

# Bring Me Sunshine 1

*Deep peace of the running wave to you,  
Deep peace of the flowing air to you,  
Deep peace of the quiet earth to you,  
Deep peace of the shining stars to you,  
Deep peace of the gentle night to you.  
Moon and stars pour their healing light  
on you.*

*Deep peace of Christ, the light of the world  
to you,*

*Deep peace of Christ to you.*

**AMEN**



*Rejoice, heavenly powers! Sing, choirs of angels! Exult, all creation around God's throne! Jesus Christ, our King, is risen! Sound the trumpet of salvation!*

*Rejoice, O earth, in shining splendour, radiant in the brightness of your King! Christ has conquered! Glory fills you! Darkness vanishes for ever!*

*From the Exultat*

Hello Dear Friends,

I hope you are managing to keep in good spirits during our necessary isolation at this time. Unfortunately, more of our friends have been affected by COVID-19 this week, many battling the effects at home and several in hospital. We are beginning to hear of people we know who have died, and anxiety and fear is a real issue for many. Two of our parish community have been in hospital this week but I am pleased to say they are now home and recovering slowly but well, and others have said they are beginning to feel better, thank God.

The weather has been lovely most of this week and with the decline in traffic I can hear more birds singing. I hope for those who have a garden you have been able to enjoy it and for those who don't, I hope you've opened your windows looked up to the blue sky and breathed in the fresh air for a while, it certainly seems fresher! Despite these difficult times as we adjust to a new way of living there are silver linings - improved air quality, more time to reflect on life and put our affairs in order, great generosity and community spirit, a deepening appreciation of our health service and all the essential workers such as shop workers, refuse collectors and postal workers. Clap again on Thursdays at 8pm. People seem to be praying more and uniting in their faiths. We have suddenly decided we will embrace technology after all, as it keeps us connected, we make do with less, and maybe this time is giving us a deeper gratitude for life and the people we care about. As Mae West once said: "You live once and if you do it right, once is enough"

All our church partners in "Bring me Sunshine 2020"- Holy Cross, St Andrews, Brownhill Baptist, Salvation army, St Laurence's and Elim Pentecostal are responding to the needs of their most isolated and vulnerable, and using telephone calls to check on people and provide connection. Telephone befriending is increasing with the help of Voluntary Action Lewisham. There is no need to struggle without food, there is information in this edition about help.

"Bring Me Sunshine" is working to provide a Bring Me Sunshine activity pack that can be played through the television in care homes where residents are unable to receive visits and staff are stretched - a series of presentations including Yoga, Zumba, African drumming and singing, stilling and relaxation and sing-a-longs, to bring some fun and activity. Thanks to all the wonderful volunteers who are making this happen. You will notice this magazine has changed its name to "Bring Me Sunshine" to widen our reach to our community. Let's try to do just that and bring some sunshine during these difficult times to ourselves and our neighbours.

We continue to keep each other in our thoughts and prayers every day but particularly on a Tuesday at 7pm, as we dedicate this time to remembering our Diamond Club family and all our friends from the local community and partner churches.

This Easter Hymn is very apt I think: "Because he lives, I can face tomorrow, Because he lives, all fear is gone, Because I know he holds the future, And life is worth the living just because he lives"

Have a Blessed Easter, Lesley



*People will forget what you said,  
people will forget what you did,  
but people will never forget how you made them feel.*  
- Maya Angelou

## Chocolate Bar Quiz

Can you recognise the chocolate bars from the pictures below?



Mars, Dairy Milk, Yorkie, Double Decker, Maltasers, Milky Bar, Bounty, Galaxy, Twix, Rolo

Quick Quiz...

1. Did Edward I make his son the first Prince of Scotland, Since of England or Prince of Wales?
2. Is the black part in the centre of your eye called the iris, the pupil or orb?
3. If a Japanese person says, 'Sayonara' do they mean thank you, goodbye or happy birthday?
4. Is Matt Damon's best pal Ben Affleck, Josh Hartnett or Joaquin Phoenix?
5. Would a football player, yachtsman or ice skater buy equipment from a chandler?

1. Prince of Wales. 2. Pupil. 3. Goodbye. 4. Ben Affleck. 5. Yachtsman

## Getting to Know You

We welcome readers' contributions, from Holiday at Home guests, volunteers, and friends and the Diamond Club Family and supporters. The lockdown may be a chance for us to get to know each other better... as a regular contributor, we contacted Denis Costelloe, who agreed to be first up. Will you be next?

Denis says: "I was born in Churchtown, Co Cork and came to London at the age of 21 in 1960. My first job was cleaning lamps at Kings Cross and St Pancras stations for the first three months. Next, I joined Royal Mail as a Postman at Jamaica Road, Rotherhithe SE16 with wages of £8.50 a week. I bought a second hand bicycle for 30 bob (£1. 50) at a local Sunday market which was a necessity. I lived with my married sister in a flat at 34 Clifton Buildings, Christmas Street, SE1, paying £2 a week. I sent £2 to my widowed mother in Ireland, leaving me with £4.50. Of course, in 1960, the cheapest Bus fare was four old pence and a Kit Kat bar was three old pence. Like all emigrants I hit the Irish Dance halls - my local venues were The Shamrock, which could get a bit rough, and the more sedate Harp at New Cross. Admission to dances was 3 shillings, or 15p in today's money. Money seemed to go much further then.

I was fortunate that I was taken by a friend to St. Monica's Hall in Hoxton Square where a Pioneer Abstinence Group were staging a play called "The Down Express". I was keen to have a bash at Amateur Dramatics and I fitted in like a glove accent wise to the part of a farmer. Of course, a greater attraction was meeting people from all parts of Ireland. Emigration was at its peak; the men, mainly entering the construction business, worked and drank hard, on good wages. The women in the main went into the nursing profession. London, of course, had terrible cold, dark, and thick foggy days during this period. But the upbeat of going to Dances and Pictures and meeting so many beautiful Irish girls compensated a great deal for these conditions.

Perhaps the greatest joy of all was going back home every summer to the fresh air, fresh food and the welcome one received. Life seemed so much simpler, an age of innocence, an age of us country exiles away from home in a big city like London adjusting to a different way of life. But there were the downfalls as well, and the dreams of many never materialized. London can be a lonely self-destructive city and sadly some fell by the wayside.

I was one of the lucky ones. I found so many great friends, I found love, a family, grandchildren. And I thank God for those graces my life to date."

A poem sent in by a Diamond Club member...

### Wakey Wakey

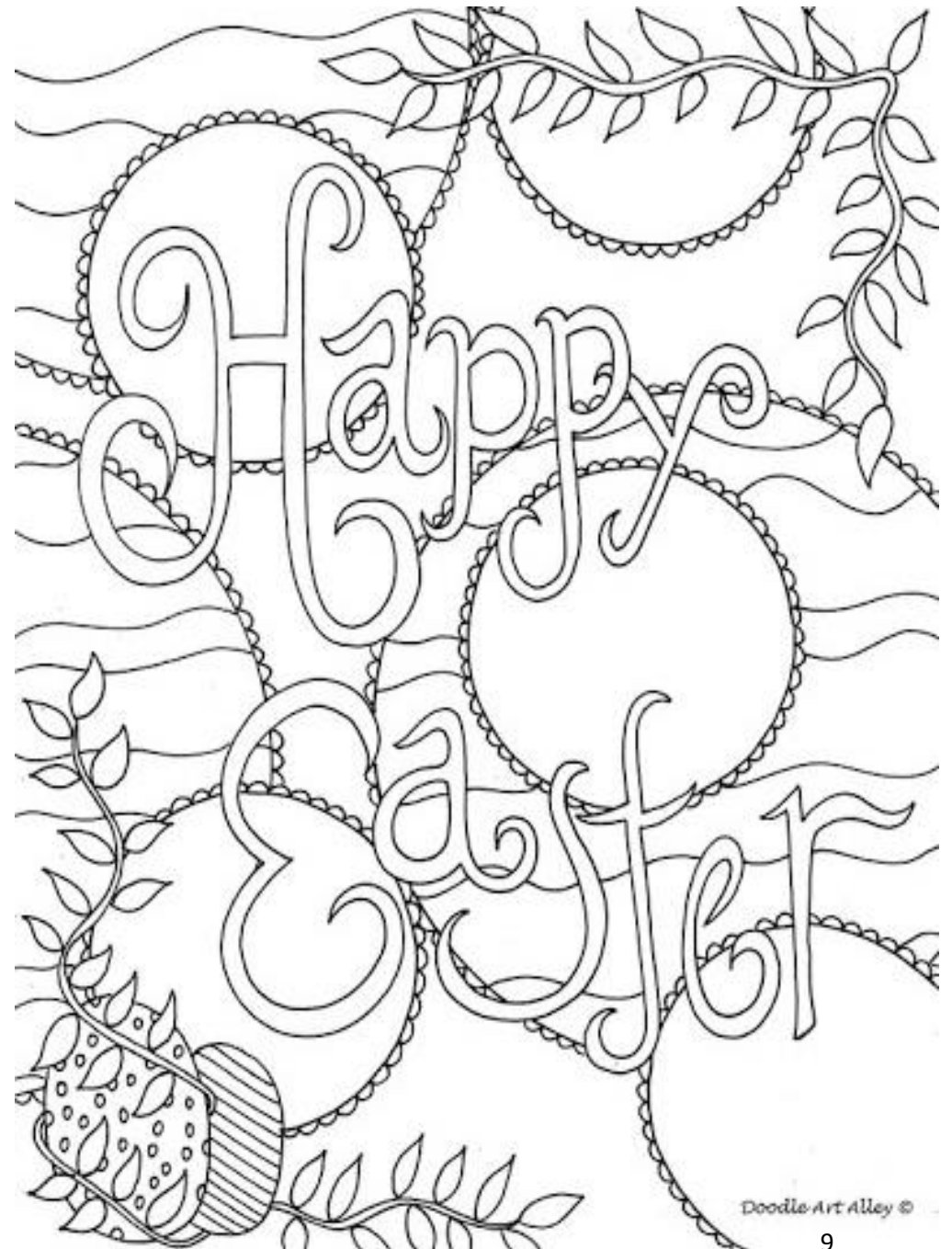
Went to bed (long outgrown Ted)  
Once sleep came easily. Instead,  
I woke at one (with dodgy tum)  
More pills, and then to dreams succumb

But woke at three, to have a wee  
(shouldn't have drunk that fennel tea).  
Then woke at five (yes, still alive).  
Thoughts swirl and jostle to survive.

Awoke at six, ate Weetabix  
(A splash of whisky in the mix).  
So dozed 'til eight, now sleeping late  
To a lullaby of birdsong - the day can wait!



*Language... has created the word "loneliness"  
to express the pain of being alone.  
And it has created the word "solitude"  
to express the glory of being alone.  
- Paul Tillich*



Doodle Art Alley ©

How is everyone getting on? We will all have our own ways of coping, and some will find it easier than others. Any ideas (or confessions!) of what you are doing gratefully received. If you have a smart phone or e mail you can send a picture...

Some Tips to cope with anxiety from NHS England...

**Understand your anxiety**

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.

**Challenge your anxious thoughts**

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious.

**Make time for worries**

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things.

**Shift your focus**

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

*One of the best, yet hard things we can do to combat stress and negativity is practice our ability to choose one thought over another: seeing the good in what you have. So, let's take a minute to ponder on what we can be grateful for and positive about right now? Hope you have a great day, Vera (Third Thursday Time volunteer)*

Lewisham Local, Voluntary Services Lewisham and Lewisham Foodbank are working to deliver the following offer to the most vulnerable:

- A paid for £15 food parcel can be delivered to your door. This includes basic items and depends on what is 'in stock' in supermarkets. It can include things like (bread, milk, eggs, butter, beans, pasta & sauce, cereal, tinned tomatoes, tinned fish, tea, coffee, tinned meat etc)
- Emergency food parcels for those that do not have the financial means to buy food
- A telephone befriending service for people who are feeling socially isolated and would like a regular phone call

[www.lewishamlocal.com](http://www.lewishamlocal.com) or telephone 03330150378 Mon-Fri 9-5

Holiday at Home lead organiser: Lesley  
email [lesleyaallen@bopenworld.com](mailto:lesleyaallen@bopenworld.com) or telephone 07729785843

To make Bring Me Sunshine original contributions: Amy  
email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com) or telephone 07847 799791

**Fruits**

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
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O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

- RASPBERRY
- LIME
- BLACKBERRY
- BLUEBERRY
- WATERMELON
- ORANGE
- BANANA
- PAPAYA
- LEMON
- KIWI
- STRAWBERRY
- GRAPE
- APPLE

**Some Famous Firsts...**

Which Viking sailor from Iceland is believed to have become the first European to land in the Americas, nearly 500 years before Christopher Columbus?

In 1957, which Russian beat NASA to become the first human to orbit the Earth on Sputnik I?

Who was elected as the first Prime Minister of newly-independent India in August 1947?

In 1804 which state became the first Caribbean nation to gain independence from a European power - and the first to be founded by free slaves?

Who was the first Tudor king of England?



*A reading from the holy Gospel according to John 20:1-9*

*It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him'.*

*So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.*

### **Prayers Suggested by Diamond Club Members**

**Lord**, I rejoice that all authority has been given to you in heaven and on earth. No principality or power, no human institution or invention, no infirmity or illness can prevail against you.

I rejoice that you have given your disciples authority to heal sickness. From the common cold to terminal cancer, I take authority over the spirit of infirmity and forbid it to prevail against me.

I stand on your word which says, no evil shall befall me, nor shall any plague, come near my dwelling. Dispatch your angels to encamp around about me and protect me from all harm.

Your words says you will bless the righteous with favour, you will surround him as with a shield. I ask that no disease would come near me that the magnitude of your presence around me be so great that nothing will be able to touch me except that which comes from you.

Because my body is the temple of the holy spirit, steer me away from destructive habits that make me vulnerable to weakness and infirmity. I want to worship you- body, soul and spirit. May the hedge of protection you have placed around me serve as a testimony to others of your power, your protection and your love. In Christ's name, Amen

### **CAFOD Prayers in the time of Coronavirus**

Almighty and merciful Father, who shows your love to all creation, we come to you asking for control and help for the Coronavirus ravaging our world.

Graciously hear the prayers we make for those affected by the virus in various parts of the world. Grant healing to the sick, eternal life to the dead, and consolation to the bereaved families.

We pray that an effective medicine to combat the sickness may be speedily found. We pray for the relevant governments and health authorities that they take appropriate steps for the good of all people.

Look upon us in your mercy and forgive us our failings. Amen

