



Universal Prayer for Peace

Lead me from death to Life,
from falsehood to Truth.

Lead me from despair to Hope,
from fear to Trust.

Lead me from hate to Love,
from war to Peace.

Let Peace fill our heart,
our world, our universe.

Peace, peace, peace.



Bring Me Sunshine 2

Letter from Lelsey

Dear Friends,

Wishing you all a wonderful Easter, I hope you managed to enjoy the beautiful weather this weekend in some way.

Many of you I know are watching live streamed masses on your computers or Smart phones from Holy Cross, St Andrews and St Laurence's which is of great comfort. Many tuned into the Archbishop of Canterbury's Mass on Easter Sunday and the Vatican's Papal Mass. Songs of praise is also a great hit with many, with my home town girl Katherine Jenkins, from Neath. Katherine's mum walks her dog with my friend. She was given the dog by Al Fayad at Harrods but couldn't look after it then because of tours etc. (Bit of gossip for you). Those without internet rely on phone calls, TV and radio which is good at the moment - especially our supporters BBC radio London who did a short interview with me last week to keep connected. If you're on Whats App let me know and I will include you in our group chat.

The Bring Me Sunshine team continue to produce these mags for you, and following feedback have made the print bigger. Please keep your contributions of articles, poems, tips, life stories coming in so we can continue to bring you a weekly magazine. These are delivered to about 60 people locally each week, sometimes with goody bags, and posted to those of you a bit further away. This week's goody bags contain Catford Brew tea bags donated by Cllr James Walsh via Catford Cornucopia. I can't wait to try them.

Contd.....

Letter from Lesley contd.

About 80 people are being telephoned by our Bring Me Sunshine telephone befrienders, some of whom are volunteers from Voluntary Services Lewisham. Let me know if you'd like to receive an additional friendly call and I will set it up for you. There are so many people wanting to help, so don't be reticent. The Activity workshops are ready for distribution to 10 local care homes with familiar faces leading the activities such as our lovely Johanne with Zumba, Meryl leading line dancing, Sr Regula leading a lovely trip round St Andrews convent garden in Belmont Hill, and lovely songstress Katie Milton (and your own "Miss Sunshine" Fr Lindsay has named me).

Several of the people we know have not been well and while we give thanks for good news where people have been discharged from hospital and are recovering, we also keep in our prayers and thoughts those who are struggling with ill health at home, and some in hospital.

Bridget Doyle sadly died on Easter Saturday peacefully in Lewisham hospital following a 24 hour stay. Bridget was the wife of our much-loved Diamond Club member and SVP president Pat Doyle (known to others as the "Cattford Tesco Baker"), sister of volunteer member of the Diamond Club, Phyllis Cahill, and sister in law of volunteer driver for the Diamond Club Pat Monahan. Bridget herself was a member of the Diamond Club before she moved into Alexander care home and will be sadly missed.

Keep Connected and contact someone you haven't been in touch with for a while - call your neighbours, friends and family; speak over fences and walls at a safe distance. Don't worry so much about your phone bill, you're saving on other things probably.

Easter Blessing: We are one body, different parts, one family, spread throughout the world.

Living Christ, work through us, as we open up our hearts to all those in need so that there may be one hope, one joy, one welcome in you. Amen

He is risen indeed, Alleluia! This Easter, an Easter like no other, we pray that all of us can experience in a new way the hope of the resurrection.

With Love, Lesley

That's Entertainment Quiz

1. What kind of animal is Maid Marion in Disney's cartoon version of Robin Hood?
2. Who starred in the Film 'Half a Sixpence'?
3. Which screen legend uttered the words, "I've been on a calendar, but never on time"?
4. Which actress was Mrs. Carlo Ponti?
5. Who got married to Eddie Fisher after her third husband was killed?
6. Who was transformed into a fashion model by Fred Astaire in 'Funny Face'?
7. Which song from the musical 'High Society' lent its name to a worldwide TV quiz show?
8. Which London theatre was gutted by fire in 1990?
9. Which fictional TV family lived at 165 Eaton Place?
10. In which musical do these three characters appear? Liesl, Fridrich and Maria.
11. Which drama series set in Cornwall is written by Winston Graham?
12. Who was Inspector Morse's sidekick?
13. What make of car is most famously associated with James Bond?
14. Who wrote 'Lady Windermere's Fan'?
15. Which song opens the musical Oklahoma?
16. In which royal park in London is the open air theatre situated?
17. Which US singer had an acting role in "From Here To Eternity"?
18. Which Ealing comedy mob organized a bullion robbery?
19. Which Stephen Spielberg film was described as 65 million years in the making?
20. Which superstar was Mayor of his home town, Carmel, California?

1.A Fox 2.Tommy Steele 3.Marilyn Monroe 4.Sophia Loren
5.Elizabeth Taylor 6.Audrey Hepburn 7.Who Wants to be a
Millionaire? 8.The Savoy 9.The Bellamys (Upstairs Downstairs)
10.The Sound of Music 11.Poldark 12.Lewis 13.Aston Martin
14.Oscar Wilde 15.Oh What a Beautiful Morning 16.Regents
Park 17.Frank Sinatra 18.The Lavender Hill Mob 19.Jurassic
Park 20.Clint Eastwood

An item kindly contributed by Denis. Hope you are all keeping well, because you'll need to be strong to cope with some of these... (obviously I mean they will make you weak with laughter)

DIAMOND CLUB MASTERMIND

We welcome you to this week's Mastermind from the Diamond Club where we welcome Pauline's husband Colin. So over to Colin, who scored 15 points on the Life and Times of the Essex 007, Basildon Bond. Now it's General Knowledge:

Q: Do auctioneers have any close friends?

Colin: No, only nodding acquaintances

Q: What did the Spanish fireman call his two sons?

Colin: Jose and Jose B

Q: Who invented fountain pens?

Colin: The Incas.

Q: Can you give me two healthy proverbs?

Colin: One good turn gets most of the Duvet, and never leapfrog with a Unicorn

Q: Where did the Terminator find the Toilet rolls at Sainsburys?

Colin: Aisle B Back

Thank you Colin. You have got all your questions correct. The one you passed on, 'What is the thing nearest to Silver?' is...The Lone Ranger's backside

Types of Drink

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

Tea
Seven up
Tasty
Vanilla
Water
Soda
Lemonade
Cola
Iced
Cherry
Dr.Pepper
Malt
Strawberry
Herbal
Milk
Coffee
Pepsi
Hot
Sour
Diet

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
- 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 or telephone 03330150378 Mon-Fri 9-5

A reader sent this in. At first I thought it was their contribution to 'Getting to Know You', but they claim it is just a poem they found...



I'm normally a social girl, I love to meet my mates
But lately with the virus here we can't go out the gates

You see, we are the 'oldies' now, we need to stay inside
If they haven't seen us for a while they'll think we've upped
and died.

They'll never know the things we did before we got this old
There wasn't any facebook so not everything was told

We may seem sweet old ladies who would never be uncouth
But we grew up in the 60's- if you only knew the truth!

There was sex'n'drugs and rock'n'roll, the pill and miniskirts
We smoked, we drank, we partied and were quite outrageous
flirts.

Then we settled down, got married and turned into somebody's
mum,
Somebody's wife, then nana, what on earth did we become?

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To make Bring Me Sunshine original contributions:
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telephone 07847 799791



Vera has been sending daily ideas for positivity
to people from a mental health drop-in group
during lockdown, and would be pleased if you tried
some too

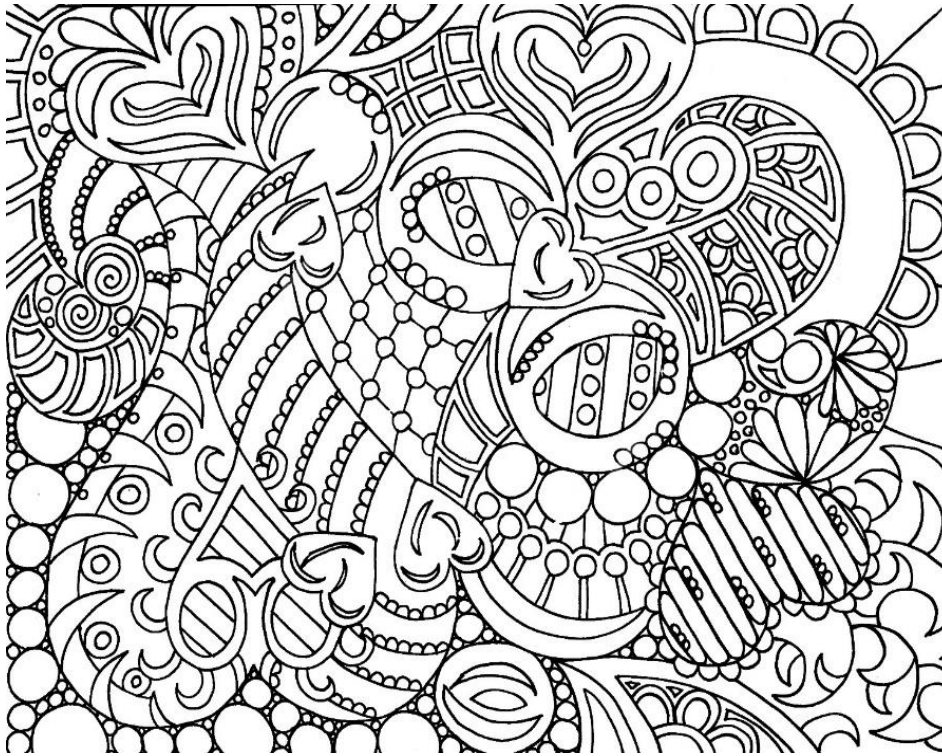
Hey all, Thought I'd share a few
mindfulness exercises:

Cause and Effect exercise: Contemplate cause an effect
for everything that you do for some predetermined
amount of time.

The Mindful Plot exercise: Watch a movie/Listen to
music and observe how you become engrossed in the
story. Take mental note of your emotions as you watch
the film.

Undivided Attention exercise: Do something around the
house that you've never done before and do it with
utter and undivided attention.

Hope you have a great day, Vera :)



Some laughs from Denis...

Q: What do you get if you cross a cowboy with a nourishing meal? A: Hopalong Casserole

The Captain on a plane said: 'Does anyone on board know how to pray?' The Clergyman put up his hand. 'Good', said the Captain, 'start praying while the rest of us don our parachutes - we are one short'.

We didn't mind the change of pace because our lives were full
But to bury us before we're dead is like a red rag to a bull!

So here you find me stuck inside for 4 weeks, maybe more
I finally found myself again then I had to close the door!

It didn't really bother me, I'd wile away the hour
I'd bake for all the family but I've got no bloody flour!

Now Netflix is just wonderful; I like a gutsy thriller
I'm swooning over Idris or some random sexy killer.

At least I've got a stash of booze for when I'm being idle
There's wine and whisky, even gin if I'm feeling suicidal!

So let's drink to lockdown to recovery and health
And hope this bloody virus doesn't decimate our wealth.

We'll all get through the crisis and be back to join our mates
Just hoping I'm not far too wide to fit through the flaming gates!



Yesterday I was clever, so I wanted
to change the world.
Today I am wise, so I am changing
myself.

Rumi

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot,
or a few small stones;
just pay attention, then patch
a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway into thanks,
and a silence in which another voice may speak.

Mary Oliver



Hearing Silence

The Father speaks one Word
who is his Son.
This Word he speaks always in
eternal silence.
In that Silence our soul must
listen –
will hear

John of the Cross

The spiritual life is not a life before, after, or
beyond our everyday existence.
No, the spiritual life can only be real when it is
lived in the midst of the pains
and joys of the here and now

Henri Nouwen

Lord, help me now to unclutter my life,
to organise myself in the direction of simplicity.
Lord, teach me to listen to my heart;
teach me to welcome change, instead of fearing it.
Lord, I give you these stirrings inside me,
I give you my discontent,
I give you my restlessness,
I give you my doubt,
I give you my despair,
I give you all the longings I hold inside.
Help me to listen to these signs of change, of
growth;
to listen seriously and follow where they lead
through the breathtaking empty space of an open
door.

From Celtic Daily Prayer

