

*I lay my head to rest,  
And in doing so,  
Lay at your feet  
The faces I have seen,  
The voices I have heard  
The words I have spoken  
The hands I have shaken  
The service I have given,  
The joys I have shared,  
The sorrows revealed,  
I lay them at your feet  
And in doing so  
Lay my head to rest.*

*John Birch faithandworship.com*



# *Bring me Sunshine 11*

Hi Friends,

A significant week as shops and zoos have opened again after 3 months; not perhaps your usual experience, as two metres distancing is still recommended but not easy, and the numbers of people are much reduced. I'm not a fan so won't be going more than is essential. Of course, the over 70's should rely on others where possible to get shopping. Face coverings must be worn on public transport now, and some churches are opening for private prayer whilst socially distancing.

I liked the sound of 'bubbles', as I'm a big fan of champagne and sparkling wines, which got me thinking about sharing some with someone else - but who? The government guidelines about this are not easy to understand; being in a single person/single parent household I understand one can bubble with another household as long as they don't bubble with anyone else - this of course reduces the people we can bubble with. One of our older people who I visit was in a dilemma - she has two children who have families, both living nearby, and was trying to decide which daughter she should bubble with. She decided she wouldn't make that choice but would bubble with another friend who is on their own and continue to see her family from the two-metre distance on her doorstep. I hope the two friends will share a bottle of bubbles to celebrate the reunion. They can now give each other a hug and sit next to each other on the sofa. If you are shielding, supportive bubbles are not recommended.

One of our club supporters has found out about Soothe Boxes or Jars which can help if you are feeling down. Your challenge is to make a Soothe Jar: find a jar and write on a piece of paper 10 things you like that make you feel better and put them in the jar, for example a favourite piece of music or CD, A favourite poem or book, someone you like talking to on the phone, your favourite chocolate, something about yourself to celebrate, a photo of your favourite holiday or place etc. If you are feeling a bit down you can dip into the jar to help lift your spirits or interrupt negative thoughts. Why not give it a go? Please check out, if you haven't already and have the means, YouTube - type in Bring Me Sunshine Catford and you'll find lots of activity videos that you can join in with.

I've enclosed the positive ageing isolation magazine with lots of information, ideas and news of what organisations are doing at this time, and I hope you can find something in there to connect with. Unfortunately for our older people meeting up in the old ways of big gatherings and events is not an option at present, but maybe you can develop your skills with technology or ask families to support you. There are people available to help with this using social distancing.

Some of you who I have spoken with are feeling worn out from chatting, or describe the day passing fairly quickly, because families are checking in more often, friends are calling, church or club members speak more, telephone befrienders are calling. Let's hope this continues for the isolated in the future, but remember there are still many people who may not be in this position, so keep in touch with friends especially those without family or who are on their own. A friendly chat is usually very welcome.

"Giving Love is the greatest pleasure of the heart... receiving it back the highest treasure of the soul."  
Love in Christ, Lesley

## CORONAVIRUS

### SCAM ALERT

There has been an increase in the number of COVID-19 related scams

Here are 7 of the most common scams currently being used:

- 1 Individuals going door-to-door selling face masks and attempting to enter people's homes
- 2 Individuals going door-to-door impersonating Red Cross or health workers, claiming to be carrying out mandatory testing for COVID-19 as an excuse to enter home
- 3 Text messages or emails claiming to be from Police or government, stating you have been fined for leaving the house
- 4 Text messages or emails claiming to be from HMRC, offering tax rebates
- 5 Text messages or emails claiming to be from the government, stating all residents will receive a payment, with a link to a fake gov.uk website asking people to enter their personal details
- 6 Phone calls offering priority vaccinations
- 7 Fake 'missed parcel' notes asking recipients to call a premium rate phone number to arrange delivery

## Pot Luck Quiz

1. What is dried grass used as animal fodder called?
2. A person who steals cattle is known as what?
3. Who founded the first US detective agency in 1850?
4. What is the Star of Sierra Leone?
5. What was Moses's brother called?
6. What do leeches suck?
7. What fictional character lived in Baker Street?
8. What is paté de foie gras made with?
9. How many carats does pure gold have?
10. What is the name of the rotating part of a windmill?
11. Which author wrote the screenplay for *2001: A Space Odyssey*?
12. What is the day after Halloween called?
13. Which river does Berwick stand on?
14. What type of wine is sec?
15. Whose life was the film *Citizen Kane* based on?
16. What is a Peruvian Lion?
17. Who was the commander of Apollo 11?
18. What is the crime of burning property called?
19. What is the leader of the Church of Scotland called?
20. What is a torso?

1. Hay, 2. Rustler, 3. Allan Pinkerton, 4. A rough uncut diamond, 5. Aaron, 6. Blood, 7. Sherlock Holmes, 8. Goose liver, 9. 24, 10. Sail, 11. Arthur C. Clarke, 12. All Saints Day, 13. Tweed, 14. Dry, 15. William Randolph Hearst, 16. Puma, 17. Neil Armstrong, 18. Arson, 19. Moderator, 20. Trunk of the human body



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

Morning All,

*"You don't need to invade a place or install a new government to help bring about a positive change." - Nicholas Kristof*

There is a lot of evil going on all around us and to be honest we cannot be surprised. Bible says that this generation is perverse and crooked (Acts 2:40) since 'the heart is deceitful above all things' (Jeremiah 17:9)

But to change the world we must start on ourselves: our attitudes; our mentalities; our habits; and our actions. In John 8:1-7, the Pharisees brought to Jesus a woman caught in adultery and they wanted to stone her. Yet they asked Jesus, 'what should they do?'. It would've been a negative deterrent if they had stoned her: others would've been cautioned to not cheat on their spouses and the law of Moses would be adhered to.

Nonetheless, Jesus took this social issue and made it personal: **"He who is without sin among you, let him throw a stone at her first."** (John 8:7)

Jesus changed their focus of thinking from the adulteress' sin to their own.

What I'm trying to say is that during these times I'm focusing on improving myself for a positive change to be made - are you?

Hope you have a blessed day,

Vera :)

## All about Horses

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WESTERN  
TROT  
CANTER  
BLANKET  
MORGAN  
HAY  
RACE  
STRAW  
SHETLANI  
WALKING  
PAINT  
QUARTER  
SADDLES  
PINTO

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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



Some thoughts about smiling, from Sister Regula, St. Andrew's Convent

I imagine that most/all of us are very sensitive to a genuine smile of somebody we meet; it is like a gift we can receive / offer. I believe that to smile gently and sincerely is also good for ourselves. It does not mean that we ignore the suffering in the world or our own; we simply acknowledge that there are also a lot of wonders and things to be grateful for.

Many wise people have written on the importance of a smile.

Pierre Teilhard de Chardin, a French Jesuit, wrote:

*"It is absolutely necessary to keep smiling. The essential, and doubtless most fruitful, gesture is to smile, with something of love in the smile."*

The Vietnamese Buddhist Monk Thich Nhat Hanh wrote and spoke often about smiling:

*"Practice smiling ... and the whole world benefits"*

and here he includes it in a breathing exercise:

*"Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment"*

Psalms 67:1 in the Bible mentions God smiling on us:

*"God be gracious to us and bless us,  
and let your face smile upon us"*

And Psalm 34:5 says:

*"Those who look to God are radiant"*

**Wishing you a good day, and the gift of a smile given or received**

Contributed by a reader...



I was walking down life's highway a long time ago,  
and I saw a sign that read "Heaven's Grocery Store".

As I got a little closer, the door came open wide,  
Then I came to find myself standing right inside.

I saw angels, they were standing everywhere.  
One handed me a basket and said, "My child shop with care."  
Everything a Christian needed was in that grocery store.  
And all you couldn't carry you could return the next day for.

First, I got some patience, love was in the same row.  
Further down was understanding, which you need everywhere you go.

I got a box or two of wisdom, a bag or two of faith.  
I couldn't miss the Holy Ghost; He was abundant in this place.  
I stepped to get some strength and courage, to help me run the race.  
By now my basket was getting full, but I remembered I needed grace.

I couldn't forget salvation, that was free!  
So I tried to get enough of that, to save both you and me.

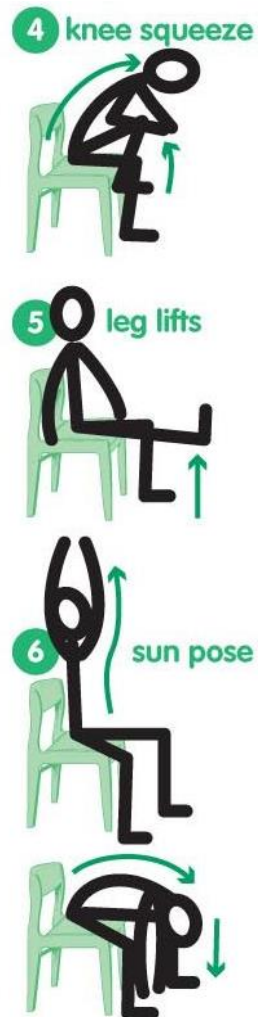
Then I started up to the counter, to pay my grocery bill.  
I thought I had everything I needed to do my Master's will.  
As I went up to the aisle, I saw prayer and put that in,  
for I knew when I stepped outside, I would run right into sin.  
Peace and joy were plentiful, they were on the last shelf.  
Song and praise were hanging near; so I just helped myself.

Then I asked the angel, "How much do I owe?"  
He smiled and said, "take them everywhere you go."  
Again, I smiled at him and said, "How much do I really owe?"  
He smiled again and said "My child, Jesus paid your bill a long time ago"



The woman on page 5 was called Emily Sower. She won the title of Glamorous Grandmother both in Ireland and Great Britain in 1957 – the first Irishwoman to win both titles. Her equally glamorous daughter attends and volunteers at Bring Me Sunshine, but wishes to remain anonymous...you will have to guess who she is!

Some simple yoga exercises to try - but remember, stop if it starts to hurt



While I know myself as a creation of God,  
I am also obligated to realise and remember  
that everyone else and everything else  
are also God's creation

Maya Angelou



This beautiful woman won a competition in 1957, can you guess what it was for?

Clue: Her looks and her family were important in winning. Answer on page 9

Remembering joining the Diamond Club, from Verona

I always heard about the Diamond Club, I thought it was exclusive. My first encounter was when my friend Kate asked if I would like to go on a holiday with the club, sharing with her. Then I met Lesley, the coordinator, who made me welcome, and everyone was friendly and supported each other. The holiday was very enjoyable, and not long after I got the chance to become a member of the Diamond Club. It has changed my life - a very friendly atmosphere, seeing people I know and meeting new ones, having fun, exercising, getting information, supporting one another. We are included in whatever is going on in the Church and school., especially tea parties, plays, judging the daffodil competition and sports. Lesley is very caring, may God bless her with the good health to be able to carry on.

I was privileged to become a volunteer at Holiday at Home and Bring Me Sunshine which I enjoyed very much, especially seeing residents of care homes enjoying themselves. I'm counting the days until we return - in the meantime, keep safe, support each other, and pray.



Some Bring Me Sunshine memories from last year

# SOME WORDS OF THANKSGIVING

*A prayer by a friend of the Bring Me Sunshine Project:*

Thank you for bringing us safely to this day.

Thank you for the gifts of grace and strength and for the kindness and generosity of those who support and care for us.

As we struggle with the loss of contact with others may our hearts and minds learn to have daily conversations with you, and that you may instil in us the belief and hope that all things are possible with your creative love.

Amen

Thanks be to thee, my Lord Jesus Christ,  
for all the benefits thou hast given me,  
for all the pains and insults thou hast borne for me.  
O most merciful redeemer, friend and brother,  
may I know thee more clearly,  
love thee more dearly,  
and follow thee more nearly, day by day.

Amen.

*Richard of Chichester*



Psalm 100 (NIV)

*A psalm. For giving grateful praise*

Shout for joy to the LORD, all the earth.

Worship the LORD with gladness;  
come before him with joyful songs.

Know that the LORD is God.

It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

For the LORD is good and his love endures forever;  
his faithfulness continues through all generations.

*Praise from Ghana*

My Joys Mount as do the Birds

Lord, I am happy this morning,  
Birds and angels sing and I am exultant.  
The universe and our hearts are open to your grace.  
I feel my body and give thanks.

The sun burns my skin and I thank you.  
The breakers are rolling toward the seashore,  
The sea foam splashes our house.  
I give thanks. Lord, I rejoice in your creation,  
and that you are behind it, and before,  
and next to it, and above - and within us.