

*Creator, open our hearts
to peace and healing between all people.*

*Creator, open our hearts
to provide for and protect*

all children of the earth.

*Creator, open our hearts
to respect for the earth,
and all the gifts of the earth.*

*Creator, open our hearts
to end exclusion, violence, and fear among all.*

*Thank-you for the gifts
of this day and every day.*

Native American

Bring Me Sunshine 20

Like the appearance of the bow that is in the cloud on the day of rain, so was the appearance of the brightness round about. Such was the appearance of the likeness of the glory of the LORD. And when I saw it, I fell upon my face, and I heard the voice of one speaking.

Ez 1:28 RSV

And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow.

GK Chesterton

There is no envy, jealousy, or hatred between the different colors of the rainbow. And no fear either. Because each one exists to make the others' love more beautiful

Aberjhani

The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God - if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That's what I think.

Maya Angelou

Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray.

Lord Byron

Easy to Believe

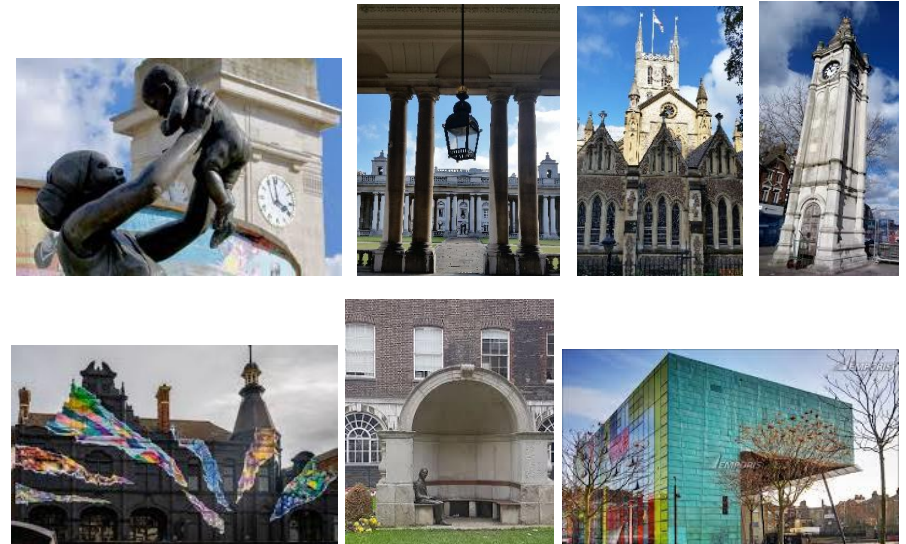
How easy it is for me to live with you, Lord.
 How easy it is for me to believe in you.
 When my mind is distraught and my reason fails,
 when the cleverest people do not see further than this
 evening and do not know what must be done tomorrow,
 You grant me the clear confidence that you exist and
 that you will take care,
 that all your ways of goodness are not stopped.
 And you will enable me to go on doing
 as much as needs to be done.
 And in so far as I do not manage it –
 That means you have allotted to task to others.

Alexander Solzhenitsyn



QUIZ

Where can you find these South London landmarks?



Your Bingo Numbers this week are:

76
84

| | | | | | |
|----------|----------|----------|----------|----------|---------|
| 77 21 | 79 68 | 87 11 | 61 32 | 45 16 | 2 29 |
| 50 34 | 55 20 | 71 49 | 57 32 | 42 40 | 8 81 |

L→R from top: Deptford (St. Paul's Church); Elephant & Castle (Imperial War Museum); Brixton (Windmill); Stockwell (Bronze Woman Statue); Greenwich (Old Royal Naval Hospital); London Bridge (Southwark Cathedral); Lewisham (Clocktower); Catford (Ninth Life/Black Horse); London Bridge (Keats Statue, Guy's Hospital); Peckham (Library)



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

Morning All,

*Hope is not just... out in the sky, or accepting the facts or reality.
Hope is having optimistic, positive expectations" - Craig Sager*

Hope is linked to the future, it is necessary to keep your eye on the future as it makes you move towards it. Hope is why we don't give up - you may be going through tough times now but hope tells you there is a better future.

"There's hope for your future, declares the Lord..." Jeremiah 31:7

As Christians our hope is hinged on the promises of God, what you are seeing right now is not your destination, you are just passing through. Remember that we:

"walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises]" 2 Corinthians 5:7 (Amplified Version)

Hope you have a blessed day, Vera :)

"Every story ever written's in the Dictionary! You just have to put the words in the right order."

"My school days were the happiest days of my life, which should give you some indication of the misery I've endured over the past 25 years."

Paul Merton

Fun things to do

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | E | S | T | L | D | P | I | G | I | R | B | O | E |
| C | N | D | Y | S | R | O | O | O | L | S | D | G | E |
| T | T | R | R | E | I | G | P | L | R | R | I | T | X |
| A | E | O | L | I | V | K | N | O | O | Y | L | A | E |
| F | R | W | L | B | I | S | G | I | K | E | I | L | R |
| E | T | S | A | B | N | D | N | S | D | E | I | K | C |
| G | A | S | B | O | G | R | I | G | A | I | R | I | I |
| E | I | O | T | H | D | A | Y | O | I | P | R | N | S |
| A | N | R | O | R | T | C | A | L | T | N | E | G | E |
| T | I | C | O | D | R | I | L | F | O | I | T | T | E |
| I | N | D | F | L | P | I | P | G | Y | O | T | K | S |
| N | G | W | A | L | K | I | N | G | S | O | T | O | I |
| G | P | O | X | L | K | R | A | P | L | W | T | T | T |
| N | K | G | N | I | H | C | T | A | W | D | R | I | B |

BIRDWATCHING
CROSSWORDS
PARK
DRIVING
HOBBIES
PETS
RIDING
POLO
TOYS
PLAYING
ENTERTAINING
TALKING
EXERCISE
EATING
FOOTBALL
GOLF
WALKING
POKER
CARDS

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

More from Bring Me Sunshine readers...

Angela and Garry are keeping busy, Garry growing cherry tomatoes from seed – we hope to hear if he has a good crop. He is also making a bug hut in the hope of attracting bees. Angela is wildlife watching, and has seen a number of different butterflies, and been looking closely at the different greens there are in a garden among the trees, plants and flowers – 150 at last count. They send their love and prayers to all.

Jenny and Paddy found it hard at first, not going out, but with the help of family and friends are in good spirits. They look forward to the weekly goodie bags and Church newsletters, although decorating is more Jenny's thing than sewing. They send their love to everyone.



From a reader:

Almighty God,
Take my hand and lead me through this day.
Step by step remind me that I cannot do everything I wish,
Nor do any of it perfectly;
Only you are perfect.
Only with your help can I do my best,
Help me to remember to ask for that help.
Amen

Thanks to everyone who sent personal letters to Lesley, and those sending appreciation of the Bring Me Sunshine team. Please keep sending your news, poems, prayers, pictures etc for BMS via Lesley or directly to Amy- other people will be pleased to hear from you

A local talent...Pat Dunne

Pat is the husband of Diamond Club, Union of Catholic Mothers and Bring Me Sunshine's Theresa. She has talents too – a keen and gifted knitter and crochet whizz who makes the best cheese scones and soda bread ever.

Pat has been working in wood since he made a guitar out of a tea chest aged 13 - he said it wasn't very good, but he got the bug after that. He has made a beautiful grandfather clock and smaller ones out of wood, as well as fruit bowls, chopping boards, and other exquisite pieces.

Pat says: 'My latest project involves using a CNC machine. The wood I use is mostly steamed beech, because it is a close-grained wood and carves better than an open grained wood like oak. I have been doing CNC work for about 2 years now, but I am still learning about the software as it is all computer driven. The Jesus in a Cross design takes up to 10 hours to carve depending on the size - the bigger it is, the more detail, although the wood can twist if it is too big. The Celtic Cross with Claddagh ring design I bought from CT Trader, an online shop for CNC files. They vary in price from £20 up to over £900 for the Stations of the Cross, so I don't think I will be doing the them just yet!'

Pat has kindly given permission to show photographs of his beautiful work. If anyone is interested in having a carving made he is happy to discuss this - pieces will cost £25, £5 of which will be donated to the Bring Me Sunshine project, which Pat supports. Feel free to ask Lesley for his contact details.



| | | |
|---|---|---|
| R | I | M |
| E | C | N |
| T | E | N |

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 24, including one nine letter word

rice, tic, trice

erect, ice, metric, mice, mincer, nice, nicer, niece, recent, recte, increment, cement, cent, centime, centre, cine, cite, crime, emetic, entice,

From a reader:

What are Senior Citizens Worth? We are worth a fortune, with silver in our hair and gold in our teeth, stones in our kidneys and lead in our feet.

Since I saw you last, a few changes have come into my life. I now have two gentleman to see me every morning. As soon as I wake up, Will Power helps me out of bed. Then Arthur Ritis shows up and stays the rest of the day - he doesn't stay in one place but moves around from joint to joint.

The parson called to see me and said: 'you know, at your age you should be thinking of the hereafter'. I told him I do all the time, no matter where I go. In the kitchen, living room, or upstairs, I stand there and ask 'What am I here after?'.

Wise words sent in by someone else:

*Life might not be the party you
hoped for, but while we are here
We might as well dance*

Jeanne C. Stein



Quiz - Treasure

1. Which wedding anniversary is the Pearl?
2. Rubies are red and Padparadscha pink/orange varieties of the mineral corundum – what is the blue variety called?
3. Starburst sweets used to be called after a precious stone – which?
4. What was the name of the king in Greek mythology who turned everything he touched into gold?
5. The emerald city is found in which fictional land?
6. Prince sang about two precious stones in 1991 – what are they?
7. Who shot Lee Harvey Oswald in 1963?
8. What took place between 1848-55 in California?
9. What is the hardest mineral?
10. *Ann of Geierstein*, a novel by Walter Scott, made this stone, traditionally considered lucky, be thought of as unlucky. What is it?
11. The bombing of which harbour by the Japanese preceded the USA joining WW2?
12. What precious metal connects Tina Turner, Shirley Bassey and Lulu?
13. What Tuesday did the Rolling Stones sing about?
14. A perfect wife is far beyond the price of? in Proverbs?
15. What is Ruby Murray in cockney rhyming slang?

1. 30th; 2. Sapphire; 3. Opal 4. Midas; 5. Oz; 6. Diamonds and pearls; 7. Jack Ruby; 8. Gold rush; 9. Diamond; 10. Opal; 11. Pearl; 12. Gold (sang James Bond songs Goldeneye, Goldfinger, Man with the Golden Gun); 13. Ruby; 14. Pearl; 15. Curry

*Years are only garments, and you either
wear them with style all your life,
or else you go dowdy to the grave*

Dorothy Parker



Dear Friends,

It's hard to believe it has been more than six months since we were informed of the Coronavirus and life had to change for all of us - restrictions on movement and activities, wearing of face coverings in shops and on public transport, being unable to see loved ones and hug children and grandchildren, shielding and quarantines, getting to know our neighbours more and relying on others to support us at times. And, no public worship up until about a month ago for some of you. I heard that Brownhill Baptist opened their doors on Sunday for the first time for a service. It must have been wonderful for the congregation to be able to meet up again to worship, we wish them well.

St Andrews Home Alone newsletters have stopped now as the people who put them together have moved. We have been very grateful for them, so many of our isolated elders enjoyed them very much.

September sees children going back to school and several organisations reopening with new ways of delivering their services, with limited numbers and lots of sanitisers. Shielding has been paused now and people can get out while adhering to the COVID-19 guidelines. For several of you who were shielding this is a big change, and you may find it difficult to start with. Small walks to the end of your street is a good step forward, as many of you have found mobility has been affected. Of course, the virus is still present, and numbers of people getting it have risen in some parts of the country, and with the weather getting colder and more colds around as well I urge you to remain safe by sticking to the guidelines. If you are getting together please keep your distance, avoid physical contact, wash your hands and wear your face coverings in public. Of course, testing is easier now and if you have symptoms you should request a test immediately (certainly within the first five days) this is done on line, so if you haven't got anyone to do this for you call us and we will help.

I heard great news that at least ten of you completed the form we sent out some time ago about applying for a water bill reduction and have received large reductions, some up to 50%. If you haven't done it and have lost the form I would be happy to send you another. I have referred several people for support to increase skills using tablets and other digital devices which can be borrowed to try out. Again, it's not too late, we can refer others.

We have been donated a large amount of card making resources - some are Christmas motifs. If anyone would like a pack of these, we can arrange for these to be delivered, it would be something to do as we move towards autumn.

Bring Me Sunshine has been delivering several doorstep tea parties for small numbers with tea and cake, and a few songs delivered by Goldsmiths Song on a Doorstep. If you fancy a song on your doorstep I'd love to arrange this for you.

Please call 07729785843 or lesleyaallen@btopenworld.com for any of the above.

Thank you for all the wonderful letters sent back over the last month.

Hope you can keep your spirits up and keep connected.

Best wishes

Lesley

Suggested by a reader:

Psalm 121

I will lift up mine eyes unto the hills,
from whence cometh my help.

My help cometh from the Lord,
which made heaven and earth.

He will not suffer they foot to be moved:
he that keepeth Israel shall neither slumber nor sleep.

The Lord is thy keeper:
the Lord is the shade upon they right hand.

The sun shall not smite thee by day,
nor the moon at night.

The Lord shall preserve thee from all evil:
he shall preserve they soul.

The Lord shall preserve thy going out and thy coming in
from this time forth, and even for evermore.