




Bring Me Sunshine 36



For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!

For blue of stream and blue of sky;
For pleasant shade of branches high;
For fragrant air and cooling breeze;
For beauty of the blooming trees,
Father in heaven, we thank Thee!

*From We Thank Thee
Ralph Waldo Emerson*

I do hope you've been able to enjoy the glorious sunshine recently. Being outside with the warmth of the sun shining down on our faces it is lovely, but within a short space of time there's been quite a chill in the air and we can feel quite cold. That's a bit like our COVID-19 times I feel; there's plenty of warmth and hope that we are hearing about, as virus case numbers in Britain are going down and restrictions lifting, but also cold and maybe fears and uncertainty, as the country continues to feel the devastation of the last year as well as the horrific increasing case numbers in India causing a humanitarian emergency.

This Sunday just gone was called Good Shepherd Sunday, or Vocations Sunday. Coming from Wales I know there are certainly a lot of sheep to Shepherd. I used to live on the bank of a small mountain, and our back wall had come down in one place. Once I returned home to literally find a sheep in our home - it took quite a while to shepherd it out. "I am the good shepherd says the Lord; I know my own sheep and my own know me". God is our Shepherd and healer, he has chosen us and calls us by name not number. I recall a friend of mine, when she was in hospital with COVID and very ill, saying that she was called by her bed number and not name - a very impersonal and rather distressing experience. God though calls us all by name and asks of us to follow him. He calls us all to make a difference, big or small, in our world, whether for one person or for many. In our hands is the power to heal and lift spirits with a smile, a look, a kind word, or by calling someone by their name. Let's make a difference this week and bring a smile or act of kindness to those around us, and, if you're on the receiving end, accept it with gratitude.

One of my highlights of the week, and I know several of yours, was having my hair done for the first time in months. On Zoom I've seen quite a few cuts and sets and colours, although many have decided to keep their hair long and stop colouring it. We soon get used to different ways of living, don't we?

Some people have enjoyed getting together with a few more people outside, and last Saturday several of us had some fun singing and dancing in Mountsfield Park to the global dance craze and hymn Jerusalema, our Bring Me Sunshine theme tune, and more. We are going to give it a go this Saturday too, in groups of six. Meet at 12 noon at the Brownhill Road entrance if you want to join in.

This time we have the last article from Daniel from Christ the King Sixth Form College. He has been a wonderful, dedicated, inspiring contributor to our magazine as part of his Duke of Edinburgh scheme, and we wish him well and thank him from us all for making a difference.

I would be very grateful if you would complete the enclosed questionnaire which will help us plan the future for Bring Me Sunshine as lockdown eases and some activities resume. We plan to host some more doorstep tea parties in small clusters over the course of May and June which I hope you'll enjoy as well as some deliveries of fish and chips again.

Please join us for our Zoom sessions:

Tuesday- 11am, Exercise, Bingo and sharing. ID82352062156 Passcode 327600

Wednesday-2pm, Reminiscence, ID 84594894906 Passcode 863920

Every evening at 9pm prayers from Holy Cross for 15minutes ID 7578777461 Passcode 20212021

If you'd like to join the Friday Irish centre Zoom at 11am for Qi Gong, meditation and Bingo, or the Quaggy Choir on a Tuesday at 7pm let me know as they would be very happy for you to join in.



Lewisham Sings
with
Quaggy Community Choir

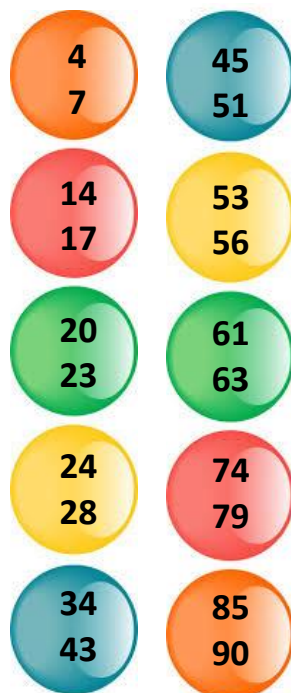
Friendly, fun, welcoming and inclusive.
Proud to sing in Lewisham.

Every Tuesday online at 7pm
Email us for the Zoom link
quaggycommunitychoir@gmail.com
quaggycommunitychoir.com

No fees
Contributions welcome

/quaggycommunitychoir
@quaggycommunitychoir
@quaggychoir

Your Bingo Numbers
this week are:



After completing the Christmas Bonus Edition, Lesley asked me to make fortnightly contributions of one page – which has definitely been much easier to do!

Writing these articles with the ability to be flexible and write anything deemed to be reasonable has been amazing. It has allowed me to reflect on important aspects of life, which I previously did not do. In fact, the whole of the last year has allowed me to do this and this is one positive outcome which I am happy to have gained. I have been given the opportunity to promote positivity to others while I have actively been learning to be more positive and optimistic in life. Writing these articles has allowed me to view the world differently and it is amazing. These articles have been very fun to create and allowed me to be creative, as well as productive! Having all of this done online was not ideal, but it has significantly been beneficial as receiving voluntary work in a face-to-face environment has been difficult with the governments constant change of restrictions.

With that being said, I would like to thank everyone who has helped me, supported me and has allowed me to positively impact others. In particular, I would like to thank my careers advisor for suggesting that I talk to the Chaplin when I was struggling to receive a voluntary role, the sixth form Chaplin for forwarding me this opportunity and presenting me with a Jack Petchey Award for my articles, my mentor for continuously motivating me and assisting me with writing my articles, my teachers who are always encouraging me and praising me for my work, Lesley for guiding me and allowing me to be in a position where I can positively contribute to people in the community and a big thank you to all the Bring Me Sunshine recipients who have been reading my reflections and providing positive feedback! Last of all, I would like to thank The Prince Phillip, Duke of Edinburgh for setting up the Duke of Edinburgh Award scheme as it has been beneficial to me and many other young people over the years! May Prince Phillip's soul rest in eternal peace.

I usually do not enjoy when a large number of people read what I write, but it is quite comforting writing these articles for all of you! I hope that I have positively inspired all of you during the pandemic, as you have all done to me – through writing these! This opportunity has been amazing and I cannot stress enough how much I have appreciated these past 6 months. If there is one key message from all my articles, it is that you should always be hopeful and stay positive in whatever situation you are experiencing.

Have a wonderful year and keep safe, Daniel



A massive thank you to Daniel for his varied and thoughtful contributions over the last few months, and best wishes for the future!



Thank You

Hi, Bring Me Sunshine recipients,

I have been creating reflection articles for the Bring Me Sunshine magazines for the past 6 months and it has been one of my proudest achievements. Unfortunately, my contributions have come to an end and this will be the last one.

I have never been a strong believer of voluntary work and did not understand why people are willing to give up their time, for free, to help others. However, writing these reflections has completely changed my perspective of voluntary work. Writing these articles have been beneficial towards my mental health and I hope it has been for all of you too.

Initially, I was looking for an organisation which could offer me voluntary work that would contribute towards my Duke of Edinburgh Award. After searching for many weeks, I received a voluntary sales assistant role for a charity shop. However, this position was put on hold when lockdown 2.0 was introduced. After talking with the careers advisor at my sixth form I was presented with the idea to ask the sixth form Chaplin for any voluntary work which I could do. The Chaplin then helped me get in contact with Lesley – who guided me on the possible role I could do. At first, I was unsure whether I wanted to accept this role as it was not what I was previously looking for, but over time this changed.

My mother has always said that 'every disappointment is a blessing' and this is definitely true in this circumstance as I have truly been blessed with this opportunity.

I began contributing to the Bring Me Sunshine magazine in November, with my first contribution being an amazing Christmas Bonus magazine (if I must say so myself). Creating this magazine took about 4 – 6 weeks and was very fun. This was my first writing piece that was going to be shown to a large audience, so was very nerve-racking to make it the best I possibly could.

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!

There's a Whole Lotta Bakin' Goin' On...



Above: Volunteer Izzy made this Sicilian Orange cake for the birthday of Bring Me Sunshine recipient Claire, to cheer her in tough times

Left: the sisters of St. Andrew, led by Sr Beatrice, making and packing hundreds of rock cakes for Bring Me Sunshine, which some of you will have enjoyed last time

Thanks to Win for the lovely card for the BMS volunteers!

*A lie doesn't become truth, wrong doesn't become right,
and evil doesn't become good,
just because it's accepted by a majority*
Booker T. Washington



Life is filled with both darkness and light
And we owe it to ourselves to live a good life
Many loved ones have not managed to live out their dreams
Life can be a bitch, or at least sometimes that's how it seems.

We've all lost dear loved ones, some not so long ago
And have had to deal with immense sorrow and woe
But I'm hopeful that they're all dancing around the throne
As their dear departed souls have been called back home.

We are made to believe that your hearing is the last sense to go
So as we whispered words of love we sincerely wished you to know
That despite the fact that you will be out of our sight
Your place will remain in our hearts, as that was your right.

Some loved ones passing we were not able to share
We were unable to be near but we hope they knew that we truly cared
What your last moments were like we do not know
But we hope you had someone with you as on your last journey you go.

Your life with us has been truly remarkable
Your contribution to our existence makes your memories sparkle
You were not created to spend too long on earth
But your influence and achievements have proclaimed your worth.

You are truly missed and that's for sure
We look for you every time we come through the door
Your photographs which are still on the shelf
We often take down and hold against ourselves.

Memories of you are all around
Everyday new thoughts of you resound
Your voice, your smile, your unique laughter
Brings sadness as well as incredible joy, which nothing can shatter.

We will go through the five stages of grief
And going through them, will eventually bring us great relief
We need to accept that grieving is a necessary process
Which does not always leave us feeling bereft.

It is impossible to experience loss without suffering grief
But that is ok, because it helps to strengthen our beliefs
That the cycle of life does not end with death
But it is often the beginning of deep emotions we need to address.

Grief allows us to acknowledge the importance of life
It gives us the chance to mend all old troubles and strife
Disagreements happen all too often
And this is our chance to both give, and receive pardon.

Flowers Quiz

Can you match the picture to the name of the flower? And to a fact about it?



1



2



3



4



5



6



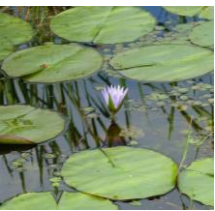
7



8



9



10



11



12

- a) Heliconia b) Lotus c) Hollyhock d) Carnation e) Foxglove f) Feverfew
g) Forget-me-not h) Water Lily i) Dandelion j) Lavender k) Hyacinth l) Iris

I) Symbolises fruitfulness, and is the 13th anniversary flower; II) The national flower of France; III) 17th Century herbalist Nicholas Culpepper wrote “It is very effectual for all pains in the head.”; IV) The national flower of India; V) named after Mount *****, the seat of the Muses, the nine goddesses of the arts and sciences in Greek mythology; VI) Used Over 2500 years ago in ancient Egypt during the mummification process; VII) Poisonous plant, used in producing heart medication; VIII) Guyana’s national flower, it is also represented in the Guyana coat of arms; IX) The flowers emit pleasant scent, but only during the night; X) Their seeds can travel 5 miles before reaching the ground; XI) The national flower of New Zealand, Slovenia, Spain, and Monaco; XII) Named after a Spartan youth in Greek mythology who was accidentally killed by Apollo

1.i,X • 2.k,XII • 3.j,VI • 4.b,IV • 5.e,VII • 6.g,IX • 7.f,III • 8.c,I • 9.l,
V • 10.h,VIII • 11.d,XI • 12.a,VI

The Ancient Egyptians

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CLEOPATRA
SCARAB
PAPYRUS
RIVER NILE
HIEROGLYPHICS
PHARAHO
TOMB
MUMMIFICATION
SLAVES
ANUBIS
NEFERTITI
DESERT
BANDAGE
SPHINX
PYRAMIDS
EGYPT
ISIS
PHARAOH

We must strive to live in harmony and peace
Mend old grievances, and cause frictions to cease
Use grief to teach you the profound love and reverence
You will miss when a loved one is no longer present.

Learn to live with love because life is fragile
Cherish every look, every word, every smile

Loss and grief brings wonderful memories and a realisation of what we have loved and lost
And we can look back with gratitude knowing that what you shared with us in life, will be
revered at all cost.

Memories keeps one going in a positive way
It plants the seed of hope for calmer and better days
It helps us to open our eyes to another reality
And acknowledge that although life is good, we must embrace our own mortality.

Everything happens for a reason

We know that when we observe the four seasons

Nature shows that most flowers and vegetation on earth

Goes through death before there is glorious regeneration and rebirth.

So beloved family and friends who have gone on before
Please make a way for us, because of one thing we're sure
None of us were born to stay in this world forever
No matter how much we think we are great or clever.

So until we are all finally reunited

Although early demise we are not necessarily inviting

I feel confident our reunion will be joyous for sure

And our sense of incredible loss and grief, will be no more.

Spring "flower bud" Sudoku - Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid. The same puzzle is here twice – that on the right is a harder version...

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| | r | | | | | d | b | |

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| b | f | | | | | | | u |
| | | | | f | u | | b | |

Solution:

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| d | u | o | b | r | e | l | w | f |
| b | f | w | d | o | l | e | r | u |
| e | r | l | w | f | u | d | b | o |

Some old favourites from Tim Vine:

Did you hear about the actor who fell through the floorboards? He was just going through a stage.

I saw this advert in a window that said: 'Television for sale, £1, volume stuck on full.' I thought, 'I can't turn that down.'

I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again.

I got home, and the phone was ringing. I picked it up, and said 'Who's speaking please?' And a voice said 'You are.'

Velcro? What a rip-off!

I met the bloke who invented crosswords today. I can't remember his name, it's P-something T-something R...

I was having dinner with my boss and his wife said, 'How many potatoes would you like, Tim?'. I said 'Ooh, I'll just have one please.' She said 'It's OK, you don't have to be polite.' 'Alright,' I said, 'I'll just have one then, you stupid cow.'

Tomorrow Shall be My Dancing Day

Chorus: Sing O my love. O my love, my
love, my love;

This have I done for my true love

Tomorrow Shall be my dancing day:
I would my true love did so chance
To see the legend of my play,
to call my true love to my dance:

Chorus

Then was I born of a virgin pure,
of her I took fleshly substance;
Thus was I knit to human nature,
to call my true love to my dance:

Chorus

In a manger laid and wrapped I was,
so very poor, this was my chance,
Betwixt an ox and a silly poor ass,
to call my true love to my dance:

Chorus

Then afterwards baptized I was;
the Holy Ghost on me did glance,
My Father's voice heard from above,
to call my true love to the dance:

Chorus

Then down to hell I took my way
for my true love's deliverance,
And rose again on the third day,
up to my true love and the dance:

Chorus

Then up to heaven I did ascend,
where now I dwell in sure substance
On the right hand of God, that man
may come unto the general dance:

Chorus

Mediaeval English Carol



LORD OF THE DANCE

There is...

a time to weep and a time
to laugh, a time to mourn
and a time to dance

Ecclesiastes 3:4

David was dancing before the Lord
with all his might, while he and all Israel
were bringing up the ark of the Lord
with shouts and the sound of trumpets

2 Samuel 6:14-15 NIV

Praise God in his sanctuary; praise him in his mighty
heavens. Praise him for his acts of power;
praise him for his surpassing greatness. Praise him with the
sounding of the trumpet, praise him with the harp and
lyre, praise him with timbrel and dancing, praise him with
the strings and pipe, praise him with the clash of cymbals,
praise him with resounding cymbals.

Let everything that has breath praise the Lord

Psalms 150:1-6



We remember those who now, together with the Angels,
dance the dance of the Angels around God,
just as in the flesh they performed a spiritual dance of life
and, here on earth, a heavenly dance.

Amen

Basil the Great, bishop of Caesarea

Dancing

The universe from which Love sprang
started with a Tiny Bang
when Love, to everyone's surprise,
came dancing out of paradise,
dancing into night and day,
dancing into DNA,
dancing to a different drum,
dancing into kingdom come,
dancing with a virgin stranger,
dancing in the dirty manger,
dancing ever undefiled,
dancing as a little child.

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This world we live in is the dance of the
Creator. Dancers come and go in the twinkling
of an eye but the dance lives on. On many an
occasion when I am dancing, I have felt
touched by something sacred. In those
moments, I felt my spirit soar and become one
with everything that exists

Michael Jackson

Everything in the universe has a rhythm,
everything dances

Maya Angelou

Work like you don't need the money. Dance
like no one is watching. And love like you've
never been hurt

Mark Twain

Dance, when you're broken open. Dance, if
you've torn the bandage off. Dance in the
middle of the fighting. Dance in your blood.
Dance when you're perfectly free

Rumi

You turned my wailing into dancing; you
removed my sackcloth and clothed me with
joy

Psalms 30:11-12 NIV