



**Glory be to the Father,**  
Who by His almighty power  
and love created me,  
making me in the image and likeness of God.

**Glory be to the Son,**  
Who by His Precious Blood  
delivered me from hell,  
and opened for me the gates of heaven.

**Glory be to the Holy Spirit,**  
Who has sanctified me  
in the sacrament of Baptism,  
and continues to sanctify me  
by the graces I receive daily from His bounty.

**Glory be to the Three adorable Persons  
of the Holy Trinity,**  
now and forever.

Amen

[www.catholicdoors.com](http://www.catholicdoors.com)

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Co-op Community Fund

# Bring Me Sunshine 38

Wishing you all well as we head towards the end of May, I know that some of you have enjoyed your first hug, first meal in a restaurant for a long time, a visit to a pub, an exhibition or a swim in the swimming pool. The signs seem to be more positive that restrictions are easing somewhat, and the cases of COVID-19 have reduced significantly. Good news that the second vaccine is offering good immunity to the variant first found in India.

Here at BMS we are beginning to make some plans for the months ahead, based on your returned questionnaires. You seem generally keen to start meeting again when it is safe to do so, and I hope to have a garden tea party in July and possibly an outside fête in August, as well as some small get-togethers indoors for exercise with a cup of coffee and a catch up at the end of June. We will continue with newsletter/magazine, but it will reduce to monthly. So please send in your stories, anecdotes, thoughts and feelings - we would love to get to know you better.

Bring Me Sunshine was nominated to the Annual Catholic Charity Conference held at the beginning of May, and I am delighted to inform you that we were the winners of the people's choice award- Best Community Outreach Programme - and will be receiving £3,000 to continue the work of Bring Me Sunshine moving forward. Thank you to all the volunteers for all your efforts over the last 16 months of the pandemic, continuing to reach out to our older and vulnerable members of the community affected by isolation and loneliness.

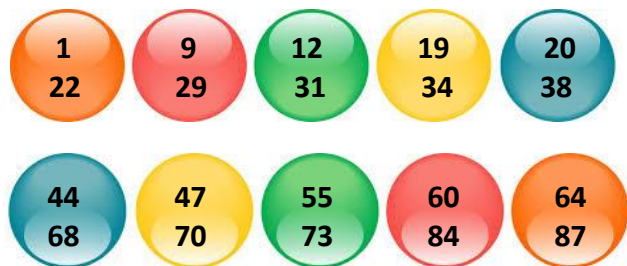
Sunday, we celebrated Pentecost, when the Holy Spirit descended on the disciples and continues to reside in all believers. Everyone has the spark in us, and our prayer is fuelled by the Holy Spirit to light the fire in us all to bring joy to others. We are asked to renew the face of the earth, and particularly now we are asked to address the damage we have inflicted on our planet and creation and help build a better environment for future generations. Fr Lindsay, our local Anglican priest, informed us in his newsletter of the feast of St Philip Neri on Wednesday. St. Philip Neri is the patron saint of laughter, and the newsletter suggested that a light touch is needed, let's laugh a little more?

Last week I held a small gathering in my garden for my 55<sup>th</sup> Birthday with a few friends, what a joy that was, to be in the company of others again and socialise even if it was somewhat distantly. I had some wonderful birthday wishes, cards, flowers and gifts so thank you everyone, you are very kind and I felt very blessed. It was also lovely to share with a lot of you at the Doris Day show we held on Zoom on Sunday, and in my church, with the celebration of a lovely Mass and birthday blessings at the night prayers. Your prayers and good wishes lift me up and sustain me.

Bring Me Sunshine newsletters and deliveries will be monthly from now on, with the next one on 26<sup>th</sup> June. Until then, wishing you all a good month, filled with moments of joy and laughter. Lesley



*Your Bingo Numbers this week are:*



#### Please join us for Zoom:

Tuesday 11am for Breathing and relaxation ID- 82352062156 Passcode 327600  
Night prayers at Holy Cross at 9pm- ID 7578777461, Passcode- 20212021  
Friday Zoom with the Irish club for Qi Gong, Bingo and music- ID 84242003523

### AN EVENING OF CLASSICAL AND IRISH TRADITIONAL MUSIC WITH FIONA AND JEAN KELLY

IN AID OF THE LEWISHAM IRISH COMMUNITY CENTRE

6TH JUNE - 6PM - 7PM

BOOK YOUR TICKET NOW AT  
[LEWISHAMIRISH.ORG.UK](http://LEWISHAMIRISH.ORG.UK)



Join us **online** for a fundraising concert with the talented Jean and Fiona Kelly on Sunday 6<sup>th</sup> June at 7pm. Jean & Fiona will be joined by special guest Denis Costello who will perform a medley of our favourite Irish songs.

All proceeds will help fund the essential work of the Lewisham Irish Community Centre, donate what you can to assist us to continue our work. Invite your friends and family, we look forward to seeing you on the night! Full details of how to purchase tickets will be available from our website [www.lewishamirish.org.uk](http://www.lewishamirish.org.uk) If you have any queries in the meantime, please contact Kathleen Sheridan on [manager@lewishamirish.org.uk](mailto:manager@lewishamirish.org.uk)



To Bring Me Sunshine recipients,

Since we are entering the height of the Spring season with plenty of good weather incoming over the next few months, I have decided to take this week to talk about the benefits of gardening, both for the environment and your mental health!

Gardening is an example of one of the many ways we can slow down the effects of climate change from our

homes, since the introduction of new plants and shrubs in gardens significantly reduces carbon dioxide levels in the air, while simultaneously increasing oxygen levels. Planting throughout the spring

can also improve soil health in your garden, and the air quality of a room if you are keeping potted plants indoors. These small changes can also have a big impact on urban biodiversity, since gardens offer a range of different microclimates and vegetation structures, which help support insect life and offer new habitats to small animals. There are so many different ways to benefit both your mental health and the environment this spring, even if you don't have access to a garden! I highly recommend having a go at making birdfeeders- we tried to make some at school, and even though the birds refused to go near mine, I had a lot of fun making them!

Gardening is proven to have a good impact on your mental health, as well as various other benefits in terms of good physical health outcomes, and a better quality of life. A study carried out by Soga et al concluded that gardening is linked to a reduction of stress, anger, fatigue, depression and anxiety symptoms, and that it promotes a sense of life satisfaction. This small change in lifestyle can have such a big impact on your happiness and the life of the community around you, and is the perfect opportunity to get creative and make your living space more vibrant!

I also recommend holding a sunflower growing competition- my family and I host one between us every year, and no one ever wins because the squirrels eat them, but it's still fun and it brings a competitive element to getting outside and trying something new!

I wish you all a blessed day! Sophie

Fun fact: Did you know that the vibrations of music and the sound of your voice have a good impact on the way a plant grows?





10 Chaplain for the Catholic Students at Dickinson State College in North Dakota in the 1980's, Benedictine Sister Ruth Fox was invited to offer a prayer during the graduation of the senior class. Not able to find a prayer she thought right for the occasion, she wrote one. She said: "And the words of the prayer gradually came to me (given by the Holy Spirit)." The prayer has been adapted and retitled by others since, but this is the original:

### A Non-traditional Blessing

May God bless you with discontent with easy answers, half-truths, superficial relationships, so that you will live from deep within your heart.

May God bless you with anger at injustice, oppression, abuse, and exploitation of people, so that you will work for justice, equality, and peace.

May God bless you with tears to shed for those who suffer from pain, rejection, starvation and war, so that you will reach out your hand to comfort them and to change their pain to joy.

May God bless you with the foolishness to think you can make a difference in this world, so that you will do the things which others tell you cannot be done.

If you have the courage to accept these blessings, then God will also bless you with:

happiness—because you will know that you have made life better for others

inner peace—because you will have worked to secure an outer peace for others

laughter—because your heart will be light

faithful friends—because they will recognize your worth as a person.

These blessings are yours—not for the asking, but for the giving—from One who wants to be your companion, our God, who lives and reigns, forever and ever. Amen.

Holiday at Home Project lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) Tel. 07729 785843  
To make Bring Me Sunshine original contributions  
(your words, **not** your money!): Amy  
email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com) Tel. 07847 799791

Your contributions make all the difference... please, please share!

Some artwork from Jenita, created as part of the Age Exchange project:



### A Note from Ageing Well in Lewisham:

All of our members are really enjoying the easing of restrictions-- meeting friends for a drink, seeing family. The warmer weather (sometimes mixed with hail!) has been welcome as well.

Our singing group, The Befrienders, gave a lovely online Spring Forth and Sing concert on the 18th, alongside students from Trinity Laban and the Age Exchange Tuesday Daycare Group. Audience members were invited to join in with some old favourites as well as original creations. One of the highlights was our very own Avril

Sydee's original "English Urban Garden" sung to the tune of "In an English Country Garden". Check out the "English Urban Garden" video on YouTube! It was created out of individual voices recorded on Zoom and then mixed and accompanied by the group's original photos.  
<https://www.youtube.com/watch?v=6LOP5Pt8RQ>



photo Trinity Laban/ Inspired Not Tired

Please join our Befrienders choir on Zoom every Tuesday morning from 10-11:30

For information, contact [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org); 0208 698 3735

Remember that sometimes  
not getting what you want  
is a wonderful stroke of luck  
Dalai Lama



## GRANDPARENTS' PRECIOUS GIFT by Doreen McKenzie

Whenever a new baby is born into a family  
It is something that is greeted most happily  
Grandparents are blessed with the most precious gift  
A gift that has helped their hearts to soar with the most glorious lift  
Especially in this time of depression, loss and isolation  
It is even more fantastic that they've been given this wonderful distraction.

Many new grand parents have joined the club of the elite  
There are many of them, though each one is unique  
Amongst all the overwhelming challenges  
With a grand child, Grandparents have been given a chance to have new and exciting experiences.

When a little baby girl or a baby boy is born  
Whether late at night, or in the early hours of the morn  
There is love and excitement abounding  
For grandparents, this fantastic feeling can sometimes seem almost overwhelming.

Another little soul for family and friends to treasure  
But the elation of the grandparents is more than can be measured  
Their tasks as enforcers of discipline and givers of extra hugs and kisses  
Are roles they will relish, as well as granting many of their grandchildren's wishes.

Children are sent to us as a blessing  
Although their needs and demands can at times be pressing  
But what a marvellous time to rejoice  
As the little miracles help us to forget, what and who we have lost.  
So my congratulations to all the very proud parents  
Who have a responsibility which will be intense  
But I hope that as they embark on this very important journey  
They will remember and include the very proud grandpas and grannies!

*Many congratulations to Doreen, who has recently had a book published:*

### **The Purpose of My Life: Now, Then, and in the Future**

by Doreen McKenzie

Kindle ebook: <https://www.amazon.co.uk/dp/B093R6QHS6>

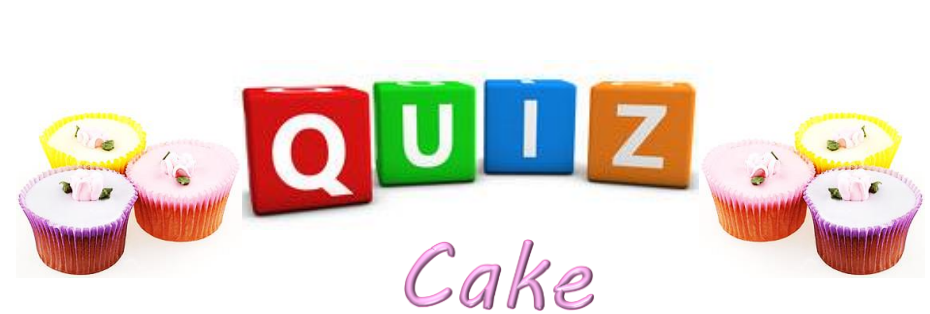
Paperback: <https://www.amazon.co.uk/dp/B093RHMGCX>



*He's back! Denis has spent some time sharpening his wit, but it was worth the wait:*

Frawley joined the Navy to see the world, but he ended up serving on a submarine  
Frawley was wrongly arrested outside the local butchers. Police thought he was a chop lifter

Frawley went on a quiz programme. Asked the question: if they have a referee in football and an umpire in cricket, what have they got in bowls? He answered: a goldfish



1. Why was it decided that a Jaffa Cake is a cake, not a biscuit, when McVitie's went to a VAT tribunal in 1991?
2. What is a Lamington rolled in after being covered with chocolate?
3. Which spirit is sometimes used to flavour cakes from Jamaica?
4. Which British monarch was among the first people to have pure white icing on their wedding cake, leading to it being called royal icing?
5. The word 'cake' comes from 'kaka', from which civilisation?
6. After which UK country are small, flat cakes containing currants and spices which are baked on a griddle or bakestone called?
7. This cake from Goa, also known as tavsoli, is named after an ingredient which we would usually eat in salads – what?
8. A type of sweet bread from Italy containing raisins and fruit peel, often eaten at Christmas, is called what?
9. Which ancient culture is thought to be the first to bake cakes, sweetening them with honey?
10. In which county of the UK is it traditional to make cakes using saffron?
11. Why are 'cupcakes' so called?
12. Where in the world are moon cakes, originally honouring the moon goddess at the time of harvest moon, eaten?
13. At what time of year is simnel caked usually eaten?
14. What is unusual about the shape of a bundt cake?
15. Which fruit is used in a black forest gâteau?
16. A fruit loaf from where is called a brack?

1. Cakes go hard when stale, whereas biscuits go soft; 2. Desiccated coconut; 3. Rum; 4. Queen Victoria; 5. Norse/Viking; 6. Wales (Welsh cakes); 7. Cucumber; 8. Panettone; 9. Egyptian; 10. Cornwall; 11. Because ingredients are measured in cups, and they were often baked in a cup; 12. China; 13. Easter; 14. It is made in a mould and has a hole in the middle; 15. Cherries; 16. Ireland



European Countries

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

ROMANIA  
IRELAND  
MALTA  
POLAND  
SLOVENIA  
HUNGARY  
MONTENEGRO  
FRANCE  
NORWAY  
UKRAINE  
GERMANY  
SPAIN  
AZERBAIJAN  
SERBIA  
ESTONIA  
BULGARIA  
CYPRUS  
LITHUANIA  
ITALY

Y	W	I
Y	N	A
G	L	A

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 25, including one nine letter word

Waylaying: again, allign, ana, any, anyway, awn, gain, gin, gnaw, inlay, lain, lawn, laying, lyin, nag, nail, nay, nil, wain, wan, wanly, win, wing,

Frawley confessed in confession to stealing wood from Homebase to make a bench. The Priest, for his penance, told him to make a Novena. ‘I will,’ said Frawley, ‘if you give me the measurements’  
The Priest told Frawley that the family that prays together, stays together. Frawley replied: ‘Thank God my mother-in-law is an atheist’  
As Frawley said: ‘Marriage is nature’s way of keeping people arguing with strangers’  
One of Frawley’s jokes: The spoon said to the fork, “who was that ladle I saw you with last night?” The fork said: “That was no ladle, that was my knife”  
The Doctor told Frawley to stop drinking and make changes. So Frawley changed his Doctor.  
Frawley’s neighbours all wear wooly jumpers a size too small. He said that they are a very tight knit community

I’m a right old Cockney geezer, born within two miles from Bow  
From a run-down flat in Hoxton, that’s near Shoreditch, don’t cha know  
Spent my time along the river Thames, worked hard at Millwall Docks  
Took the good times with the bad times, took life’s pleasures, took life’s knocks  
Spent my week-ends down the boozer, just yer common working man  
And joined my mates to cheer the greats – my football team West Ham  
It was New Year’s Eve I met her, in a pub at Clapton pond  
She a nurse at Hackney hospital, just a couple of miles beyond  
Cor Blimey, what a darling, with eyes just meant to please  
From County Cork she told me and a place called Tullylease  
Her accent mate confused me, but straight up I was so keen  
This geezer loved her charm and looks, yea know just what I mean  
We courted and we sported, love and kisses was the mode  
Went to church with her in Dalston, that’s along the Ballspond Road  
We shared our love of cooking giving every dish a try  
Cabbage bacon for my Caitlin, boiled beef carrots Cockney boy  
And I tread the Irish dance Halls from the Shamrock to the Harp  
The Round Tower and the Blarney and the one up Finsbury Park  
Well struth, straight up, that music with the dances and the craic  
Maybe it’s because I’m a Londoner, but now I’m more a Pat  
Life was beauty, life was golden, ‘til one night at New Cross Gate  
Had some silly argy-bargy, lovers tiff I can relate  
But she took the plane to Shannon, with a note – it cannot work  
Where eventually she married some rich farmer in Kanturk  
I’m ageing now, my health ain’t good right here in Bethnal Green  
I just dream of all those happy days I spent with my colleen  
I just wonder if she thinks of me and why we had to part  
Leaving this old Cockney Geezer with a sad and broken heart

Denis Costelloe

# SILENCE

Silence makes us ready for a new meeting with God. In silence, God's word can reach the hidden corners of our hearts. In silence, it proves to be 'sharper than any two-edged sword, piercing until it divides soul from spirit'(Heb4:12). In silence, we stop hiding before God, and the light of Christ can reach and heal and transform even what we are ashamed of *Taize.fr*

For we pray to Him in the silence of our hearts. Wheresoever you are, wheresoever you may be, praying, He who hears you is within you, hidden within *St. Augustine*

I have always loved the desert. One sits down on a desert sand dune, sees nothing, hears nothing. Yet through the silence something throbs, and gleams... *Antoine de Saint-Exupéry, The Little Prince*

What is it that stands higher than words? Action. What is it that stands higher than action? Silence *Francis of Assisi*

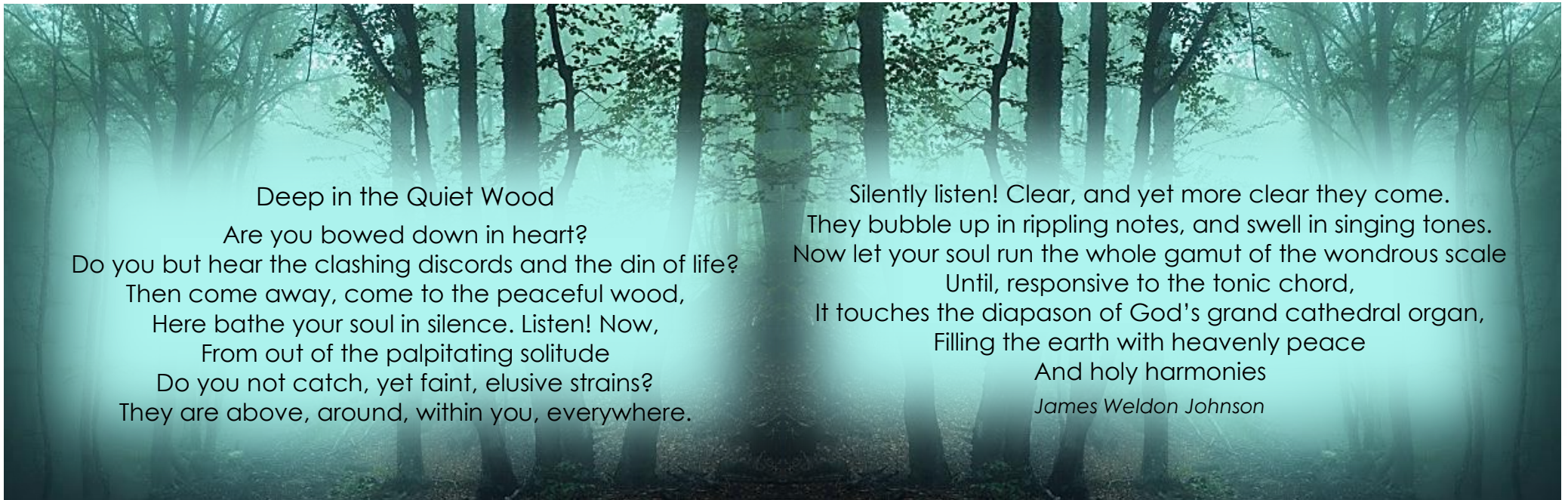
For God is silence, and in silence is he sung by means of that psalmody which is worthy of Him. I am not speaking of the silence of the tongue, for if someone merely keeps his tongue silent, without knowing how to sing in mind and spirit, then he is simply unoccupied and becomes filled with evil thoughts: ... There is a silence of the tongue, there is a silence of the whole body, there is a silence of the soul, there is the silence of the mind, and there is the silence of the spirit *Syrian Desert Father John the Solitary*

Blessed is the man who, having nothing to say, abstains from giving us wordy evidence of the fact *George Eliot*

In Silence there is eloquence. Stop weaving and see how the pattern improves *Rumi*

The words the happy say      Are paltry melody  
But those the silent feel      Are beautiful

*Emily Dickinson*



Deep in the Quiet Wood  
Are you bowed down in heart?  
Do you but hear the clashing discords and the din of life?  
Then come away, come to the peaceful wood,  
Here bathe your soul in silence. Listen! Now,  
From out of the palpitating solitude  
Do you not catch, yet faint, elusive strains?  
They are above, around, within you, everywhere.

Silently listen! Clear, and yet more clear they come.  
They bubble up in rippling notes, and swell in singing tones.  
Now let your soul run the whole gamut of the wondrous scale  
Until, responsive to the tonic chord,  
It touches the diapason of God's grand cathedral organ,  
Filling the earth with heavenly peace  
And holy harmonies  
*James Weldon Johnson*

Lord, there is nothing as certain as silence, stillness, and solitude, to help me understand the secrets of myself. I come to You in silent prayer.

Reveal Yourself and I will be revealed. Amen

*Belief.net*