



# Bring Me Sunshine 25

*Send Thy peace O Lord, which is  
 Perfect and everlasting,  
 That our souls may radiate peace.*

*Send Thy peace O Lord, that we  
 May think, act and speak harmoniously.*

*Send Thy peace O Lord, that we  
 May be contented and thankful for  
 Thy bountiful gifts.*

*Send Thy peace O Lord, that amidst  
 Our worldly strife, we may enjoy Thy bliss.*

*Send Thy peace O Lord, that we  
 May endure all, tolerate all, in the thought of  
 Thy grace and mercy*

*Send Thy peace O Lord, that our lives  
 may become a Divine vision and in Thy light,  
 all darkness may vanish.*

*Send Thy peace O Lord, our Father and Mother,  
 that we Thy children on Earth may all  
 unite in one family.*

*pir-o-murshid inayat khan*

Since you last received a Bring Me Sunshine magazine we have entered the second lockdown, bringing its own challenges to us all. It is planned to be in place until the 2 December to help reduce the spread of COVID-19, which has affected 1.34 million and has seen 51,766 deaths in the UK.

The good news this week has to be that trials of a vaccine have been successful, and it has been suggested that the vaccine should start to be given in December if it is approved. It will take time to be administered to the priority list, which is likely to include care home residents and health workers, followed by over 80s, which many of you are. Having a vaccination is the most important thing we can do to protect ourselves and others against ill health. Vaccinations prevent up to 3 million deaths worldwide every year. Diseases such as smallpox, polio, and tetanus, which used to kill or disable millions of people, are either gone or rarely seen as a result of vaccination, and measles and diphtheria have been reduced by 99.9%. Beware of fake news which spreads quickly and can be very harmful.

If you haven't already, please make sure you have your flu jab. It is the best available protection from the flu virus, and more important than ever with COVID-19 in circulation.

Music seems to have been a highlight of this week. On morning TV I saw about the lady who had been a ballerina in the past but is now living with Dementia. When played the famous Tchaikovsky piece from Swan Lake she makes the most wonderful graceful ballet moves with her hands, as the music brings back memories which resonates with her. This week several more Bring Me Sunshine recipients received a free song on their doorstep – this included Albert who was celebrating his 90<sup>th</sup> birthday quietly with his family and a Chinese takeaway. The volunteers sang him a Bob Marley number and helped to lift his spirits. Others have been moved to tears to receive this wonderful gift. (You too can receive a song - just let me know and I will put you forward, or look up Give a Song to refer someone.)

It was also pleasing to see several of our elders join a music workshop delivered by the Horniman Museum on Zoom. They created rhythms together, and explored musical instruments and musical traditions from different countries. I took part in a choir on Zoom led by the Quaggy Community Choir which you are welcome to join on Zoom if able - the choir master is lovely and friendly, and you don't need previous experience. It is on Tuesday evenings at 7pm, contact [quaggycommunitychoir@gmail.com](mailto:quaggycommunitychoir@gmail.com).

*Continued on page 5*

## WORDS ABOUT WATER

### *Living in God*

Watching a marvellous film  
about the ocean depths  
I felt a huge desire  
to help the fish  
understand how lucky they  
are  
to live immersed  
in so much splendour.  
Imagine then my thirst  
to cry to all people,  
my brothers and sisters,  
that we live immersed -  
coming and going,  
swimming to and fro -  
not in the oceans  
but in God himself.

*Dom Helder Camara*

### *Jesus's words to the woman at the well in John 4:*

"If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."



Thanks to a reader for sending this poem by Antionette Wilson:

Are you standing at Wit's-End Corner,  
Christian with troubled brow?  
Are you thinking of what is before you,  
And all you are bearing now?  
Does all the world seem against you,  
And you in the battle alone?  
Remember — at Wit's-End Corner  
Is just where God's power is shown.

Are you standing at Wit's -End Corner  
Yearning for those you love?  
Longing and praying and watching,  
Pleading their cause above  
Trying to lead them to Jesus  
Wondering if you've been true  
He whispers at Wit's-End Corner  
'I'll win them as I won you'.

Are you standing at Wit's-End Corner  
Blinded with wearying pain,  
Feeling you cannot endure it,  
You cannot bear the strain?  
Bruised through constant suffering,  
Dizzy and dazed and dumb?  
Remember — at Wit's-End Corner  
Is where Jesus loves to come.

Are you standing at Wit's-End Corner?  
Then you're just in the very spot  
To learn the wondrous resources  
Of Him who faileth not.  
No doubt, to a brighter pathway  
Your footsteps will soon be moved.  
But only at Wit's-End Corner  
Is the " God who is able " proved.

Are you standing at Wit's-End Corner  
Your work before you spread,  
All lying begun, unfinished,  
And pressing on heart and head,  
Longing for strength to do it,  
Stretching out trembling hands?  
Remember — at Wit's-End Corner  
The burden-bearer stands.

*Psalms 107:27-28 (NIV)*  
*They reeled and staggered like  
drunkards;  
they were at their wits' end.  
Then they cried out to the LORD in  
their trouble,  
and he brought them out of their  
distress*



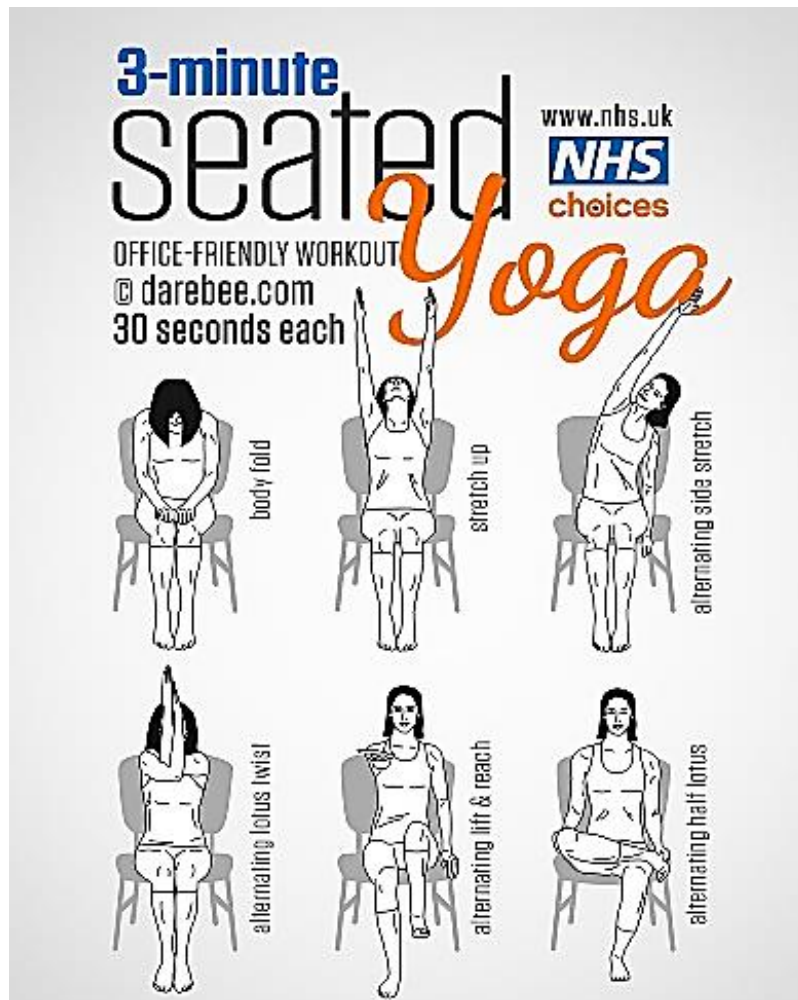


Vera has been sending ideas for positivity to people from a mental health drop-in group during the pandemic, and is pleased to share them with you

Good Morning,

Here are some exercises for you.

Hope you have a good day, Vera :)



Sunlight streams on the river stones.  
From high above, the river steadily plunges—

three thousand feet of sparkling water—  
the Milky Way pouring down from heaven.

Li T'ai-po trans. Hamil



A river that forgets its source will surely dry up

*Yoruba Proverb*

Nothing is softer or more flexible than water, yet nothing can resist it

*Lau Tzu*

You can't cross the sea merely by standing and staring at the water

*Rabindranath Tagore*

I was thirsty and you gave me something to drink *Matthew 25:35 (NIV)*

Come, all you who are thirsty. ... *Isaiah 55:1 (NIV)*

Loving God, we ask for Your blessings on children, mothers, fathers, and communities who are thirsty. Purify, protect, and multiply their water sources. Strengthen their resolve so they may fully enjoy the benefits of clean water - essentials like education, gardens of fresh produce, and good health. Amen

*Worldvision.org*



### Flu Vaccine

Concern and false information about vaccinations are everywhere. Remember that vaccinations are rigorously tested before they are allowed to be used. They are one of the safest and most effective health interventions.

More people than usual are eligible to get free flu vaccination this year. At the moment this includes, among others, anyone who:

- Is aged 65 or over
- Has certain underlying health conditions
- Lives in a long-stay residential home
- Receives a carers allowance or is the main carer for a vulnerable person
- Lives with someone who was on the shielded patient list
- Is a frontline health or social care worker

You can have a free NHS flu vaccination at: Your GP Surgery – many have designated appointments or clinics, so ask; Local pharmacies offering the service; Your employer if you are a frontline health or social care worker

The 60 Up Club has several weekly Zoom exercise classes on offer. Contact for more info: [info@60up.or.uk](mailto:info@60up.or.uk); 020 3667 3704

Goldsmiths Community Centre continues to work with volunteer local musicians on a project called **Give A Song**, in which socially isolated people who are shielding or otherwise receive a serenade at their door step (with social distancing observed). Goldsmiths is recruiting volunteers from all genres of music and is also seeking referrals for people who would enjoy this gift of song. Contact: [roz@goldsmithscommunitycentre.org.uk](mailto:roz@goldsmithscommunitycentre.org.uk); Mobile: 07506 977590

Make Mee Studio is running an exciting new creative community project for Lewisham residents called Patched Together. You will receive bundles of creative equipment and materials, learn exciting textile skills and contribute to a collaborative artwork from your home. During the project participants will be provided with 6 creative textile kits, one every 2 weeks for 12 weeks. Contact: [info@makemeestudio.co.uk](mailto:info@makemeestudio.co.uk) or call us 07832608852

Community Connections Lewisham: to link to practical or social support call Community Connections Lewisham on 0330 058 3464, Mon-Fri, 9:30am - 4pm or visit our website: <https://communityconnectionslewisham.org/>



There will be no additional cuts to the Older Person's Freedom Pass or the 60+ Oyster card for at least the next six months. The suspension of concessionary travel before 9am on weekday mornings will continue.



## Red

1. What percentage of the world's population has naturally occurring red hair? A) 1-2% B) 3-4% C) 5-6%
2. What shade of red are sins described as in Isaiah?
3. What red item is traditionally laid out for royalty or important people?
4. Prince sang about a 'Little Red .....?'
5. In the US, which party do Red States vote for?
6. Which is known as the Red Planet?
7. What gives oxygenated blood its red colour?
8. A clue given to misdirect or confuse is a red .....?
9. Who wrote his Little Red Book, first published in 1964?
10. Where is red a traditional colour for bridal dresses?
11. Which Roman sport was the first team sport known to feature red uniforms?
12. Which planet has a great red spot?
13. Which red bird takes its name from a Roman Catholic dignity?
14. Which country adopted a red flag in 1917?
15. A song sung by Louis Armstrong, Bing Crosby and Nat King Cole among others was 'Red ..... in the Sunset?'

1. A), 1-2%; 2. Scarlet; 3. Carpet; 4. Corvette; 5. Republican; 6. Mars; 7. Haemoglobin; 8. Herring; 9. Mao Zedong; 10. The Indian subcontinent; 11. Chariot racing (the other team wore white); 12. Jupiter; 13. Cardinal; 14. Russia (following the revolution); 15. Sails

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

T	N	G
F	N	I
Y	I	O

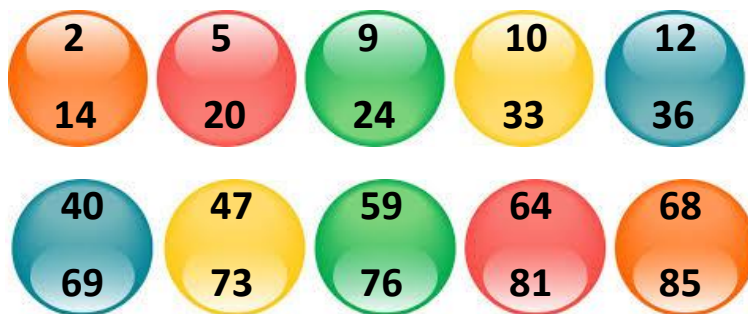
□



Some local displays for Remembrance Day, and some knitted bees for Christ the King college – keep knitting!



*Your Bingo Numbers this week are:*



Holiday at Home Project lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) Tel. 07729 785843

To make Bring Me Sunshine original contributions  
(your words, **not** your money!): Amy

email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com) Tel. 07847 799791

Your contributions make all the difference, so please share!

*A South-East London girl's memory of war time, aged eight, contributed by a reader:*

I have to confess, I cannot recall any memories at all of VE Day, a significant day in history. What I do remember is being evacuated at the beginning of the war. The children were lined up in the school playground ready to board the coaches which would take them to the nearest railway station, then on to the south coast I was anxious to go as I thought it was a trip to the seaside. My mother was contacted and finally I got my wish and off we went. I was not allowed to take my bucket and spade, but was given a small carrier bag which contained an apple, an orange and a carton of milk. I think I also had a gas mask hanging round my neck but I'm not quite sure.

Our destination was a small village near Worthing called Findon. All the children were gathered in the school hall where our names were called out and we were selected by various foster mums. An elderly couple decided I had an angelic face and took me home with them. He was the local shoemaker and his shop was the front of the house. I liked being there as they had a lovely front garden with a lawn covered in daisies and I was allowed to sit on the grass and make daisy chains. Having no garden at home, at least no grass, I was in my element. I had only been there about six months when many soldiers started to appear in the village. They were going round the country removing all the signposts. I was puzzled why they were doing this but realise now this was a precaution against enemy troops landing on the nearby coast.

My mother, who had taken a job in the local hotel, thought it would be better if we both returned to London, as she did not like the idea of being captured by the enemy. Going back to London meant being bombed by the enemy, but that was different to her! We went back just in time for the horror of experiencing the flying bombs, or, as they were humorously called, 'doodlebugs'.

The next move was in the opposite direction – northwards. This time I was billeted with a coal miner and his family. They had one daughter slightly older than me who went to a private school and was actually learning French, which was amazing to me as I could not speak proper English, let alone French!

