



*May today there be peace within  
May you trust your God that you are  
exactly where you are meant to be.  
May you not forget the infinite  
possibilities that are born of faith.  
May you use those gifts that you  
have received, and pass on the love that  
has been given to you.  
May you be content knowing you are a  
child of God.  
Let this presence settle into your  
bones, and allow your soul the freedom to  
sing, dance.  
It is there for each and every one of you.*

*Amen*

*St. Teresa of Avila*



## *Bring Me Sunshine 3*

Dear All,

Welcome everyone to the sixth edition of our weekly magazine. Keep bringing sunshine wherever you can.

We welcome members of Brownhill Baptist church - over 20 readers to this magazine which they are receiving for the first time and several from St Andrews church, as well as members of the neighbourhood who have heard about what we are trying to achieve. We also include the fabulous newsletter produced by St Andrews church called 'Home Alone' and there's some great ideas in that too. Lots of people are now helping the cause by sewing cotton bags so the personal protective clothing can be washed safely.

We hope you enjoy the contributions and you keep connecting with others wherever possible, through phone calls, good old-fashioned letter writing or spending time waving at neighbours; some people are enjoying daily get togethers over garden walls and fences or on their doorstep, shouting across the divide.

This week we have heard more about the plight of care homes and sadly we are aware of several people who have died particularly remembering Mary Onojeghuo, a much loved and popular member of the Diamond club. On Mother's Day I had the pleasure of accompanying two musicians to the garden of the Welcome Care Home in Fordel Rd where she lived for many years, where they delivered a 15 min concert from the garden. It was a joyous occasion and Mary got up with a member of staff and danced and declared her thanks to us, she looked so radiant. *contd .....*

Contd...

Only a week before she died, she was given a beautiful patchwork quilt that one of Holy Cross Parishioners had made which again brought her joy as she loved detail and colours. We thank God for her life and her presence in our community and our hearts.

I am delighted that the 10 activity workshops were delivered to local care homes on Wednesday by our great supporter, Mayoress Barbara Grey and the feedback so far has been very positive. Each memory stick contains approx. 4 hours of activities such as Yoga, Zumba, Meditation, drumming, Sing-a-longs and more.

If you have a computer or tablet and can receive emails I would be delighted to send these so please email or call (details on page 4).

A reminder, if you're over 70 you should not be leaving your home at all apart from pre-arranged medical reasons. If you require shopping or medication, or prescriptions picked up this can be arranged by neighbourhood volunteer schemes. You should have received a leaflet about this; if you need me to refer you I will be happy to do so, or you can ring 03330150378 and a lovely local operator will ask for your details. Inform them you are isolating and over 70 and require some help with shopping etc.

There are so many people wanting to help so please do not think they have more needy people to look after, you are special and by doing this you are keeping safe which is what everyone wants. The danger is that we may become a bit slacker – the virus is still prevalent and people we know are still becoming unwell. The good news is that if you require any other medical help A&E has never been so quiet, and the NHS are pleading that if you are really sick you may need to go to hospital.

If you are struggling to pay your energy bills South East London Community Energy (SELCE) can be contacted for help - if you say you are vulnerable (which you are by being over 70) you are entitled to a £20 voucher off your gas and electricity. Call 08081691779.

Have a good week and keep thanking God for all our blessings.

Lesley

## Quiz -The Best of British

1. In which English county is Romney Marsh?
2. Which is Northern Ireland's smallest county?
3. Which British town did the Romans call Aquae Sullis?
4. Where is the American Indian Princess Pocahontas buried?
5. Which Edinburgh based band were famous for wearing tartan outfits?
6. Which Welsh mountain is the only mountain in the world to have a national park named after it?
7. Which was Britain's first national park?
8. Which British film was about the 1924 Olympics?
9. What was J K Rowling's job before she wrote Harry Potter?
10. Name the only town in England which has a name ending with an exclamation mark?
11. What is it illegal to do, with a stamp that pictures the face of the Monarch?
12. What was the traditional prize to be won at funfairs?
13. What type of meat surrounds a Scotch egg?
14. Which classic British sitcom shares its name with a traditional breakfast food?
15. What is the most popular name of Girls born in the month of December?
16. Who branched into modelling in 1963, and was considered the world's first supermodel and an icon of swinging London?
17. Which 4 words follow in Bruce Forsyth's famous catchphrase "It's nice to see you ....."
18. What name is 6<sup>th</sup> June 1944 better known as?
19. Which extremely polite bear from darkest Peru, was named after a London railway station?
20. Who stands on the top of his column gazing over Trafalgar Square?

1. Kent 2. Armagh 3. Bath 4. Gravesend 5. The Bay City Rollers  
6. Mount Snowdon 7. The Peak District 8. Chariots of Fire 9. She was  
an English Teacher 10. Westwood Hol 11. You can't stick it on  
upside down 12. Goldfish in a bag 13. Sausage meat 14. Porridge  
15. Holly 16. Twiggy 17. To See You Nice 18. D. Day 19. Paddington  
Bear 20. Lord Nelson

A contribution from a reader, with some good advice...

*Ok Mr.Johnson, we're not going out today.  
Though not seeing friends and family is causing some dismay.  
We've tidied up the garden, and the kitchen is divine.  
I haven't any pasta, but on the plus side there's the wine.  
We know it's for the best of course, Let's do it with a smile.  
'Cos everyone is suffering and going the extra mile.  
When this is all behind us, whenever that might be  
We'll have a national party, and sing and dance with glee.  
Til then let's show our mettle, don't moan and get too cross-  
With some British upper lip, we'll show the virus who's the boss!*

*Riddles:*

*What is seen in the middle of March and April that can't be seen at the beginning or end of either month?*

*I am an elderly relative,  
with a face that cannot see,  
and hands that cannot hold anything.  
what am I?*

*The letter "R" : A Grandfather/Grandmother clock*

*Q: What is Easter Bunny's favourite kind of music?*

*A: Hip-hop*

## Kitchen Items

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

MICROWAVE  
CUTLERY  
SPONGE  
BRUSH  
FRIDGE  
MOP  
BREADMAKER  
TOASTER  
BLENDER  
COFFEE MAKER  
PLATES  
DISHWASHER  
RADIO  
OVEN  
STOVE  
SINK

Lewisham Irish Community Centre are reaching out to older Irish and those self-isolating in the local area by delivering healthy meals each Wednesday

### BIA PROJECT

Delivering healthy meals to older Irish and those self isolating during Covid-19

Working in partnership with Catford Fridge and Wheels for Wellbeing



Please contact  
Kathleen Sheridan  
Tel: 07956509033  
E mail:  
manager@lewishamirish.org.uk

A poem contributed by a reader. We are very grateful for all contributions, and would love to hear from you... go on, its anonymous! Contact details below.

*The road to life is a winding road  
That twists and turns its way  
Through joy and through sorrows  
It winds its merry way  
Many are the signposts  
Scattered here and there  
Some lead to great happiness  
Some to great despair  
As along the road we travel  
We shall fall down now and then  
We must find the strength to straighten up  
And carry on again  
We must travel along the road of life  
That countless souls have trod  
Until we reach the signpost  
That points the way to God.*



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

*I've attached a few exercises for you to try since physical activity is very beneficial for our mental health.  
Hope you have a great day, Vera :)*



Holiday at Home lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)  
telephone 07729785843  
To make Bring Me Sunshine original contributions:  
Amy: email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com)  
telephone 07847 799791

## Diamond Club Mastermind Round 2

Welcome to our next contestant in Mastermind. Hugh, you scored 16 points on your specialist subject, "The inner workings of a Reaper and Binder ". Now General Knowledge:

Q: What did the bull sing to the cow?

Hugh: When I fall in love, it will be for heifer

Q: What's bald and smells of ginger?

Hugh: Fred Astaire

Q: What happens if you sue Ryan Air?

Hugh: You lose your case

Q: What is a Jennifer Rush diet?

Hugh: It starts with a Wispa in the morning

Q: What happened to the man who threw domestos at the Vicar ?

Hugh: He was charged with a Bleach of the priest

Q: What did the divorced plumber say to his wife?

Hugh: Its over Flo

Q: Who were the two ice cream companies in the Bible?

Hugh: The Walls of Jericho and the Lyons of Judah

Q: What was Gilbert O Sullivan doing at the Bank ?

Hugh: A loan again, naturally

Q: How do you make a Bob Marley doughnut?

Hugh: With jam-in, with jam -in, with jam-in

Thanks Hugh, you have scored maximum marks!

Thanks to everyone who contributes items – even (especially?) the jokes above! Why don't you let us have your contribution? All welcome



**Books are meat and medicine  
and flame and flight and flower  
steel, stitch, cloud and clout,  
and drumbeats on the air**



*Gwendolyn Brooks*

*Quick Quiz – Colours*

*Which snooker ball is worth two points?*

*What colour is it unlucky to wear on board a boat?*

*What colour were Nena's 99 balloons?*

*What colour rose symbolises friendship?*

*What colour cap is worn by West Indies team cricketers?*

*What colour is known as sable in heraldry?*

*Yellow, green, red, yellow, maroon, black*

You are never too old to set another  
goal or to dream a new dream

*C.S.Lewis*





*Arise, shine, for your light has come,  
and the glory of the Lord has risen upon you*

*Isaiah 60:1*

#### *Pied Beauty*

*Glory be to God for dappled things –  
For skies couple-colour as a brindled cow;  
For rose-moles all in stipple upon trout that swim;  
Fresh-firecoal chestnut-falls; finches' wings;  
Landscape plotted and pieced – fold, fallow, and plough;  
And all trades, their gear and tackle and trim.*

*All things counter, original, spare, strange;  
Whatever is fickle, freckled (who knows how?)  
With swift, slow; sweet, sour; adazzle, dim;  
He fathers-forth whose beauty is past change:  
Praise him.*

*Gerard Manley Hopkins*



*Some of you will recognise this as a simple example of a Labyrinth, which is a way of praying or going on pilgrimage in a small space. You can use this example, or design your own, & could outline one on the floor (use wool?) if room, or simply use your finger to follow the path on a page.*

*A labyrinth is not a maze; you cannot get lost. You journey slowly & prayerfully in to the centre; rest; and out again.*

*Two ideas for praying with a labyrinth (or use your own):*

*1. Think of the burdens in your life – your own shortcomings, or your worries and sorrows. As you travel to the centre, visualise laying them down. At the centre, give thanks to God, staying as long as you need. On the way out, visualise picking up God's blessings to strengthen you in your daily life*

*2. Use a short prayer – your own or one from scripture, for example 'Here I am' *Is 6:8*, 'Not my will but yours' *Luke 22:42*, 'Come Lord Jesus' *Rev 22:20* as you journey slowly in and out of the labyrinth, resting in the peace of God in the centre for as long as you wish*