



An African Hymn:

The cross is the hope of Christians,
the cross is the resurrection of the dead,
the cross is the way of the lost,
the cross is the saviour of the lost,
the cross is the staff of the lame,
the cross is the guide of the blind,
the cross is the strength of the weak,
the cross is the doctor of the sick,
the cross is the aim of the priests,
the cross is the hope of the hopeless,
the cross is the freedom of the slaves,
the cross is the power of the kings,
the cross is the water of the seeds,
the cross is the consolation of the bondmen,
the cross is the source of those who seek water,
the cross is the cloth of the naked.
We thank you, Father, for the cross.

Supported by:

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COMMUNITY FUND

Bring Me Sunshine 35

I do hope you all had a lovely Easter week. We have 6 more weeks in the Easter season to celebrate and continue to wish everyone a very happy Easter, and our great gift and challenge to live our lives in the light of faith as the Easter people remains in all we do and say. What a joy to be able to attend the Easter Triduum services at Holy Cross. The Easter Vigil started at 11pm on Saturday, and ended with our organist Nick playing a rousing recital which had the hairs on my arms standing up, and people burst forth with spontaneous applause. Another joy to behold was seeing the doors of St Andrew's Church open again after lockdown, the congregation queuing to enter safely, with car horns sounding and drivers at the traffic lights by Church stopping to wish them well. What a great witness of the risen Lord in our community, seen in the smiling faces of the congregation.

Easter celebrations continued with the huge generosity of Christ the King Sixth Form College students and staff who **eggcelled** themselves, donating 600 creme eggs and 120 larger ones, so chocolate eggs could be given to the elderly, children, needy families, the foodbank, and I think quite a few adults also managed to get one. The knitted chicks and bunnies made by our talented contributors were **eggcellent**, as were the beautiful hand-crafted cards containing a prayer card. Bring Me Sunshine managed some **Eggsciting** visits to some of our more isolated elders with a couple of songs once the flurry of snow had stopped on Easter Monday, and more celebrations were held via Zoom on Tuesday, with lively musical entertainment and an Easter bonnet competition, a vibrant sight to see.

Our three wonderful young magazine volunteers, who are helping as part of the Duke of Edinburgh Award scheme, have commented on the Duke's passing, saying: "It's been a great privilege to be involved in the D of E and it's been really inspiring to see how many young people Prince Philip as Patron has supported, by helping us give to our communities and by giving us opportunities to reach our goals" and "I have been lucky enough to experience something different and fun and it has helped my mental health by volunteering as part of keeping me positive and optimistic. The Duke of Edinburgh legacy can live on through this scheme as young people reflect on his extraordinary achievements throughout his life".

The links for the Zoom meetings on Tuesday, Wednesday and for night prayers remain the same, please refer to your previous booklet.

Lesley

Prayers on the death of His Royal Highness The Duke of Edinburgh KG

God of our lives,
We give thanks for the life of Prince Philip,
For the love he shared among us,
And for his devotion to duty.
We entrust him now to your love and mercy,
Through our Redeemer, Jesus Christ, Amen
Merciful God be close to all who mourn,
Especially the Queen and all the members of the royal family.
May they know the hope of your promises
And the comfort of your love.
Through Jesus Christ our Lord. Amen
Eternal God we give thanks for the life of Prince Philip,
Founder of the Duke of Edinburgh's Award.
We remember his vision and imagination,
His interest in young people and his support for them.
Inspire us with the same commitment
To serve friend, neighbour and stranger alike,
Through Jesus Christ our Lord. Amen.
May his soul, and the souls of all the departed, rest in peace. Amen.



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To make Bring Me Sunshine original contributions
(your words, **not** your money!): Amy
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Your contributions make all the difference... please, please share – news,
memories, poems, jokes, puzzles, pictures and more

On the 8th of March when schools reopened, my sixth form introduced a new restriction which requires students to leave the sixth form at lunchtime and finish lessons online. This is to reduce the amount of contact made throughout the day. This is not much of a hassle for me as I live close to the sixth form, but it has prevented me from eating a healthy lunch on some occasions. Despite the sixth form's attempt to improve this new restriction, it has been inconvenient for students who live further away from the sixth form. They are also unable to eat a healthy lunch and are constantly needing to rush home, with traffic and so many other factors which can cause them to be late for their remaining online lessons. I understand this is to reduce the spread of the virus and save lives but it is quite unfair on students' learning. If the sixth form could implement a takeaway system, which is operated by the canteen, then this may assist students on their way home. Nevertheless, this new method has been very tedious and can occasionally delay my last lesson – which is not great. Sixth form has definitely been a strange environment but I do believe that everything will eventually go back to normal. We just have to continue to pray and be hopeful. Having a growth mindset during this period has significantly helped improve my attitude towards learning and allow me to be committed to achieving excellence. Onsite learning is the best option for students' mental health but it is unfortunate to have restrictions in place – which are barriers for student' enjoyment in a school environment. But like everything in life, it does come with positives. It has increased engagement and reduced the likelihood of students' being easily distracted. My experience with online learning and onsite learning (with restrictions) are similar. They each have their advantages and disadvantages which alter the experience. The best learning method is learning onsite with no restrictions. But that is not an option at the moment. I believe that I learn equally well, online and onsite, but there are a few students who do not share this belief and it would be very upsetting to see them not get the grades they deserve because of the pandemic. I hope this has given you all a clearer insight of my personal experience with learning online and onsite (with restrictions). Unfortunately, this is the penultimate reflection I will be creating. It is going to be a shame to go and I really have enjoyed making these articles and would discuss this more in my next piece. Until then, have a wonderful Day, Daniel

From Rosa:

The past is gone to be no more
Tomorrow may never come
Enjoy today to be at peace
And you and God are one

St. George, April 23rd

Patron of England, Ethiopia, Georgia, Catalonia and Aragon



Heavenly Father,
give us the bravery of St George
to stand up for the truth and the glory of God
that we have seen in the face of Jesus Christ.
Give us the strength to overcome
in our lives and in the world,
all that is contrary to your rule of justice and love.
Help us to be good news to the poor,
proclaim release to the captives
and recovery of sight to the blind;
let the oppressed go free, and
proclaim the good news of God's favour
Amen

Dr. John Sentamu, Retired Archbishop of York



My Experience with Learning Onsite (with restrictions)

Hi Bring Me Sunshine recipients,

A few weeks ago I had the opportunity to discuss my experience with learning online. I was informed that it was interesting to receive a student's insight on how their learning was being impacted by the pandemic, so I decided to use this opportunity to discuss my experience with learning onsite while restrictions are in place

I was not keen on the idea of going back onsite to learn as I became so comfortable with learning online. However, I have recently been enjoying learning onsite more. Onsite learning is important for the mental wellbeing of teachers and students. It allows everyone to be more interactive and engaged towards learning – which has increased focus in lessons. Interacting with others in a face-to-face environment builds character and is vital for me and my fellow students. Learning onsite also improves our communication and does not require us to stare at a computer screen for hours. This is beneficial to many young people as screen time is already high and learning onsite can help reduce this significantly.

Even though learning onsite has increased the productivity for most students, it is not ideal when there are many restrictions in place. Unfortunately, I joined sixth form when restrictions were introduced (September 2020). Since then, many more restrictions have been added to help reduce the spread of the virus. As a result of some of these restrictions, I have been unable to use the gym in my sixth form. This is very disappointing as I enjoy keeping fit and was looking forward to using the gym equipment upon my arrival.

Some Easter pictures... Isn't Theresa's home crafted bonnet amazing?



Patched Together is a collaborative community creative project for Lewisham residents. Participants will receive bundles of creative equipment and materials, learn exciting textile skills and contribute to a collaborative artwork from their homes. Over the course of the project participants will be provided with 6 creative textile kits, one every 2 weeks for 12 weeks. First kits will go out from 6th May. The project is funded by the Mayor of London MAKE London fund and is FREE for participants.

This is round 2. See work from round 1 at: <https://www.makemeestudio.co.uk/wearepatchedtogether>

The project is open to all Lewisham residents, with priority given to those who are shielding, isolated, or on low income. Entries can be by individuals or families. Participants do not need internet access or experience. All ages 8+ welcome

Each kit will focus on a different textile technique that will be useful for upcycling or reinventing clothes/homewares. eg, printing, weaving, embroidery. The packs will contain easy to follow, written and pictorial instructions, as well as any necessary equipment and materials. There is also access to a YouTube tutorial and the opportunity to join a fortnightly zoom call to ask questions and meet other makers. A special patch of fabric will be included with each pack that they will be encouraged to decorate with the technique of the week and then return to us for the collaborative patchwork. We will pick up the previous patch when we drop off the next set of kits.

More information: <https://www.makemeestudio.co.uk/patchedtogether> or via Lesley

Definitions belong to the definers,
not the defined

Toni Morrison



Remember Denis's why it's great to be a man? Here's the other side:
(apologies in advance for any sexism!)

Why it's even better to be a woman...

- We do not cause wars
- We can tolerate pain
- We can wear a wig for fun
- We don't have hair sprouting from our ears and nose as we get older
- We know how to vacuum under a bed and how to change a duvet in five minutes
- We have our own cubicle when we go to the toilet
- We can go shopping all day, buy nothing and still enjoy it
- We can dance on our own or with our mates and not look stupid
- We never have a horrible beer belly
- We can wear sandals and shorts and not look ridiculous
- We live longer than our partners and can then spend their money

What do you call a man with a rabbit living in his jumper? Warren

What's the difference between a rabbit at the gym and a rabbit with a carrot on his head? One's a fit bunny, the other's a bit funny

What's a rabbit's favourite type of music? Hip-Hop

Some food for thought from Jenita:

The Most Important Things in Our Life:

Order; Relationship; Wisdom; Sacrificial seed

Proverbs:

There is no pillow as soft as a clear conscience

It is not what you have that determines your reward,
but what you do with what you have

The wise do at once while the fool does at last

The dream of yesterday is the hope of today and the
reality of tomorrow

You can't manage what you can't measure

Actions speak louder than words



- 1.What is a loom used for?
- 2.William Shakespeare's father traded in which item of clothing?
- 3.Which well-known shoe manufacturing company is named after the Greek goddess of victory?
- 4.Tyrian purple, the most expensive dye in the ancient world, was made using what creatures?
5. Which singer wore a swan dress to the 2001 Oscars?
- 6.What is the name of the ancient route connecting China with Asia Minor and the Mediterranean?
- 7.In which decade of the 20th century was nylon developed?
- 8.What is silk made of?
- 9.What items of clothing are winklepickers and brothel creepers?
- 10.Which common fastener was mostly used for boots and tobacco pouches for the first 20 years after it was first made in the early 20th century?
- 11.Where on his body would a man wear a kofia?
- 12.Which singer is known for wearing a vintage Vivienne Westwood Mountie hat?
- 13.In which country would a woman wear a kimono?
- 14.What are moleskin trousers made of?
- 15.Which non-mammal provides some leather for small items?

1.Weaving; 2.Gloves; 3.Nike; 4.Sea snails (from the eastern Mediterranean); 5.Bjork; 6.Silk route; 7.30's (1930); 8.Insect cocoons (fibroin is produced from them to make silk); 9.Shoes; 10.Zip; 11.On his head (East African men's hat); 12.Pharrell Williams; 13.Japan; 14.Cotton (heavy cotton sheared on one side for soft finish); 15.Fish (eel, salmon, shark)

England

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

GUY FAWKES
BRISTOL
HENRY VIII
MORRIS DANCING
BIRMINGHAM
ROYALTY
CRICKET
BEEFEATERS
MANCHESTER
LIVERPOOL
ENGLAND
YORKSHIRE
UNITED KINGDOM
NOTTINGHAM
LONDON
SHEFFIELD

O	R	R
E	F	H
E	E	T

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 23, including one nine letter word

Many thanks for this contribution from a Diamond Club member:

Nature

Marjorie Harrison

Rustling brown leaves on a sub-zero wintery day.
Sudden chill grips the air, casting floral petals away.
Spring edges forward, unveiling blooming delight.
Frost has been banished away, with short days and long nights.
Smell of lavender and moonflower radiates the air with a fine mist.
Chirping insects, birds singing, buzzing bees and children’s laughter become nature’s playlist.
Along strolls the summer, cool collective with swagger
The fanfare of nature finest huddle around it like Jagger.
Sizzling sound of a barbecue mixed with chattering takes over,
Whilst butterflies and sunflowers bask, avoiding any cover.
Autumns silent approach eases the change-over to dusk,
As the clocks go back and the seasons adjust.
The return of winter icily paves the way
For rustling brown leaves on a sub zero wintery day.



Your Bingo Numbers this week are:

1 19	3 22	10 25	12 29	16 30
31 52	37 55	42 62	48 68	50 82

Therefore: eft, fee, feet, ferret, fete, foe, for, fore, forte, forth, free, freer, fret, fro, froth, heft, hereof, oft, reef, refer, thereof

WAITING ON GOD

"I believe; help my unbelief!" *Mark 9:24*

Sometimes the flame of a lamp can leap up and burn furiously. At other times it burns gently and quietly. Sometimes its light leaps up and emits a great radiance. At other times its small flame gives out only a dim light. This is how it is with the lamp of grace in the soul. It is always lit and giving off illumination, but when it burns with special radiance, it is as if the soul were drunk with the love for god. At other times, as God himself decides, the light is still there but it is only a dim glow

Makarios the Great, Desert Father 5th C

And I said to him:

Are there answers to all of this?

And he said:

The answer is in a story
and the story is being told.

And I said:

But there is so much pain
And she answered, plainly:
Pain will happen.

Then I said:

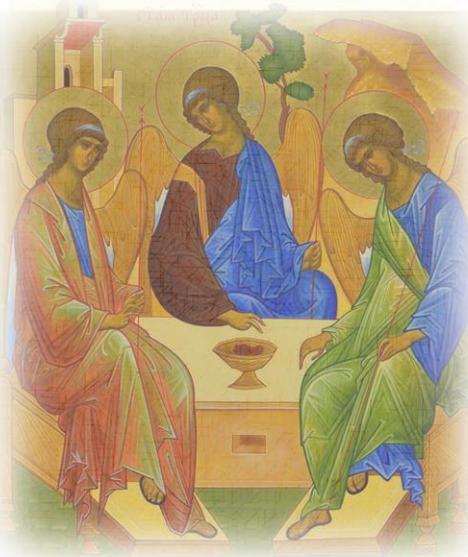
Will I ever find meaning?

And they said:

You will find meaning
where you give meaning.

The answer is in the story
and the story isn't finished.

Padraig O Tuama



A common mistake we make is that we look for God in places where we ourselves wish to find him

Criss Jami

Cherish those who seek the truth but beware of those who find it

Voltaire

Great Doubt: great awakening. Little Doubt: little awakening. No Doubt: no awakening

Zen saying

Doubt isn't the opposite of faith: it is an element of faith

Paul Tillich

Wait for the Lord;

Be strong and let your heart take courage;

Yes, wait for the Lord

Psalms 27:14

Patience

If thou speakest not I will fill my heart with thy silence and endure it.
I will keep still and wait like the night with starry vigil
and its head bent low with patience.

The morning will surely come, the darkness will vanish,
and thy voice pour down in golden streams breaking through the sky.
Then thy words will take wing in songs from every one of my birds' nests,
and thy melodies will break forth in flowers in all my forest groves.

Rabindranath Tagore

God, Who is everywhere, never leaves us. Yet He seems sometimes to be present, sometimes to be absent. If we do not know Him well, we do not realize that He may be more present to us when He is absent than when He is present.

Thomas Merton



As the rain hides the stars,
as the autumn mist
hides the hills,
as the clouds veil
the blue of the sky, so
the dark happenings of my lot
hide the shining of thy face from me.
Yet, if I may hold thy hand in the darkness,
it is enough, since I know,
that though I may stumble in my going,
Thou dost not fall.

traditional - scottish gaelic

A Prayer of St. Benedict

O gracious and holy Father,
give us wisdom to perceive you, diligence to seek you,
patience to wait for you, eyes to behold you,
a heart to meditate upon you, and a life to proclaim you,
through the power of the spirit of Jesus Christ our Lord.

Amen