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# Bring Me Sunshine 21

Dear Friends,

This magazine is the last of 2020, and what a year it has been. The magazine started back in March when we first heard about the COVID-19 and suddenly life changed for all us. Restrictions were implemented very quickly on movement, how we did things and who with. For many of you with poor health, limited movement may already have been a reality as getting out and about had become difficult, but most I think would have found comfort in their regular gatherings and get togethers, through church, social clubs, going shopping, or having friends, family or neighbours call in. This year has seen us getting used to new norms as people are wearing face coverings, keeping their distance, going out less and sometimes having to rely on the kindness of others. Some things are less easy to get used to, such as the terrible financial consequences, the decline in physical and mental health or the loss of loved ones.

The Bring Me Sunshine project was planned to provide you with the opposite of what we have - big gatherings of 100 older adults coming together in our church halls to socialise through hospitality, music, and entertainment on at least 12 occasions through the year - but had to adapt to the challenges and changing course of events very quickly. The magazine was born of the realisation that it was so important to be able to connect through a positive publication which allowed you to share your stories, thoughts and reflections, as well as keeping you up to date with local guidelines and areas of support. The magazine, which reaches over 200 people, sometimes gave you suggestions of activities you could try at home to keep minds and bodies active, and, most importantly, connects us all under the project's name, Bring Me Sunshine, which is exactly what we are all trying to do.

Looking back, the highlight for me was seeing the joy on people's faces when they received their little brown bag on the doorstep - not so much about what was in the bag (often random items like the plastic red heart that no one knew what to do with, or the coffee drinks that kept on coming, or the courgettes, or the hidden T bag) but more about the connection with the person delivering with a cheery word and a friendly smile, and everyone who was part of the project. Our V E Day celebration was fun, when some of the volunteers, with Fr Lindsey from St Andrew wearing a Navy Captain's uniform, drove round the area delivering celebratory cupcakes to local residents.

*Continued page 5*

Let Your goodness, Lord, appear to us, that we,  
made in your image, conform ourselves to it.

In our own strength  
we cannot imitate Your majesty, power, and wonder  
nor is it fitting for us to try.

But Your mercy reaches from the heavens  
through the clouds to the earth below.

You have come to us as a small child,  
but you have brought us the greatest of all gifts,  
the gift of eternal love.

Caress us with Your tiny hands,  
embrace us with Your tiny arms  
and pierce our hearts with Your soft, sweet cries.

*St. Bernard of Clairvaux*



The Lord is coming, always coming. When you have ears to hear and eyes to see, you will recognize him at any moment of your life. Life is Advent; life is recognizing the coming of the Lord

*Henri Nouwen*

And when we give each other Christmas gifts in His name, let us remember that He has given us the sun and the moon and the stars, and the earth with its forests and mountains and oceans--and all that lives and move upon them. He has given us all green things and everything that blossoms and bears fruit and all that we quarrel about and all that we have misused--and to save us from our foolishness, from all our sins, He came down to earth and gave us Himself

*Sigrid Undset*

**But the Bethlehem star may lead me  
To the sight of Him who freed me  
From the self that I have been.  
Make me pure, Lord: Thou art Holy;  
Make me meek, Lord: Thou wert lowly;  
Now beginning, and always,  
Now begin, on Christmas day.**

*Gerard Manley Hopkins*

Thanks to Hilda for sending this prayer

### A Prayer for Every Believer

Lord thank you for waking us up this morning. Lord thank you for our life. COVID all around us makes us appreciate life more, it helps us keep our eyes and our thoughts on You.

Through our depression, our loneliness, our sadness, and our bereavement please hold our hands. Let us know you are there. We need You, we cannot go through this without you. There are so many bridges to cross and we don't know what is around the corner, but Father you say you will never leave us comfortless. God please heal our aching hearts and clothe us in our right mind, especially those who are suffering mental ill-health.

Lord, we are confused; some say COVID is manmade, some say it is you who made it, who knows? We may never know.

Lord if ever we need you it is now. Hear our humble cry, Lord in your mercy hear us.

*A blessing contributed by Kath*



*May peace and plenty be the first  
To lift the latch at your door  
And happiness be guided to your home  
By the candle of Christmas.*

*Wishing everyone the blessings of Christmas*

*We look forward to seeing your Christmas stories and pictures  
in the New Year, so do send them in!*





Vera has been sharing positive messages with us all through the pandemic, but, as she is a medical student, is now busy with her studies, and we will only be hearing from her occasionally from now on.

So, a big THANK YOU to Vera, who found time to send this Christmas message:

*"It's not what is under the Christmas tree that matters. It's who's around it" - Charlie Brown*

These past few months have really highlighted the importance of interactions with others, especially with family and friends. Christmas 2020 is going to be a bit different but even the government cannot ignore the need for socialising at this time of the year. I hope the guidelines allow us to spend much needed time with our loved ones.

The bible also encourages meeting with each other. Hebrews 10:24-25: **"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near"**. This is in the context of worship but worship is not limited to only in church. John 4:23: **"But the time is coming - indeed it's here now - when true worshippers will worship the Father in spirit and in truth"**. Jesus said this in response to a question on the right location of worship. However, worship exists when God is at the centre - worship can be demonstrated by who you are and the way you live before God. Why not use this holiday to worship God through your interactions with others? Worship Him through giving or serving others around you: giving your time, kind words or offering to help someone for the day. Do send any ideas you have to worship God this Christmas!

Hope you have a blessed Christmas, Vera

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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... please, please share !



The feast day of your birth resembles you, Lord  
Because it brings joy to all humanity.  
Old people and infants alike enjoy your day.  
Your day is celebrated  
from generation to generation.  
Kings and emperors may pass away,  
And the festivals to commemorate them soon lapse.  
But your festival  
will be remembered until the end of time.  
Your day is a means and a pledge of peace.  
At your birth heaven and earth were reconciled,  
Since you came from heaven to earth on that day  
You forgave our sins and wiped away our guilt.  
You gave us so many gifts on the day of your birth:  
A treasure chest of spiritual medicines for the sick;  
Spiritual light for the blind;  
The cup of salvation for the thirsty;  
The bread of life for the hungry.  
In the winter when trees are bare,  
You give us the most succulent spiritual fruit.  
In the frost when the earth is barren,  
You bring new hope to our souls.  
In December when seeds are hidden in the soil,  
The staff of life springs forth from the virgin womb.  
St. Ephraim the Syrian





Kitty's Christmas window

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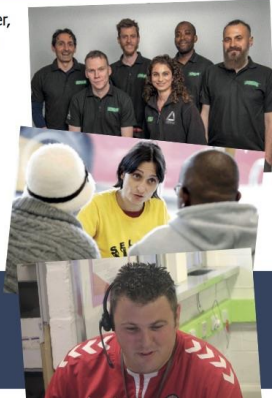
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*Your Bingo Numbers this week are:*

1	5	9	13	16	21	7
34	39	40	49	54	58	60
62	68	71	82	85	90	



1. Which semi-parasitic plant is associated with Christmas?
2. *All I want for Christmas is my two* ..... ?
3. Who banned Christmas in England, Scotland and Ireland between 1647 and 1660?
4. Who originated the Christmas crib?
5. Mariah Carey sang *All I want for Christmas is* ...?
6. What is the liturgical colour of Advent?
7. In what century was the first Christmas card sent in the UK?
8. To conserve paper the production of Advent calendars was halted during which major 20<sup>th</sup> century event?
9. How many presents were given in total in the song *The 12 days of Christmas*?
10. In which country is it common to eat KFC at Christmas?
11. Where did poinsettias originate?
12. Tom Smith invented which popular Christmas item in 1846?
13. Where are Christmas decorations made to look like spider webs common?
14. Christmas is a national holiday in India although only *what*? per cent of the population are Christian?
15. What 225-ton present was given by France to the USA on Christmas day 1886?

1. Mistletoe; 2. Front teeth; 3. Puritans, under Oliver Cromwell; 4. St. Francis of Assisi; 5. You; 6. Purple; 7. 19<sup>th</sup> century (1843); 8. Second World war; 9. 364; 10. Japan; 11. Mexico; 12. Cracker; 13. Poland (because of a legend that a spider wove blanket for baby Jesus); 14. 2%; 15. Statue of Liberty



## Christmas Quips

The main reason Santa is so jolly is because he knows where all the bad girls live  
*George Carlin*

Aren't we forgetting the true meaning of Christmas. You know, the birth of Santa?  
*Bart Simpson*

Christmas, here again. Let us raise a loving cup; Peace on earth, goodwill to men, and make them do the washing up  
*Wendy Cope*

Oh, for the good old days when people would stop Christmas shopping when they ran out of money

Three phrases that sum up Christmas are: Peace on Earth, Goodwill to Men, and Batteries not Included

If you can't wrap Christmas presents well, at least make it look like they put up a good fight

What I don't like about office Christmas parties is looking for a job the next day  
*Phyllis Diller*

## Who Said It?

Each of the people listed said one of the quotes – can you match them?

- 1) Diane Abbott; 2) Jean Harlow; 3) Richard Dawkins; 4) Shirley Temple;  
5) Scrooge in *A Christmas Carol*; 6) Lewis Hamilton; 7) Johnny Mathis;  
8) Barry Manilow; 9) Les Dawson; 10) Ice Cube

A) Every idiot that goes around with 'merry Christmas' on his lips should be boiled with his own pudding

B) Christmas is never going to go away, and it's always going to be there. And there's always room for one more Christmas song, I think

C) Don't give me books for Christmas; I already have a book

D) My mother-in-law has come round to our house at Christmas seven years running. This year we're having a change. We're going to let her in

E) When I was a kid and Christmas was coming up, my dad would ask me what I wanted, and I always said a motorbike. I kept asking for one, and he said it was too dangerous and bought me a go kart instead

F) I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph

G) I was a postman one Christmas and I developed a morbid fear of dogs

H) There's never really been a real hood Christmas movie

I) I detest 'Jingle Bells,' 'White Christmas,' 'Rudolph the Red Nosed Reindeer,' and the obscene spending bonanza

8 J) For a Jewish guy, I've recorded a lot of Christmas albums

Answers: middle pages

From front page I enjoyed the wonderful doorstep cluster tea parties with the posh china and songs. Fish & chips was a hit, with 80 people receiving a delivery.

As well as the magazines, some of the recipients of the project have received friendly telephone calls, and the chance to join in new activities such as the photography project, arts and crafts and now the Make Mee project. So many of you have had a song on your doorstep from Give a Song, which has really lifted spirits.

Who would have thought that we would still be unable to gather together yet, and so many of us would be using technology to connect, with at least 25 of you each week joining a group zoom session to do exercise and play Bingo, and many more attending church services using phones and computers? You are all welcome to join our weekly Bring Me Sunshine Zoom session every Tuesday at 11am, ID 82352062156 passcode 327600. Also 9pm prayer from Holy Cross on Zoom, ID 88963928232 Passcode 333777

In this last Magazine of 2020, I want to pay tribute to the Brilliant Bring Me Sunshine volunteers, who have been part of this journey with you since March. We give thanks to the brilliant, dedicated team who have given so much of themselves, and shown great compassion and care for you all. They have donated items, compiled and delivered your magazines and goody bags, telephoned, shared their talents and come up with fabulous ideas of keeping connected in creative fun filled ways. Over 25 wonderful people have been part of this project, with volunteers from different churches and local community, other organisations, family supporters, funders, and many people willing us on behind the scenes with thoughts and prayers.

I was reminded by one of our supporters of this wonderful prayer from St. Teresa of Avila: 'Christ has no body now on earth, but yours, no hands, no feet but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world'. Thank you, dear volunteers, for living this prayer.

However you are celebrating Christmas this year, even if it is in a much simpler way than usual, I pray that Gods blessings will be upon you and your families. Lesley

If you recall the happiest moments in your life,  
they are all from when you were doing something  
for somebody else  
Desmond Tutu



Why is Cinderella a terrible  
football player?  
She always runs away from the ball





### Name That Christmas Song

1. Quadruped with crimson proboscis
2. 5 p.m. to 6 a.m. without noise
3. Listen, aerial spirits harmonizing
4. Fantasies of a colourless December 25<sup>th</sup>
5. Exuberance directed to the planet
6. A dozen 24-hour Yule periods
7. I spied my maternal parent osculating a fat man carrying presents
8. Yonder in the animal feeder
9. Decorate the passages
10. I merely desire a pair of incisors

1. Rudolph the Red-nosed reindeer; 2. Silent Night; 3. Hark, the Herald Angels Sing; 4. Dreaming of a White Christmas; 5. Joy to the World; 6. The Twelve Days of Christmas; 7. I Saw Momma Kissing Santa Claus; 8. Away in a Manger; 9. Deck the Halls; 10. All I want for Christmas is my two front teeth



What does Santa use to weed his garden?  
A hoe-hoe-hoe



## Christmas

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

CANDY CANES  
TREE  
JOLLY  
JACK FROST  
GINGERBREAD  
SNOWFLAKE  
CRACKERS  
MANGER  
CHRISTMAS  
MERRY  
FRIENDS  
DECORATIONS  
NATIVITY  
SANTA CLAUS  
GIFTS  
FAMILY  
ANGEL



How many words of three or more letters, each including the letter P, can you make from the words MINCE PIES? There are around 30 – can you find more?

cep, imp, nip, pec, pen, pee, pic, pie, pin, psi, sip, epic, pees, pens, pine, pins, seep, snip, spec, spin, penis, piece, pines, snipe, spice, spine, pieces, specie, piscine, specimen

A-5; B-7; C-2; D-9; E-6; F-4; G-1; H-10; I-3; J-8

Answers to Who Said It? On page 8: