



# Bring Me Sunshine 7

Hi All,


The sun continues to shine on us in Catford, and I hope you are still having sunny times between the dark ones that isolation inevitably brings. We are pleased to welcome several new people receiving magazines from the Salvation Army in Brownhill Rd, whose leaders are doing a fantastic job in preparing food parcels and coordinating food banks. This increases our distribution to 160 either receiving by post or hand delivery each week.

There are certain rules beginning to be relaxed, eg people are able to play tennis and golf, and we can take as much daily exercise as we like provided social distancing is maintained. For most of you this probably won't have to much of an impact, although I know Dennis Costelloe will be delighted to return to his much-loved game and some of you may start training for next year's marathon!

It is still difficult to maintain social distancing in shops, so avoid if possible. There are still lots of people willing to help.

I have taken a few days off from my usual telephoning - it was my birthday (thank you everyone for your kind wishes and messages), and also we are preparing for my son, who is a second year student nurse, to leave home for a few months while working on medical wards at Queen Elizabeth Hospital.

I am loving the many initiatives at the moment, and the idea of hearts for the hospital is great. You knit or crochet two small hearts; one is given to the patient and the other to a loved one unable to visit. If you can knit



*Circle me, Lord.  
Keep protection near  
and danger afar.*

*Circle me, Lord.  
Keep hope within  
Keep doubt without.*

*Circle me, Lord.  
Keep light near  
and darkness afar.*

*Circle me, Lord.  
Keep peace within.  
Keep Evil out.*

*David Adam*

or crochet please do some - they can be dropped at St Andrews or at The Point nearly opposite the hospital, or give them to your goody bag deliverer on a Saturday. Great masks are being made from all sorts-socks, T shirts and more.

This week was Dementia awareness week and I urge you all to look after your mental wellbeing by maybe having a routine, exercising, using your brain on puzzles, word searches etc, being creative and making something, and, most importantly, keeping connected. Let's continue to stop at 3pm, have a cup of tea, and call to mind those we know from our different Churches and organisations, and at 7pm every Tuesday to light a candle maybe and pray, bless and think of each other.

Much Love in Christ, Lesley

*This is a pattern suggested for knitted hearts, with hygiene advice -*

You will need: Leftovers from your yarn stash - less than 10g per heart of any DK yarn. Fiberfill/stuffing.

4mm (US 6) knitting needles. Darning Needle. Scissors. Stitch holder

*Make 2 pieces for one heart*

Cast on 2 sts Rows 1-2 – st, st, start with a knit row. Row 3 – knit, KFB at beg and end of row. Row 4 – purl. Row 5 – knit, KFB at beg and end of row. Row 6 – purl. Row 7 – knit, KFB at beg and end of row. Row 8 – purl. Row 9 – knit, KFB at beg and end of row. Row 10 – purl. Row 11 – knit, KFB at beg and end of row. Row 12 – 14 – continue in st, st. Row 15 – knit, KFB at beg and end of row. Row 16 – 18 – cont in st, st. Row 19 – repeat row 15. Row 20 – Purl first 8 sts, turn and continue working on these 8 sts. Transfer other 8 sts to a stitch holder. Row 21 – \*K2tog, k4, k2tog. Row 22 – purl. Row 23 – K2tog, k2, k2tog. Row 24 – purl. Row 25 – k2tog, k2tog. Row 26 – p2tog.

Break yarn leaving a long end. Thread through the last stitch on the needle\*. Transfer the 8 sts from the stitch holder onto the needle and repeat from \* to \*.

Lay the two pieces with the right sides facing out (the wrong sides tugging on the inside). Sew the side edge of the heart going up over the top of the heart back down to the other side. Leave a gap and stuff firmly. Use mattress stitch to sew up the seams. Stitch up the gap and weave in any loose ends.

*Make sure the yarn is clean. Once the hearts are made please seal them in whatever way you can eg zip lock bags = freezer bags with seal = bin liner sealed with tape. 72hrs is the time for these to stand to be safe. So please don't consider passing these to anyone before this time is up. Please date the hearts when they have been sealed so we know when the 72 hours have elapsed. Thank You.*

## Quiz - The Natural World

1. From which part of its body does a firefly emit light.....A) its abdomen, B) its antennae, C) its tail?
2. What is the normal gestation period of a horse?
3. What is a Yak?
4. What kind of snake is reputed to have killed Cleopatra?
5. How many toes does a camel have on each foot?
6. Beneath all that fur, what colour is a Polar Bears skin?
7. What does a cygnet grow into?
8. Which animal gives birth to the largest young?
9. A drone is the male of which winged creature?
10. Which bird lays the largest egg?
11. What name is given to a baby elephant?
12. What kind of animal is an Ocelot?
13. How many stomachs does a cow have?
14. What animal lives in the leaves of the eucalyptus tree?
15. A labour is a collective noun for which burrowing animal?
16. How many eyes does a bee have: A) five B) six C) seven ?
17. Egyptian, Canada and Greylag are all species of which bird?
18. Brown and Rainbow are both varieties of which freshwater fish?
19. What are the tusks of a Walrus made of?
20. What five letter name is given to the tail of a Fox?

1. Abdomen 2. 11 months 3. Ox 4. Asp 5. Two 6. Black 7. Swan 8. Blue  
Whale 9. Bee 10. Ostrich 11. Calf 12. Wild Cat 13. Four 14. Koala  
15. Mole 16. Five 17. Goose 18. Trout 19. Vory 20. Brush



One reader tells us something she has been doing in lockdown:  
*I have been knitting squares with my daughter, and shared afternoon tea with neighbours – we took a panel of the fence out, and, each in our own gardens, enjoyed a chat and tea together*



Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and is pleased to share them with you

Good Morning,

"The one thing coaches cannot tolerate...is the individual who grows arrogant because he excelled at a lower level and believes he has nothing else to learn." - Zig Ziglar

There is a distinction between confidence and arrogance: arrogance repels positive people whereas confidence attracts. Celso Cukierkorn defined arrogance as 'knowledge minus wisdom.'

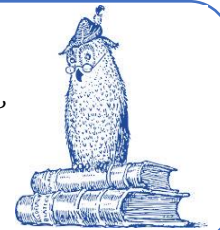
Ways to overcome arrogance include spending time with yourself - meditating; going for a walk; writing your accomplishments in a journal; or simply taking some time to appreciate your own company. When you feel good being alone, the desire to be appreciated by others diminishes.

**"The LORD detests all who are arrogant; they surely won't go unpunished."** Proverbs 16:5

Have a good day, Vera :)

*Friendship is not something you learn in school.  
 But if you haven't learned the meaning of friendship,  
 you really haven't learned anything.*

*Muhammad Ali*



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

Your contributions make all the difference... a quiz, poem, short piece about what you are doing at home, something about your life...please join in!



# Modes of Transport

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

- VAN
- BICYCLE
- JET SKI
- SKATEBOARD
- SEGWAY
- SPEEDBOAT
- MOTORBIKE
- CRUISE SHIP
- MOPED
- SPACE SHUTTLE
- OIL TANKER
- FERRY
- PLANE
- GONDOLA
- TRAIN
- PEDELO
- MONORAIL
- CAR
- YACHT
- TRUCK

The Car's the Star- in which film or show would you find these?



1. Back to the future (Delorean)
2. The Saint (Volvo P1800)
3. Scooby Doo (The Mystery Machine)
4. Starsky and Hutch (Ford Gran Torino)
5. Only Fools and Horses (Reliant Robin)
6. Grease (Greaselighting)
7. The Italian Job (1959 Mini Cooper)
8. Thunderbirds (Fab 1)
9. The Love Bug, Herbie (1963 VW Beetle)
10. Inspector Morse (Austin Allegro)
11. Harry Potter and the Chamber of Secrets (Ford Anglia)
12. Dukes of Hazzard (1969 Dodge Charger, General Lee)

Some jokes from Dennis:

'So, you are married for fifty years, how wonderful' said the priest to Mrs Jones. 'It sure is, Father' she replied, 'Marriage is nature's way of keeping people from fighting with strangers'

Mrs Brown went to Confession. 'Father, I have had wonderful sex with this man of 24. The Priest, being shocked, said: 'Mrs Brown, are you telling me that at 79 years of age that you are committing this grave sin?' 'Oh no Father, all this happened when I was 24', said Mrs Brown. 'Then why are you telling me now?' 'Well, I do love talking about it'.

'Father, is it true that the family that prays together stays together?' 'It is indeed.' 'Well Father, thank God my mother in law is an atheist'

Getting to Know You... Bernie tells us about her job:

*I came to England from Ireland to stay with my sister at a young age. I wasn't here long before getting a job at South Western Hospital, and was happy there for a long time. We went to Irish clubs very often. I then went to Bethlem & Maudsley hospital to do my psychiatric nurse training, which I enjoyed very much. Later on I got a job running a day centre for mentally ill clients in Southwark. I carried on working until the council closed all the day centres., and didn't work after that as my husband wasn't well. I have three lovely children, and six grandchildren.*

A reader remembers Phoebe's

Not so long ago many of us would spend some happy hours visiting "Phoebes' Garden Centre" in Catford, browsing the plants or taking children to see the pets for sale. A lady called Phoebe originally developed the site up as a nursery. Customers would select a growing plant and it would be dug up and sold to them! However times in the horticulture trade changed. The business couldn't compete with the larger retail garden centres and ceased trading a few years ago.

After nearly 2 years of construction work, the scaffolding has come down and it won't be too long before approx. 28 apartments will be ready for sale and occupation. A notice at the site entrance referred to the development as "Culverley Gardens" - rather confusing as the entrance is on Penderley Road !! Perhaps we could suggest names? How about "Phoebe Gardens"?



Last week we had the first part (how to start your day) of a summary of advice from the experts, members of religious communities, of how to cope in isolation. For those without internet access to [www.alonetogether.org.uk](http://www.alonetogether.org.uk) here's more:

**Mid-day – Take a deep breath and reset the clock for the rest of the day**

The Desert Fathers and Mothers spoke about the mid-day demon, feeling the sun had stopped moving, when we can become overwhelmed and feel depressed. It is important to step back and get life into perspective. Silence, for between 5 and 30 minutes can be both a discipline and a gateway to the soul. You may enter silence either by reading, slowly, a sacred text (scripture, poem etc.), or by breathing deeply. To breathe deeply, sit with limbs uncrossed, straight back and hands on your lap. Breathe deeply but at normal speed for a few breaths, in through your nose and out through your mouth. To clear your mind, concentrate on your breathing – your breath is your life, and also the breath of God's life-giving spirit within you. Think of a short phrase, for example '*Be still and know that I am God*', repeating '*be still*' when you breathe in, and '*and know that I am God*' as you breathe out. Find the still point within you, and when it feels right, speak your own words to God, and let Him speak His words to you.

Prepare and eat some food, as this will restore you and make you feel more upbeat if things are difficult.

**Evening – Look back with gratitude and regret**

Bring the day to a close and wind down. Set a deadline for stopping work or tasks, stop and look back. Where was God in my life today? Give thanks. Where was God absent from my life? Ask for forgiveness. Take ownership for the day and your own reactions. You may realise that certain things lead to good or to bad moments, which may help you to look to the next day with some awareness of how to start to shape your reactions. For example, if you are angry, realise the anger is yours, but you can choose how you react. If you are fearful, remember '*perfect love casts out fear*' – find ways to express and receive love, for example making a phone call. Using your hands, for example in food preparation, cleaning, or a hobby will take your mind from fears. End the day at peace with yourself and the world.



From a reader:

Here is a simple, probably quite old, Celtic Blessing about travelling, be it on a physical journey or on our life journey, especially in difficult times (taken from 'Carmina Gadelica')

*May God make safe to you each step,  
May God make open to you each pass,  
May God make clear to you each road,  
And may he take you in the clasp  
of his own two hands*



Here a short Night Prayer in the same tradition, but less ancient:

*'As the earth requires rest  
and the seas need time to be replenished,  
so in resting may I be made more alive,  
so in stillness may my creativity be born anew.  
Bless me in the night, O God,  
that I may wake refreshed.  
With your ministering messengers of sleep  
bless me in the night.'*

*J. Philip Newell*



### Prayer

*Prayer the Church's banquet, angel's age,  
God's breath in man returning to his birth,  
The soul in paraphrase, heart in pilgrimage,  
The Christian plummet sounding heav'n and earth:*

*Engine against th' Almighty, sinner's-towre,  
Reversed thunder, Christ-side-piercing spear,  
The six-daies' world-transposing in an houre,  
A kinde of tune, which all things heare and feare;*

*Softnesse, and peace, and joy, and love, and blisse,  
Exalted Manna, gladnesse of the best,  
Heaven in ordinarie, man well drest,  
The milkie way, the bird of paradise;*

*Church-bels beyond the starres heard, the soul's bloud,  
The land of spices, something understood.*

*George Herbert*