




Bring Me Sunshine 18

Dear Friends,

Hope you're well and enjoying the good weather, although you may be like me and find it too hot. Stay safe, and drink plenty of water (at least 6-8 glasses a day) and do not overly exert yourself in the heat. Many of you have been complaining about swollen feet and ankles, so try to keep them up on a stool with a cushion on it; or, like one reader, put cold water in a hot water bottle and put your feet on that. Make sure there's some air flow through your property to cool it down. If you are experiencing cramps in your muscles or more headaches it can be a sign of dehydration. Next week we will probably be back to tips on keeping warm!

Well, it was very exciting to return from a few days in Wales to find lots of letters from you with stories, recipes, poems and prayers, and others thanking us for the magazines and giving us a quick update. Many of your contributions you will find in the magazines over the course of the next few weeks. Please keep them coming. I thought I'd share just a few lines from some with you...from Albert: "I am well, I haven't been doing too much, mostly I watch TV and read newspapers. I am out in the garden now that the weather is good and I sleep a lot!" This, I think, could be many of us at present. Eva says: "I'm just holding on by the grace of God, my health and mobility is slowly getting worse but otherwise I'm trying to keep safe. I've really missed our sessions at the club"; Sheila says: "Thank you, you don't know how much I look forward to receiving your newsletter"; from Andrew: "I am praying hard to God that this coronavirus will come to an end, and things will go back to normal, and hoping that a new vaccine will be produced"; from Wyn: "Thank you very much for all the kind gifts that you have delivered to me during lockdown, I have had much pleasure from these generous gifts"; Bill & Enid say: "Thank you to your great team of helpers for all the love and kindness during this difficult time". No name on this letter, but someone likes to sing this song- "Thank you Lord for your blessings on me, there's a roof up above me and a fine place to sleep, there is food on my table and shoes on my feet, you gave me your love Lord and a fine family, Thank you Lord for blessing me". That's lovely.



*O blessed Jesus,
Give me stillness of soul in You.
Let your mighty calmness reign in me.*

*Rule me
O King of Gentleness,
King of Peace*

St. John of the Cross

No Bingo winner yet, keep going and ring me once your ticket is complete. Apologies for the repeated numbers last time.

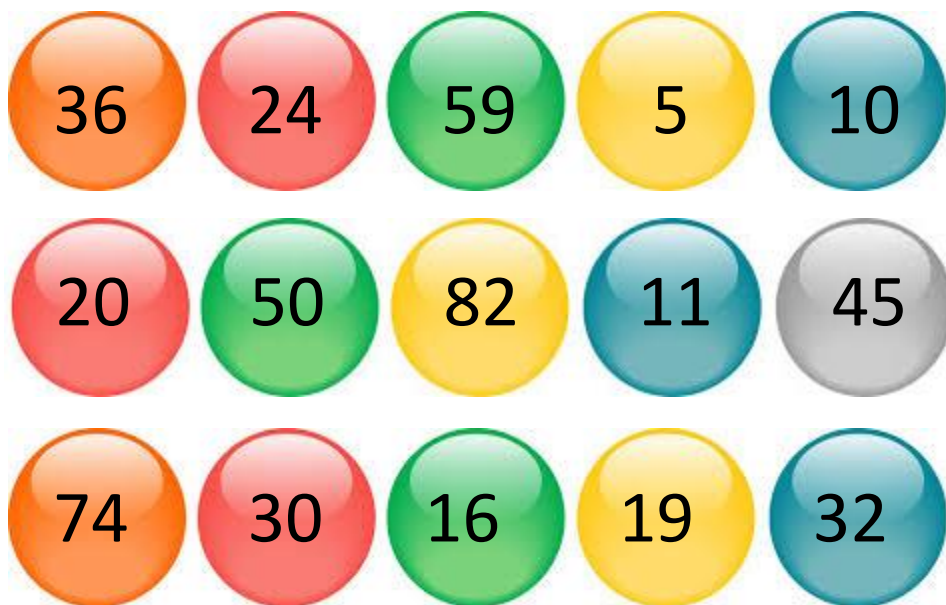
Check out the info included about TV licensing, but you don't need to do anything until you receive an official letter. Be careful as there are scams about.

Did anyone get a result of reduced water bills following the letter I sent out a few weeks ago? I have heard of several getting 50% reduction.

Behind the scenes there are discussions going on about how to move forward and keep being creative in supporting you our most vulnerable members of society and how clubs and organisations can resume safely. The future will look different for some time, with the two-metre distancing rule and sanitisers everywhere, face coverings being mandatory in many places and no hugs and handshakes but rest assured we will keep trying to bring Sunshine wherever we can.

Much Love, Lesley

Your Bingo Numbers this week are:



1. Where in Europe is the Blarney Stone?
2. Are porcupines a variety of rodent, rabbit or badger?
3. What country is home to football team Juventus?
4. What is measured in decibels?
5. What is the last word in the new testament?
6. What is the name of the huge Antony Gormley statue by the A1 near Gateshead?
7. What did Igor Sikorsky invent in 1939?
8. What anniversary marks 40 years of marriage?
9. A starfish has no brain – true or false?
10. Is a peanut a pea, a nut, or a seed?
11. Which of the following is never mentioned in the Bible – sheep, cat or goat?
12. In which country was Eva Perón a national figurehead?
13. In what country is the Great Sphinx?
14. Which instrument did Jimi Hendrix play?
15. What is a male swan called?

1. Ireland 2. Rodent 3. Italy 4. Sound 5. Amen 6. The Angel of the North 7. Helicopter 8. Ruby 9. True 10. Seed 11. Cat 12. Argentina 13. Egypt 14. Electric guitar 15. Cob



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 All,

"If the problem has a solution, there is no need to worry: And if the problem doesn't have a solution, worrying won't help" - Unknown

This quote takes me back to the day before my GCSE English literature exam of which I thought it would be possible to learn 13 poems in one night. At 10pm, having successfully learnt 3 poems I burst out into tears. English was never my favourite subject and at this moment I thought I was going to fail.

I thank God for my mum who calmed me down and told me I've done the best that I can - 'go to bed!' :D

Great value should be put on companions, especially when problems arise. **"Two are better than one, Because they have a good reward for their labour. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up"** (Ecclesiastes 4:9-10)

We are called into fellowship with Christ and one another - so let's try and push to solve each other's problems whenever we can.

"Greater love has no one than this, than to lay down one's life for his friends" - John 15:13

Have a blessed Day,

Vera :)

Types of Vegetables

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

CABBAGE
ZUCCHINI
RUTABAGA
RADISH
TURNIP
SWEDE
SPINACH
POTATO
CASSAVA
BEET
LEEK
CAULIFLOWER
PARSNIP
GINGER
CELERY
PEA
CARROT
PUMPKIN
ARUGULA

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 now or a memory from 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



VJ Day 75th Anniversary, 15th August 2020

Whilst VE Day (Victory in Europe) marked the end of the war in Europe in May 1945, many thousands of Armed Forces personnel were still engaged in bitter fighting in the Far East. Victory over Japan would come at a heavy price, and Victory over Japan Day (VJ Day) marks the day Japan surrendered on the 15 August 1945, which in effect ended the Second World War.

Fighting in the Asia-Pacific took place from Hawaii to North East India. Britain and the Commonwealth's principle fighting force, the Fourteenth Army, was one of the most diverse in history – more than 40 languages were spoken, and all the world's major religions represented.

The descendants of many of the Commonwealth veterans of that army are today part of multicultural communities around the world, a lasting legacy to the success and comradeship of those who fought in the Asia-Pacific.

Veterans of the Far East campaign will be at the heart of the commemorations as the nation thanks them for their service and sacrifice.

Events will also pay tribute to the tens of thousands of service personnel from across the UK and the Commonwealth who fought and died in the war against Japan, including all those who were held as prisoners of war by the Japanese.

(From <https://ve-vjday75.gov.uk/>)

A Prayer for VJ Day (from Exeter Cathedral)

God our Father,
in the dying and rising of your Son Jesus Christ,
you have brought life and salvation out of cruelty and death.
We mark Victory in Japan
in gratitude for the courage of the Allied forces
who suffered for freedom in the Far East campaign
and in sorrow for all that hinders the coming of your kingdom of peace.
Give us wisdom to learn from the bitter memories of war,
and hearts that long for the unity of all nations.
We ask all this in the name of Jesus,
in whom there is no east or west, no north or south,
but one fellowship of love across the whole earth.
Amen.

Kath, from Holy Cross Church in Catford, has contributed some lovely prayers and poems over the months. Here is a meditation:



Hope

George Watts

Take some time to become still. Slow down. Take some slow deep breaths.

Let your eyes gaze on this picture. It is telling a story. Linger with it. What do you see?

How does the colour affect you?

How does the image make you feel?

Does the picture look hopeful?

What do you think it might be trying to say about hope?

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope” (Jer. 29:11)

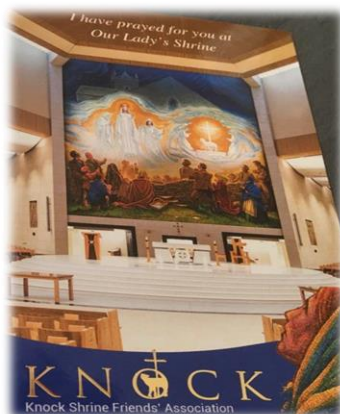
Trust that God is holding you with great love. Sit with that.

Getting to know you...

My name is Rita and I am a member of the Diamond Club. I was born in Barts Hospital, within the sound of Bow Bells, which makes me a real Cockney. My father came from Lewes in Sussex, whereas my mother, whose name was Cavedaschi, was of Italian parents. The Italian community settled in Clerkenwell, and, if you ever get an opportunity, visit their beautiful Church off Farringdon Road. Which reminds me that when I went to the Italian Boys and Girls club in my teens a Priest would put his hand out and separate couples if a boy danced too close with a girl. I went to St Peter and St Paul Catholic school in Amwell Street, situated opposite Finsbury Town Hall. Incidentally, my parents married at the Church nearby, where I later plighted all my worldly goods (an old bicycle) to my husband Denis.

On leaving school there were jobs a-plenty and after taking a Pitman Shorthand course I got a nice post with Westinghouse as a typist /audio typist. My first wages were £5 a week, it was within walking distance, and they were a nice company to work for. Social life then was of course going to the Pictures, Bank Holiday Mondays with all the gaiety at Parliament Hill Fields, walks by the Thames and Regents Park and the annual Italian procession which stopped all the traffic. This Fiesta was on a Sunday in July, and as far as I know is still a big event. There were floats depicting various aspects of Catholic Christian life and I once dressed as a flower girl, and on another occasion as Mary.

As teenage years progressed, a young Irish girl at work asked me to accompany her to an Irish dance hall. It was the Gresham in Holloway Road, my first insight to Irish music. There I met my husband-to-be Denis; we married two years later and we are now grandparents and great grandparents as well. Sheila Pender R.I.P introduced me to the Diamond Club where the real Diamond is of course Lesley, a lady for all seasons. She is a super organizer, ever-ready to help everyone, and nothing appears to trouble to her supercharged body. Or, in Cockney parlance, "a real Diamond Geezer ". All together now: "There ain't a lady living in the land that we would swop for our dear, dear Lesley".



Many thanks to Hugh and Teresa Forde, who have enrolled Diamond Club members into the Knock Friend's Association. They will share in two Masses celebrated each day at the shrine for their intentions

R	E	E
B	I	R
V	H	O

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 11, including one nine letter word

Herbivore, bier, brio, heir, hire, hive, ire, rib, river, vie

Prue Leith's Muscovado Flapjacks

"This would not have been a common treat in WW2 since sugar and butter were severely rationed. But I thought, with lockdown making flour disappear from our grocery shelves, which it certainly did in the war too, and oats, then as now, being available, and most of us trying to cook with store cupboard ingredients, Flapjacks would fit the bill."

1 Ingredients

- 75g brown sugar
- 75g muscovado sugar
- 150g butter
- 275g porridge oats
- 1 heaped teaspoon ground cinnamon
- ½ teaspoon table salt

2

Heat the oven to 180°C

3

Line a small roasting pan or deep baking tray with a piece of non-stick baking sheet (I use oven-liner, which is strong and re-usable).

4

Slowly melt the sugar and butter together in a medium sized saucepan. When liquid, stir in the oats, cinnamon and salt and spoon into the baking pan. Press down flat with the back of spoon and score through the mix to make twelve flapjacks.

5

Bake for 20 minutes until golden and set

6

Leave until warm then separate the flapjacks by scoring between them again and loosen the edges.

At some point in life the world's beauty becomes enough. You don't need to photograph, paint, or even remember it.
It is enough Toni Morrison



MEDITATIONS ON OUR JOURNEY

A Prayer by Thomas Merton

**My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.**

**But I believe that the desire to please you does in
fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that
desire.
And I know that if I do this you will lead me by the
right road,
though I may know nothing about it.**

**Therefore will I trust you always
though I may seem to be lost and in the shadow of
death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils
alone.**

My progress report concerning my journey to the palace of wisdom is discouraging. I lack certain indispensable aptitudes. Furthermore, it appears that I packed the wrong things.

James Baldwin

It's a journey . . . that I propose . . . I am not the guide . . . nor technical assistant . . . I will be your fellow passenger . . . Though the rail has been ridden . . . winter clouds cover . . . autumn's exuberant quilt . . . we must provide our own guide-posts . . . I have heard . . . from previous visitors . . . the road washes out sometimes . . . and passengers are compelled . . . to continue groping . . . or turn back . . . I am not afraid . . . I am not afraid . . . of rough spots . . . or lonely times . . . I don't fear . . . the success of this endeavour . . . I am Ra . . . in a space . . . not to be discovered . . . but invented . . . I promise you nothing . . . I accept your promise . . . of the same we are simply riding . . . a wave . . . that may carry . . . or crash . . . It's a journey . . . and I want . . . to go . . .

Nikki Giovanni

**As a doe longs for running streams
so longs my soul for You, my God.
My soul thirsts for God, the God of
life;
when shall I go to see the face of
God?**

**I have no food but tears, day and
night;
and all day long men say to me,
'Where is your God?'**

**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 42:1-4