



*May the road rise
to meet you,
May the wind always
be at your back
May the sun shine warm
upon your face,
And the rains fall soft
upon your fields,
And until we meet again,
May God hold you
In the palm of His hand*

An Irish Blessing



Bring Me Sunshine 5

Dear All,

Great to welcome St Laurence to those receiving our "Bring Me Sunshine" magazines this week, increasing our delivery to over 100 and our postal to 60. It's been great to receive your positive feedback that you're enjoying the Magazines and information sheets, and that we can share with you information from our "Bring Me Sunshine" joint project churches (apart from the Salvation Army, who are extremely busy doing a fantastic job responding to the provision of food parcels to the Borough).

This week we have included some VE activity packs for you to enjoy and a very special one from the Windrush foundation looking at the contribution of the Commonwealth to the Allied war efforts.

I was talking to many of our more isolated, and one of our Irish elders, Eileen, says she remembers being only a young girl in rural Ireland outside Cork when the grownups were talking about war but she didn't understand what they meant, only that they looked very serious and she began to cry; her mother consoled her saying "don't worry, the gates on the railway {which had been closed} will stop the war coming to us".

Gwen from Jamaica remembers queuing for hours as a young girl for Paraffin to light the lamps and being pushed out of the long queue by grownups and having to go home without any. They had to dip the rags in coconut oil instead and light that.

Many have used terms used in World War 2 to describe what we are going through now such as "a battle against a cruel enemy", the NHS professionals "being on the front Line", "the volunteer front" "In peace time", and just like war time the course progress is measured in the number of deaths. This might be offensive to those who were involved then, but certainly I'm sure everyone would agree that the number of deaths has been huge and deaths in care homes tragic. People all agree that Colonel Tom Moore, who celebrated his 100-birthday last week, raising over 36 million for the NHS and getting to number one in the music

charts with Michael Ball lifted the spirit; he was a true inspiration just like you all are at this difficult time. Remember you are cared for and not forgotten.

This week another batch of activity workshops have been shared with the care homes, and you too can access these if you have an email address so I can send them to you. There's Tai Chi with Kate, who we are delighted is making a steady recovery from the virus; poetry from Fr Lindsey at St Andrews; a wonderful talk on paintings depicting the resurrection of Christ by Fr Charles Pickstone at St Laurence's; a tour of the National Gallery looking at Italian artists by Holy Cross parishioner and Director of the National Gallery Gabriele Finaldi; a concert from Blitz and Pieces which you can also watch if you have internet on Friday at 2pm https://drive.google.com/file/d/1rf4dz2ZRCBi9znFo53XIUjelpb_jgVN6/view; a lovely meditative walk round a local park; a sing-a-long; yoga; and a series of Monologues from the drama group College Park players that I belong to.

It's good to see that some of the other countries are able to relax the lockdown and we hope we can do the same soon but until then and as you are the most vulnerable and most precious of our society I urge you to remain in and continue to comply with the guidance keeping yourselves and others well. There's plenty of people willing to help and if you need a referral for someone to do your shopping or pick up medication or help with energy matters you can call 03330150378 or I'm happy to link you.

I can be contacted on 07729785843 or email lesleyaallen@btopenworld.com

Enjoy the Friday celebrations on TV and radio to celebrate VE day, and at 3pm stop whatever you're doing and let us join together in our homes to have a nice cup of tea.

7PM on Tuesday we stop and pray for each other calling to mind as many of our older friends as we can, and continue to bless each other. At 8pm on Thursdays we continue to clap and thank the Front-line staff.

God Bless you all, Lesley (Allen)

Funeral Arrangements:

Mary Onojeghuo 13th May

Bridget Doyle 11th May: Funeral blessing by Fr. Antony 12.30 (close family only); hearse will stop at 191 Ardgowan Rd. 1.15-1.30 for farewells, all welcome to come and wave; burial 2pm (close family only); Zoom service at Holy Cross 9am

SHAKESPEARE QUIZ

Which play is each quote from?

1. Friends, Romans, Countrymen lend me your ears
2. Blow Winds and Crack Your Cheeks
3. All the world's a stage and all the men and women merely players
4. Parting is such sweet sorrow
5. To thine own self be true

In which play would you see?

6. A man turned into a donkey
7. A ghost telling his son he had been murdered
8. A Forest walking
9. A fat knight dressed up as a washer woman
10. The Queen of Egypt

The Man

- 11) Shakespeare married...
a) Anne Widdicombe b) Anne Hathaway c) Anne Boleyn
- 12) How many children did Shakespeare have? a) 3 b) 4 c) 2
- 13) What was the name of the theatre in London where most of Shakespeare's plays were performed?
a) The Swan b) The Globe c) The Lewisham Hippodrome
- 14) Shakespeare retired to live in ..
a) Croydon b) Oxford c) Stratford on Avon
- 15) What was Shakespeare's father's job?
a) A Glove maker b) A Shopkeeper c) Manager of Stratford On Avon United

1. Julius Caesar 2. King Lear 3. As You Like It 4. Romeo and Juliet
5. Hamlet 6. A Midsummer Night's Dream 7. Hamlet 8. Macbeth
9. The Merry Wives of Windsor 10. Antony and Cleopatra 11. Anne
Hathaway 12. a 3 (Susanna b. 1583 Hamnet and Judith (twins) b.
1585) 13. b The Swan 14. c Stratford on Avon 15. a glove maker

Getting to know you...a journey to a new life in May 1958

My name is Bernie Maher, but before I married I was Ellen Bernadette Bartley, and was called Nellie in my homeland of County Tipperary. I left Technical School in Thurles, 9 miles from where I lived in Gortnahoe, at 16. I worked for 8 years looking after the children of a local doctor, a friend of my dad, who was kind and paid 10s a week, living in; but my friends were going to England and I was getting itchy feet. I had two sisters married and another happy in her job in Ireland, so one day I picked up the paper and found a job working for a doctor in the War Memorial Hospital in High Wycombe.

Now I had never been further than to dances where I lived and was never on a train. I had to take a train from Thurles to Dun Laoghaire where I picked up a boat to Holyhead all on my own. I just followed the crowd. It was so packed, like a cattle boat, and 80% of the passengers were young men, early 20s and late teens, singing rebel songs, drinking and vomiting. I had no seat or table and had to sit on my case until I got to Holyhead at 1am, then had to get a train to Euston all alone. I met a girl on the train who was going to work at a convent in Lincolnshire - she had a sister there already. Poor me, I had nobody, only an uncle who was a Cistercian priest in Mount St. Bernard's Abbey in Leicestershire. I arrived at 6am and did not know where to turn; a strange man asked me if I wanted help but I said 'no thank you' and a Catholic group came and told me where to go. Everything was strange to me, I was never even on an escalator, and how I got off it the good God knows. I got to another train station then to high Wycombe, then a taxi to the hospital, where everyone was so nice and friendly.

I met my husband John who I had known in Ireland; we moved to London and have lived in London since. I have 5 children, 9 grandchildren and 3 great grandchildren, and am still going, thank God.



One reason that cats are happier than people is that they have no newspapers
Gwendolyn Brooks



R	B	H
T	R	I
M	A	K

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 27, including one nine letter word

birthmark; air, ark, arm, art, bar, bark, birth, bra, brat, briar, brim, hair, hark, harm, hart, mar, mark, mart, mirth, ram, rat, rib, rim, tar, tram, trim

Sea and Beach

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

COVE
WESTERN
SANDY
NORTHERN
HORSESHOE
SURROUND
EASTERN
SCATTER
TOWEL
STRETCH
SUN LOUNGE
PIER
CANOPY
ROUGHLY
SOUTHERN

A memory from a reader: **Courtship in Ireland in the Old Days**

Courtship for teenagers of the present generation has been made so, so, easy. Effortless, if one is to be truthful. In my view though the romance and the intrigue has disappeared from those long-ago days when courtship was secretive, yes, but carried an air of mystery about it. Rolling back to the 1950's, meeting a girl and sustaining the relationship was a now you see us, now you don't scenario. The Farming and Travelling communities always had their matchmaking skills to lead to marriage once the dowry business had been agreed and finalized. And for the middle aged to older romantics there was always the back page of the Ireland's Own magazine, to create a friendship by correspondence.

As for us teenage country boys the options, yes, they were there, but they were surrounded by mystique. There were dances and dance halls in plenty if one had the ability to dance and the courage to join the stampede across the ballroom floor to grab the woman one fancied. The majority of women welcomed men who could dance, and could relate to a quickstep with ability and flair. 'Would you care to dance', or 'are you dancing this one' was the routine introduction. Not all of us were endowed with such graceful twinkle-toed movements so we relied on the Siege of Ennis or the Military Two Step (two less hazardous dances) to take to the floor. We had Crossroad dancing as well on summer evenings, but quite often this attracted elderly couples as spectators, making our hopeless attempts at dancing Slow Waltzes even more demanding under public view. And there were always fathers and mothers keeping beady eyes on their teenage daughters in case we took their darlings to the back of any adjacent bushes. Just a kiss and cuddle mind you, but if it happened, it gave us so much satisfaction. And a great topic of conversation at the Creamery gates next morning.

Not every young man could dance, or wanted to go dancing, of course; so the next best way to find a woman was to go to the Pictures. To do this you needed to go in a group of three or four, and most groups had one good-looking, sugar-tongued spokesman to do the chatting up with a similar group of girls. 'My friend fancies you' or 'My friend was asking about you' would be his chat up line, and this led to people changing seats during the intermission if all went to plan. Or you could meet afterwards to arrange a date. It all sounds straightforward, but the path of love, if it happened, was secretive and carried out covertly. Were John and Mary doing a line? Did I see his bicycle hidden in bushes nearby? Did you notice he did not sit with her at the dance for most of the night, but made a beeline for the last waltz and saw her home? Did you see that couple hidden against that mossy ditch trying to hide from the headlights of passing cars? Are they going out together or is he two timing the poor girl, God love her? Oh what furtive people we were. And what odd expressions we used when discussing romance. But after all, what would our parents say if they knew we were behind the dance hall wall with Margaret from the Hill or Mary Bridget, the Shoemaker's flighty daughter.

Holiday at Home lead organiser: Lesley
email lesleyaallen@btopenworld.com
telephone 07729785843

To make Bring Me Sunshine original contributions (your words, **not** your money!): Amy
email 1000AQ@googlemail.com
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- you could reply via contacts above and we could put in Bring Me Sunshine (anonymously, don't worry!)

Morning Guys,

Thought I'd spice things up a bit and make this interactive so please respond :):

What movie/television show would you want to be an actor/actress in and why?

Imaginative play has a couple of benefits such as relieving stress; improving brain function; and stimulating the mind!

Hope you have a great day Vera :)

HOPE

Optimism is the belief that things will get better.
Hope is the belief that together we can make things better.

Jonathan Sacks, Former Chief Rabbi



From a reader...

Some folks received a goody bag with "Bring Me Sunshine" at the beginning of lockdown. It might have contained a craft parcel containing a calico fabric square and some bits and pieces to decorate it by using pens, paints, drawing, sticking or sewing, - whatever you like. The idea is to bring it to the Diamond Club when it re-opens and they can all be stitched together Here is one contribution



You don't have to be a Diamond Club member or use calico to join in - any fabric, 6 inches square plus some extra around the edge for joining, will do. We can arrange collection in the future, and look forward to seeing your square.

GARDEN QUIZ

Anagrams: one-word answers unless (2) after clue, which indicates more than one-word answer.

1. Herbal we row
2. Sap ed
3. La new worm
4. Life err zit
5. Bees ed sox
6. Care wanting (2)
7. Etch gestured (2)
8. Hope pies
9. Let row
10. cot mops
11. brat we tut (2)
12. tap tops ln (2)
13. What year was the RHS founded and what was it known as?
14. When did the RHS acquire Wisley Gardens?
15. Which flower was once more costly than Gold?
16. Which flower is also the Goddess of the rainbow in Greek mythology?
17. What flower did the Victorians call a gillyflower?

1. wheelbarrow, 2. spade, 3. lawnmower, 4. fertilizer, 5. seed boxes,
 6. watering can, 7. hedge cutters, 8. hosepipe, 9. trowel, 10. compost,
 11. water butt, 12. plant pots 13. RHS was founded in 1804, and was
 called The Horticultural Society of London, 14. Wisley Gardens were
 acquired in 1903 15. Tulip 16. Iris 17. Wallflower

Another scary problem in this era of dancing was a dance called an 'Excuse Me'. You went on the floor with an attractive girl, started asking her if she came here often, when suddenly you were confronted by a six-foot-six male intruder who simply said 'Excuse Me' and waltzed off with your dream date.

If you consider that we had sufficient problems with shyness, inability to dance, male hustlers, well, think again. The Catholic Church was far from pleased with what they termed 'company keeping'. We were warned that the Devil is everywhere, seeking souls he could devour. The older generation told us where he was seen - usually at crossroads, often disguised. The Devil was a powerful opponent in those days. We fought back with Holy water, Holy Hours, Novenas and Rosaries. Were we sinners? Was it a sin to glimpse a lady's stocking top as they swung around the floor to the Siege of Ennis? Were girls dressing immodestly? Playing cards was the Devils pastime. Which sins were mortal or venial? Did I have impure thoughts after a very slow waltz with Bridget from the Castle? What difficult times for us young men (and women) in a decade when sex education was unknown. Confused, bemused, bewildered young people, that's what we were.

For all that, there was a wonderful sense of camaraderie in an age of innocence. We rode our bicycles on dark, rough, pot-holed roads and wore our shirt collars over our jackets in macho fashion during the summer. We took girls home on the bar of our bikes with their rose scented perfume and headscarves tingling against our noses. We wrote love letters with the SWALK on the envelope. We saw teenage girls' notebooks that read: 'My dearest dear, my hearts delight, where do you keep your hands at night? Round the pillow mine are placed, thinking they're about your waist' before the Nuns confiscated them. We snuggled in the back row of the cinema, we courted against frosty bushes on cold winter nights. We saw the girl we loved emigrate, and marry someone else. Oh yes, we had heartaches in numbers, troubles by the score.

Farewell then to the boys and girls of that generation. To the Dance Bands of Clipper Caralton, Maurice Mulcahy, Mick Delahunty, and Michael Callaghan with his last waltz of the night appropriately called 'When it's time to close your eyes, when it's time to say good night'. And to the musicians who played at Sheeran's Forge stage: Bob Harrington, Jack



Ellard, Nora Farrissey, and Pakie Murphy shaking his head playing the Banjo. Away we go with the Quickstep, ' Singing the Blues' or 'Sipping Soda'. Good God didn't we enjoy every minute of it - we were young and foolish, with not a care in the world. We were Ben Hurs on bicycles.

VE Day 75th Anniversary, 8th May 2020

The following prayers are from the 70th anniversary service at Westminster Abbey, and from Church of England resources for this year's anniversary.

Trusting the promises of God, and with faith in his mercy, let us pray to the Lord:

Let us give thanks for the selfless and courageous service and sacrifice of those who brought peace to Europe, and the good example they have given us;

Let us bless the Lord. *Thanks be to God.*

We pray for nations still devastated by war, for their people and their leaders, and for those who suffer the effects or memories of past wars; for veterans, for those who mourn, and for all innocent victims whose lives have been shattered by the cruelty of others;

Lord, hear us. *Lord, graciously hear us.*

Let us give thanks for those who work for peace and liberty throughout the world, for the Armed Forces of the Crown, and for all who strive to bring an end to injustice and oppression;

Let us bless the Lord. *Thanks be to God.*

We pray for those in our own day who have grown weary or lost hope as a result of violence or terror; for all refugees and displaced people, and for those who seek to address the causes of discord and distrust;

Lord, hear us. *Lord, graciously hear us.*

Let us give thanks for the reconciliation of former enemies, for the flourishing of goodwill between them, and for the many blessings we enjoy as a result of the sacrifices which have made for peace;

Let us bless the Lord. *Thanks be to God.*

We pray for the young people of our own day and for all who will shape the future of this nation, that they may be inspired by those who have gone before them to serve as they have been served;

Lord, hear us. *Lord, graciously hear us.*



From the Act of Commitment for Peace

Lord God our Father,
We pledge ourselves to serve you and all humankind
in the cause of peace,
for the relief of want and suffering,
and for the praise of your name.

Guide us by your Spirit;
give us wisdom;
give us courage;
give us hope;

and keep us faithful now and always.

Amen.

O Lord our God, as we remember, teach us the ways of peace.

As we treasure memories, teach us to hope.

As we give thanks for the sacrifices of the past,

Help us to make your future in this world,

Until your kingdom come.

Amen.

Almighty God, from whom all thoughts of truth and peace proceed:

Kindle in the hearts of all people the true love of peace,

And guide with your pure and peaceable wisdom

Those who take counsel for the nations of the earth;

That in tranquillity your kingdom may go forward,

Till the earth is filled with the knowledge of thy love.

Through Jesus Christ our Lord.

Amen