



## THE PEACE OF THE EARTH

*The Peace of the earth be with you,*

*The peace of the heavens too;*

*The peace of the rivers be with you,*

*The peace of the oceans too.*

*Deep peace falling over you;*

*God's peace growing in you.*

*A prayer from Guatemala*



## Bring Me Sunshine 4

Dear Parishioners from our local places of worship, those who are part of our wider Bring Me Sunshine family, friends and neighbours,

We hope you enjoyed your Bring Me Sunshine and St Andrews Home But Not Alone newsletters last week, and, for some of you who live locally, goody bags including a book. Sorry if your book wasn't to your taste, feel free to recycle it when able. They are meant to encourage you to keep your minds active - there's only so much housework and sorting one can do. People were so generous with their donations of books I could have opened a shop.

One of the volunteers said she had decided to take up a new hobby, and is learning to play the guitar; another said when younger she liked art in school, so decided to try some painting and was enjoying it. I spoke to a Diamond Club member who enjoyed Zumba, and dancing in the evenings when we went on holiday, who has taken to switching on the radio most days and dancing round the house. A quote from Jeanne C Stein: 'life may not be the party you hoped for, but while we are here, we might as well dance'.

If, like me, you're having some ups and downs that's okay, as long as we don't let the down days consume us; for me, balance is difficult so I have to force myself to do the things that challenge me, like daily exercise. I've been doing some Yoga and Tai Chi exercises and even pillow exercises using a cushion to balance on my head, stretch and bend and then at the end thump. It's a good way of relieving built up tension - you can pretend it's something you don't like at present, like uncertainty, enforced isolation or our own discomfort and frailties.

Keeping mentally healthy is also a challenge, as our routines have altered. I'm striving to keep to a better routine by not going to bed so late or reaching for the biscuits as often, and switching off the repetitive constant news about the virus, only listening to guidelines and daily updates.

The people I ring are phoning a few people every day so they hear other people's voices and the question 'how are you?' seems more significant, as we really mean it. People are looking out for each other, listening and caring more. Lots are doing puzzles and watching quizzes to keep the brain working. I also get the feeling that people are praying more, watching church services and generally having more conversations with God. So often I hear at the end of conversations 'God Bless'. Let's keep blessing each other.

People are here to help and if you need help with shopping etc., connections to organisations or a listening ear, feel free to call me: 07729785843 or [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) and I will find someone to sort out your issues. There is a great team of volunteers doing so much. Those with internet can give me your email address so I can send you the activity workshops, which are being well received. Every Mind Matters website <https://www.nhs.uk/oneyou/every-mind-matters/> has great ideas and recommendations.

If you are struggling to pay your energy bills SELCE can be contacted - you are vulnerable (over 70) so are entitled to a £20 voucher off your bill. Call 08081691779. Lewisham Irish Community Centre are reaching out to older Irish and those self-isolating in the local area by delivering healthy meals on Wednesdays - contact Kathleen Sheridan: 07956509033 or E mail: [manager@lewishamirish.org.uk](mailto:manager@lewishamirish.org.uk)

We really want to hear your reflections, thoughts, stories and uplifting anecdotes for the magazine - we have a long time inside it seems so let's keep connecting wherever we can.

Beware of scams - people ringing pretending to be official helpers or the bank requesting payments etc. Some of them seem extremely plausible, so be extra vigilant. I will only ask people to call who you know about and they should always say they got your details from Lesley. The same person was scammed twice last week, a window cleaner (not their regular) put a ladder up, cleaned the windows and then asked for payment without asking first and a woman knocked asking if she wanted some shopping but disappeared with £15.

Vito (Victor) is currently in hospital following a fall and has the virus, so please keep him and his wife Millie in your prayers, and pray for all those recovering, experiencing ill health and those recently bereaved. God Bless everyone! Lesley

## QUIZ – POT LUCK

1. Which legendary chief of the Onondaga tribe of native Americans was the subject of a famous poem by Henry Longfellow?
2. Which famous sportsman was presented with a gold medal during the 1996 Olympics to replace the one he threw away in the 1960s?
3. What sort of movies are sometimes referred to as 'horse operas'?
4. . Earl Hammer Jr. was the creator and narrator of which TV series?
5. Carmine is a vivid shade of which colour?
6. Name the island where Gulliver discovered a race of little people in the novel *Gulliver's Travels*.
7. In May 1999 who succeeded Benjamin Netanyahu as Israel's Prime Minister?
8. Under Genoese control from the 14th century, which Mediterranean island was sold to France in 1768?
9. The face of which British soldier and politician appeared on one of the most famous of all recruiting posters with the slogan, 'Your Country Needs You'?
10. On what date in July do the French celebrate Bastille Day?
11. What type of buildings did Don Quixote mistake for evil giants?
12. Is Hong Kong north or south of the equator?
13. In which decade of the 20th Century was insulin first used to treat diabetes?
14. Jomo Kenyatta was Prime Minister and president of which African country?
15. According to tradition, Mount Nebo in Jordan contains the tomb of which Biblical leader?

1. Hiawatha 2. Muhammad Ali 3. Westerns 4. The  
Waltons 5. Red 6. Lilliput 7. Ehud Barak 8. Corsica  
9. Lord Kitchenner 10. 14<sup>th</sup> 11. Windmills 12. North  
13. 1920s 14. Kenya 15. Moses

Some jokes contributed by a reader...

So I said to the Priest: 'Father, is it right that one man should profit financially from another man's mistake?' 'You are correct', said the Priest, 'no man should profit, as you suggest'. 'Ok Father', I said, 'can you give me back the seven and six I gave you when I got married all those years ago?'

So a lady said to the Priest in Confession: 'I've seen a fortune teller. Is that a sin, Father?' 'What did he tell you?' asked the Priest. 'Well Father, he said I would meet a dark man dressed in black in a tiny space, and that I would travel a long distance.' He was right said the Priest. 'I'm the dark man in black and for your penance I'm sending you to Medjugorje'.

I met my wife in the Tunnel of love.' Priest: 'How romantic' ... 'Well not really Father, she was digging it at the time'

'You gave us a great sermon' said the man to the Priest, 'although it went on quite a bit.' 'Should I put more fire in my sermons, then?' said the Priest. 'Well Father' said the man, 'can I suggest you put more sermons in the fire?'

A reader has suggested we try word wheel puzzles. This wouldn't be a very good wheel, but works the same as a puzzle ...

N	W	E
T	R	D
I	M	I

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 58, including one nine letter word

Midwinter; dimer, diner, dire, dirt, drew, emir, inert, inter, interim, ire, merit, minder, miner, minter, mire, mired, mitre, mitred, nerd, nitrade, red, rein, remind, remit, rend, rent, rewind, rid, ride, rim, rime, rind, rite, term, termini, tern, tidier, tier, timer, tinder, tinier, tire, tired, trend, tried, trim, weir, weird, wider, winder, windier, winter, wire,

Thanks so much to everyone who has contributed so far. I am keeping a list! It is great to get contributions, as they are a way of joining with other people and sharing lockdown even while we cannot meet in person. Your compiler is home alone, as are some of you, and really enjoys hearing from you. All original contributions and non-copyrighted items are most welcome; or maybe you could let us know what you are all doing or how you are coping, or something about your life in 'Getting to Know You'. Unless you want your name mentioned it is anonymous, so don't be shy!



Oh, God of Dust and Rainbows,  
Help us to see  
That without the dust the rainbow  
Would not be  
Langston Hughes

Holiday at Home lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)  
telephone 07729785843  
To make Bring Me Sunshine contributions: Amy  
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## Getting to Know You...

I'm Mary, I was born in Co. Galway, west of Ireland. I was the youngest in the family, with four older brothers, and was brought up on a farm.

In 1960 I decided to go to England; I had finished secondary school and there was no work in Ireland. I stayed with my brother who lived in Kildare Terrace, Bayswater, arriving on Thursday and starting my job as a wages clerk at Heinz on Monday. I liked it there, and met a lot of Irish people. Wages were £11 a week, and I sent money home to my parents when I could. Heinz was in Harlesdon, and once it was so foggy the bus to work had to have flares to see where it went.

Soon I got my own place. My friends and I went shopping to Oxford Street and Kilburn. On Saturday nights we went to Irish dance halls - there were quite a few. I met my husband at the Galtymore in Cricklewood, and we married in Our Lady of the Angels, Bayswater.

After marrying we moved to this side of the river and to Sydenham, where I am today. In between bringing up three children I worked part time at a local school until I was 60. I've always like it here, and have a lovely family and grandchildren.

Hope to see you all soon, Mary

Mary talking about the bus reminded me of this...

*Faith is like standing still in the noise,  
knowing that the bus is coming.  
And occasionally, through the fog and  
the traffic, catching a glimpse of  
something big and red*

*Milton Jones*



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.

She will probably have us exercising again next week; today, there is something to think about

Hey Guys, and 'Hello :)' to our new readers

I thought that it would be nice to focus on forgiveness today. Maybe spend a short while thinking of those who hurt you and then letting it go. Harboursing unforgiveness is detrimental to us, and one of the most courageous decisions you will ever make is to finally let go of what is hurting your heart and soul.

Hope you have a great day, Vera :)

## Quick Quiz – Sweets

1. White chocolate is made with cocoa butter, sugar, and what other ingredient?
2. What annual treat was Fry's the first to make, in 1873?
3. Which sweet was launched by Bassetts in 1918, to celebrate the end of WW1?
4. Which Quality Street chocolate was the nation's favourite when Nestlé did a survey in 2016?
5. Who did the Nazis plan to assassinate using an exploding chocolate bar?

4. Purple one (1 in 5 voted for it), 5. Winston Churchill

1. Milk, 2. Easter eggs, 3. Peace babies (later changed to jelly babies),

A contribution from a reader

## Bucket List

Everybody's got one, or so it seems,  
I panic, I'm missing out, not realising my life-time dreams.  
I need to write one and write it fast,  
Before it's too late and time has passed.  
I sit straight down, pen grasped between finger and thumb  
And scribble things I think of, but haven't done.

Places where I haven't been, wonders of the world I haven't seen,  
Sports I really should have played, music and fine arts I haven't  
praised.

Famous people I'd like to meet, tasks I began, but left incomplete.  
Languages I'd love to converse in, epic novels and poems I could  
immerse in.

At last my list comes to an end, I lean back in my chair, to read what  
I've penned.

Oh no, oh dear, I'm thinking twice,  
Half of these things now don't seem so nice.  
I couldn't afford most of what I've said,  
And the danger I'd go through I know I would dread,  
And what would I say to a Hollywood legend?  
I'd get tongue tied, go red, then they'd give an expression  
Which said, 'I know how fantastic I am'  
I'll cross that one off too, I'm barely a fan.

I look at what's left, there's not much at all  
I snatch up the paper and crumple it into a ball  
I'm fed up with this now, lost the will to persist  
Best wait and see what life has in store, I've no need for a bucket list.

- As I suspected, someone has been adding soil to my garden. The plot thickens.
- What kind of socks does a gardener wear? Garden hose
- Why is Hulk a good gardener? He's got green fingers



As we are passing amidst such difficulty and troubling times, the diverse voices of news and media are loud and contradictory, and confusion abounds.

This global pandemic has understandably evoked anxiety and uncertainty. We're sailing in uncharted waters but our ship is neither rudderless nor without a desired destination in mind. I want to encourage you that God remains in full and complete control. He is the Lord of history and Creator of everything which exists. There is nothing which escapes Him. Not a drop of rain falls nor a blade of grass buds without Him knowing it. His power and knowledge know no limit; and He has promised to use that omnipotence for us. The very nature of God is love. And love always seeks the good of the other. So God, who loves us, isn't even capable of doing evil to us. It's against His nature. All things work together for the good of those who love God (Romans 8:28). He is the Good Shepherd, our rock of refuge, a stronghold for us. Although we walk in the valley of darkness, he is at our side; so we can find strength and not fear!

However, when we find ourselves in difficulty and feel anxious, let us remember the words of Paul in the bible: 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus'. (*Philipians 4:6-7*)

May the God of all glory sustain you and keep you safe as we  
pass this storm of COVID 19

*Pastor Armend*

A reader remembers something her mother used to say to her:  
'I was sleeping in the very shape and image of the  
dead, but God has waked me up to see another  
morning break, and I thank Him'



Let there be  
Respect for the Earth,  
Peace for its People,  
Love in our Lives,  
Delight in the Good,  
Forgiveness for Past  
Wrongs  
And from now on  
A New Start

A Prayer of St. Benedict  
O Gracious and Holy Father  
Give us wisdom to perceive Thee,  
Diligence to seek Thee,  
Patience to wait for Thee,  
Eyes to behold Thee,  
A heart to meditate upon Thee,  
And a life to proclaim Thee;  
Through the power of  
The Spirit of Jesus Christ Our Lord



## Take Time

Take time to think; it is the source of power  
Take time to read; it is the foundation of wisdom.  
Take time to play; it is the secret of staying young.  
Take time to be quiet; it is the opportunity to see God.  
Take time to be aware; it is the opportunity to help others.  
Take time to love and be loved; it is God's greatest gift.  
Take time to laugh; it is the music of the soul.  
Take time to be friendly; it is the road to happiness.  
Take time to dream; it is what the future is made of.  
Take time to pray; it is the greatest power on earth.

If the only prayer you said in your whole life was  
'Thank you', that would suffice

*Meister Eckhart*