



A Lenten Call to Action

The Israelite prophet Micah said:
"What does the Lord require of you? Only to act justly,
love mercy and to walk humbly with your God."

God of mercy and source of justice,
pour on your people such love and compassion that
we cannot remain silent,
we cannot tolerate injustice and poverty.

As your grace fills our hearts
so may we be stirred into action
to demonstrate your love for all the world
and for all creatures that live and move on this earth.

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Bring Me Sunshine 31

What a cold spell we have been having, with more snow and ice and gales to keep us talking, amused and enjoying or complaining that we are frightened to go out in case we fall again (like me). Anyway it's been a change. The temperatures on several days have not risen above freezing, making it the coldest spell since 2018. It reached minus 23°C in Scotland, the coldest since 1995. The river Thames even froze in places. Please keep yourselves warm, your homes should not be below 20 degrees centigrade - being cold increases risk of health issues such as high blood pressure, heart attacks and pneumonia.

Since I last wrote Captain Sir Tom Moore died at the age of 100 - what an example of positive ageing he was, being described as a national inspiration for raising almost £33 million for NHS charities by walking 100 laps of his garden in Bedfordshire. Some more positivity is that the government has reached its target of vaccinating 15 million people from the four highest priority groups, and Yippee I have had mine too!

The theme of my letter this week is love, with it going out shortly after St Valentine's day, a celebration of love and affection. St Valentine died in 3rd Century Rome. Legend has it that he was a Roman priest and suffered Martyrdom. Valentine's day as a lover's festival dates at least from the 14th century, and Valentine is also the Patron Saint of people living with epilepsy and of beekeepers, so take from that what you will! Honey, Honey! I liked what was sent me on a message on Valentine's day: "it is not just for lovers, it's also for friends and family who love each other", so I have pleasure in enclosing with your newsletter a knitted or crocheted heart made by contributors Kitty from St Andrew's church Teresa Dunne from Holy Cross parish. These hearts have been made with love and are given with love to you all our Bring Me Sunshine family. As the Beatles sang, all we need is love, and I hope whatever your circumstances you're feeling loved this week.

This week for those able to access the digital world there's been some lovely concerts put on by World Harmony Orchestra with something to suit all musical tastes. On Valentines day they presented world music from Syria, The Netherlands, and Ireland, and later Jazz, musical theatre, swing and an accordion player. I will keep you posted of concerts coming up and of course you can still receive a song on your doorstep, just let me know.

We had our own Bring Me Sunshine Themed Zoom on Tuesday with Sheridan Lloyd singing songs to do with Love and most wearing red for the event. We even ate pancakes together on Shrove Tuesday as a group which was fun, you're all welcome every Tuesday on Zoom at 11am ID 82352062156, Passcode 327600.

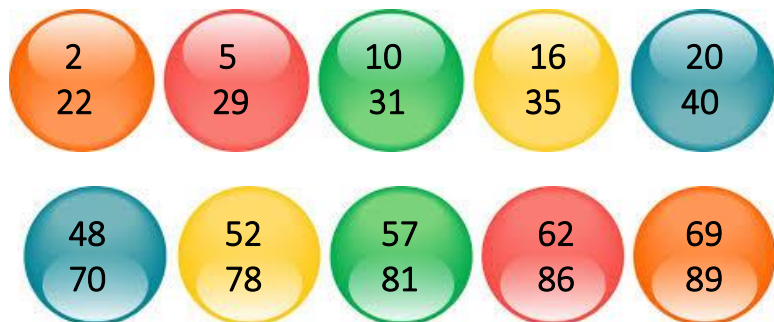
There's a book that has kept my daughter and me uplifted since Christmas, called *The Boy, the Mole, the Fox and the Horse* written and illustrated by Charlie Mackesy. It talks about self-acceptance and love and one of its quotes is "When the big things feel out of control, focus on what you love right under your nose". For me, it is so lovely to see some of the signs of Spring - new growth on trees, in plant life the snowdrops and crocuses popping up in my neighbours garden, and the daffodils in mine. This week starts the season of Lent in the Christian Church, a time for facing the challenges ahead with hope to Easter, so let's make the most of it and focus on what's around us and who is around us, so that we can reach out in love.

I am delighted to inform you that Bring Me Sunshine are partnering with Age Exchange to deliver a six-month project where some of you will be receiving an activity box each month with a variety of things, including craft, exercise, puzzles and word searches and creative opportunities. There will also be an opportunity to join a weekly Zoom reminiscence session exploring our Happy places. Unfortunately, there are only 30 boxes available, so if you feel you'd benefit from one please let me know.

I am very pleased to welcome Ageing Well to our magazine this week. They are working with us under the umbrella of Lewisham Churches Care. You will hear more about joint initiatives in the future, which will benefit you all.

To finish in the words of Captain Sir Tom Moore "My today was all right and my tomorrow will certainly be better, Tomorrow will be a good day". 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

Having a Growth Mindset

Hi, Bring Me Sunshine recipients,

Today I would be discussing a concept which emerged from a programme I attend, the Elevate Programme, supported by BT and hosted by Trevor Gomes. In the early sessions of this programme, we were introduced to the idea of having a growth mindset, developing resilience, and the importance of wellbeing.

Having a growth mindset is similar to the idea of 'manifesting greatness' – a topic which I have previously explained. Having a growth mindset means you view situations in your day-to-day life positively, with a sense of optimism. An example of having a growth mindset can be describing 'weaknesses' as being 'areas of improvements', rather than categorising them as 'weaknesses. Our minds automatically construct the word 'weakness' as being negative, which may reduce our motivation to improve these qualities.

If you struggle to see activities in your life positively, then there is a chance that you also lack motivation to complete these activities. Procrastination may even be a more influencing factor when you need to do an activity. Procrastination is a common attribute, which everyone shares, but having a growth mindset can reduce it. This is coming from someone who has experienced it first-hand.

Having a growth mindset is particularly important during the current circumstances of the Pandemic. Your goals may seem unattainable during these difficult times but achieving them is not impossible. It just requires more hard work and dedication than ever before. The Pandemic can really test your endeavour to strive towards your goals. Resilience has never been more important. I can personally say that having a growth mindset when facing these challenges has significantly improved the outcome. Even in a negative situation, keeping calm and collected has allowed me to move on efficiently and keep striving towards my end goal.

Overall, implementing a growth mindset in your life enables you to approach challenges with confidence, enabling positive results to occur more frequently.

I hope you can begin attempting to have a growth mindset, which may reduce procrastinations, and help motivate you to complete tasks more efficiently.

Have a wonderful day, Daniel.

10 Mel sent in this interesting recipe which Sandra found:

Scripture Cake

A favourite baking 'conceit' in the 20th century and required the cook use the Bible to discover what ingredients were needed. Some of the passages were vague about the exact sweetening, spices, fruits and nuts that were used, so several varieties of scripture cakes are found in older cook books. This one is a spice cake:

Ingredients:

- 1 cup Judges 5:25 last clause (butter)
- 1 cup Jeremiah 6:20 (sugar)
- 1 tablespoon Samuel 14:25 (honey)
- 3 Jeremiah 17:11 (eggs)
- 1 cup I Samuel 30:12 second food (raisins)
- 1 cup Nahum 3:12 (figs chopped)
- ¼ cup Numbers 17:8 (almonds blanched and chopped)
- 2 cups I Kings 4:22 (flour)
- II Chronicles 9:9 (spices, eg cinnamon, nutmeg)
- Pinch of Leviticus 2:13 (salt)
- 1 teaspoon Amos 4:5 (leavening agent, eg baking soda)
- 3 tablespoons Judges 4:19 last sentence (milk)

Method:

- Cream first 3 ingredients
- Beat in the 3 Jeremiah 17:11's, one at a time
- Add next 3 ingredients and beat again
- Sift together Kings 4:22, II Chronicles 9:9, Leviticus 2:13, and Amos 4:5. Add to first mixture.
- Bake 325 degrees for 1-1½ hours, or until done

There is an alternative recipe which will be in another time – if anyone tried this out or has other recipes, it would be good to hear from you

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

Your contributions make all the difference... please, please share!

Prayer to St David

(St.David's Day, 1st March)

O God, who raised Blessed David to be an apostle and patron for your people in Wales, grant, we implore, that through his prayers the people may be restored to the truth which he taught, and to attain to everlasting life.

Through Jesus Christ our Lord.



3

Vaccine Payment Scams

Vaccine scams are circulating, and can be difficult to spot. The COVID-19 vaccine is only available on the NHS and is free of charge. The NHS will NEVER ask you for:

- Your bank account or card details
- Your PIN or banking password
- Copies of personal documents to prove your identity (eg passport, bills, driving licence)

If you think you may be the victim of a scam, you can report this to Action Fraud, tel: 0300 123 2040



The Patched Together crafting project has now ended. Several of our recipients have been trying out different skills including block printing, weaving and embroidery over the course of six weeks.

*There comes a point where we need to stop
just pulling people out of the river.
We need to go upstream
and find out why they're falling in*

Desmond Tutu

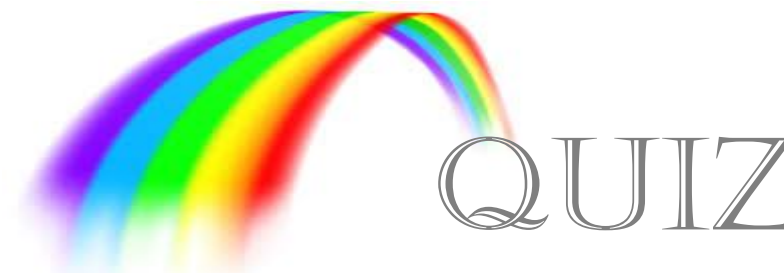


Thanks to the person who sent in this contribution:

Name the Food or Drink Logo:



1. Pringles; 2. The Laughing Cow; 3. Domino's; 4. Uncle Ben's; 5. Haribo; 6. Quaker; 7. Starbucks; 8. Cadbury; 9. Pepsi; 10. KFC



1. Who painted the Mona Lisa?
2. Poet Wilfred Owen is best known for his poems about which conflict?
3. Which singer, who released their first album in 1969, recorded songs *Crocodile Rock* and *Goodbye Yellow Brick Road*?
4. In which sport did Nicola Adams become the first female to become an Olympic champion after winning gold at London 2012, and the first double Olympic champion following a second gold medal at Rio 2016?
5. Which King commissioned a version of the Bible in 1611?
6. George Takei is known for playing which character in the original Star Trek series?
7. Born in 1935, which singer is best known for song *When a Child is Born*?
8. Edward Enninfu became the first black editor-in-chief of which fashion magazine in 2017?
9. Which famous Irish writer said 'We are all in the gutter, but some of us are looking at the stars'?
10. Which mathematician, a founder of computer science, broke the Nazi enigma code during WW2?
11. Television presenter and co-founder of the Women's Equality Party, Sandi Toksvig, was born in which country?
12. The ceiling of which famous Chapel was painted by Michelangelo?
13. Which American author and civil rights champion wrote books including *Go Tell it on the Mountain* and *Another Country*?
14. Freddie Mercury was lead singer of which British band?
15. Which pop artist was known for his paintings of a Campbell's soup can?

1. Leonardo da Vinci; 2. WW1; 3. Elton John (Reg Dwight); 4. boxing; 5. James 1st of England/6th of Scotland; 6. Mr. (Hikaru) Sulu; 7. Johnny Mathis; 8. British Vogue; 9. Oscar Wilde; 10. Alan Turing; 11. Denmark; 12. Sistine Chapel, Rome; 13. James Baldwin; 14. Queen; 15. Andy Warhol

Denis's Diary

Monday: My wife tells people she is a music lover. Yet she never applauds me when I come home singing at 2am

Tuesday: Next door neighbour upset his wife. She wanted a car, a foreign convertible. He bought her a Rickshaw.

Wednesday: Couple of jokes from my granddaughter. What did Lady Hamilton sing to Nelson? You're the one -eye -want. What do you take if you are run down? The car license number, of course.

Thursday: My sister went to a fortune teller who laughed at her, so my sister hit her. Talk about striking a happy medium...

Friday: A man was arrested at my local butcher's shop for stealing meat. Guess he was a chop lifter

Saturday: The grim reaper appeared by my bedside last night but I beat him off with a vacuum cleaner. Dyson with death.

Sunday: Last time in Spain I had an eye epidemic. The chemist said it was Hay Fever España

Shapes

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

DIAMOND
CYLINDER
SPHERE
TRIANGLE
OVAL
OCTAGON
TRAPEZOID
CONE
CUBE
CIRCLE
SQUARE
HEPTAGON
DECAGON
HEXAGON
CUBOID
NONAGON
HEART
STAR
PENTAGON
SPIRAL

Another couple of these, thanks to the contributor:
Changing Fashions



AGEING WELL IN LEWISHAM

HELLO! We are Ageing Well in Lewisham, and we are very pleased that Bring Me Sunshine will be partnering with us under our umbrella organisation, Lewisham Churches Care. There will be some exciting collaborations in the near future.

For those of you who don't already know us, we are a charity dedicated to increasing the quality of life of vulnerable older people in the borough, especially those who are isolated with physical or cognitive challenges, regardless of faith or culture. We also help seniors access other services by signposting and referring them to other organisations.

All of our social/activity groups have been paused because of Covid-19, but we plan to resume them as soon as safely possible. In the meantime, Ageing Well is keeping in touch with members over the phone, arranging food deliveries, sending out activity care packages, signposting and troubleshooting. We are stepping up our socially distanced doorstep home visits and are available for telephone befriending.

Despite not being able to meet in person, our singing group, The Befrienders, has been a roaring success during the pandemic. Singing is known to have a very positive impact on mental health, and the social aspects of the group keep everyone feeling connected. We are very lucky to have Natasha Lohan from Trinity Laban to lead - all levels of singing welcome. The group has weekly Zoom sessions on Tuesday morning from 10:00 to 12:00. All you need to join is a smart phone, tablet, or laptop, and internet access. For more information, please get in touch at info@ageingwellinlewisham.org or 07583139373.

Earlier this month, The Befrienders were featured on the *Meet Me on the Radio* show connected with The Albany Theatre and Entelechy Arts, and the group's original song, "Let Me Out!", was aired. For those of you who missed the show, you can search for Meet Me on the Radio on www.resonancefm.com

Look out for more of The Befrienders' creative projects coming soon!

I	E	T
I	O	N
C	J	N

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 29, including one nine letter word

tone, tonic, tonne

injection, coin, cone, cot, enjoin, eon, icon, into, intone, ion, ionic, join, joint, jot, neon, nicotine, none, not, note, notice, once, one, tenon, toe, ton,



THOUGHTS ABOUT TIME

Clock near Cremyll Ferry Landing, Cornwall

Above and below the clock is the message: 'Dost thou love life... then do not squander time'. Around the clock face is 'Time and tide tarry for none'.

Lost Time

On many an idle day have I grieved over lost time.
But it is never lost, my Lord.
Thou hast taken every moment of my life in thine own hands.
Hidden in the heart of things thou art nourishing seeds into
sprouts,
buds into blossoms, and ripening flowers into fruitfulness.
I was tired and sleeping on my idle bed
and imagined all work had ceased.
In the morning I woke up
And found my garden full with wonders of flowers.

Rabindranath Tagore

Though leaves are many, the root is one; Through all the lying days of
my youth I swayed my leaves and flowers in the sun; Now I may wither
into the truth
WBYeats

Time is a sort of river of passing events, and strong is its current; no
sooner is a thing brought to sight than it is swept by and another takes
its place, and this too will be swept away
Marcus Aurelius

Now is where Love breathes
Rumi

It is the time you have wasted for your rose that makes your rose so
important
Antoine de Saint-Exupéry, The Little Prince

Exhaust the little moment. Soon it dies.
And be it gash or gold it will not come
Again in this identical disguise

Gwendolyn Brooks

In the beginning was God,
Today is God,
Tomorrow will be God.
Who can make an image of God?
He has no body.
He is the word which comes out of your
mouth.
That word!
It is no more,
It is past, and still it lives!
So is God.

Anon. African (Pygmy)

As long as it is day, we must do the works of him who sent me.
Night is coming, when no one can work
John 9:4 NIV

Dear Lord, when our life on earth
is done, may we stand before
you and hear the words, "Well
done, my good and faithful
servant." Father, we know our
time on earth is but a few words
in the cosmic story. Help us to
use our time wisely, and leave
our mark when our time is
done. In Jesus' name we pray,
Amen.

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