

Joyous Time of Year

May the glory
and the promise
of this joyous time of year
bring peace
and happiness to you
and those you hold most dear.

And may Christ,
Our Risen Saviour,
always be there by your side
to bless you
most abundantly
and be your loving guide.

Author Unknown Xavier.edu



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A year ago, I wrote in the magazine that we were experiencing an Easter like no other, where Churches were closed and the Archbishop of Canterbury was delivering his message from his kitchen. Well, this year it's still not how we would normally be celebrating, but we have moved forward. Most of our lovely churches are open again, including St Andrew which open its doors on Easter Sunday for the first public service in a while, at 10am, although many of you I know are still choosing to access services via live stream or You tube, at home.

The message of Easter is one of hope. Indeed, hope is something we may all be experiencing, following the losses of the last year - loss of loved ones, and also loss of freedoms. Great news that so many have received their first vaccine and many of you are being called for your second. If you don't hear by week 11 after your first vaccine call your GP is the advice from Public Health Lewisham.

I was hoping for the Magnolia tree to blossom, which I mentioned last time, and indeed it has in all its glory, bursting into pink blooms. It reminds me of the constant, one thing which has remained certain - the magnolia tree, in all the years I've lived here (over 20) has blossomed around this time.

This year I think we have lived in Hope. Hope of COVID-19 going away, hope for a cure, hope of a vaccine, hope of loved ones pulling through, hope of seeing loved ones and friends, hope for businesses, schools and young people, hope for creation, hope for peace, hope for bringing people together, hope of a hug, hope of going to the cinema, theatre, restaurants, hope of visiting people, hope of travel... and I'm sure you all have your own hopes! Let's hope that our hope may be blossoming again like that Magnolia tree and soon become a reality as lockdown eases. From this week we can now meet outside, including in public gardens, in groups of six or two households, but still socially distancing. The stay-at-home rule is lifting although you are advised to stay local. Outdoor sports facilities will reopen, including golf courses, tennis courts and outside swimming pools. Hooray! I say, as my husband has been missing his usual 3 times a week tennis games and I will be happy to wave him off!

The hope realised by Christians and celebrated at Easter, the hope of the resurrection, remains like that Magnolia a constant in the life of the church, and one that Christians all over the world continue to celebrate this weekend.

The aim of our Bring Me Sunshine project in the last year was to offer you all messages of hope and friendship through the magazines, including contributions about their lives of our recipients, reflections from our wonderful young people Vera and Daniel, poems and prayers, and activities and suggestions of improving our mental and physical health and keeping connected to others. From the lovely messages I receive saying how much you've enjoyed the magazines, the activities, the little gifts, the fish and chips, the doorstep songs and tea parties, the WhatsApp messages and the prayers that have connected us all during this time I know that many of you feel cared for and more hopeful. Please keep your contributions coming, they are the most important part of the magazines.

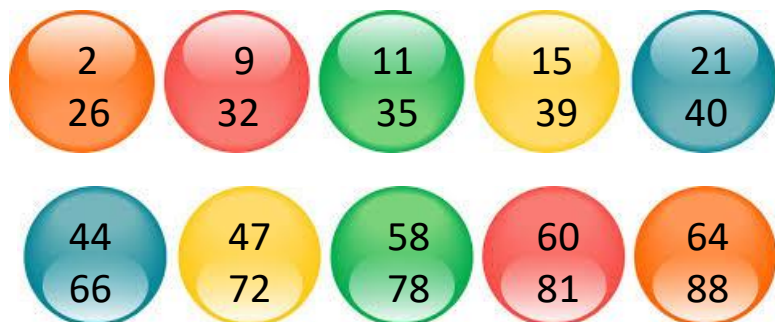
Of course, this has only been possible because of the fantastic team of volunteers who give so generously their time and talent to continue to bring you cheer and hope. Thank you, wonderful team, for all you are doing.

He is Risen, Alleluia! Wishing you all a very Happy Easter. Lesley.

Tuesday Zoom on the 6th April at 11 am will be our Easter celebration, so wear your Easter bonnets or accessories as we enjoy a cuppa and a well-deserved creme egg whilst taking part in a lively musical concert and Easter raffle. ID 82352062156 Passcode 327600 all welcome. Wednesdays reminiscence at 2pm- ID- 84594894906 Passcode- 863920 9pm prayers every evening from Holy Cross- ID7578777461 Passcode- 20212021 We had a winner come forward from the last Bingo Game, Clarrisa, who won £10, so we now begin a new one. Your new ticket is included in your Magazine.



Your Bingo Numbers this week are:



Easter Reflction – A Message of Hope

Hi, Bring Me Sunshine recipients,

At this time of the year, we begin to think of the Easter story. This is a story about a man who challenged society's beliefs and died because of it. On Good Friday, Jesus died and watching him die was the people who he was closest with – they followed, supported and learned from him. All the work which Jesus achieved seemed to be worthless when he uttered "It is finished!". His followers went home believing that it was over, not knowing that this was the start of something wonderful. Jesus rose again on the morning of Easter Sunday, a new life that broke through all human understanding of what it meant to die.

For Christians, the death and resurrection of Jesus lies at the centre of what it means to be truly human. Christians believe that every barrier placed between turning evil to good, lies and truth, slavery and freedom and ultimately between God and humanity was broken on Easter Sunday. The Easter story represents hope of a new start, direction, future and the opportunity to be truly fulfilled humans.

You may share a belief in the Christian message of hope or you may not, yet there is something for us all in the Easter story. Every one of us has experienced times when we felt discouraged or let down by others just like Jesus' followers on the first Good Friday. Easter tells us that however bad our situation might appear to be, there is always a way forward, even if we cannot see it right now.

Let us use this time to reflect and take a look at our lives and what matters. Think about the previous year. What did you achieve, however small it might be. Try to look away from the negatives that are dragging you down and begin to search for the positives. We have supported each other and are actively overcoming the hardest period which we have experienced in decades!

Sometimes, it may feel as though we are forever stuck in Good Friday but we must remember that Easter Sunday always follows.

*Have a Wonderful Easter,
Daniel*



Mr. Motivator came to Catford last week to join the Give a Song team, featured (with our own Pat Doyle) on BBC's Morning Live, and also visited the Welcome Care Home. Members of the BMS family have made 80 of the hundreds of requests for songs from Lewisham residents to the Give a Song team during the pandemic, brightening their (and probably their neighbours') day. If you would like a song, you can request via giveasong.org.uk, or ask Lesley if you do not have access to e mail.

Thank you so much knitters! These include Nicole, Margaret, Christine and friends, Sandra, Fiona and Kitty from St.Andrew; Torridon Road Library's Knit and Natter Group; Grace and friends from St.Laurence; and Vi, Eileen, Margaret and Theresa from Holy Cross. Thanks to them you will be receiving a hand-knitted Easter chick or bunny egg cosy.

A big thank you too for the generosity of students at Christ the King Sixth Form College in giving creme eggs.

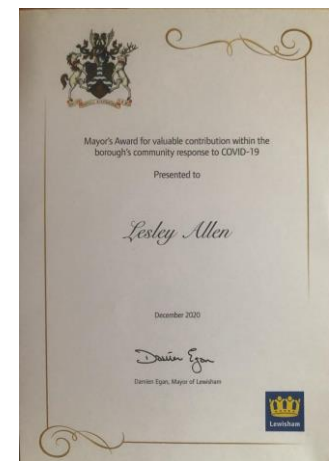
And a massive thanks and well done to Sandra for making 200 beautiful Easter cards.



Eileen,
appropriately attired
for St.Patrick's Day



Some AWIL
volunteers
and
beneficiaries



Lesley's award from
the Mayor of Lewisham

Ageing Well in Lewisham has continued to phone members and visit them on their doorsteps over the past few weeks. With the weather turning more and more springy, we look forward to moving these out to people's gardens soon. Most of our members have now had at least the first round of vaccine and there is a renewed sense of hope and looking to the future, not just getting through the present.

Our singing group, The Befrienders, participated in an online Merry Neet, a Cumbrian tradition which celebrates the turning of the season and creativity hosted on zoom by the Mouthful choir from Cumbria.

Ageing Well was also pleased to be included in Lewisham Local's month-long tribute to women's contributions in the community, which kicked off on International Women's Day on March 8.

To contact us e mail: info@ageingwellinlewisham.org, or phone: 0208 698 3735

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

*I am especially glad of the divine gift
of laughter:
it has made the world human and lovable,
despite all its pain and wrong*

W. E. B. Du Bois





RABBIT ANAGRAMS

Can you unscramble the letters to make well-known rabbits (and a couple of hares)?

- 1.The rump
- 2.Nubby guns
- 3.Bribe patter
- 4.Hitter with babe
- 5.Teeny sunbather
- 6.Riot grabber
- 7.Heath charmer
- 8.Okay cherub

1.Thumper; 2.Bugs Bunny; 3.Peter Rabbit; 4.The White Rabbit; 5.The Easter Bunny; 6.Roger Rabbit; 7.March Hare; 8.Bucky O'Hare

What's a rabbit's favourite game? Hopscotch

Did you hear about the guy who stole a rabbit? He had to make a run for it

From Denis... Women get their own back next time

Why it's great to be a man...

1. You can do no wrong in your mother's eyes
2. You can take refuge from the world/the mother-in-law/TV soaps in the shed
3. You can leave the washing up for days or weeks. Same applies to dirty socks
4. You don't have to wax your legs (sorry this is so sexist!)
5. You never have to look for ladder free tights at seven in the morning
6. You don't have to worry about matching trousers, shoes, underwear or hat
7. You don't need to go to the toilet in twos
8. Garage owners, washing machine repair men and dealers don't see us coming
9. No one tells us "cheer up love "



Match the Easter tradition to the place it is celebrated:

- a) water fights in the street on Easter Monday
- b) giving chocolate rabbit-eared bandicoots (bilbys)
- c) a Good Friday kite festival
- d) reading crime fiction/watching crime programmes on TV

- 1) Australia 2) Bermuda
- 3) Norway 4) Poland/Ukraine/Hungary

5.The cycle of which astronomical body determines the date of Easter?

6.Which Jewish festival has a link with Easter?

7.How many days after Easter is Pentecost?

8.The early church in Mesopotamia started which colourful Easter custom?

9.Which meat is it traditional to eat at Easter?

10.Fabergé made jewelled Easter eggs for the royal family in which country?



Good Friday Kite Festival

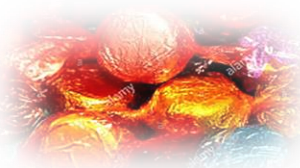


Examples of Fabergé Eggs

1.(Australia) b; 2.(Bermuda) c; 3. (Norway) d; 4. eggs at Easter; 9.lamb; 10.Russia (Poland/Ukraine/Hungary) a; 5.Moon; 6.Passover; 7.50; 8. colouring

Easter wordsearch based on Luke's Gospel

Living	Y	L	X	Y	P	K	W	G	P	R	X	I	F	L	W
Women	D	B	A	R	H	V	N	E	S	P	I	C	E	S	K
Faces	P	W	V	S	L	I	P	U	E	F	Z	S	Z	U	T
Morning	A	R	W	A	N	U	S	V	T	K	Q	A	E	F	N
Tomb	G	D	O	R	C	K	T	Z	O	W	T	J	O	N	A
First	Y	R	O	L	T	Q	O	K	M	B	O	D	Y	L	Z
Stone	G	M	O	W	L	D	N	E	B	S	S	T	B	Q	J
Week	Y	D	B	U	G	E	E	V	N	R	T	H	K	E	Z
Rolled	W	L	Z	O	N	Q	D	U	L	T	W	H	J	M	T
Spices	F	O	I	Q	W	D	J	U	F	O	E	R	X	S	C
Entered	R	R	M	V	R	E	M	E	M	B	E	R	R	S	I
Body	J	D	I	E	I	U	D	P	R	E	C	I	E	P	K
Risen	G	F	E	G	N	N	N	B	D	D	F	C	G	D	O
Away	O	D	D	A	H	S	G	C	Q	A	A	I	X	I	V
Ground	L	A	T	F	D	T	M	P	J	F	Y	Z	T	F	L
Fright															
Dead															
Bowed															
Remember															
Day															



Chocolate Slogans

The following are advertising slogans associated with chocolate. Some are from the past, some the present. Can you identify them?

1. The lighter way to enjoy chocolate.
2. Feel the bubbles.
3. The taste of paradise.
4. Get Some Nuts!
5. Why have cotton when you can have silk?
6. It's not for girls
7. It's not Terry's, It's mine.
8. And all because the lady loves...

1. Maltesers; 2. Aero; 3. Bounty; 4. Snickers; 5. Galaxy; 6. Yorkie; 7. Chocolate Orange; 8. Milk Tray

Thanks to the Diamond Club's Sheila:

The things that have kept me going through the pandemic:
I have a good family. I isolated with my daughter for 14 weeks in Herne Bay from the beginning of March until end of June, and my son and his family support me. I have lived in Lewisham all my life except for eight years when I lived in Deptford - there I met good friends Theresa and Hugh who I have known for 53 years. Theresa introduced me to the Irish Club and Diamond Cub which supported me when I lost my husband in 2003. My Parish Church, St. Saviour, has been a rock for me - I and 3 of my siblings married there, and christenings, holy communions, baptisms and schooling all took place there. Through clubs and Church I have met good friends who make life worth living – Theresa, Hugh, Mary Kelly, Jackie Bowness, Eileen Doyle and many others. We have a little drink, tea, cake, and share our memories. I know I am blessed.

Getting to know you... Phyllis, from the Diamond Club



I was the youngest of 7 children, and had an idyllic childhood growing up on a farm in rural Ireland, where we had cows and calves, chickens and hens, turkeys, geese, ducks, etc. I loved all the farm animals, especially the young chicks and baby ducks, turkeys, and goslings, a dog, a cat, and a donkey. After leaving school I helped work on the farm.

My parents were getting older and they wanted me to stay at home, but I wanted to travel, so when my brother came home on holidays in 1962 I planned to go back with him to London. So I did, and we arrived at my sister's house in Thornton Heath.

My first job was as an auxilliary nurse at the local hospital, where the matron asked if I would like to commence training in June, and I did. Hence the start of my nursing career. I qualified as a State Registered Nurse then trained as a midwife. I went back to work as a midwife in Dublin for a couple of years, returned to London, met my husband, and settled down to working in Lewisham and Hither Green hospitals. I have nursed in Guy's, St.Thomas's, St. Giles, and Bromley hospitals.

I had 4 children, and I love my 3 grandchildren, who now live in Ireland.

EASTER

Then came the healing time, hearts started to shine, soul felt so fine, oh
what a freeing time it was

Aberjhani

We ask that streams of Easter light might flow into the intimacy and privacy
of our hearts this morning, to heal us and encourage us and enable us to
make again a new beginning

John O'Donohue

In Memorium (written during WWI)

The flowers left thick at nightfall in the wood
This Eastertide call into mind the men,
Now far from home, who, with their sweethearts, should
Have gathered them and will do never again.

Edward Thomas

We recall our friends and family members who have died during the last year

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen.

The Easter Flower

Far from this foreign Easter damp and chilly
My soul steals to a pear-shaped plot of ground,
Where gleamed the lilac-tinted Easter lily
Soft-scented in the air for yards around;

Alone, without a hint of guardian leaf!
Just like a fragile bell of silver rime,
It burst the tomb for freedom sweet and brief
In the young pregnant year at Eastertime;

And many thought it was a sacred sign,
And some called it the resurrection flower;
And I, a pagan, worshiped at its shrine,
Yielding my heart unto its perfumed power.

Claude McKay



As they entered the tomb, they saw a young man dressed in a
white robe sitting on the right side, and they were alarmed.
'Don't be alarmed,' he said. 'You are looking for Jesus the
Nazarene, who was crucified. He has risen! He is not here. See
the place where they laid him'

Mark 16:5-6

He is not here; he has risen! Remember how he told you, while he
was still with you in Galilee: 'The Son of Man must be delivered
over to the hands of sinners, be crucified and on the third day be
raised again'

Luke 24:6-7

Risen Lord,
we rejoice today that you
have triumphed over death
and that the victory is yours.

Help us to re-discover what it means
to be Easter people.

May we be messengers of hope
and heralds of righteousness

Deliver us from fear
to speak your word of peace
as we live your risen life.

CofE



Easter Prayer of Saint Hippolytus of Rome

Christ is Risen: The world below lies desolate
Christ is Risen: The spirits of evil are fallen
Christ is Risen: The angels of God are rejoicing
Christ is Risen: The tombs of the dead are empty
Christ is Risen indeed from the dead,
the first of the sleepers,
Glory and power are his forever and ever.