmade on doorstep with a letter of apology.

I decided to sew the felt heart, put some lavender oil on it and give it back to her. I was very touched by the card she left me which I enclose.



'...I was so glad to receive the heart you have sewn for me and it takes pride of place on the dressing table in my bedroom. Thank you once again for all you have done... With much love for your kindness...'



We have had a number of quotes or poems by Maya Angelou over the past weeks, because she has plenty of interesting things to say. Did you know she has small links to South and South East London? She gave performances at Lewisham Concert Hall in the 1980's (I was lucky enough to attend one) where

she spoke with warmth, wit and wisdom about life, and read some of her poetry. Her words are also on the memorial in Kennington Park to remember the local civilian victims of war, including more than 50 killed on a single occasion when a bomb hit their shelter in WW2:

'History,
despite its wrenching pain,
cannot be unlived,
but if faced with courage,
need not be lived again'.

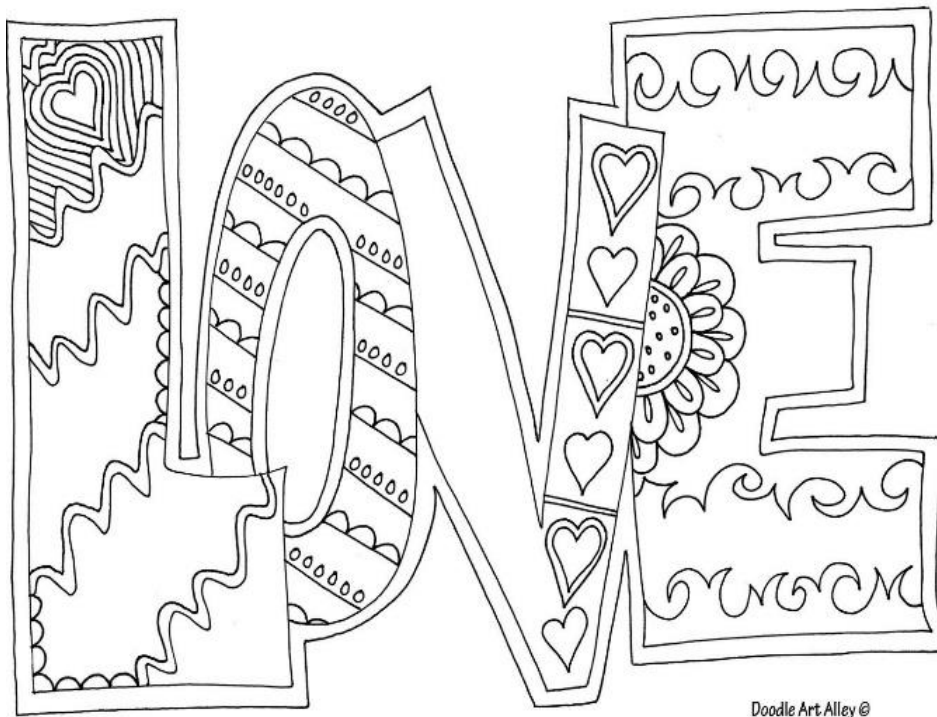


From a reader

Prayer for Guidance

Lord show me clearly what you want me to do with the gifts you have given me.
Grant me the strength that I need to answer your call with courage and love.
Make me a generous person so that others may experience your love through me.
Help me always to look to You as the One who will show me the way to live my life.

Amen



A One Minute Mindfulness Exercise

Mindful walking is something you can practise at any time as you go about your day. It's good to try it slowly at first, but once you're used to it, you can practise it at any pace – even when you're rushing. Walk slowly: become aware of the sensations in the soles of your feet as they make contact with the floor, and any sensations in the muscles of the legs. You don't have to look down at your feet. When your mind wanders, use the contact of the feet on the floor as an anchor to bring you back into the present moment. Just take a minute to focus on the sensations generated by walking

Jan, Bring Me Sunshine volunteer in charge of decorating the venues, has provided most of the quizzes for the magazine. Here is one about ...

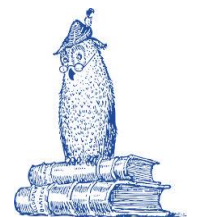


Catford

1. In which postcode is Catford?
2. In 2001 the population of Catford and Bellingham was a) 44,905, b) 39,521, c) 49,750?
3. Catford was part of Kent until a) 1901, b) 1889, c) 1865
4. Broadway Theatre opened as a concert hall in which decade?
5. What is its style of architecture?
6. What was the name of the estate in Catford that made up of 188 prefab bungalows built at the end of WW2?
7. Opened in 1932, what year was Catford greyhound stadium closed?
8. What are the two train stations in Catford?
9. The A205 road is known as what?
10. Which famous comedian and writer (1918–2002) attended Catford Boys School in Brownhill Road?

1. SE6, 2. a), 3. b) 4. 1930's (1932), 5. Art Deco, 6. Excalibur, 7. 2003 (burned down 2005), 8. Catford and Catford Bridge, 9. South Circular, 10. Spike Milligan

*Life is a shipwreck, but we
must not forget to sing in the lifeboats*
Voltaire



DREAMS AND DREAMERS

He said 'Listen to my words: When there is a prophet among you, I, the Lord, reveal myself to them in visions, I speak to them in dreams'. - Numbers 12:6

For God does speak - now one way, now another - though no one perceives it. In a dream, in a vision of the night, when deep sleep falls on people as they slumber in their beds -Job 33:14-15

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams -Acts 2:17



A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world

- Oscar Wilde

No matter where you're from, your dreams are valid

- Lupita Nyong'o

You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'

-George Bernard Shaw

I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together
- Martin Luther King Jr.

The Cloths of Heaven

Had I the heaven's embroidered cloths,
Enwrought with golden and silver light,
The blue and the dim and the dark cloths
Of night and light and the half-light;
I would spread the cloths under your feet:
But I, being poor, have only my dreams;
I have spread my dreams under your feet;
Tread softly because you tread on my dreams.

- W. B. Yeats

Bring me all of your dreams,
You dreamer,
Bring me all your
Heart melodies
That I may wrap them
In a blue cloud-cloth
Away from the
too-rough fingers
Of the world
-Langston Hughes

