

*O Risen Christ,  
You breathe your Holy Spirit on us  
and you tell us: 'Peace be yours'.  
Opening ourselves to your peace -  
letting it penetrate the harsh  
and rocky ground of our hearts -  
means preparing ourselves to be  
bearers of reconciliation  
wherever you may place us.  
But you know that at times  
we are at a loss.  
So come and lead us  
to wait in silence,  
to let a ray of hope shine forth  
in our world*

*Brother Roger, Taizé*



## *Bring Me Sunshine 6*

Dear Friends,

I hope you enjoyed some of the TV coverage of the commemoration of VE day weekend and enjoyed your VE packs. A great team of volunteers including all the church leaders from the four partnering churches of St Laurence, St Andrew, Brownhill Baptist Church and Holy Cross Church entered into the spirit of the day and helped with deliveries. Fr Lindsey ditched his clerical collar and found an excuse to wear his white Bring Me Sunshine Captain's suit. He looked like something from the film An Officer and a Gentleman for the occasion, and was unrecognisable to most. A parishioner of Holy Cross, Mark Sanderson, kindly played the last Post on the trumpet outside homes in 8 streets. This was very moving, and for one lady who had lost loved ones during World War Two 'it was the best gift anyone has given me in years'.

We head into another week where it seems there are some small changes, mainly to work plans and exercise, and quite a bit of confusion. For us, the more vulnerable, the message remains the same – stay at home - and if you are out for any reason social distancing is essential. As much as I want to see you all back at our clubs and churches, now is not the time, you are precious!

This week the funerals of Bridget Doyle and Mary Onojeghou took place. May they rest in peace.

For referrals to food aid, or anything else, I am happy to assist. Contact details are on page nine.

If you have an e mail address and let me know I can send you our activity sessions including Zumba, Yoga, Tai Chi, talks and concerts led by some familiar faces.

For help from Lewisham Local fill in the form at [www.lewishamlocal.com](http://www.lewishamlocal.com) or call 03330 150378. They have added small jobs and some non-essential shopping to what they can do for you.

Look after yourselves and each other, Much love in Christ, Lesley

Pat Doyle would like to thank everyone for their support and prayers following the sad loss of his wife Bridget



A thought from reader Kopnu

### Gratitude

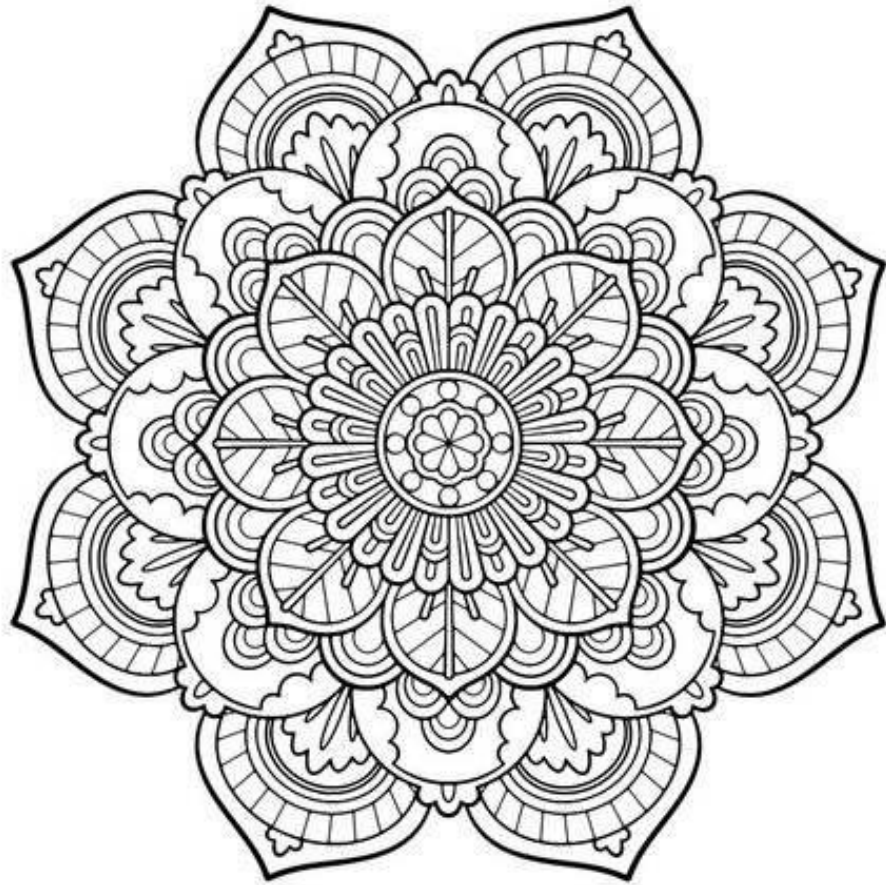
During this difficult time, our thoughts are filled with worry and fear over the pandemic that has swept across the world. And as a stay-at-home order causes restriction on how we travel, work and socialise, we may feel very lonely and our spirits low. But being inside has given us all a moment of pause, for which we should be grateful. Though being grateful or having thoughts of thankfulness is not one the first things that comes to mind during this crisis, the fact that the world has stopped has allowed us to remember what is important in our lives. This time that we have now has allowed us to remember our neighbours who we may have never spoken to; to reconnect with our families we were distant from; and many have come together in their communities to help each other. And as we now look to different ways to come together, many of us are picking up new skills with new technology and some making new friends as they help out in local aid.

In this time we have been forced to be still, and in stillness we have been able to see better the world and the people around us. In fact, we have connected better to each other than ever before. And in this time we have even taken better care of ourselves, so for that we should be grateful.

## Pot Luck Quiz

1. Which San Franciscan bridge was completed in 1937 and spans 1280 m?
2. Who sang "Wandrin' Star" in the Film *Paint Your Wagon*?
3. The *Titanic* was launched from which Irish city?
4. Who was Bob Hope's male co-star in seven road movies?
5. What is the more common name for the vibrissae of a cat?
6. What is the country of origin of Parmesan cheese?
7. Which black and white Antarctic bird can swim but not fly?
8. What was the first bird released by Noah from the Ark?
9. What is the name of the trench that is the deepest point of the Pacific Ocean?
10. In 1955, which legendary actor died whilst making the film *Giant*?
11. What name is given to a male adult seal?
12. On whose stories was the Disney film *The Jungle Book* based?
13. Chianti wine originated in which country?
14. The Balearic Islands belong to which European Country?
15. "Food Glorious Food" is a song from which Oscar winning musical?
16. What fate befell Alice when she drank from a bottle labelled 'Drink Me'?
17. Which Hollywood icon was born Norma Jean Mortensen in 1926?
18. What kind of Christmas did Elvis Presley have in the 1964 charts?
19. Known as the black box, is an aircraft's flight recorder black, blue or orange?
20. Which animal has an aboriginal name meaning "I don't understand"?

1. Golden Gate Bridge; 2. Lee Marvin; 3. Belfast; 4. Bing Crosby; 5. Whiskers; 6. Italy; 7. Penguin; 8. Ravens; 9. Marianas Trench; 10. James Dean; 11. Bull; 12. Rudyard Kipling; 13. Italy; 14. Spain; 15. Oliver; 16. She Sings; 17. Marilyn Monroe; 18. Blue; 19. Orange; 20. Kangaroo



In 2015 the government Mindfulness All Party Parliamentary Group recommended using mindfulness in a number of settings following a review of scientific evidence. Mindfulness techniques, including colouring, helps us to refocus our attention away from ourselves and our problems to the present moment, and can have benefits including reduction in stress.

*Let us read, and let us dance; these two amusements will never do any harm to the world* - Voltaire

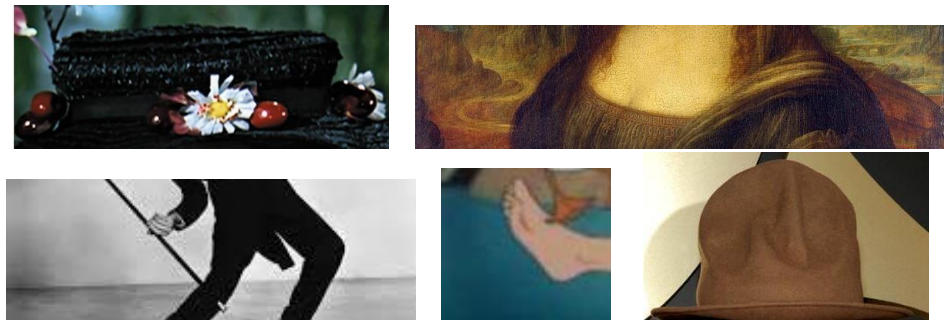


O	T	E
C	G	A
T	A	R

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 31, including one nine letter word

Greatcoat, age, ago, argot, cage, cargo, cog, cottages, crag, ego, ergo, garrow, gate, gear, get, goat, goer, gore, got, girace, grate, great, great, o, grate, rage, regatta, tag, target, toga

### Quick Quiz- Heads, Shoulders, Knees and Toes



1. Whose heads, shoulders, knees and toes?
2. who painted the shoulders?
3. What best-selling song did the brown hatted person write for the film Despicable Me 2?
4. What was the name of the sister of the person whose knees you see, who they started their career with?
5. Who wrote the original story the film where the toes appear was based on?
6. What job did the black hatted person have?

the Banks family  
 3. 1. Mary Poppins, Mona Lisa, Fred Astaire, The Little Mermaid, Pharrell Williams;  
 2. Leonardo da Vinci; 3. Happy; 4. Adele; 5. Hans Christian Anderson; 6. Nanny to



## The Lesson of the Falling Leaves

The leaves believe  
such letting go is love  
such love is faith  
such faith is grace  
such grace is God.  
I agree with the leaves

Lucille Clifton



Lesley on VE Day

Life in lockdown will present challenges, but can also be positive. The experts in isolated yet positive living are religious communities; some of you may have found [www.alonetogether.org.uk](http://www.alonetogether.org.uk) with short videos to help during lockdown. For those of you without internet access, here is a short summary of a way Benedictine Christopher Jamison suggests we could start our day:

Morning, noon and night have different moods, which fit the rhythm of the day

In the morning, begin with gratitude, move into grace  
and look ahead to the day

Get up at the same time as usual, and, once up and ready, sit and think with gratitude that you have woken up and are still alive, and be grateful for what you can. The word gratitude has the same root as grace; now look ahead at what you may need grace for during the day. Don't keep going over bad things in your mind, but ask for grace to get through any difficulties that may arise. If you want, and have time, you can now move into meditation.

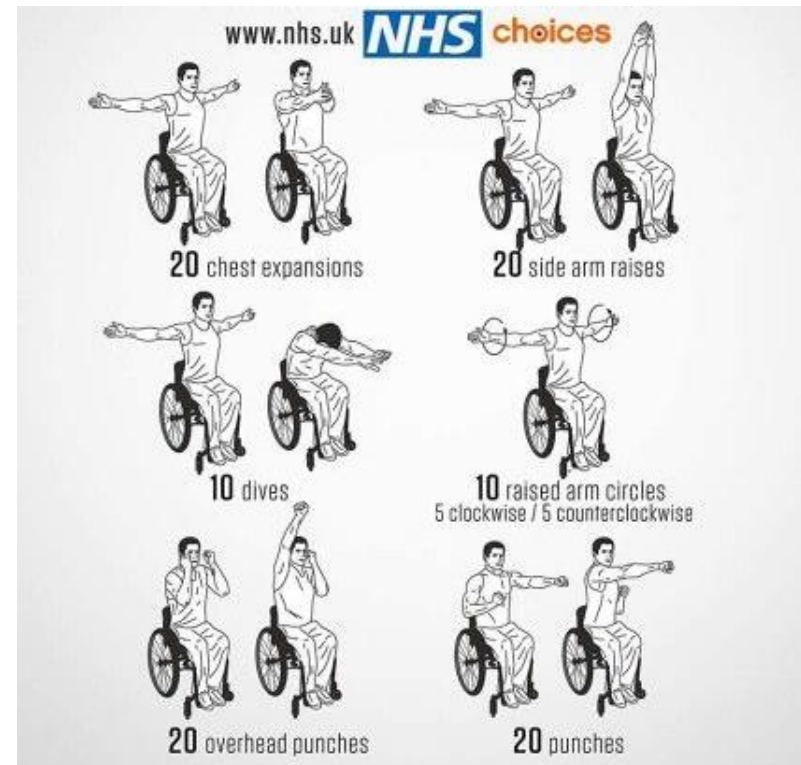
A peaceful prayer or meditation (you may have noticed there is usually one on our back page) may help. Fr. Christopher suggests St. Teresa of Avila's words:

*'Let nothing disturb you, let nothing frighten you; all things pass away.  
God never changes. Patience obtains all things.  
The one who has God lacks nothing; God alone suffices.'*



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

Morning Guys, Physical health is good for our positivity. So, eat healthily, drink plenty of water and exercise every day (but stop if it starts to strain). Here are a few light exercises we can do even if we can't stand easily. Have a good day, Vera :)



Holiday at Home lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) Tel. 07729 785843  
To make Bring Me Sunshine original contributions  
(your words, **not** your money!): Amy  
email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com) Tel. 07847 799791

A contribution from a reader...maybe you could send something? We want to hear YOUR jokes, stories, poems, quiz questions and riddles. Contact info. P.9

### Mastermind – Third Contestant

This week, we welcome Mrs.Maher, who has scored 16 points in her specialist subject: 'Towns with five or more pubs in County Tipperary'. Now we go to general knowledge:

Which painter suffered from a bad cold?

Mrs.Maher: Vincent Van Cough

Q: How do you divide eleven potatoes equally among four people?

Mrs.Maher: Mash them

Q: What is a Creche?

Mrs.Maher: It's a crash in Kensington

Q: What do you call a woman who is playing Snooker while balancing a pint of Beer on her head?

Mrs.Maher: Beatrix Potter

What do you call an awful Welsh singer?

Mrs.Maher: Dai Bolical

What do you call a man in a rain coat standing in a Cemetery?

Mrs.Maher: Max Bygraves

Where do birds get their morning coffee?

Mrs.Maher: The Nest Café

What does the word Bacteria mean?

Mrs.Maher: The back entrance to a Cafeteria

'You load 15 tons and what do you get'... according to the song?

Mrs.Maher: A double hernia

Thank You, you have scored maximum points!

## Garden Tools

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

SHEARS  
HOSE REEL  
BRUSH  
PRUNER  
CHAINSAW  
LAWN MOWER  
GLOVES  
FORK  
HOSE  
LEAF BLOWER  
SHOVEL  
STRIMMER  
TROWEL  
RAKE  
EDGER  
SPRINKLER

For those of you lucky enough to have the internet, a reader has some ideas:

'Lockdown has meant that we are unable to physically attend our local churches, and has prompted some of us to "visit" other places of worship. Thanks to the internet, it's possible to access churches 'virtually' in any location - distance is no object! *Here are my recommendations:*

- By going to "[stjohnfisherbexley.org](http://stjohnfisherbexley.org) >Fr Doug " at any time, I can listen to or read the text of his sermons, which are posted on the website.
- I have a problem streaming Mass from my local church, but appreciate listening to Mass on the radio. I regularly listen to "Clare FM (the local station for Co. Clare in Ireland – where my family come from). At 9:00 a.m. on Sunday mornings, if I tell my "ALEXA" device to "PLAY CLARE FM ", I can listen to a Mass with an interesting sermon and beautiful music - it lasts half an hour.'

Do you have anything to share during lockdown? Ideas, poems, puzzles, jokes, stories? Something about your life for 'Getting to Know You?' It can be anonymous... I'm home alone and love to get your contributions. To **everyone** who has contributed so far, including (in no particular order): Eileen, Jean, Dennis, Sally, Eileen, Janet, David, Margaret, Regula, Perline, Kath, Vera, Hugh, Lorna, Mary, Mary, Catherine, Bernie, Kopuu, Armend and Antony - **THANK YOU**



## Reassurance in Difficult Times

*Faith is taking the first step even when you don't see the whole staircase*

*Martin Luther King Jr.*

*I believe though I do not comprehend, and I hold by faith what I cannot grasp with the mind*

*St. Bernard*

*Pray, even if you feel nothing, see nothing. For when you are dry, empty, sick or weak, at such a time is your prayer most pleasing to God, even though you may find little joy in it. This is true of all believing prayer*

*Julian of Norwich*

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose*

*Romans 8:28*

*I remember, and my soul melts within me: I am on my way to the wonderful Tent, to the house of God, among cries of joy and praise and an exultant throng*

*Psalms 42:4*

*A Meditation by St. John Henry Newman*

*GOD has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons.*

*He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place while not intending it if I do but keep His commandments.*

*Therefore, I will trust Him; whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.*

