



Our Lady of the Fruits of the Earth Frank Cadogan Cowper

God, thank you for Spring and the hope of warmer, longer, brighter days.
 Thank you for the coming of growth and life and birth.
 Thank you that things are coming awake in the world.
 This is what our calendar says, and we do see some signs that it is real.
 But we also still struggle with the residual leftovers of winter.
 Now we ask that you bring into reality all that belongs in this season.
 Your word says that we will have provision, and hope, and joy, and health
 and loving relationships here and now in this life.
 We ask that what belongs in this season would become actual in our
 practical lives.
 We hope in you and in your promises. We hope in your gift of Spring.

Anon from Xavier.edu

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Bring Me Sunshine 33

It's a year since the pandemic was brought to our attention and Boris Johnson announced a national lockdown. Who would have thought that a year on we would still be living with such restrictions? There seems to be more hope of a brighter future with good numbers receiving the vaccine, although as a borough we could be doing better. The message is loud and clear: to protect yourself and others, please take the vaccine.

As we journey together towards Easter, we have celebrated International Women's Day and Mother's Day again this year with restrictions, and of course have heard in the same week of the murder of Sarah Everard, and the outpouring of testimony from women who have experienced assault and harassment.

It was such a joy to visit some of our Bring Me Sunshine recipients on Sunday on their doorsteps in Catford. Our own songstress, Kate Middleton, who herself has had a tough year with COVID-19 and hospitalisation, the death of her own mother and a terrible car accident at Christmas, was out with me singing a poignant song to other mothers, as well as those whose mothers are no longer with us. She sang the moving song "Mother of mine", made famous by Scottish former child singing star Neil Reid, who sang it on ITV'S Opportunity Knocks and recorded it in 1971. "Mother of mine you gave to me, all of my life to do as I please, I owe everything to you, Mother, Sweet mother of mine". Of course, not everyone has positive experiences of their mothers, but I hope you did. This is a lovely message from Fr Antony from my Parish: "While this year's Mother's Day is being celebrated in challenging circumstances, we offer a prayer for all mothers and we give thanks for the sacrifices they make and love they give every day of their lives. We also think of those mothers in care homes who are missing the embracing arms of those they love, and also mothers who are sadly no longer with us. We offer a special prayer too for mothers-to-be and for Godmothers and all who play a maternal role in our lives".

This week we have also celebrated St Patrick's Day. He is the patron saint of Ireland, and, since 1961, Nigeria. It is a great cultural and Christian celebration, and, as many of our recipients have Irish connections, was lovely to share a special Mass and zoom sessions with music and song, and to see shades of green being worn.

Some of our group spoke about the day being a school holiday, which they enjoyed, of always going to Mass, and of wearing a shamrock on their lapel to represent the Blessed Trinity. One lady told of her mother sewing on the shamrock just in time for Mass. Another, Phyllis, described going to New York and seeing the St Patricks Day parade there, which she said was huge, bigger than Ireland. A traditional meal of bacon and cabbage or Irish stew served with soda bread, followed by apple tart and cream with a few pints of Guinness, maybe followed by an Irish Coffee, set the tone, and there was always a good helping of Irish music, jigs, and ceilidhs, great occasions for all. How we have enjoyed those Irish coffees over the years, made by Myra and Pauline at our celebrations at Holy Cross. Glorious St Patrick Indeed.

We were very saddened to hear of the death of Marlene, a member of Torridon Road Methodist Church, who was only in her early 60's. She was part of the Libraries Reminisce Group on a Monday, and known by many in the community. She was a wonderful contributor in our Bring Me Sunshine events and entertained with her powerful voice at Holy Cross, Brownhill Baptist and St Andrews. She was great fun and always ready to bring light and cheer to others. I recall her dressing as Elvis for one of our celebrations. Sadly, she had kidney failure and was receiving dialysis, and had moved a while ago near to her son in Maidstone. She will be sadly missed and remembered in our prayers.

Please join us if you can for our on-line meetings

Zoom Tuesday at 11am – With Lenten reflection, Bingo and entertainment, ID 82352062156 Passcode- 327600

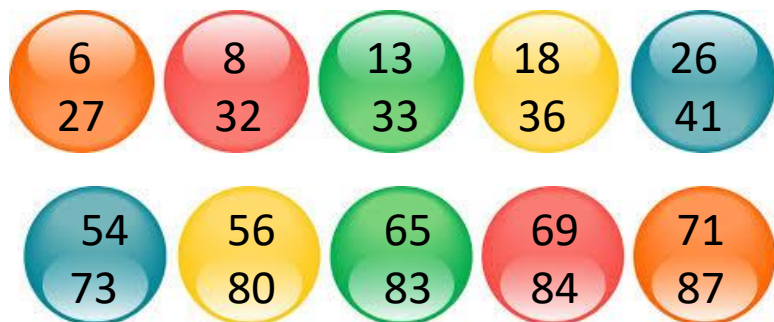
Reminiscence on Wednesday at 2pm - ID 84594894906 Passcode- 863920

And night prayers from Holy Cross at 9pm every night and a special Mass for those unable to attend church on Thursdays at 9.15 am – ID 7578777461

Passcode- 20212021

Much love in Christ. Lesley

Your Bingo Numbers this week are:



Keys to Emotional Well – Being

Hi, Bring Me Sunshine Recipients,

Schools have finally reopened! This is definitely something we are all relieved to see as it is a sign towards a brighter future with everything going back to being normal.

At the moment my fellow pupils and I are still familiarising ourselves with the new college routine. This may take a few days, possibly even weeks to get used to. However, once we have adjusted to the new restrictions within college, we should be able to be more productive than we have previously been this year.

I would like to use this opportunity to deliver a few words of hope and reflect on the importance of mental health. This has been especially important to me as recently there have been times where I have struggled to keep up my moral. Below are a few tips to help maintain healthy emotional wellbeing that I have found useful.

Being hopeful about the future is vital, especially due to the successful roll-out of the vaccine. We are all getting through this together and things should soon be back to normal.

Have a wonderful day,

Daniel



Many thanks to the person who sent this lovely contribution:



Be thankful - when you don't know something,
For it gives you the opportunity to learn.

Be thankful - that you don't have everything you desire;
If you did, what would there be to look forward to?

Be thankful - for difficult times,
During these times you grow.

Be thankful - for your limitations,
Because it gives you opportunities for improvement.

Be thankful - for your mistakes,
They will teach you valuable lessons.

Be thankful - when you are tired and weary,
Because you have made a difference.

Be thankful - that you are here,
For you know not what tomorrow brings.

Find a way to be thankful for life,
For life is a blessing in itself.

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



Hello everyone! I'm Isobel and I've been baking for you as part of my bronze Duke of Edinburgh (although I enjoy it anyway). I'm doing this for my volunteering, dance for my physical and music theory for my skill. Hopefully after I've completed all of them I'll be able to go on an expedition as well. I'm 14 and I play violin and drums, I am very creative so I love art and I like to do baking for fun. I've also been doing deliveries so you might see me dropping off your packages. I hope you have a lovely day! (:

Free mobile phone with free data!

Do you know someone who doesn't have internet access?

They can get a free second-hand smartphone with a year of free data. We can also help them learn how to use the device and make the most of online.

Criteria: living in Lewisham and 18 or over without access to the internet (no smartphone or PC) and interested in learning how to use a mobile

Lesley can refer you (with consent) <https://communityconnectionslewisham.org/>
Or, Lesley or the person interested can phone Community Connections Lewisham on 0330 058 3464

We have plenty of phones so welcome more referrals!

For Coronavirus vaccination information:

- NHS information: [Coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Gov.uk: [COVID-19 vaccination programme - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

*There are two people you always find
in prison: the man in the prison
and the man who is keeping him there*
James Baldwin



Getting to Know You... From Mary and Pat (from the Diamond Club)

We were both brought up on small farms in Donegal. We both went to the local national school in different areas. We both had a very basic education, left school aged 14, couldn't afford to go to college so went to work instead. Mary went to work in the local hotel as a chambermaid, and Pat with the local farmers. We never knew each other at this time as we lived about 6 miles apart.

I (Pat) left Ireland in 1951 aged 18 and came to London. Arriving at Euston station, I was met by my brother. I lived in Kilburn and worked on the buildings for a short time, then did an apprenticeship as a lift engineer, and when qualified worked with the same company for 43 years until I retired. I went home for Christmas in 1952, met Mary at a local dance hall and fell in love - it was love at first sight. We were both 20 years old and have been together ever since. We kept in touch by writing to each other - no phones in those days. Mary came to London in 1954 and we married in St. Joseph's Catholic Church in Highgate in 1957. We settled into married life and were blessed with 3 children, 3 grandchildren and 3 great grandchildren. We are very lucky to have been together for so long, and we thank God every day for that.

Now we will try and share a little of our experience during the pandemic. Like everyone else it has caused a lot of stress and anxiety not to be able to get out and about. We were always out somewhere every day as we used to go to Mass every morning, then it all came to an end. Our son won't allow us to do our shopping - he brings it to us every week. Never mind, we just have to get on with it. We go for a walk every day, weather permitting, and we do wordsearch, jigsaw puzzles, reading, videos and some exercise indoors. I think it helps to keep the mind active.

Although the pandemic has changed everything it also has its positives, and has permitted us to take part in new activities, learning new skills to do zoom, WhatsApp, and messenger which we wouldn't have done otherwise. We must look at the future and be positive as Captain Sir Tom RIP would say: tomorrow will be a better day.

From Eugenie:

I cannot find a truer word
when greeting I address you
No song or poem have I heard
is sweeter than 'God Bless You'.
When your life on Earth is ended
and your upward path is trod
May your name in gold be written
in the autograph of God.
When you are at the altar
and on your bended knee
Just whisper unto Jesus
a little prayer for me



Match the woman to the achievement:

1. A former Prime Minister of Pakistan, she was the first woman to lead a Muslim state
2. English mathematician who worked with Charles Babbage writing one of the first computer algorithms and saw the potential of computers to be more than just calculating machines
3. Dominican politician who was the first elected female Prime Minister of the Americas. One of the longest-serving Heads of government, she served July 1980-June 1995
4. Polish physicist and chemist who discovered radiation and helped to apply it in the field of X-ray. Won the Nobel Prize in both Chemistry and Physics
5. Kenyan-born environmentalist, pro-democracy activist and women's rights campaigner. She was awarded the Nobel Peace Prize
6. NASA scientist, one of the 'human computers' instrumental in the success of the early USA space programme
7. Pakistani schoolgirl who defied the Taliban to campaign for the right to education, she survived being shot and is a global advocate for women's rights, especially the right to education
8. British Chemist who made significant contribution to understanding the structure of DNA and RNA
9. American abolitionist and women's rights campaigner. In 1851, gave a famous speech "Ain't I a woman?" explaining plainly how women were equal to men
10. One of the greatest political leaders of the Eighteenth Century, she played an important role in improving the welfare of serfs and helped make Russia one of the dominant countries in Europe

A: Wangari Maathai; B: Catherine the Great ; C: Ada Lovelace; D: Malala Yousafzai; E: Marie Curie; F: Eugenia Charles; G: Benazir Bhutto; H: Katherine Johnson; I: Sojourner Truth; J: Rosalind Franklin

1=G, Benazir Bhutto; 2=C, Ada Lovelace; 3=F, Eugenia Charles; 4=E, Marie Curie; 5=A, Wangari Maathai; 6=H, Katherine Johnson; 7=D, Malala Yousafzai ; 8=J, Rosalind Franklin; 9=I, Sojourner Truth; 10=B, Catherine the Great

Ancient India

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

EDICT
UTOPIA
STATUETTE
INDUSVALLEY
MEDITATE
BUDDHISM
INDIA
VEDAS
POLYTHEISM
SANSKRIT
MONSOON
NIRVANA
MEDALLION
HINDUISM
KARMA
LEGACY
KILN
AHIMSA
BUDDHIST
SUDRA

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

- 1.57 H V
- 2.40 is D T on a D B
- 3.12 I in a F
- 4.7 W of the W
- 5.101 D
- 6.100 C in a D
- 7.999 F, P, A
- 8.54 C in a P (with J)

1.57 Heinz Varieties 2.40 is Double Top on a Dart
Board 3.12 Inches in a Foot 4.7 Wonders of the World
5.101 Dalmatians 6.100 Cents in a Dollar 7.999 Fire,
Police, Ambulance 8.54 Cards in a Pack (with Joker)

Some news from the bring Me Sunshine Family:

Jackie from the Diamond Club lives not far from HG station, and walks with a friend to have a coffee each day. Her friend's husband is not well, and Jackie helps her as well as making sure she gets a break with their outings. She also visits Sheila for a socially distanced doorstep chat.

Jenny from UCM has been keeping in touch with family and friends by phone, and is keeping her brain active watching quiz shows on TV. Now she can get out more, her daughter has been taking her out in the car to local parks. She has read a lot of books had her vaccination.

Rosa from the Diamond Club sent in the following:
There are 7 miles of lift shafts in the Empire State Building, New York
Why did the bus stop? Because it saw the zebra crossing

Boss to secretary: 'Ms Jones, do you file your nails?' 'No, I throw them away'

Noisy footwear, including flip flops, are banned in Capri

Isla Grant is a Scottish country singer. Born into a musical family she started a singing folk group and wrote *Cottage in the Country*, *Twinkle Twinkle Little Star* (country song, not the nursery rhyme) and many others. She is popular in Ireland, where became known as Emerald Isla

Thanks to Eileen for this:

1st February is the feast of St.Brigid in Ireland, a woman many believe should be equal with St.Patrick, as Ireland's female patron saint. St.Brigid's day coincides with the start of Imbolg, one of the four major fire festivals celebrated by the ancient Celts. She is patron saint of beekeepers, farmers, dairy maids, midwives, babies, blacksmiths, sailors, boatmen, fugitives, poets, scholars and travellers.

One of the best known traditions associated with her is the tradition of weaving St.Brigids's crosses from reeds. According to legend, she was called to the bedside of a dying pagan chieftan, and while she watched over him she bent down, picked up some of the rushes from the floor and wove a cross to explain

the Christian story, after which he became a Christian. Christianity. Optimists mark Lá Fhéile Bríde as the beginning of spring and the time nature begins to spring back into life and hope is renewed, as in parts of Ireland the first snowdrops have already appeared.



LIVING SIMPLY

He leads the humble in justice, and He teaches the humble His way *Psalms 25:9*

I'm nobody! Who are you?
Are you nobody, too?
Then there's a pair of us – don't tell!
They'd banish us you know.
How dreary to be somebody!
How public, like a frog
To tell your name the livelong June
To an admiring bog!

Emily Dickinson



Philosophers have inquired, whether humility is a virtue; but virtue or not, everyone must agree that nothing is more rare.

Voltaire

Success isn't about how much money you make, it's about the difference you make in people's lives

Michelle Obama

Remember that when you leave this earth, you can take with you nothing that you have received – only what you have given

Francis of Assisi

I am not there - I am not then
I am nowhere else – but here.
I am not them - I am not you – I am myself.
I rest from doing - need not achieve.
I do not ask – I do not need.
This is the place for me to be.
Here I am

Andrew Rudd



Last Curtain

I know that the day will come
when my sight of this earth shall be lost,
and life will take its leave in silence,
drawing the last curtain over my eyes.
Yet stars will watch at night,
and morning rise as before,
and hours heave like sea waves casting up pleasures and pains.
When I think of this end of my moments,
the barrier of the moments breaks
and I see by the light of death
thy world with its careless treasures.
Rare is its lowliest seat,
rare is its meanest of lives.
Things that I longed for in vain
and things that I got
—let them pass.
Let me but truly possess
the things that I ever spurned
and overlooked.

Tagore



He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God

Micah 6:8 NIV



Jesus born in a manger,
Show us the way of simplicity.
Help us be satisfied with what we have,
To ask for what we need,
And to share what we have with others.

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