

Bring Me Sunshine 30

There is a balm in Gilead
To make the wounded whole;
There is a balm in Gilead
To heal the sin-sick soul.

Sometimes I feel discouraged,
And think my work's in vain,
But then the Holy Spirit
Revives my soul again.

If you can't preach like Peter,
If you can't pray like Paul,
Just tell the love of Jesus,
And say He died for all.

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African-American spiritual

Since you last received this magazine most of you, I believe, have received your first COVID-19 vaccination without incident. I was very pleased that after the initial teething problems most people's experiences have been positive. Those who are unable to attend a centre because they are housebound or too unwell to get to the vaccination centres can receive it at home, which some people have already. Great news that all residents of care homes have been offered their first vaccination (unless there are outbreaks of COVID-19) - a great milestone in protecting the most vulnerable people. Nearly 9 million have received their first jab. Of course the pandemic remains in the news and we hear of challenges and issues, but do not be deterred because we are heading in the right direction.

Last week we saw a downfall of snow which started in Catford at 10.30. I had the pleasure of walking to Mountsfield Park, and despite the cold it was beautiful to be out in and see the snow settling on the trees and grass and to watch the excitement and laughter of children who were all wrapped up playing and sledging in the crisp, new snow. A few hours later the snow had either disappeared or become dirty and sodden, and there was very little evidence of it left. My friend and I said it was like a dream but a welcome change that lifted most people's spirits for a while. I think during this time of restriction and monotony for many of us, when we are indoors such a lot, a change is what we need.

Let's try adding a change to our days to help lift spirits. Last night I spent a few hours at a birthday zoom session on the computer with friends where we took part in a murder mystery evening. We dressed up and tried to play the role of different ridiculous characters, and we laughed and laughed. I realised that there hadn't been so much laughter lately and this was a great tonic.

There's a lot of coverage about the benefit of laughter, and of course being isolated often means we are spending much longer on our own and not connecting with others so the opportunities for laughter is often less now, whereas children often laugh hundreds of times a day. I'm not sure we laugh very much at all. It is thought that laughter has the power to heal and renew. It can help mood, help you forget your pain, protects you from the effects of stress and even strengthens your immune system, as well as releasing endorphins which promotes a sense of wellbeing. Most importantly it lightens our burdens. These days there are laugh yoga classes and laugh therapy groups, maybe one day we can try them together!

Laughter is contagious as we know, and often when one person starts to laugh then others do too. Have you been watching some of the old sitcoms? Dads Army, Fawlty Towers, Hancock's Half Hour, Hi Di Hi, The Two Ronnies, and more recently Absolutely Fabulous, Birds of a Feather, Mrs Browns Boys. Most people have their favourites. I recall my parent's favourites being the Two Ronnies and Morecombe and Wise. Try doing something silly, share a joke or a funny story (send them in). They say laughter is the best medicine, so even though sometimes at the moment it seems in short supply let's give it a go and make an effort to bring more laughter into our lives. It often starts with a smile.

As we continue to bring a little sunshine, we really want to hear from you, our magazines will be pretty boring unless you continue to send in your original stories, share a special time with us, or tell us about something funny that happened to you. Let's hear your Desert Island Disc favourites. Share your thoughts and feelings about the last year, write a poem or prayer, tell us about your family, your church, your memories and your jokes. This week I have sent you a new bingo ticket (we have had a claim on the last one, with the person winning £10) and a stamped address envelope to make it easy for you to send in your contributions of material.

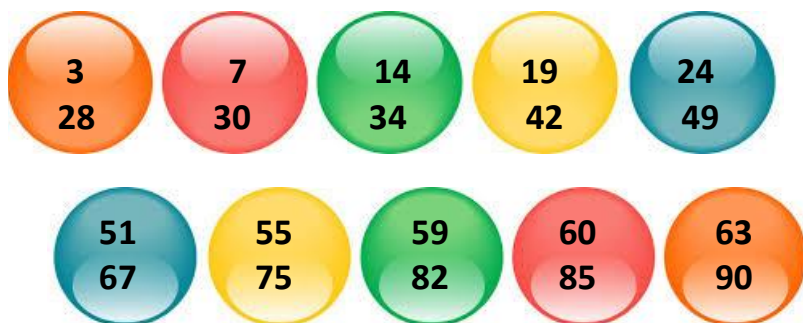
Please do. Thank you so much to all who have contributed so far and continue to do so, a big shout out to Denis for keeping us amused.

Rather than me send out lots of things you may not want please let me know if you'd like a jigsaw, a puzzle book, knitting, craft, a book or DVDS. I'd love to pass them on to you. If you require assistance then I can refer you to community connections for assistance or you can call yourself. Also Give a Song are still happy to come to your doorstep to sing a few songs and lift your spirits.

It was with sadness that we hear of the ill health of several of our recipients including Sonia from Brownhill Baptist Church, Melanie from Holy Cross and Kate who is slowly recovering from her car accident. We also heard of the death of Theresa Flanagan, a much loved and well-known member of the UCM, Diamond club and parish of Holy Cross. We keep them all in our thoughts and prayers.

Please Zoom with us on a Tuesday at 11am ID 82352062156 Passcode 327600 or if you send me your email, I will send you the link which is often easier. Also check out our website www.bringmesunshine6.co.uk to find out more. Take care everyone and keep laughing! Lesley

Your Bingo Numbers this week are:



Daniel is a student at a local sixth form college who is pleased to be able to share some reflections with you

Manifesting Greatness

The closure of schools (on-site) has been a significant battle for me, and I trust it has also been for many others as well. Although, I believe that we can view the Pandemic as being a message from God. Collectively, we need to be more reflective of our actions and our thoughts.

Despite the enormous amount of stress which the Pandemic has caused, it has truly accompanied numerous positives. It has permitted many individuals to partake in new activities which would not have occurred without the Pandemic.

I strongly believe that manifesting events in your life can significantly affect your overall attitude and behaviour. Recently, I have been attempting to create manifestations which can reflect in having a positive mindset. Strangely enough, doing so has encouraged me to keep striving towards my goals. Previously, I was not particularly keen with being optimistic about anything in my life, and this contributed to many negative results.

The Pandemic has made me reflect on the cynical traits I used to have and has allowed me to make changes. Life is too short for us to be continuously viewing everything negatively. Negativity would lead to negative results. While positivity would lead to positive results. If the Pandemic is significantly lowering your self – esteem, and is placing you in a dark place, then try to be optimistic about your future. Be positive! It would definitely be hard but thinking positively can help you massively.

I really hope this inspires you to be more optimistic through ambitious manifestations. As they can be acceptable once in a while; to act as a motivational tool. If you require further help, then reach out to someone who can provide you with the support you need. There are various individuals out there who are willing to help others through these tough times. Talk to someone. You are not alone.

I trust you would all have a superb day, Daniel.



World Day of Prayer for the Sick, 11th February

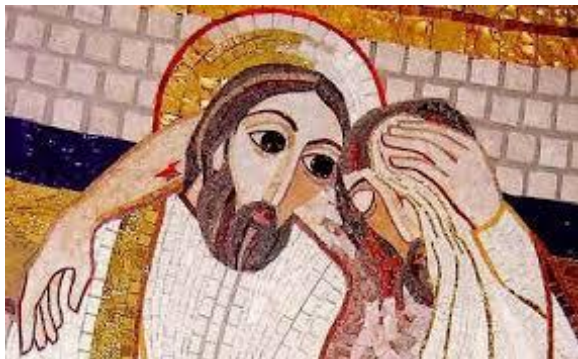
Almighty God,
 you know that we are surrounded by many great dangers,
 and because of our human frailty
 we cannot withstand them.
 Give us health of mind and body
 so that we who suffer under sin
 may overcome and win the victory in you;
 through your Son, Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and forever.
 Amen

Gregorian Sacramentary, 8th Century, Historic Collect for the Fourth Sunday after the Epiphany, Translation © 2016 Paul C. Stratman

Prayer to Heal a Sick Friend

Think, O God, of our friend who is ill, whom we now
 commend to Your compassionate regard.
 Comfort them upon their sickbed, and ease their suffering.
 We beg for deliverance, and submit that no healing is too
 hard for the Lord, if it be His will.
 We therefore pray that You bless our friend with Your loving
 care, renew their strength, and heal what ails them in Your
 loving name. Thank You, Lord. Amen.

PrayWithMe.com



Praise the LORD, my
 soul, and forget not all
 his benefits— who
 forgives all your sins and
 heals all your diseases,
 who redeems your life
 from the pit and crowns
 you with love and
 compassion *Psalms 103:2-4*

Some of the arts and crafts people have been doing...if anyone still has a fabric square, let us know, as they are being joined up very soon. Thanks



Dear All, It's a great pleasure putting together this newsletter, and the best bit is hearing what you have been doing, learning a bit about your lives, getting your puzzles and jokes, reading your poems, prayers and stories, and seeing your pictures. If you are a bit shy don't worry, you can be anonymous if you let us know that's what you want. Look forward to hearing from you. Thank you, Amy

Holiday at Home Project lead organiser: Lesley
 email lesleyaallen@bopenworld.com Tel. 07729 785843
 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

*Never throw mud: You can miss the target
 But your hands will remain dirty*

Dorothy Parker



Thanks to Eileen for this:



1. Wise guys and know-alls
2. Where refined people live
3. Fruit falls
4. Where mums go for a drink?
5. Coat fasteners made with cocoa
6. 100% precious metal
7. A race of endurance
8. Royal producers of money
9. Everyone would like a bunch of these
10. Used to quieten a chatterbox

Smarties; Quality Street;
pear drops; Mars bar;
chocolate buttons; (Terry's)
all gold; Marathon; mints;
Roses; gobstopper

Thanks to the person who sent in this suggestion:

Changing Fashions...



1. The passage of the year was first reckoned (probably more than 6,000 years ago) using which object in the sky?
2. Which ancient civilisation made the first alarm clock?
3. Which 1960 Chairmen Of The Board hit single has 'time' in the title?
4. Who wrote the book *Hard Times*?
5. Where was the passage of time marked by bells?
6. Which European country introduced days of ten hours of a hundred minutes of a hundred seconds between 1793 and 1805?
7. Who sang the James Bond theme tune *We Have All The Time In The World*?
8. Which Roman dictator put the Roman world on a solar calendar in 45BC?
9. The three main types of longcase clock are grandfather, granddaughter and what?
10. Which TV series features a Time Lord as its eponymous lead character?
11. Who sang *The Times They are A Changin'* in 1964?
12. Which Pope gave his name to the calendar first introduced in 1582, which is now the most commonly used around the world?

13.



14.



15.



1. Moon; 2. Greeks, using a water clock to set off a whistle, around 250BC; 3. Give Me Just a Little More Time; 4. Charles Dickens; 5. On board a ship; 6. France; 7. Louis Armstrong; 8. Julius Caesar; 9. Grandmother; 10. Dr. Who; 11. Bob Dylan; 12. Gregory (XIII); 13. Sundial; 14. Hourglass; 15. Obelisk or shadow clock

The Great Fire Of London

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

BUCKETS
DAY
WOOD
SAMUEL PEPYS
BURN'T
BRIGADES
WATER
PUDDING LANE
PEOPLE
TROUBLE
BAKERY
RUNNING
RIVER THAMES
RUIN
HUGE
NIGHT
CATHEDRAL
HOUSES
FIRE
JEWELLERY

I	I	T
K	C	N
G	R	L

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 18, including one nine letter word

Nick has lived most of his life in Catford, and growing up attended Torridon School and Holy Cross Church. He studied music, has played and directed music at places of worship in the area, and many of you will have met him at events.

Nick has served in the funeral business for some time, working for many years in various national funeral companies before starting his own. He says: 'We are a small family-run business, which I run with my wife Rachael. We started operating from our Beckenham branch in 2018 with the vision of bringing trustworthy, affordable funerals to the local community. In late 2020 we took possession of our new shop premises on Sandhurst Parade in Catford, which we hope to open to the public in February. It's a particular pleasure for me personally to be opening a branch in Catford – it's wonderful to be able to bring all of our experience together to provide the best possible service for the community where we have lived, worshipped and worked for many years.'



Nick and Rachael's faith is important to them, and informs the way they work. He explains: 'Our pledge is to be different to most other funeral brands by being completely open and transparent about everything we do, and by putting the family at the heart of the service we provide. We know that a funeral service should be as unique as the person we are honouring, so we offer a unique service to every family. We conduct funerals for people of all

religions and none, and as practising Christians it is really important to us to put our faith and love at the heart of our work'.

Nick and Rachael don't just want the shop in Sandhurst Parade to be a place of business, but also a welcoming space in the community. They plan to hold regular charity coffee mornings, 'Therapy Dog Thursdays', and to be a place for people to call in for a cuppa and a chat (not just about funerals!) when restrictions allow. Meanwhile, you can call Nick on 020 8650 2422.



Bishop Pat, local Clergy, Nick & Rachael in their Beckenham premises

Trickling, citing, clink, icking, lick, tickling, tick, tick, tick, tickling, tickling, tickling, nitric, rick, rickling, tic, tick, tick, tickling, tickling, tickling

JOY COMES WITH THE MORNING

For his anger is but for a moment, and his favour is for a lifetime. Weeping may tarry for the night, but joy comes with the morning

Ps30:5

Do not say, 'It is morning,' and dismiss it with a name of yesterday. See it for the first time as a new-born child that has no name
Rabindranath Tagore

When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love
Marcus Aurelius

This is a wonderful day. I've never seen this one before
Maya Angelou



Happiness

So early it's still almost dark out.
I'm near the window with coffee,
and the usual early morning stuff
that passes for thought.

When I see the boy and his friend
walking up the road
to deliver the newspaper.

They wear caps and sweaters,
and one boy has a bag over his shoulder.
They are so happy
they aren't saying anything, these boys.

I think if they could, they would take
each other's arm.

It's early in the morning,
and they are doing this thing together.

They come on, slowly.
The sky is taking on light,
though the moon still hangs pale over
the water.

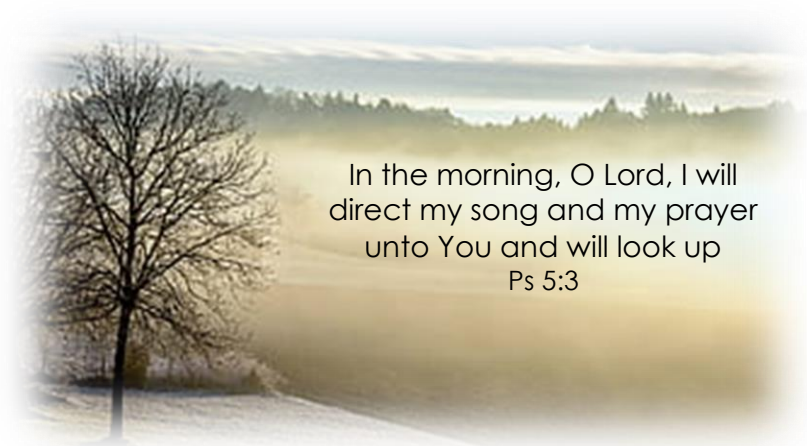
Such beauty that for a minute
death and ambition, even love,
doesn't enter into this.

Happiness. It comes on
unexpectedly. And goes beyond, really,
any early morning talk about it.

Raymond Carver

Before me in the planned shape of this day
I look for unexpected surgings of new life.
Around me in the people whom I know and love
I look for unopened gifts of promise.
Within me in the familiar sanctuary of my own soul
I look for shinings of the everlasting light.
Before me, around me, within me
I look for your life-giving mystery, O God,
Before me, around me, within me. AMEN.

Philip Newell



In the morning, O Lord, I will
direct my song and my prayer
unto You and will look up
Ps 5:3

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

Amen

Opening prayer for Tuesday, Church of England