

Bring Me Sunshine 22

A Prayer for God's Guidance

*Almighty Lord and everlasting God,
We ask you to direct, sanctify and govern both our
hearts and bodies
In the ways of your laws and the works of your
commandments;
That through your most mighty protection,
Both here and ever,
We may be preserved in body and soul.*

*Through our Lord and Saviour
Jesus Christ, Amen.*

Churchofengland.org

Well, Autumn is officially here, the evenings are getting darker and the weather has been quite wet and gloomy recently, which seems to reflect the news in the country, with increasing numbers of people getting the virus again. It may also reflect the mood of many of you, who were hoping to be able to resume some of your usual activities. But here in Catford we are trying to keep the sun shining on you all. While reluctantly going on a walk to our local park on Saturday, the young lady who I was with reminded me of the positives - she said that she loved Autumn, the changes in the colours of the leaves to yellow, brown and red crunchy under foot, fresh air and rosy cheeks, wearing cosy jumpers and returning home for a hot drink. She helped me to remember that sometimes it takes others to remind us that there is always something to be positive about, and how important it is to count our blessings; as the old hymn says "name them one by one, and it will surprise you what the Lord has done".

The weekend just gone was the feast of St Francis of Assisi. We often sing the prayer associated with him (although he didn't actually write it), and I think it's a prayer we can say with great meaning during these difficult times:

"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."

Let's try to keep this in mind as we navigate the weeks ahead.

During Black History month we celebrate many of the recipients of Bring Me Sunshine members of the wonderful Brownhill Road Baptist Church. Last October, when times were different and we held events for older adults across the different church community halls, 90 elders had a fabulous day with them. It started with a service in church led by Pastor Armend before we moved into the hall for a fantastic West Indian lunch, which was the highlight of the day, prepared by the team of volunteers from the church, followed by R & B line dancing and music, as well as a great display of memorabilia from people including the grip suitcase, flags from the West Indies and the glass fish.

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Our greatest glory is not in never falling, but in rising every time we fall

Confucius

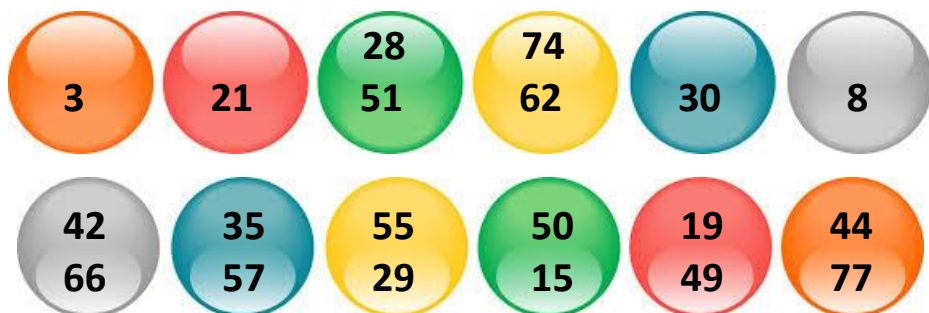
'And someone cried: 'Sinner, do you love my Lord?'

Then John saw the Lord – for a moment only; and the darkness, for a moment only, was filled with a light he could not bear. Then in a moment, he was set free: his tears sprang as from a fountain; his heart, like a fountain of waters, burst. Then he cried: 'Oh, blessed Jesus, Oh, Lord Jesus! Take me through!'

Of tears there was, yes, a very fountain – springing from a depth never sounded before, from depths John had not known were in him. And he wanted to rise up, singing, singing in that great morning, the morning of his new life.'

James Baldwin, from Go Tell it on the Mountain

Your Bingo Numbers this week are:



A meditation from Kath:



This is a picture of a Coptic icon which dates from seventh century Egypt and is usually referred to as "Christ with the believer" but is just as frequently referred to as "the icon of friendship". Icons are a way of drawing us into prayer.

Spend a moment just looking.

What do you notice?

What draws you?

What do you think the icon is saying?

Which figure is Christ?

What does it tell us about friendship?

The icon is a great reminder to us that Christ is always with us on our journey. He will help us to "to act justly, love tenderly and walk humbly with our God."

Take a moment to notice how that makes you feel.

Give thanks for this friendship.



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

Good Morning,

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

To change the world we must start on ourselves: our attitudes; our mentality; 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 have 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 :)

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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

When I Rise Up

When I rise up above the earth,
And look down on the things that fetter me,
I beat my wings upon the air,
Or tranquil lie,
Surge after surge of potent strength
Like incense comes to me
When I rise up above the earth
And look down upon the things that fetter me.

Georgia Douglas Johnson

A Prayer of Martin Luther King Jr.

God grant that under the spirit of Jesus Christ you will choose a high way. Eternal God our Father, we thank Thee for the inspiration of Jesus. Grant that we will follow His way and recognize that we are made for the high places. And grant that we will rise up out of the low, far countries of evil and return to the father's house. And now unto Him whom is able to keep us from falling and to present us faultless before our father's throne, to Him be power and authority, majesty and dominion, now, henceforth, and forevermore.

Amen.

Arise, shine; for your light has come,
And the glory of the Lord has risen upon you
Isaiah 60:1



Still I Rise

You may write me down in history with your bitter, twisted lies,
You may tread me in the very dirt but still, like dust, I'll rise.

Does my sassiness upset you? Why are you beset with gloom?
'Cause I walk like I've got oil wells pumping in my living room.

Just like moons and like suns, with the certainty of tides,
Just like hopes springing high, still I'll rise.

Did you want to see me broken? Bowed head and lowered eyes?
Shoulders falling down like teardrops, weakened by my soulful cries?

Does my haughtiness offend you? Don't you take it awful hard
'Cause I laugh like I've got gold mines diggin' in my own backyard.

You may shoot me with your words, you may cut me with your eyes,
You may kill me with your hatefulness, but still, like air, I'll rise.

Does my sexiness upset you? Does it come as a surprise
That I dance like I've got diamonds at the meeting of my thighs?

Out of the huts of history's shame

I rise

Up from a past that's rooted in pain

I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear

I rise

Into a daybreak that's wondrously clear

I rise

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.

I rise

I rise

I rise.

Maya Angelou

For those of you with
internet, there are resources
for Black History Month at

<https://www.blackhistorymonth.org.uk/>



QUIZ

1. Which healer set up the 'British Hotel' behind the lines during the Crimean war?
2. Which work by Alex Haley received a record-breaking 130 million audience when it was televised in 1977?
3. What was awarded to Noor-un-Nissa Inayat Khan, the first female wireless operator sent into France from the UK, after her death in Dachau concentration camp in 1944?
4. Who was the first black woman to become an MP in Britain?
5. Sirima Bandaranaike became the first democratically elected woman head of government in modern history – where?
6. The son of a bus driver, who was London's first Muslim mayor?
7. Who wrote 'The Count of Monte Christo' Based on the life of his father?
8. Which former lawyer was imprisoned for 27 years but later became President of his country?
9. Born in Jamaica, Fanny Eaton became famous as a model for which group of artists in England in the 1860's?
10. What was the name of the indigenous Australian winner of 14 grand slam tennis titles in the 1970's?
11. In which country did Mahatma Gandhi live for 21 years after studying law in England, before returning to India?
12. Who wrote the 2019 Booker prize winning novel 'Girl, Woman, Other'?
13. Which footballer, with 79 England caps, said: 'maybe I played (for England) illegally, right?' because he was born in Jamaica, and had no blood ties with the UK?
14. Which book by Sir Salman Rushdie led to him being kept under police protection?
15. Which musician was buried with a guitar, a football, a bible, a bud of ganja and a ring from an Ethiopian princess?

1. Mary Seacole; 2. Roots - The Saga of an American Family; 3. George Cross (highest civilian honour); 4. Diane Abbott; 5. Ceylon (now Sri-Lanka) 6. Sadig Khan; 7. Alexandre Dumas; 8. Nelson Mandela; 9. Pre-Raphaelites; 10. Evonne Goolagong Cawley; 11. South Africa; 12. Bernardine Evaristo; 13. John Barnes; 14. The Satanic Verses; 15. Bob Marley

Island Countries

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

IRELAND
MADAGASCAR
HAITI
JAMAICA
BARBADOS
TUVALU
ICELAND
SAINT LUCIA
NAURU
SAMOA
DOMINICA
PHILIPPINES
MALDIVES
COMOROS
AUSTRALIA
FIJI
VANUATU
JAPAN
SEYCHELLES
TONGA



Riddles & Brainteasers

1. A little girl goes to the store and buys one dozen eggs. As she is going home, all but three break. How many eggs are left unbroken?
2. What three numbers, none of which is zero, give the same result whether they're added or multiplied?
3. If you've got me, you want to share me; if you share me, you haven't kept me. What am I?
4. What has to be broken before you can use it?
5. What can you hold in your left hand but not in your right?

From front page:

We give thanks to Claudette McClue, our Bring Me Sunshine link from Brownhill Baptist, who has been very unwell during lockdown, having surgery and a stay in hospital. We are thankful that she is recovering slowly and wish her well.

We would like to invite those of you who can access Zoom to participate in an exercise session and game of Bingo on Friday the 16th October at 11.30. Log in to Zoom and enter ID number 88222956110.

Many people have enjoyed a song on the doorstep and I would love to refer more of you to receive a couple of songs to lift your mood. To do this I need your permission as well as your address and telephone number. Call me on 07729785843.

Please consider getting support to access digital technology. I am happy to discuss options with you and refer you to volunteer assistants.

I include again the information on getting energy advice, many of you have reduced your water bills by 50% by completing a simple form over the last few weeks. Call me if you wish us to assist your application.

Congratulations to three winners of the Bingo who each received £10. Enclosed is a new Bingo ticket, so it's time to start again. Keep your ticket and mark off the numbers after you receive your magazine, and once all the numbers are marked off, call me to claim your winnings.

Keep moving, get your flu jab, and keep connected.

Lesley

*If you want peace,
you don't talk to your friends.
You talk to your enemies*

Desmond Tutu



