

*Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.*

*O Divine Master,
Grant that I may not so much seek to be
consoled as to console;
To be understood as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal
life.*

Amen

(Anon. French)



Bring Me Sunshine 16

Dear Friends,

Hope you are keeping well and occupied. The latest guidelines and changes are that face coverings are compulsory in shops and on public transport from the 24th July. The 1 metre, preferably 2 metre, social distancing recommendations remain, and will continue to do so for many months to come. Handwashing is vitally important to prevent the spread of the virus that remains at large and may well peak again in the winter, and for vulnerable people gatherings such as our church clubs and fellowships are not safe.

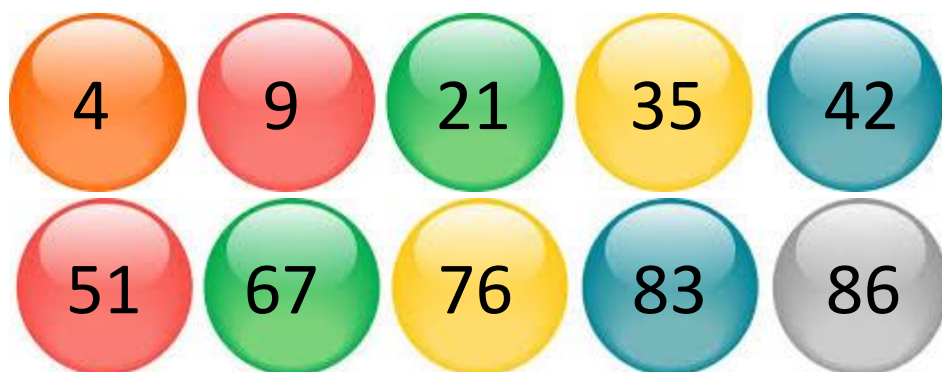
This week in Catford we originally had plans to host two weeks of fun filled experiences for our older generation called Come Fly with Me - a variation of last year's Bring Me Sunshine events which welcomed over 100 people. We intended creating a theme around flying to different countries such as Japan, France, and the Caribbean by hot air balloon or Sunshine Airlines (fuelled by sustainable methane gas) with our church leaders as pilots and volunteers as cabin crew. Many of you were at last year's events - our friends from Brownhill Baptist Church, Holy Cross, St Laurence, St Andrew, care homes, and our local community in Catford. Last year in August we had two weeks in St. Andrew's church hall, decorated as The Good Ship Sunshine, and each day created a different destination – for example Spain, which saw us eating paella and watching Spanish dancing with a glass of sangria; India, where we ate fabulous homemade curry and dahl that our priest Fr Anthony made for us, and heard him singing some traditional Indian pop songs. We had a day themed around America, eating hot dogs and drinking cola, and listening to some wonderful swing, with Sunshine volunteers dressed as the Statue of Liberty, a hot dog, and a cheerleader. Egypt was another of our destinations, with a belly dancing class. In virtual Greece we cheated and sang songs from the musical Grease, and danced to Zorba the Greek. The finale day was a visit to Scandinavia for meatballs and singing and dancing to the music of Abba, with many people dressed up as Abba look-a-likes.

Each day saw Captain Fr Lindsey dressed in his full white uniform greet the passengers, who could dine with at the Captain's table and even have a dance with him. Each day was punctuated with the Bring Me Sunshine theme tune as the wonderful volunteer crew from all the churches hosted, entertained and looked after the 100 passengers. What fun we had, and we looked forward to this year in an expanding set of venues. Sadly, Come fly with Me was cancelled when Sunshine Airlines was grounded by COVID-19. Instead, we have had to remain even closer to home.

But do not despair, as the sunshine volunteers intend to continue to bring some sunshine wherever possible via these magazines and ideas of activities around Catford this summer - we hope to bring sunshine to some of your doorsteps with entertainment, a visit from the ice cream van and afternoon tea. Some of you have had the privilege of receiving a song on your doorstep being coordinated by Chloe at Goldsmiths community centre. Last week they sang to about 7 of you and more songs are booked. If you'd like to receive a song let me know and we will refer you - it really does lift the spirits. My song was 'don't Worry about a thing, coz every little thing's going to be alright' – very apt and yes, I believe it will be. Please send your articles in for the magazine it would be great to hear from some of our elders from St Andrew, Brownhill Baptist Church and St Laurence.

Have a good week, Lesley

Your Bingo Numbers this week are:



QUIZ

1. By what name was the boxer Muhammad Ali originally known?
2. What is an auctioneer's hammer called?
3. Who carries a crozier?
4. In which ocean are the islands of the Maldives?
5. What was the name of the giant killed by David?
6. Which is the only country apart from Brazil to have won more than three world cups?
7. Which international aid organisation has won the Nobel peace prize three times?
8. Where is a person's jugular vein?
9. Which festival of Indian origin is known as 'The Festival of Lights'?
10. How is Shrove Tuesday known in many Spanish speaking countries?
11. Which gas is responsible for the greenhouse effect?
12. What kind of animal has varieties called horseshoe, pipistrelle and vampire?
13. What modern city was previously known as Edo – Shanghai, Beijing, or Tokyo?
14. What is a large group of fish called?
15. Colombo is the capital city of which country?

1. Cassius Clay 2. A gavel 3. A Bishop 4. Indian Ocean 5. Goliath 6. Italy 7. The Red Cross 8. In the neck 9. Diwali 10. Mardi Gras 11. Carbon dioxide 12. Bat 13. Tokyo

14. Shoal 15. Sri Lanka



**‘Be praised, O Lord,
through Sister Water!’**

‘Sister Water’, as Francis of Assisi likes to call this most precious gift of God.
Have you ever noticed when and how you encounter Sister Water for the first time when you get up in the morning?
May be in a cup of tea or coffee? Brushing your teeth? Washing your face? Having a shower? Eating your breakfast? ...

When I started thinking about my encounters with Sister Water from morning to evening, I realised that she is simply everywhere, including in my body. What a wonderful Sister who is with me, gives herself to me, cares for me every day of my life. Even more, we know that without her life is not possible on earth.

No wonder that Water has become a powerful symbol throughout the Bible; the people knew from experience how precious water is, and also the constant threat of running out of it. Psalm 65 (64) in the Bible has water as its key theme, and you might like to pray it today:

*‘O God, you care for the land and water it,
You enrich it abundantly.
The streams of God are filled with water
to provide people with corn ... ‘ (v9)*

Let us pray today for each other and ask God to help us to deeply appreciate, respect and care for this wonderful Sister of ours.

***Wishing you a good day, a day during
which you notice with gratitude every
time you encounter Water
in one form or another.
And may you have the opportunity
to enjoy a glass of water
and be blessed by Sister Water!***



Clothing

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

SKIRT
COAT
NITIE
PANTIES
ROBE
CAP
HAIRPIECE
VEST
SWEATER
HAT
SOCKS
LEVIS
PONCHO
PAJAMAS
BOOTS
SANDALS
SCARF
PANTS
JACKET
SHOES

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Your contributions make all the difference... please, please share -it will be anonymous unless you put your name in the item, so do join in

Denis's Diary

Mon 6: Had a rough night after eating a Hemans Hermits Curry. Woke up this morning feeling fine, got something special on my mind

Tues 7: My Uncle rang boasted that he was taking home £500 a week from his job in the Bank - Not any more, they had new security cameras fitted last week

Wed 8: I looked at my hair while shaving as its gone through its three stages - parted, unparted, and departed

Thurs 9: Began to wonder what my parents did when they got married - No TV in those days. Must ask my 7 brothers and 5 sisters.

Friday 10: Bad crash on A2. Lorry carrying a thesaurus crashed. Witnesses were startled, stunned, amazed, aghast, and taken aback

Sat 11: Did not sleep well . Had this recurring dream that I was a horse. That's five nights on the trot

Monday 13: Rang my GP. Told him I got hit on the head by a set of Bongos. He said I might have percussion

Tuesday 14: Walked in the park and there was father's sister on a Roundabout. Oh my giddy Aunt

Tuesday pm: Got home quickly after hearing in my ears "Danny Boy " and " Green Glens of Antrim " Doctor thinks I have a stomach Ulster

Wednesday 15: Got offered a job in a Pet Cemetery. Turned it down as don't want to be a general dogsbody

Thurs 16: Saw a new shop called 'Moderation' opened in Croydon. They have everything in there

Quick Quiz- who had these nicknames?

Iron Duke
Tricky Dicky
Lady Day
Bapu
The Man in Black
The Greatest

1. Duke of Wellington, 2.
President Richard Nixon
3. Billie Holiday 4. Gandhi,
5. Johnny Cash, 6.
Muhammad Ali



Vera has been sending ideas for positivity to people from a mental health drop-in group during lockdown, and would be pleased if you tried some too

Good afternoon all,

"Everybody can make a choice to be more positive. It's about who you hang around and what you choose to watch on TV. What environment you put yourself in. It's easy to get a negative internal dialogue. You have to be aware of what's playing in your mind." - Victoria Osteen

I like this quote because we know that bad company can corrupt character (1 Corinthians 15:33) but Victoria points out that what we choose to watch can also affect our thinking. What we hear and see enters our minds which is a gate to our heart, Proverbs warns that we must "Keep our heart with all diligence, for out of it **springs the issues of life**" (Proverbs 4:23) Jesus warns us to be watchful and vigilant (Mark 14:38).

A lot of movies and TV programmes are filled with things forbidden in Colossians 3:8 **"But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth"**

Instead, Paul tells us to meditate on whatever things are : **true, noble, just, pure, lovely, of good report, of any virtue; and praiseworthy** (Philippians 4:8)

Doing these things can help uphold a joyful mindset.

Have a blessed day, Vera :)

Some ideas from www.actionforhappiness.org

Enjoy washing your hands – remember all they do for you! Write down ten things you feel grateful for in life and why

Get active – even if you are stuck indoors, move and stretch
Notice the things that are beautiful in the world around you
Immerse yourself in a new book or TV show

Make time for self care – do something kind for yourself

Learn something new or do something creative

Rediscover a favourite piece of music that really lifts your spirits

If you want to know what God thinks about money, just look at the people He gives it to

Dorothy Parker



E	I	A
C	C	L
D	T	I

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 32, including one nine letter word

Dialectic, ace, acetie, acid, acidic, act, acted, cad, cadet, calcite, cat, citadel, cite, cited, clad, clear, dace, delectic, dialect, dice, edict, elicite, ice, iced, icicle, italic, lace, laced, lactic, lice, talc, tic

It's good to hear what people have been doing...why not let us know your news?

Jean did some Mindful colouring



The daughter of Lesley's neighbour made a cake on Vera Lynn's birthday



Welcome back to Sheila, who is home after spending 3 months with her daughter in Kent



Congratulations Kath and Stan

Our own Diamond Diamonds celebrated their 60th wedding anniversary on 23rd



St. Francis of Assisi's Canticle of the Creatures

Most High, all-powerful, good Lord,
Yours are the praises, the glory, and the honour, and all blessing.

To You alone, Most High, do they belong,
and no human is worthy to mention Your name.

Praised be You, my Lord, with all Your creatures,
especially Sir Brother Sun,
Who is the day and through whom You give us light.
And he is beautiful and radiant with great splendour;
and bears a likeness of You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars,
in heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene, and every kind of weather,
through whom You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,
who is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,
through whom You light the night,
and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister Mother Earth,
who sustains and governs us,
and who produces various fruit with coloured flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your
love, and bear infirmity and tribulation.

Blessed are those who endure in peace
for by You, Most High, shall they be crowned.

Praised be You, my Lord, through our Sister Bodily Death,
from whom no one living can escape.

Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
for the second death shall do them no harm.
Praise and bless my Lord and give Him thanks
and serve Him with great humility.

Rain

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk
The rain makes running pools in the gutter
The rain plays a little sleep song on our roof at night
And I love the rain

Langston Hughes

When I am Among the Trees

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Mary Oliver

