

Christ with me, Christ before me,  
Christ behind me,  
Christ in me, Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ where I lie,  
Christ where I sit,  
Christ where I arise,  
Christ in the heart of everyone  
who thinks of me,  
Christ in the mouth of everyone  
who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
Salvation is of the Lord.  
Salvation is of the Christ.  
May your salvation, Lord,  
be ever with us.

*From St. Patrick's Breastplate*

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# Bring Me Sunshine 29

Dear All

What a fortnight it has been, with the increase in COVID-19 cases and probably all of us knowing people who have tested positive. On an up note, it's great to hear that so many people now in Lewisham have received the vaccine without incident after the initial problems of enormous queues of people having to wait in the cold. I am pleased to hear that the general public are generally more positive about the vaccination. All the over 80s should now have been offered a vaccine in Lewisham, and those who are unable to attend the vaccination clinics due to being housebound will be offered theirs at home in due course.

For many of us our churches have closed again, including members of Brownhill Baptist, Holy Cross and St Andrews. A very difficult decision for church leaders, but in light of the numbers being ill the right one I feel. Many of the churches are offering services again on line or via Zoom and everyone is welcome to attend daily at Holy Cross Via Zoom. Monday and Friday at 7pm and Tuesday to Thursday 10am. Saturday at 7pm and Sunday at 10am. There are also evening prayers every night at 9pm. Meeting ID- 7578777461 Passcode 333777 A message from our church leaders is that if you are admitted to hospital please ask the nursing staff to contact the hospital chaplain or priest on call to be asked to come to see you. No one will instigate this, you have to ask and be persistent as there is always a Christian chaplain on call prepared to come and see you, which you may find comforting.

I am pleased to invite you all to our regular Bring Me Sunshine zoom session on a Tuesday 11-1 which includes an activity such as exercise, dance. Music a game of non-gambling bingo and followed by a relaxation and breathing session from the organisation T4 HEALING. The ID number is 82352062156 Passcode 327600. Join us if you can it's a great way to see people and keep connected.

During this time of lockdown and further isolation I urge you all to keep active, move around, exercise in the house or garden - even if seated move your limbs. There is a great impact on people's heart health at this time, and we are being encouraged to reduce risk factors by improving our diet, cutting down on alcohol and smoking, and of course doing exercise. If you're not getting out for your daily walks then make sure you go outside for a while - open your doors and let the air flow through your homes and bodies. Stale air inside your home reduces the oxygen we need so breathing in fresh air (or as fresh as we get living in London) is important.

Bring joy into your life where you can: watch a good comedy, listen to some uplifting music, chat and laugh with friends, talk about things other than COVID-19, have a bubble bath. Whatever makes you happy. Now is the time to treat yourself to those guilty pleasures.

This weekend I have been thinking about the stages of grief, as a friend has been on a training course to prepare to accompany people in grief. COVID-19, I feel, has been like a loss for most of us. The loss of our freedom, of jobs and income, of mental and physical health maybe, and of course for many the loss of loved ones or members of our community. The recognised stages of grief are denial, something I was in at the beginning of this virus, not believing that it was going to affect us as it has; then anger, yes, anger at the restrictions on our movements, the cancellations of plans etc.; then bargaining – well, if I'm careful this week then maybe next week I can meet up with people; then depression - I bet we've all felt a bit of this during this time; and finally, if we've got there, acceptance of the situation and finding a positive way through things. Of course, we can dip in and out of all these phases at different times and its okay to feel the way you do, no matter what that is. It doesn't mean you'll always feel like this.

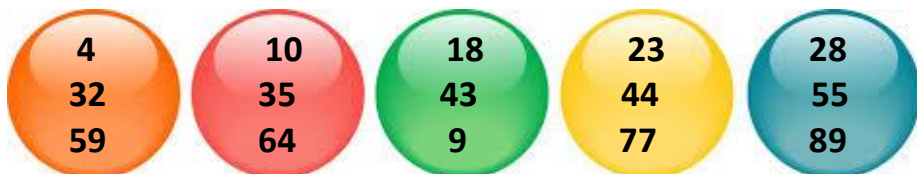
Maybe you feel life is like a storm where your tossed around on its waves, sometimes we feel like our head is above water and other times we may feel as if we are drowning. We may feel blown and buffeted, we do not know how long we will feel like this as it's an unpredictable time. We are all different and we will all experience these times in different ways. "A Time to weep and a time to laugh, a time to mourn and a time to dance" Ecclesiastes 3:4.

Let's continue to pray that God helps us through and that more laughter and dancing is not too far away.

Lesley

Positive Ageing in London has published its **PAiL Winter COVID Survival Guide** for Older Londoners. The aim of the Guide is to give some suggestions, tips and links about getting through the winter and maintaining a positive approach to life under lockdown. It is written and compiled by older people who live in London <https://pailondon.org.uk/>

*Your Bingo Numbers this week (only 15 or there will be too many winners) are:*



*Daniel is a local sixth form student undertaking a Duke of Edinburgh award. He is pleased to share some ideas with us every fortnight.*

### *Mental Wellbeing During Lockdown*

*Good Morning Bring Me Sunshine recipients.*

*As a nation we are currently struggling significantly due to the Covid – 19 Pandemic. Despite the new restrictions which have been put in place, we will get through these hard times, and it is in our best interest that we abide by these rules.*

*In the meantime, taking care of your mind as well as your body is really important while you may be staying at home. You may be feeling worried or anxious about your finances, your health or those close to you. Perhaps you feel bored, frustrated, or lonely. However, you must know that it is okay to feel this way and that everyone experiences different struggles. Staying at home may be difficult, but you are helping to protect not just yourself but your wider community as well by doing so.*

*Below I have included a few suggestions that you can try out during this time to help you one, keep on top of your mental wellbeing, and two, cope with any feelings that you may be having regarding staying at home. Make sure to get further support if you feel you need it.*

- Stay connected with others.
- Talk to people about your worries.
- Exercise regularly.
- Do activities you enjoy.
- Take time to relax.
- Get good sleep.

*Hope you all have a wonderful day, Daniel.*





## A Prayer for Holocaust Memorial Day, 27<sup>th</sup> January

Lord God and Father,

We remember before you all those who bear the inner and outer scars of the Holocaust and of subsequent acts of genocide.

Let them not be overwhelmed by the horrors that engulfed them. Be close to them.

Help them to see that you suffer with those who suffer, and that no wickedness can ever extinguish your infinite love.

Restrain those who are filled with hatred and use violence to pursue their ends. Change their hearts.

May remembrance make us alert to the reality of evil and its deceptive allure.

Help us to recognise our own capacity for evil and allow your Spirit to purge it from our beings.

Help us also to stand up against evil and oppression, even if that means we have to suffer ourselves.

Enable us to defend those who are not strong enough to defend themselves, and to be ready to bring the light of your truth into the dark areas of human experience.

Deepen our respect for everything you have made, and help us to share in securing the maximum good of every person who is alive in your world.

We ask this in the Name of your Son Jesus Christ, who died for our sins, carries our sorrows, heals our wounds, and is risen for our freedom. Amen

Philip Hall [www.hmd.org.uk](http://www.hmd.org.uk)



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

### Information about COVID-19 vaccine from

#### Who can get the COVID-19 vaccine

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

At this time, the vaccine is being offered to:

- people aged 80 and over
- people who work in care homes
- health care workers at high risk

#### How safe is the COVID-19 vaccine

The two vaccines approved (as at 31 December 2020) have been developed by Pfizer/BioNTech and Oxford-AstraZeneca. Both have been approved for use in the UK and have met strict current standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare products Regulatory Agency.

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The UK has some of the highest safety standards in the world. Other vaccines are being developed but they will only be available on the NHS once they have been thoroughly tested to make sure they are safe and effective.

So far, thousands of people have been given a COVID-19 vaccine in the clinical trials and no serious side effects or complications have been reported.



### Meet Me at... Home!

Get creative and socialise  
on the phone - for free

To join or ask questions contact  
Jasmine: 07593 580574, or email  
[jasmine.sparrow@entelechyarts.org](mailto:jasmine.sparrow@entelechyarts.org)

**Knitting and Crochet:** Bring knitting, crochet or any stitching you fancy, and join in for a chat. It's handy if you have loudspeaker on your phone for this one so that your hands are free to create! When: Wednesday afternoons

**Choir:** Come prepared with your favourite songs if you fancy singing down the phone! This group is led by professional musicians who will join you in singing your musical favourites. Tuesday mornings

**Making:** Each week can be different with the making group, and it's for anyone who is feeling crafty and creative (or even those who aren't!). We provide the materials. Using loudspeaker on your phone is helpful for this group. Tuesday afternoons

**Movies at Home:** People who love movies will be a fan of this group. Picking a film to watch on normal TV, we will learn about the film and discuss our thoughts in a group phone call. Monthly

**Poetry:** Join spoken word poets in an over-the-phone experiment with words. For all poetry lovers or anyone who wants to give it a go. Weekly, starting in January

**Meet Me on the Radio:** Listen to our weekly show on Resonance FM, hosted by Meet Me at the Albany members Ros and Ron. If you miss it, no problem, you can catch up on [www.mixcloud.com/discover/meetme-at-the-albany/](http://www.mixcloud.com/discover/meetme-at-the-albany/) When: Tuesdays 11.30 and Thursdays 5pm Where: 104.4 FM; [www.resonancefm.com](http://www.resonancefm.com)

*All you need to join these groups is to be over 65, living in Lewisham, and have access to a telephone (mobile or landline).*

*All cluster calls are free – we ring you when you take part. We welcome people who are living with long-term health conditions or dementia. Please let us know if you have any access requirements or there is anything we can do to help you take part.*



1. This year, and every other year that is not a leap year, January starts on the same day of the week as which other month?
2. Which Roman god is January named after?
3. What did Howard Carter uncover on January 3rd 1924?
4. What is the traditional birthstone of January?
5. Which record label, founded by Berry Gordy, started in January 1959?
6. What do Scots celebrate on 25th January?
7. Which organisation made its first broadcast on 1st January 1927?
8. What name is given to January's full moon?
9. Which zodiac signs fall in January?
10. Where is January the warmest month?

1. October; 2. Janus; 3. Tomb of Tutankhamun; 4. Garnet; 5. Tamla Motown; 6. Burns night; 7. BBC; 8. Wolf moon; 9. Capricorn and Aquarius; 10. In the southern hemisphere



## Green

1. Which precious stone is coloured green?
2. What is a greenhorn?
3. Which poisonous chemical was used to produce green dye in 18<sup>th</sup> and 19<sup>th</sup> century?
4. Who was Dorothy looking for in the Emerald City?
5. Which of the seven deadly sins is associated with green?
6. Which Green presented Opportunity Knocks in the 60's and 70's?
7. What are you good at if you have green fingers?
8. Osiris, ruler of the underworld in ancient Egypt, is usually depicted with a green ....?
9. The drink intoxicating drink absinthe was known as The Green .....?
10. Which singer with the surname Green had hits in the 70's with Let's Stay Together and I'm Still in Love With You?
11. Traditionally green was not worn on which form of transport?
12. The Green Goblin was an enemy of which Marvel superhero?
13. Which country has green dragons who dance at festivals?
14. In which world religion is green the traditional colour?
15. Are the benches green in the House of Commons, or the House of Lords?

1. Emerald; 2. An inexperienced person; 3. Arsenic; 4. The wizard of Oz; 5. Envy; 6. Hughie (Hugh Hughes Green); 7. Gardening; 8. Face; 9. Fairy; 10. Al (Albert Leornes Greene); 11. Boat; 12. Spiderman; 13. China; 14. Islam; 15. Commons

*Everything you say should be true,  
But not everything true should be said  
Voltaire*



## Titles of Musicals

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

PARADE  
 RAGTIME  
 AIDA  
 CABARET  
 HAIRSPRAY  
 THE SEUSSICAL  
 GREASE  
 WIZARD OF OZ  
 CHICAGO  
 NEWSIES  
 WICKED  
 SCHOOL OF ROCK  
 OLIVER  
 WEST SIDE STORY  
 ONCE  
 RENT  
 GODSPELL  
 EVITA  
 FAME  
 ANNIE

T	H	Y
T	R	C
O	E	C

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

Crotchety, chore, core, crochey, crochey, cry, hector, her, hero, hotter, ochre, ore, other, recto, recth, rho, roe, rot, rote, rye, theory, tor, torch, tore, tort, trot, try, tyre, yore

A prayer written by someone at a retreat in September 2020, sent in by Eileen:  
Prayer for Wellbeing

God of wellbeing,  
 Teach me how to flourish.  
 Help me to nourish the unique strengths you have woven into my character.  
 Show me those relationships in my life that make my spirit sing with joy.  
 Teach me to engage in activities that send my soul into flow.  
 Open my heart to the signs of true beauty and goodness all around me.  
 Encourage me to practice positive emotions of gratitude, generosity and love.  
 Draw me to seek true meaning in the daily choices I make with my time and energy.  
 Move me to experience a sense of accomplishment when each task is complete.  
 And help me always to practice forgiveness towards those who have hurt or offended me in the past, or might do so in the future.



### Denis's Diary:

Sun 3<sup>rd</sup> My niece who works at a Hollywood restaurant told me that she served eggs to Elton John and Bonnie Tyler. Elton said: 'It's so runny, it's not yolk any more', and Bonnie said 'It's a hard egg, nothing but a hard egg'

Mon 4<sup>th</sup> My niece in Canada has divorced her husband. Got divorced on religious grounds. He thought he was God. She didn't

Tues 5<sup>th</sup> Found an old Christmas cracker with the joke 'Who menaces the deep and plays a Banjo?' The answer: Jaws Formby

Wed 6<sup>th</sup> Helped my grandson with his homework. The question was: who said 'I came to bury Caesar not to praise him'? My Grandson put down 'the Undertaker'

Thurs 7<sup>th</sup> More homework. 'What is black and read all over '? he wrote: a nun with sunburn'

Friday 8<sup>th</sup> Looked at my hair which has had three stages - parted, unparted and departed. Just thought of some games for the Diamond Club! Let's say 'Pass the paracetamol', 'Musical Wheelchairs', 'What does Simple Simon say again? Put your hands *where?*'

Sat 9<sup>th</sup> Lesley rang me and said: 'Can I tell you a joke about an elephant who packed their trunk and said good bye to the circus?' I said 'Not on your Nelly' and put the phone down



## OUR HUMAN SOLIDARITY

One cannot deny the humanity of another without diminishing one's own

*James Baldwin*

As the different streams  
having their sources in different places  
all mingle their water in the sea,  
so, O Lord,  
the different paths which men take  
through different tendencies,  
various though they appear,  
crooked or straight,  
all lead to thee.

*Hindu hymn*



I Found All Three

I sought my soul  
And the soul I could not see  
I sought my God  
And God eluded me  
I sought my neighbour  
And found all three

*Anonymous*



A Celtic Rune of Hospitality

We saw a stranger yesterday.  
We put food in the eating place,  
Drink in the drinking place,  
Music in the listening place.  
And in the sacred name of the triune God  
The stranger blessed us and our house,  
Our cattle and our dear ones.  
As the lark says in her song:  
Often, often, often goes Christ  
in the stranger's guise.

Keep us, we pray, in perfect peace. Help us to walk together,  
pray together, sing together, and live together until that day  
when all God's children — Black, White, Red, Brown and  
Yellow — will rejoice in one common band of humanity in the  
reign of our Lord and of our God, we pray. Amen

*MLKing*

Out beyond ideas of wrongdoing and rightdoing,  
there is a field. I'll meet you there.  
When the soul lies down in that grass,  
the world is too full to talk about.  
Ideas, language, even the phrase "each other"  
doesn't make any sense.

*Jelaluddin Rumi*



Almighty and ever-living God,  
empower your one human family to join hands  
on our journey of faith.  
Send us your spirit of hope,  
so that we may work  
to alleviate human suffering  
and foster charity and justice  
in our world.

Amen.

[usccb.org](http://usccb.org)