

Bring Me Sunshine 37

Spirit of the living God,
Move among us
As you transform the world
Into the place you dream it to be.
Make us one in love,
Humble, caring,
Selfless, sharing.
Blow among us, Spirit of God,
Fill us with your courage and care.
Hurricane and Breath,
Take us on a journey of love!

Methodist.org.uk

'Hugging may be allowed from the 17th May' seems to be the main headline at the moment, which must be a positive sign, surely. Sadly, globally a million deaths have been reported this month, but thankfully here in London the vaccine uptake has been good and we are very well protected.

It seems that Boris Johnson is poised to announce that the next stage of lifting lockdown will go ahead, clearing the way for people to meet inside and for indoor hospitality to resume. Better be sure though, and check the announcements before you throw caution to the wind and start embracing everyone in sight. Hugging - gosh it's been a while hasn't it, how will it feel I wonder? Who will we want to hug and feel okay about hugging? I think I'm going to swerve this apart from immediate family for now. They say that 20 seconds of hugging a day alleviates stress, lowers blood pressure and improves your mood, as oxytocin is released.

Sunday just gone the Gospel reading stated that "no one can have greater love than to lay down his life for his friends", which of course is what Jesus did. This made me think about the importance of friendships, friends who we love unconditionally. My mother used to say how important friendships are and how you had to nurture and cultivate them by giving and receiving. It's been a strange year, hasn't it? it's been hard not being able to meet up easily with friends and have to connect via phone or zoom. Despite this, the friendship of others has never seemed so important - friendship from neighbours, community, and local organisations who have offered assistance. Let's thank God for his friendship and love as well as those people around us who have been loving friends to us and us to them.

The week ahead is Dementia Awareness week. Bring me Sunshine is a Dementia Friendly organisation, and we must pay tribute to all the who have been supporting loved ones living with Dementia during these difficult times when services have not always been readily available.

The key message the Alzheimer's society are trying to get across this year is a call out to cure the care system; they say dementia isn't curable yet, but the care system is. A million families are struggling to take care of loved ones and underfunding has led to services that are difficult to access, costly, and unfair. Just as the NHS is free at the point of use, the Alzheimer's society is campaigning that dementia care must be delivered on the same principle.

The reminiscence sessions on Zoom have been a delight, looking at the theme of 'Happy Place' together, led by Age Exchange, Malcom and Mel. We have looked at holidays, entertainment, markets, jobs, food, and games, and discovered that Kitty wore a woollen swimming costume back in the day and Rosa had lunch with David Bowie and Freddy Mercury when she worked for designer Natasha Korniloff. Join us if you can, on a Wednesday at 2pm.

Thank you to those who have sent back their questionnaires giving us your views about Bring Me Sunshine and the Diamond Club, we shall be using these to plan our own road map through the next months. Keep your strength and spirits up everyone: as Sir Tom said, "tomorrow will be a good day"

Please join us for our Zoom sessions:

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

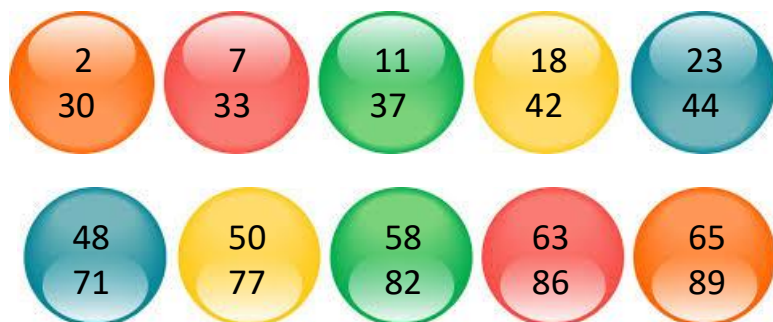
Wednesday-2pm, Reminiscence, ID 84594894906 Passcode 863920

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.

Bingo has been won so we now can start a new game, please find your new ticket inside the booklet.

Your Bingo Numbers this week are:



Welcome and thanks to Sophie, who has kindly taken over from Vera and Daniel in sharing some reflections from a young person's perspective

To Bring Me Sunshine recipients,

I have been looking for a volunteering placement to complete my Duke of Edinburgh award and am very grateful to have been given the opportunity to feature in this magazine.

I enjoy writing about the various things that I have learnt both in school and out, and am looking forward to sharing my interests and positive stories with you all!

One of the subjects I am most passionate about is wildlife conservation since I have always had a strong love of animals and hope to someday volunteer at a wildlife sanctuary. I currently volunteer as an Eco-Rep in my sixth form, and have been learning new ways to both reduce my carbon footprint, and get more involved in improving the environment for my local community. One of the small ways we can all contribute to the reduction of air pollution is to take up gardening, an activity that promotes routine and benefits your mental health. I would love to talk more about the benefits of gardening and other activities that support emotional wellbeing in later articles, and am excited to share some of the things that I have learnt as an Eco-rep so far.

In the future, I would like to go into Physiotherapy as this would give me the opportunity to help improve people's lives, study anatomy and study sports science. I am currently studying English, Biology and Psychology A-Levels, and have found Psychology to be one of the most interesting subjects I have ever come across! I'm particularly interested in attachment theory as well as the impacts different parenting styles can have on a child's future relationships, and have been doing my own research outside of school to explore the effects these impacts can have. I am looking forward to sharing my findings with you all, as well as findings from many other exciting psychological studies, as there is always something new to learn in this field!

I wish you all a blessed day,

Sophie.

Animal fact: Baby elephants will suck on their trunks for comfort in the same way that human infants suck on their thumbs.

10 Those with internet can look up www.habbbub.org.uk for lots of ideas to help nature if you have a garden. Here are two examples of simple bird feeders anyone can make, for a small space or balcony as well as a garden



1. Pierce two holes opposite from one another, about 1.5-2cm away from the rim of the orange.
2. Carefully thread a stick through the holes.
3. Repeat steps 1&2 on the opposite side of the orange, but pierce the holes slightly lower down the orange than the first set of holes.
4. Cut 4 lengths of string for hanging. Tie a string onto all 4 sticks, and push the string loop position along the stick until the orange bowl is balanced and level.
5. Tie all your strings together at the top in a knot, and hang.

This one is really simple, simply cut a large orange in half and scoop out the insides. Then, thread two pieces of string through the orange so that it hangs upright. Fill the orange with bird food. You could stick to birdseed or try peanuts, mealworms, suet, dried fruit or even leftovers such as cheese or cake



Take a length of garden wire and thread the pieces of food onto it, leaving 1 inch free at either end. Twist the ends of the wire together to create a circle. Cut a length of string for hanging, and tie this onto your fruit hoop. Hang your creation and watch the birds enjoy.

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 - a quiz, poem, short piece about what you are doing at home, something about your life now or a memory from the past... if you have email or whatsapp you can send a picture, too

For those of you who like to stay busy, **Ageing Well in Lewisham's** lively singing group, The Befrienders has several fun projects in the works: MAY 18TH : *Spring Forth* on Zoom

Join The Befrienders and Trinity Laban students as they collaborate in *Spring Forth*, a feel-good online lunchtime concert to welcome the arrival of Spring.

Featuring original songs and arrangements written collaboratively by the group and popular favourites for sing-alongs. Admission free, all welcome. For enquiries/invitations contact Jenny Barwise: 020 8305 9354 j.barwise@trinitylaban.ac.uk

The Befrienders also recently participated in the **Statues for the Unforgotten** project, a chance to honour people overlooked in history and public discussions for multiple reasons. Their commemorative video and song celebrating the late Cynthia Dunn is available to view on YouTube. <https://www.youtube.com/watch?v=VFqIBwPiUOA>
Ageing Well also continues to keep in touch with members and connect them to exciting projects happening around the borough. We are loving being to move to into people's gardens for visits in the sunshine! If you or someone you know would like a friendly visit, or for more information about our singing group, please contact us at 0208 698 3735 or at info@ageingwellinlewisham.org

[photo courtesy of Trinity Laban/ Inspired Not Tired]



Every day
may not
be good
but
there is
something
good in
every day

Alice Morse
Earle



The last bit of Bring Me Sunshine's patchwork was returned recently, so here it all is!

QUIZ

Purple

1. What is the name of the seller of purple dye in Acts 16?
2. Mauve is named after the flower of which plant?
3. When do priests traditionally wear purple vestments?
4. Domenica's flag has what on it that is partly coloured violet?
5. The name of the Jimi Hendrix hit of 1967 is *Purple*?
6. In the USA, what is a Purple Heart?
7. What is a 'purple patch'?
8. The name of the 1985 Woody Allen Film is *The Purple Rose of*?
9. In the 'language of flowers', what virtue does the violet stand for?
10. In ancient Rome, Japan, the Byzantine Empire and others, purple was a sign of what?
11. Which sweet product, first sold in 1905, has always had a purple wrapper?
12. Prince and the New Power Generation had a hit in 1984 with *Purple*?
13. What is 'purple prose'?
14. Who wrote the book *The colour Purple*?
15. Which colours other than purple were used by the women's suffrage movement in Britain and the USA?

1. Lydia; 2. Mallow (Mauve is the French version of the Latin *malva*); 3. Lent and Easter; 4. A bird (Sisseron's parrot); 5. Haze; 6. Military decoration; 7. Run of good luck or success; 8. Cairo; 9. Modesty; 10. Royalty; 11. Cadbury's Dairy Milk chocolate bar; 12. Rain; 13. Prose that is over elaborate or ornate; 14. Alice Walker; 15. White and green

On the left, some pictures from Jenita's family album, including a beautiful one of her and her husband (with her now reflected on the glass); Below, no shortage of Easter eggs at Kath and Stan's, a successful amaryllis grown since Christmas, and Eileen M. on her birthday this week



Thanks to Madge for sending in these inspiring hymn words:

The Wonder of it All
 There's the wonder of sunset at evening,
 The wonder of sunrise I see;
 But the wonder of wonders that thrills my soul
 Is the wonder that God loves me
 Oh the wonder of it all!
 Just to think that God loves me
 Oh the wonder of it all!
 Just to think that God loves me
 There's the wonder of springtime and harvest,
 The sky, the stars, the sun;
 But the wonder of wonders that thrills my soul
 Is a wonder that's only begun

Coronation Street Characters

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

AUDREY
LEANNE
PETER
JASON
LIAM
CARLA
ROSIE
MICHELLE
MAVIS
DAVID
RITA
LEN
SALLY
DENNIS
EILEEN
STEVE
BETHANY
HILDA
STAN
BETTY

Sudoku

	4		9		5	3		6
	6		4		3	7	9	1
		9			6			5
	2					9		
9				7			4	
	3					6		
		3			9			7
	7		1		4	2	3	9
	9		8		7	5		4

Spring Anagrams:

Sonaes
Tbarbi
Chath
Berthir
Blsomos
Nleangic
Hgwotr
nibro

Season; rabbit; hatch;
rebirth; blossom;
cleaning; growth; robin

A reflection from Jenita:

PRIDE

Pride lands you flat on your face (Prov 29:23) Why? Because it blinds you to the truth
Adam and Eve wanted to play God (Gen 3:5)



Wounded pride made Joseph's brothers want to sell him into slavery (Gen 37:8)

Pride made Saul so jealous he wanted to kill David, the competition (1Sam18:8)

Pride made Hezekiah reveal his nation's wealth to the enemy (Is 39)

Pride caused the disciples to compete for the top spot in God's Kingdom (Luke 9:46)

Pride is why we bless God and with the same tongue we curse men and women he made in his own image.

A Christian Prayer for the Virtue of Humility Xavier.edu

Lord Jesus, when you walked the earth, your humility obscured your Kingship. Your meekness confused the arrogant, hindering them from grasping your purpose, your nobleness attending to the destitute. Teach me to model after your eminence, to subject my human nature to humility. Grant me with a natural inclination to never view myself greater than anyone. Banish all lingering sparks of self-importance that could elevate me greater than you. Let my heart always imitate your humility. Amen

Eileen (Doyle) wonders if anyone could help the Mission to Seafarers by knitting hats. The Mission says: 'Kitted items made by you, with love, help seafarers arriving in the UK and around the world during the long cold days and nights spent on the open seas.' Hats can be returned to Lesley, who will pass them on to Eileen to send.

Woollen hat

You will need:

2 oz double knit or 4 ply wool

Size 8 (4mm) needles

To make:

Cast on 120 stitches

Rib (2 plain 2 purl) for 12 inches

Next row: knit 2 together to end of the row purl next row

Repeat these 2 rows once more

Knit 1 row

Purl 1 row

Pull thread through all stitches and sew up seam

Thank you, knitters!

RAIN

In time of silver rain
The earth puts forth new life again,
Green grasses grow
And flowers lift their heads,
And over all the plain
The wonder spreads
Of life,
Of life,
Of life!

In time of silver rain
The butterflies lift silken wings
To catch a rainbow cry,
And trees put forth new leaves to sing
In joy beneath the sky
As down the roadway
Passing boys and girls
Go singing, too,
In time of silver rain When spring
And life
Are new.

Langston Hughes

Let the rain come and wash away the ancient grudges,
the bitter hatreds held and nurtured over generations.
Let the rain wash away the memory of the hurt, the neglect.
Then let the sun come out and fill the sky with rainbows.
Let the warmth of the sun heal us wherever we are broken.
Let it burn away the fog so that we can see each other clearly.
So that we can see beyond labels, beyond accents, gender or skin colour.
Let the warmth and brightness of the sun melt our selfishness.
So that we can share the joys and feel the sorrows of our neighbours.
And let the light of the sun be so strong
that we will see all people as our neighbours.
Let the earth, nourished by rain,
bring forth flowers to surround us with beauty.
And let the mountains teach our hearts to reach upward to heaven.
Amen.

A Prayer for the World - Rabbi Harold Kushner

Lie on the bridge and watch the water flowing past. Or run, or wade through the swamp
in your red boots. Or roll yourself up and listen to the rain falling on the roof. It's very
easy to enjoy yourself

Tove Jansson

Don't threaten me with love, baby. Let's just go walking in the rain

Billie Holiday

... my poetry was born between the hill and the river, it took its voice from the rain, and
like the timber, it steeped itself in the forests

Pablo Neruda

Sing unto the Lord with thanksgiving; sing praise upon the harp unto our God who
covereth the heaven with clouds, who prepareth rain for the earth, who maketh grass
to grow upon the mountains

Ps 147:7-8 KJV

The Lord will open to you His good treasure, the heavens, to give the rain to your land
in its season, and to bless all the work of your hand

Deut 28:12 NKJV

Lord,
when you send the rain
think about it, please,
a little?
Do not get carried away
by the sound of falling water,
the marvellous light
on the falling water.
I am beneath that water.
It falls with great force
and the light
Blinds
me to the light.

James Baldwin



O God,
In whom we live and move and have our being,
Grant us sufficient rain,
And protect us from floods.
So that being supplied with
What sustains us in this present life,
We may seek more confidently
What sustains us for eternity
We make this prayer through Jesus Christ our Lord. Amen

St. Anne Church, Bandra, India