



Bring Me Sunshine 23

Dear BMS,

Let's thank God for another week ahead of us with the beautiful autumnal weather. As a priest friend said in his sermon last week about counting our blessings: "let's not identify with those who only ever moan about the rain but ignore the sunshine, who groan about the end of summer but fail to embrace the fabulous colours of autumn. God's kingdom even here on earth is a wonderful place to be, while its promise for the future is beyond all our imaginings". Living in Lewisham we are blessed with so many wonderful parks nearby, including Beckenham Place Park, Forster and Mountsfield parks, Ladywell fields. On Sunday morning after Mass at Holy Cross I visited Mountsfield and was warmed by seeing so many people out and about enjoying the crisp autumn day. At Mountsfield toilets are now open and the café with outdoor seating is open 9-4 every day. Now that we have further restrictions and can generally only meet outside in groups of up to six, the park is an ideal place to meet. Additional tier 2 restrictions came into place at midnight on Friday, so we cannot meet with anyone from another household indoors unless part of a supportive bubble. If you live on your own you can be in a supportive bubble with another household, but only one. For many this is difficult, choosing one of your family members maybe to spend time with.

Of course, meeting in parks is not possible for many of you, so I urge you to continue to do some exercise every day, open your doors, go for a little walk outside even if only for 10 minutes, and maybe chat to a neighbour. How important it is to connect with others, even on the doorstep or through phone calls. As BT used to say, "it's good to talk".

The importance of technology and trying to connect in other ways has never been so important as the clocks change on Saturday and winter approaches. Several of you are now receiving support to access tablets and Laptops, and I would love to refer more of you - just let me know.

On Fridays I am hosting a Zoom Bingo, gentle exercise and a song at 11.30-12.30. Please join us if you can, asking family to assist you if needed. The Zoom ID number is 89372306657 Passcode if it asks you 819536. Last Friday there were 16 people and one person won the whole Bingo game, line, two lines and full house, winning £30.

For those who have not yet received fish and chips through our Bring Me Sunshine project please call me and I will arrange for them to be delivered on a day that suits you. 07729785843.

A Prayer for Peace of Mind

Fortify me
 With the grace of your Holy Spirit
 And give your peace to my soul,
 That I may be free from all needless
 anxiety, solicitude and worry.

Help me to desire always that which
 is pleasing and acceptable to you,
 So that your will may be my will.

Amen

Saint Francis Xavier Cabrini



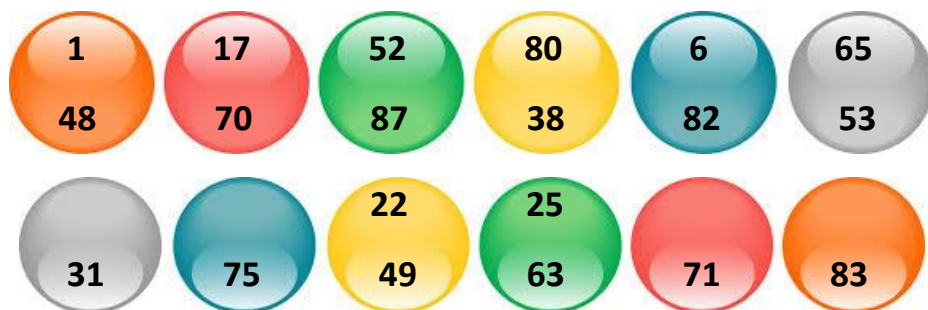
GOOD AND BAD TIMES

The 'wheel of fortune' is found in many ancient civilisations, and became popular in mediaeval times in Europe as a reminder that life has good times and bad, and that earthly fame and riches (and earthly suffering) are only temporary, but God endures

I think over again my small adventures, my fears,
These small ones that seemed so big.
For all the vital things I had to get and to reach.
And yet there is only one great thing,
The only thing.
To live to see the great day that dawns
And the light that fills the world.
Inuit song

On the mountains, I will bow my life to the One who set me there
In the valley, I will lift my eyes to the One who sees me there
When I'm standing on the mountain I didn't get there on my own
When I'm walking through the valley, I know I'm not alone!
You're God of the hills and valleys,
God of the hills and valleys and I am not alone
Chorus to 'Hills and Valleys', Tauren Wells

Your Bingo Numbers this week are:



Thanks to a reader for contributing this meditation

A New Song

We thought we knew how the world was meant to be,
Day followed night, every week had a Sunday,
And that was the day for church
How can we sing the Lord's song in a strange land?
We thought we knew how the world was meant to be.
We made our plans, held our meetings,
Kept the roof on the church and the show on the road
How can we sing the Lord's song in a strange land?
We thought we knew how the world was meant to be.
We went to see colleagues, friends and loved ones again,
And we would embrace, laugh and share stories as we always have
How can we sing the Lord's song in a strange land?
And now, we know something new.
We know that the world is not ours to control,
And that our plans are confounded by the smallest microbe.
God is teaching us a new song, for a new land.
And now, we know something new.
We know that church is not committees, agendas and buildings.
It is us, in homes, streets, hospitals throughout the world.
God is teaching us a new song, for a new land.
And now, we know something new.
We only have today with those we love, today is the day,
To say 'I love you', to mend an argument, to hold on tight.
God is teaching us a new song, for a new land.



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 all,

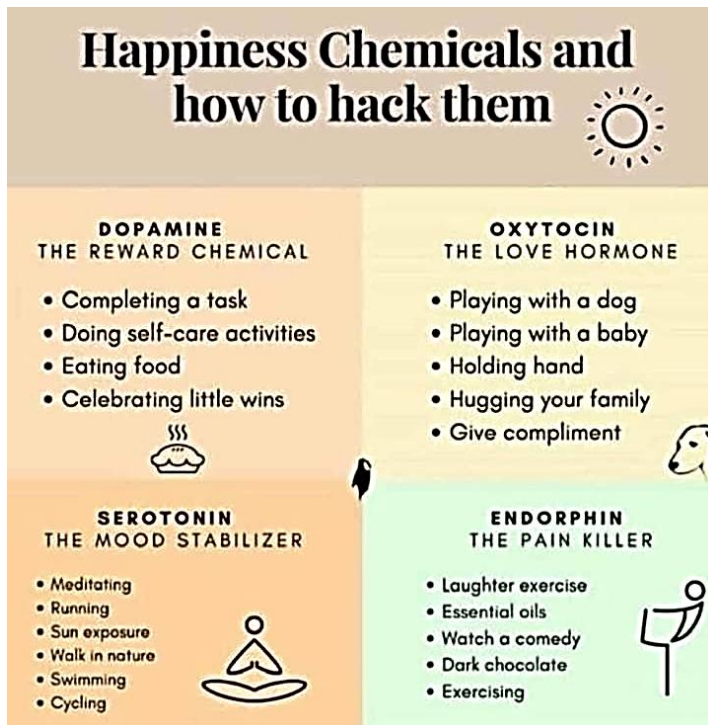
"But be doers of the word, and not hearers only..."

James 1:22

Pat (a group volunteer) has shared this post she found on Facebook. (I did do a brief search to see if it's correct as you never know what is true news these days(!) Google seems to agree :D)

Really interesting to see how basic actions can have such an effect on us, although at the moment it's hard to be able to do some of them. How many do you already do in a day?

Have a blessed day, Vera :)



I have been in Sorrow's kitchen and licked out all the pots. Then I have stood on the peaky mountain wrapped in rainbows, with a harp and sword in my hands

Zora Neale Hurston

The Guest House

This being human is a guest house;
every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.

because each has been sent
as a guide from beyond.

Jelaluddin Rumi (translation by Coleman Barks)



Dear Lord,

We know that life can have its ups and downs.

Thank you for the many good things in our lives.

Please remind us to seek help in the hard times.

Please help us to also share our happiness with other people.

Thank you that you are with us in both the good and bad times

SPCK London



Christ the King College Bee Conservation Project

...are asking for knitted bees. When completed, please send to Lesley, or arrange collection via your BMS volunteer or by contacting Lesley

Materials and equipment needed: ◇ Double knitting wool in black, yellow and white ◇ Knitting needles (DPN or standard) - size 4 (or the size appropriate for your wool) ◇ Small bit of stuffing ◇ Darning needle for finishing Abbreviations: ◇ CO = cast on ◇ DPN = Double pointed needle ◇ kfb = knit into the front and back of the stitch ◇ k = knit ◇ p = purl ◇ p2tog = purl two stitches together as one

Bigger Bee (approximately 8cm long)

Body: With yellow wool CO 5 stitches R1: increase to 10 stitches by kfb of each stitch R2: p R3: increase to 20 stitches by kfb of each stitch R4: p R5: k R6: p Don't break yellow, but join in black and continue in stocking stitch, begin 2 row stripes R7: k in black R8: p in black R9: k in yellow R10: p in yellow Repeat last four rows till you have 3 black stripes, ending with a yellow stripe. Break yellow leaving a long end for sewing up. Next Row: k black. Final row: p2tog in black to the end, break off black, leaving enough yarn to draw through stitches and fasten off. Sew seam, stuffing as you go. Embroider the eyes and smile.

Wings (make 2 in white): CO 20 stitches R1: k R2: k2tog to end, cut yarn, leaving a long end. Draw through stitches tightly. This will give you a 'pacman' shape. Take a couple of stitches through cast-on ends to form a circular wing. Stitch in place on middle of the bee's back

Small Bee (approximately 4cm long)

You can use DPNs to avoid breaking the yarn at the end of the stripe. If you prefer normal needles, just alternate knit/purl and yellow/black, breaking and fastening as you go.

Body: With yellow wool: CO 5 stitches R1: increase to 10 stitches by kfb of each stitch R2:p R3:k R4:p

If you are using DPN's, this is where they are useful. If you are not using DPN's, ignore the next bit and just alternate black and yellow stripes, one row each.

Finishing with black at R11 below.

R5: in black (do not cut yellow if using DPN) R6:slide stitches to the other end of DPN, k in yellow R7: turn, so both yarns are at the same end), p in black R8: slide stitches again, k in yellow R11:p2tog in black, cut both yarns, draw through black and fasten. Use yellow to sew seam, stuffing as you go. Embroider eyes and smile.

Wings (make 2 in white) CO 10 stitches

Cut yarn, leaving a long end and pull through to form a circular wing (you may need to sew an additional stitch or two to form a circle). Stitch in place



1. Who was Britain's first black cabinet minister, appointed in 2002?
2. Who was the first Prime Minister of free India?
3. Who directed 2013 triple Oscar winner *12 Years a Slave*?
4. Ignatius Sancho was the first recorded black person in the UK to be able to do what, in 1780?
5. Carlos Acosta, Director of Birmingham Royal Ballet and former principal dancer with English National Ballet, was born where?
6. Samuel Coleridge Taylor (1875-1912) was famous in which branch of the arts?
7. Which colour links a Prince album and an Alice Walker book?
8. In which country was Archbishop Desmond Tutu born?
9. Lance Sargeant Johnson Beharry was the only person awarded what in the Iraq war?
10. John Archer became the first black? in London (Battersea) in 1913?
11. Composer Scott Joplin was known as 'The King of'?
12. Britain's first Indian restaurant, *The Hindostanee Dinner and Hooka Smoking Club*, opened in Portman Square in a)1810; b)1795; c)1869
13. Which actor, comedian and screenwriter was born in Dudley in the West Midlands in 1958?
14. Which Native American princess married a British commoner and is buried in Gravesend?
15. The ship *Empire Windrush* was originally called the *Monte Rosa*, and was a prize of war taken by the British from which country?

15. Germany
12.a)1810; 13. Sir Lenworth (Lenny) Henry; 14. Matoka (Pocahontas);
Purple); 8. South Africa; 9. Victoria Cross; 10. Mayor; 11. Ragtime;
election; 5. Cuba; 6. Classical composer; 7. Purple (Purple Rain, The Color
1. Paul Boateng; 2. Jawaharlal Nehru; 3. Steve McQueen; 4. Vote in an

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

The Romans

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

BATH HOUSE
 CONQUER
 SHIELD
 INVENTION
 LANGUAGE
 POWERFUL
 CALENDAR
 ROADS
 DAGGER
 SUCCESSFUL
 TUNIC
 STRAIGHT
 ARMOUR
 SWORD
 CENSUS
 LATIN
 CREST
 JAVELIN
 NUMERALS
 ITALY

I	U	A
R	Y	R
B	T	T

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 15, including one nine letter word

try, tray, tarry,

Tributary, airy, art, bay, bitty, bray, bury, buy, rarity, ratty, ray, ruby,

Continued from front page

You will see in the magazine that we are asking you not only to knit poppies to put on your doors during November as an act of Remembrance, but also to knit bumble Bees as Christ the King Sixth form college have chosen a Bee Conservation charity to support. They would also like us to collect as many crisp packets as we can, as they get recycled for charity, so please send them in to me with your deliverers or ring me and I will collect them when you have about 30. (Not that I'm encouraging you all to eat copious amounts of crisps) Christ the King support our local work of reaching out to the needy through our Catford Saint Vincent De Paul group, and provided Easter eggs and biscuits for Bring Me Sunshine in the Spring.

If you are a Diamond Club member there will be a service at Holy Cross Church on Tuesday, 10th November, at 11am to remember members who have died over the last 20 years, and light a candle for them. Because of number restrictions only Diamond Club members are able to attend. I know many of the other churches that you attend may be doing a similar thing.

For those who live near enough to receive goody bags we have included a piece of rum cake made by restaurant Cool Breeze. We are coming towards the end of October, Black History Month, but, just like the cake which can be enjoyed all year round, we can commemorate the history, achievements, and contributions of Black people, particularly in Lewisham, all year round.

Keep the sun shining, Lesley



@ Goldsmiths Community Centre - SE6 1QD
www.goldsmithscommunitycentre.org.uk

Goldsmiths' Apple Tree
Marketplace



Every 2nd and 4th
 Saturday of the Month

**11am-
 1pm**

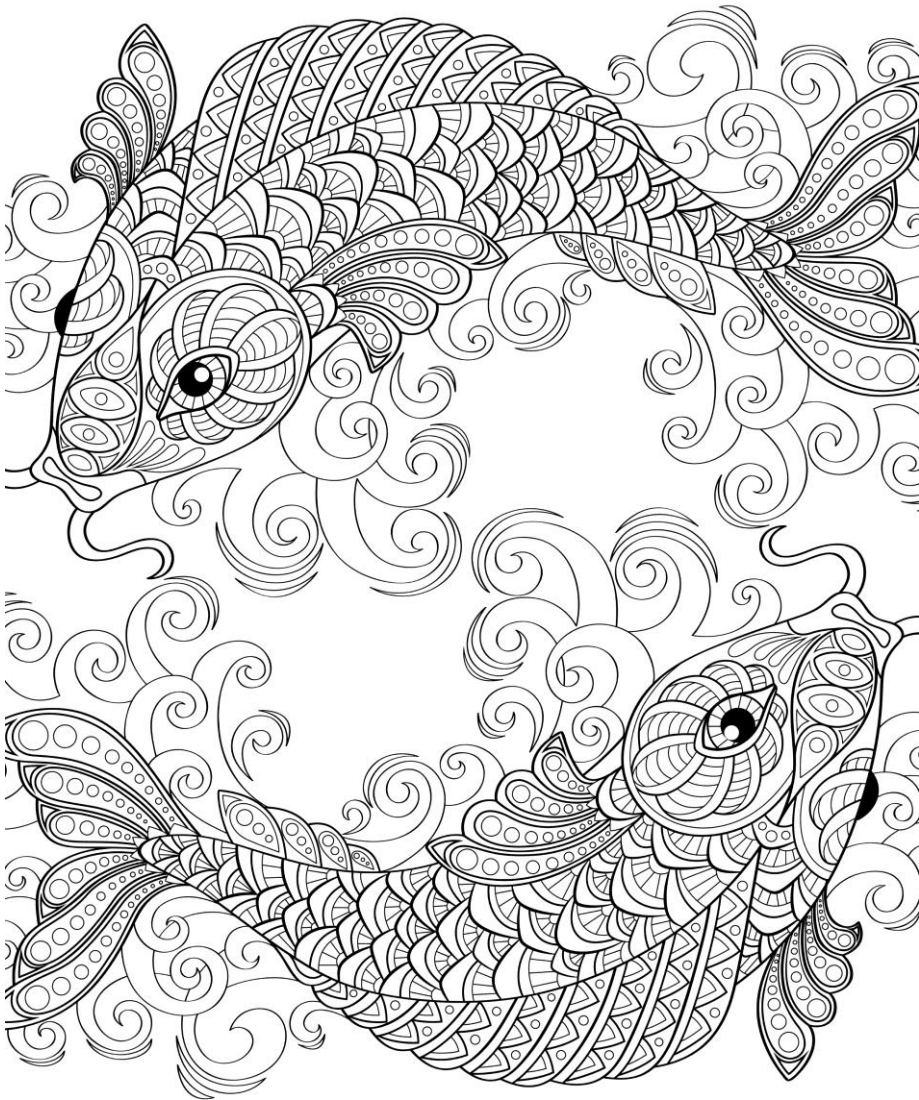
Xmas Market
 (COVID
 permitting)
 Fri 4th & Sat 5th
 December

www.goldsmithscommunitycentre.org.uk

*If you think you are too small
 to make a difference,
 try sleeping with a mosquito
 Dalai Lama*



Mindful colouring.... May help us to feel calmer if we are anxious or a bit low in spirits. 'You can practice mindfulness anywhere, but it can be especially helpful to take a mindful approach if you realise that, for several minutes, you have been "trapped" in reliving past problems or "pre-living" future worries' www.nhs.uk



Contributions from readers:

I Live Alone

I live alone dear Lord,
 Stay by my side in all my daily needs.
 Be Thou my guide, grant me good health
 For that I pray;
 To carry on my work from day to day
 Keep close my heart, my every deed,
 Let me be caring in my neighbours need.
 I live alone dear Lord yet have no fear,
 As I feel your presence ever near.

Denis's Diary:

Sunday 4th I don't believe anything I read in the papers. Only thing I take seriously in the papers are fish and chips. And even that I take with a pinch of salt

Monday 5th My brother tells me that he has lost his job as a Theatre designer. He left without making a scene. So he applied to join the show Riverdance but he was Flatly refused

Tuesday 6th My grandson had problems with his homework. He wanted to know that if 3×3 makes 9, how comes 0×0 makes gravy? Then his history lesson asks 'If a Sultans wife is known as a Sultana, is she his current wife?'

Wednesday 7th My mate Jim had a band once called Earl Grey that played ocean music. They had to disband as the music was not everyone's cup of tea

Thursday 8th I took Tina Turner to see Wimbledon and she couldn't understand the scoring - she kept saying to me "What's LOVE got to do with it?"

Friday 9th My brother was on the phone again, he's given up his latest job in a wick factory - he said it was 'too boring, wick in and wick out'