

Mothering Sunday, 14th March

Loving God,
Thank you for mothers and children
and for all the joy of family life.

Be with those who are grieving because they have no mother;

Be close to those who are struggling because they have no
children;

Be near to those who are sad because they are far apart from
those they love.

Let your love be present in every home,
And help your church to have eyes to see and ears to hear the
needs of all who come.

We ask this in the name of Jesus Christ our Lord.

Amen.

Church of England



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Bring Me Sunshine 32

Haven't we had some glorious days of sunshine; we can certainly say Spring has officially arrived. The season of new beginnings, fresh buds and blooms, planting of seeds, hearing more birdsong and animals awakening, lighter evenings and the temperatures rising. At this time of year, hearing the Prime Minister's announcements about lifting lockdown, maybe you are feeling a little more hopeful and reassured, with a glimpse of life in the future beyond lockdown. It's also, I believe, important to appreciate the Now and watching the signs of spring gives us the opportunity to take note, enjoy these signs and be thankful. Listen to the birds, look at the buds opening. Over the years I have watched my neighbour's garden bloom - she is the first to get snowdrops and crocuses and her magnolia tree buds and then blooms with magnificent pink and white blossoms which fill my window and lift my heart to see.

"Spring is nature's way of saying Let's Party" - a quote by Robin Williams.

I must also acknowledge that Monday gone was St David's Day, or Dewi Sant, the patron Saint of Wales. Being Welsh it is a significant day for me. As a child we dressed up in in our Welsh costume and wore a daffodil on our lapels, and the boys wore leeks to school. We had parades and sang Welsh hymns and recited poetry, and our churches rang out with the sound of male voice choirs.

St David is the only native-born patron saint of the countries of Britain and Ireland. He was born in the year 500 in a storm on a clifftop in Pembrokeshire, now marked by Nons Chapel. He became a renowned preacher and teacher, founding monastic settlements and churches in Wales, Brittany, and south west England, even Glastonbury. He was a teetotal vegetarian living a simple life with his fellow monks. He was buried at the site of St David's Cathedral where his shrine became a popular place of pilgrimage and is a wonderful tourist attraction and worth a visit, seated at the bottom of the valley. His last sermon words were "be joyful, keep the faith and do the little things that you have heard and see me do" - not a bad last few words and ones which we could make use of in these days also.

St David's day always reminds me of home. I still call it that although I've lived in England for more of my life, leaving Maesteg in the South Wales Valley at 18 to pursue my nurse training. I usually go back about four times a year, visiting wonderful loyal friends and a few family members as well as my favourite old haunts including beautiful beaches, ruined castles and rugged coastlines. There is a sense of Hiraeth, a word we use in Wales to describe longing and nostalgia for home, particularly during this last 12 months when I haven't been able to visit.

We also use the word Cwtch a lot which has two meanings, a hug or cuddle or a cubbyhole, how we are all missing cwtchs these days and I don't mean cubbyholes! This year as every other I still celebrated St David's day by taking part in Mass, putting cut daffodils throughout the house, courtesy of Holy Cross parish UCM, lots of listening to Welsh choirs and Max Boyce, looking at poems from Dylan Thomas, wearing my silly daffodil headdress and of course eating traditional welsh cakes. This year was particularly nice as I shared a few hours on zoom with some of the members of my Stockwell Good Neighbours club, and singer and supporter Katie Milton joined us and sang us some Ivor Novello and "We'll keep a welcome in the hillside". Another bonus was Wales winning the triple crown in Rugby last Saturday!

Please join us if you can on Zoom for several great opportunities:

Tuesday at 11am for a Lenten retreat, some lovely classical music and a catch up. ID: 82352062156 Passcode:327600

Also, a wonderful fun filled reminiscence session on Wednesday at 2pm, ID: 84594894906, Passcode: 863920

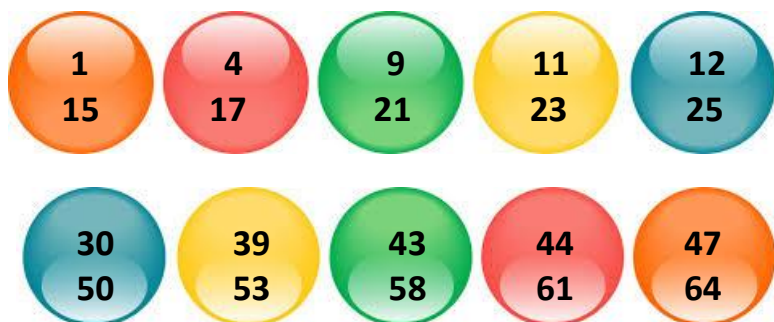
Night prayer at Holy Cross at 9pm each day ID :7578777461 Passcode :20212021 and a special Mass on Zoom for the housebound on Thursdays at 9.15.

Please keep your stories, anecdotes, traditions, thoughts for the magazine coming and if you would like some extra activities such as Jigsaws, books, colouring, wordsearches and craft let me know and we will get them out to you. – 07729785843

Continue to keep safe everyone and do not take unnecessary risks, we are getting there but must continue to be careful with our health and our movement. Lesley



Your Bingo Numbers this week are:



Hi, Bring Me Sunshine Recipients,

I hope everyone is getting on well and being productive during these tough times! Lesley has informed me of the thank you messages and I should say that I am delighted to be positively impacting others during this difficult time. As requested by many, I will use this opportunity to discuss my experience with online learning.

Learning online is not ideal. It has prevented students and teachers from interacting with one another and doing practical learning; increasing frustration, procrastination, and even headaches for some. It is definitely not the best experience, but nonetheless is for the greater good of our loved ones.

Despite its problems, I feel that the challenge of online learning has improved my ambition and attitude towards learning. After a few weeks, I have been able to adapt and work harder than before. Being at home has enabled me to try new activities and challenges, given the fact that I have more time alone.

Learning at school is always going to be seen as being the better option, but the pandemic has caused many restrictions on extra-curricular activities and learning in a fun and practical manner. This means that at least for now, learning at school and at home both have their disadvantages.

Even though the pandemic has been challenging, it has motivated me to work more enthusiastically. It has allowed me to make a positive improvement in my life, while being more optimistic about my future. My experience with online learning has not been the best, but there are certainly positives to take away from it.

I hope this has given you all a clearer insight of how it is to learn online during these times. If anyone has any further suggestions on specific topic ideas you would like me to cover, then please inform Lesley – who will forward the message to me.

Have a Wonderful Day, Daniel

Thanks to Eileen, who suggested this favourite:

Footprints

One night I dreamed a dream.

As I was walking along the beach with my Lord.

Across the dark sky flashed scenes from my life.

For each scene, I noticed two sets of footprints in the sand,

One belonging to me and one to my Lord.

After the last scene of my life flashed before me,

I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,

especially at the very lowest and saddest times,

there was only one set of footprints.

This really troubled me, so I asked the Lord about it.

"Lord, you said once I decided to follow you,

You'd walk with me all the way.

But I noticed that during the saddest and most troublesome times of my life,

there was only one set of footprints.

I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you

Never, ever, during your trials and testings.

When you saw only one set of footprints,

It was then that I carried you."

From a prayer of

St. Patrick, Patron of Ireland & Nigeria (17th March)

I arise today

Through a mighty strength, the invocation of the Trinity,

Through a belief in the Threeness,

Through confession of the Oneness

Of the Creator of creation.

I arise today

Through the strength of Christ's birth and His baptism,

Through the strength of His crucifixion and His burial,

Through the strength of His resurrection and ascension,

Through the strength of His descent

for the judgment of doom.

I arise today

Through the strength of heaven;

Light of the sun,

Splendour of fire,

Speed of lightning,

Swiftness of the wind,

Depth of the sea,

Stability of the earth,

Firmness of the rock.

I arise today



Ageing Well in Lewisham has been continuing with our very enjoyable doorstep visits with our members. As the weather improves, we hope to be able visit with people a little longer and less on the fly! We borrowed Bring Me Sunshine's brilliant idea to deliver fish and chips to members during the cold weeks after Christmas. The deliveries were a huge success and we had a lot of fun collecting members' memories and associations with fish and chips.

"Does The Queen like fish and chips?

Does the dish pass her lips?

Loved by all from hill and dell.

I expect The Queen does as well." --AWiL member, Mike F.

Our singing group The Befrienders recently participated, alongside several other local groups, in the creation of a very moving lockdown-inspired piece called "What is Hope?" It is a soundscape created from recordings made within Zoom, through WhatsApp voice message, down domestic telephone lines, and on doorsteps. Listen to the track on Soundcloud: <https://soundcloud.com/user-202276554/what-is-hope>

The Befrienders also will take part in a virtual Merry Neet later this month. It will be an exciting online creative collaboration between them, other Lewisham singing groups, and a choir from Cumbria. To take part in the Merry Neet or to try out a Zoom session with The Befrienders, please contact us at info@ageingwellinlewisham.org or on 0208 698 3735.

You'll be glad you did!

Below: some of those who received doorstep visits



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

*The Christian shoemaker does his duty
not by putting little crosses on the shoes,
but by making good shoes*

Martin Luther



JAZZ: Five men on the same stage playing different tunes

BLUES: Played exclusively by people who woke up this morning

OPERA: People singing when they should be talking

RAP: People talking when they should be singing

FOLK: Endless songs about shipwrecks in the nineteenth century

LONDON: Cockneys singing about pubs, hop-picking and maybe it's because I'm a Londoner

IRISH: Endless verses of men leaving home /friends/companions and the colleens they love

SCOTS: Same as Irish but add loughs/mountains/lassies & bagpipes

WELSH: Smartly dressed men singing about a saucepan – yes sospan fach

CLASSICAL: Music played you have heard on the TV adverts.

JEWISH: Songs about Momma, her love, and any wrong done to her

COUNTRY/WESTERN: Under the prairie moon with a love who belongs to another

ITALIAN: Amore, Amore, losing your heart in Roma under the stars

SPANISH: As Italy, but include guitars and a viva España

Teresa's experience of a pesky cat...

A few years ago my daughter moved into a new flat and was not allowed to keep pets, and of course good old mum and dad were asked to look after her cat, Sam. Sam was a cat that was not used to going out the front; he loved the garden but we were told not to let him out the front door. This day I went out to put something in the bin and saw out of the corner of my eye a tail rushing past me. Did Sam remember his green cross code? Did he look both ways to see if it was safe? Of course not, he rushed straight over the road, followed by me in quick pursuit. He ran under one car, then the next, as I was frantically calling his name. Did he take any notice of me? Of course not. He ran into people's front gardens, over walls. In the end I had to give up and come indoors. Every few minutes I was looking up the road, but no sign of him. This went on for a few hours. I was getting frantic. Then I opened the front door, and in came Sam with nose and tail in the air, as if to say what a clever boy I have been, went straight into his bed and feel asleep.



Yellow

1. Who painted the picture The Sunflowers?
2. What colour is complementary (at the opposite side of the colour wheel) to yellow?
3. In middle kingdom China, guests were welcomed on a yellow what?
4. What kind of animal is a yellowjacket?
5. In the middle ages, yellow became associated with which biblical traitor?
6. 150 million tons of what yellow fruit are produced each year?
7. Which plant does saffron come from?
8. The robes of monks from which religion are often dyed yellow?
9. Which Beatles song has yellow in the title?
10. In late 2018 French protestors against President Macron were called yellow? after what they wore
11. In which sport is a yellow jersey worn by the lead competitor in some stage races?
12. Which spice gives South African Yellow Rice its colour?
13. The daffodil is a symbol of which UK country?
14. What did Tony Orlando and Dawn ask us to tie around the old oak tree in the 70's song?
15. What does yellow bellied mean?

1. Vincent van Gogh; 2. Purple; 3. Carpet; 4. Wasp; 5. Judas Iscariot; 6. Bananas; 7. Crocus (sativus); 8. Buddhist (and wandering Hindu holy men); 9. Yellow Submarine; 10. Vests; 11. Cycling; 12. Turmeric; 13. Wales; 14. Yellow ribbon; 15. Cowardly

Eastenders

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

PHILL
 ANGIE
 WALFORD
 DOT
 DIRTY DEN
 GARAGE
 QUEEN VIC
 ALBERT
 MARKET
 CAFE
 FOWLER
 MITCHELL
 STALL
 PEGGY
 GRANT
 BOOKIE
 CHIPSHOP
 IAN
 SQUARE
 BEALE

Fill in the blanks to make a fact or phrase:
 For example, '9P in the SS' = 9 planets in the solar system

1. 60 M in an H
2. 40 is DT on a DB
3. 1001 AN
4. 90D in a RA
5. 12 S of the Z
6. '30 D H S'
7. 18 H on a GC

1.60 minutes in an hour; 2.40 is double top on a dart board; 3.1001
 Arabian Nights; 4.90 degrees in a right angle; 5.12 signs of the
 zodiac; 6.30 days hath September; 7.18 holes on a golf course

Thanks to Margaret from St. Andrew for some evocative war-time memories

During the war I was always aware of rationing and shortages, and allowed about 5" of water in the bath. I don't recall much about food or fashion but I know we used dried egg and that I was very pleased to later receive a banana! I remember the CC [Civilian Clothing] label on clothing and that my sister was wearing a pixie-hood in the Anderson shelter when some candle grease dropped on it during the night.

I have watched quite a lot of wartime films, but the only title I can recall is *In Which We Serve* with Noël Coward. I know that John Mills appeared in a number of films, also Kenneth More (eg as Douglas Bader). My favourite animal film was probably *Black Beauty*, with Elizabeth Taylor. We had a black Persian cat called Fluffy.

We moved to Catford in June 1939. My father joined the ARP but sadly died two years later of TB, so my mother was left with two young children and a mortgage; she was not eligible for a widow's pension.

We were not officially evacuated, but I went with a cousin to stay with some relatives in Diss, Norfolk. Some time after I returned home, I went with my sister to stay with our Grandfather, who had a greengrocer's shop in Boscombe, Bournemouth. I attended schools in both places, so, with that and other problems, I was 12 before I started to receive a proper education, in January 1945.

We had two very close encounters. A bomb dropped opposite our house in September 1940, which caused some fatalities and meant seven houses had to be rebuilt. We had to leave because of the damage and landed on the doorstep of Dad's brother, who lived nearby. They had an Anderson shelter and sometimes if a raid had started we went there with a cushion over our heads. When we went home we had a Morrison shelter installed.

The second event was in January 1943, when we were both at the Sandhurst Road school when it was bombed. We were both taken to hospital but were not seriously injured. Unfortunately, we were both sent to different hospitals (Orpington and Sidcup), so our poor mother visited both hospitals each day for the first ten days. I was later one of a group sent to Otley hall in Ellesmere to convalesce.



Sandhurst School damage



Memorial in the school
to the 38 children and 6
teachers who died

We must not forget 'Captain Tom' who cheered us all up with his amazing walk and his Bulldog spirit. It was great that it was possible for two spitfires to pay homage to him on his 100th birthday.

REMEMBERING OUR FOREBEARS

Honour your father and your mother, so that you may live long in the land the Lord your God is giving you *Exodus 20:12 NIV*

To acknowledge our ancestors means we are aware that we did not make ourselves, that the line stretches all the way back, perhaps to God; or to Gods. We remember them because it is an easy thing to forget: that we are not the first to suffer, rebel, fight, love and die. The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before

Alice Walker

If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people

Thich Nhat Hanh

I learned more about Christianity from my mother than from all the theologians in England

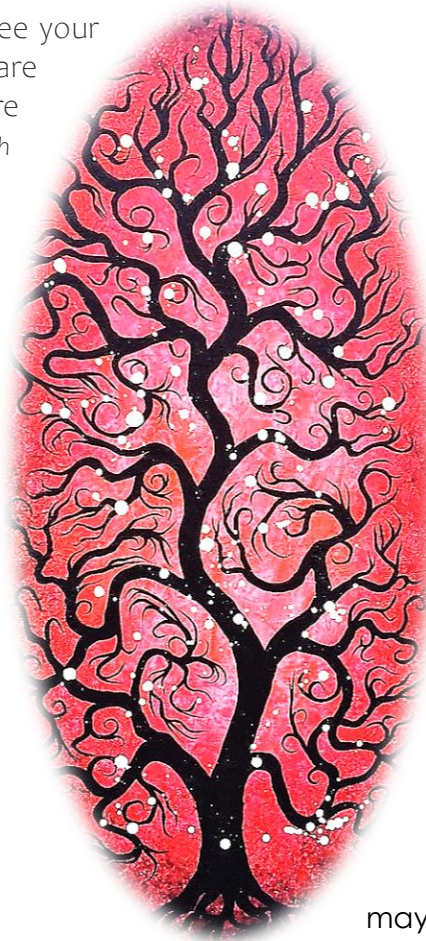
John Wesley

Those Winter Sundays

Sundays too my father got up early
and put his clothes on in the blueblack cold,
then with cracked hands that ached
from labor in the weekday weather made
banked fires blaze. No one ever thanked him.

I'd wake and hear the cold splintering, breaking.
When the rooms were warm, he'd call,
and slowly I would rise and dress,
fearing the chronic angers of that house,
speaking indifferently to him,
who had driven out the cold
and polished my good shoes as well.
What did I know, what did I know
of love's austere and lonely offices?

Robert Hayden



I've known rivers:
I've known rivers ancient as the world and older than the
flow of human blood in human veins.

My soul has grown deep like the rivers.

I bathed in the Euphrates when dawns were young.
I built my hut near the Congo and it lulled me to sleep.
I looked upon the Nile and raised the pyramids above it.
I heard the singing of the Mississippi when Abe Lincoln
went down to New Orleans, and I've seen its muddy
bosom turn all golden in the sunset.

I've known rivers:
Ancient, dusky rivers.

My soul has grown deep like the rivers.

Langston Hughes

But soon we shall die and all memory of those people will have
left the earth, and we ourselves shall be loved for a while and
forgotten. But the love will have been enough; all those
impulses of love return to the love that made them

Thornton Wilder

God our Father,
Your power brings us to birth,
Your providence guides our lives,
and by Your command we return to dust.
Lord, those who die still live in Your presence,
their lives change but do not end.
I pray in hope for my family, relatives and friends,
and for all the dead known to You alone.
In company with Christ, who died and now lives,
may they rejoice in Your kingdom, where all our tears are wiped away.
Unite us together again in one family, to sing Your praise forever and
ever. Amen.

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