



The Lord bless you
And keep you;
The Lord make his face shine on you
And be gracious to you;
The Lord turn His face toward you
And give you peace

Numbers 6:24-26



Bring Me Sunshine 10

Dear Friends,

I hope you're well and keeping connected and active. We have had a bit of a weather change but I'm sure our gardens are glad of it. I have heard from some that you have been busy sewing up your felt hearts and deciding who to give them to, and most of you enjoyed your Earl Grey cup of tea while remembering each other.

We continue to pray for the soul of George Floyd and all victims of racism, and pray for those trying to combat it. We pray for an end to discrimination of any kind, so that there can be justice and peace in our world.

We are beginning to hear about places for worship opening again for private prayer if churches can demonstrate this can be done safely. There is a lot of discussion and planning going into this at the moment, while we continue to worship at home privately and by connecting where possible to live streaming services. The introduction of wearing face coverings on public transport is starting from the 15th June, and we are advised to wear them for shopping or anywhere where we cannot socially distance. Your challenge this week is to make yourself one – there are some great colourful patterned and pretty ones about now. Some people are matching them with their clothes.

The guidelines continue, especially for you, over 70's and those with long term conditions, that you must social distance with people outside your household and you must not go to anyone else's house unless able to go straight to their garden. For those shielding you must not yet go to shops; this will be reviewed on the 30th June. Although restrictions are beginning to ease, it's still important that we observe government guidance to reduce the spread of the virus – when outside maintain the 2-metre distance rule and continue to wash our hands frequently.

I am pleased to tell you that Bring Me Sunshine Catford is available on YouTube now – you will find different activity videos to enjoy. I recommend you start with the introduction then try out some of the others, which include yoga, sing-alongs, African drumming, meditation, poetry reading, talks on art Tai Chi, humorous monologues and several concerts – all brought to you by local people, many of whom you'll recognise. Let me know which are your favourites.

I've been enjoying watching some of the old musicals on TV – Pal Joey, Oklahoma, and one of my favourites, Carousel, featuring that famous song 'You'll Never Walk Alone', which may be quite apt for our present situation. "When you walk through a storm hold your head up high, and don't be afraid of the dark, at the end of a storm, there's a golden sky and the sweet silver song of a lark. Walk on through the wind, walk on through the rain, though your dreams be tossed and blown, walk on, walk on, with hope in your heart and you'll never walk alone, you'll never walk alone."

I hope we can continue to be there for each other everyone
Love in Christ, Lesley

Suggested by a reader, from The Spiritual Healer...

May you have enough...
Happiness to keep you sweet,
Trials to keep you strong,
Sorrow to keep you human,
Hope to keep you happy,
Failure to keep you humble,
Success to keep you eager,
Enthusiasm to keep you looking forward,
Faith to banish depression,
Determination to make each day better than yesterday.



Multiple Choice Quiz

1. Is someone deeply engrossed with surfing the net called a racer, dragnet or juicer?
2. In Greek mythology was Achilles shot in his head, arm or heel?
3. Is the Sea of Tranquility in China, on the Moon or in Disneyworld?
4. Is former President Clinton's daughter called Pimlico, Fulham or Chelsea?
5. Did Mark Wahlberg model underwear for Tommy, Gucci or Calvin Klein?
6. Is the British rugby union team called the Pumas, Tigers or Lions?
7. Is Britain's busiest railway station Paddington, Clapham Junction or Waterloo?
8. Did a scribe play music, lend money or write letters?
9. Is Mercury, Venus or Mars the closest planet to the Sun?
10. Is the Central Line red, yellow or blue on a London Underground map?

1. Juicer, 2. Heel, 3. On The Moon, 4. Chelsea, 5. Calvin Klein, 6. Lions, 7. Clapham Junction, 8. Write Letters, 9. Mercury, 10. Red

Can you name these Theatres, all from South of the river?



1. Bob Hope, 2. Lewisham Broadway 3. Globe 4. Bromley 5. Old Vic 6. Greenwich



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

Morning All,

‘Bringing good news is imparting hope to one's fellow man’ - Patti Smith

Sharing your own positive experiences can fill those around you with hope. Throughout the gospels sick people had been healed by Jesus and shared their good news leading to more people having hope and becoming saved.

‘If you naturally share the good things in your life, happiness will follow. The problem is that we tend to share what's going on badly in our lives, not capitalising on sharing the positive.’ - Frank Fincham

‘But you need to remain well established and rooted in faith and not shift away from the hope given in the good news that you heard’ Colossians 1:23

Hope you have a good day, Vera :)

A memory from a reader...

What Year Was This?

“I can’t sleep - the house is shaking!” said my young daughter as she woke her parents in the early hours of the morning. “It’s just a dream, go back to bed!” I muttered and tried to get back to sleep. A few more attempts to rouse her sleepy parents, by which time the fiercest storm winds we had ever known gathered momentum and violently shook the whole of Catford and S.E. England!

The whole household was awake now, gazing out the window in disbelief, as the house shook and trees swayed violently and crashed down in the wind! By morning 7 fallen trees blocked our road!



Weather

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

SUMMER
BLIZZARD
HOT
FROSTY
FALL
WINDY
COLD
RAIN
NIGHT
WARNINGS
HEATWAVE
BLACKOUTS
SNOW
TORNADOS
ICY
HURRICANE
STORMS
HUMID
FREEZING
WARM

Holiday at Home Project lead organiser: Lesley
email lesleyaallen@btopenworld.com Tel. 07729 785843

To make Bring Me Sunshine original contributions

(your words, **not** your money!): Amy

email 1000AQ@googlemail.com Tel. 07847 799791

Your contributions make all the difference... please, please share - a quiz, poem, short piece about what you are doing at home, something about your life or life in the past... unless you write your name in the item it will be anonymous, so please join in! If you have email or whatsapp you can send a picture, too

Getting to know you...an evocative childhood memoir

My name is Kathleen and I was born in Greenwich on 7 November 1928. My mother had married the boy next door. My father was the eldest of 11 and my mother the eldest of 4. With so many aunts and uncles I was quite spoilt. Sadly, my father died at the age of 35 and I was only 7 years old. My life changed completely. My mother went to work as a cook at a grand house on Blackheath and I was cared for by my grandparents.

My mother eventually remarried a man who classed himself as an Irish Welshman. He was tall and had a great sense of humour. I began going to church regularly with my stepfather and in 1939 I started school at St Josephs, Deptford High Street. A few months later war was declared and my mother, baby brother and I were sent to live in Wales with my stepfather's parents. As it became a "phoney" war we returned to live in Greenwich, London. We stayed until the Blitz got so bad we moved back to Wales. I vividly remember looking across the River Thames towards the burning Tate & Lyle factory.

In Wales I attended the local Catholic school, St Illtyd. I found this a great shock. I had never said so many prayers, read a Catechism and been blest so often! Most of the teachers were kind and I made many, many friends but unfortunately the Headmistress was cane happy. St Illtyd's Church had lost its choir because of conscription so the school was called upon to form a choir for Sunday mass, holy days and requiems for funerals- and it was all in Latin! I was chosen for the choir as I could hold a tune - on one of the Headteacher's kind moments she said I was a good alto - and had a knowledge of music.

There was great rivalry between the Welsh schools and the Catholic ones. During winter, with the heavy snowfalls, it was a constant battle to get to and from school as there were often big snowball fights.

When returning to Wales for the second time we initially rented a couple of rooms from a young widow with 3 small children but then my mother managed to get a small miner's cottage. The local roads were very quiet so we often saw sheep, ducks, chickens and small mountain ponies wandering around.



Contributed by a reader... and it wasn't just in Ireland - we really are blessed now, with all the wonderful foods from different cultures we can enjoy today

Eating in Ireland in the Sixties Prepared by Jim Convey

Pasta had not been invented.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

Bananas & oranges only appeared at Christmas time.

All crisps were plain; the only choice was to put the salt or not.

Rice was a milk pudding, and never, ever part of our dinner.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, not cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yoghurt.

Healthy food consisted of anything edible.

People who didn't eat potatoes were regarded as crazy.

Cooking outside was called camping.

Seaweed was not a recognised food.

Kebab was not even a word, never mind a food.

Prunes were medicinal.

Surprisingly muesli was readily available; it was cattle feed.

Pineapples came in chunks in a tin; we had only seen pictures of a real one.

Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock.



Psalm 91 - My Refuge and My Fortress (English Standard Version)

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
I will say to the LORD, "My refuge and my fortress,
my God, in whom I trust."
For he will deliver you from the snare of the fowler
and from the deadly pestilence.
He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
nor the arrow that flies by day,
nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the recompense of the wicked.
Because you have made the LORD your dwelling place—
the Most High, who is my refuge—
no evil shall be allowed to befall you,
no plague come near your tent.
For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
lest you strike your foot against a stone.
You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.
"Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honour him.
With long life I will satisfy him
and show him my salvation."

Two Prayers of Martin Luther King Jr.

O God, we thank you for the fact that you have inspired men and women in all nations and in all cultures. We call you different names: some call you Allah; some call you Elohim; some call you Jehovah; some call you Brahma; some call you the Unmoved Mover. But we know that these are all names for one and the same God. Grant that we will follow you and become so committed to your way and your kingdom that we will be able to establish in our lives and in this world a brother and sisterhood, that we will be able to establish here a kingdom of understanding, where men and women will live together as brothers and sisters and respect the dignity and worth of every human being. In the name and Spirit of Jesus. Amen.

God, we thank you for the inspiration of Jesus. Grant that we will love you with all our hearts, souls, and minds, and love our neighbours as we love ourselves, even our enemy neighbours. And we ask you, God, in these days of emotional tension, when the problems of the world are gigantic in extent and chaotic in detail, to be with us in our going out and our coming in, in our rising up and in our lying down, in our moments of joy and in our moments of sorrow, until the day when there shall be no sunset and no dawn. Amen.

