



Almighty God,
whose blessed apostles Peter and Paul
glorified you in their death as in their life:
grant that your Church,
inspired by their teaching and example,
and made one by your Spirit,
may ever stand firm upon the one foundation,
Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Lord God, the source of truth and love,
keep us faithful to the apostles' teaching and fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord.

Churchofengland.org

Bring me Sunshine 39

Hello Everyone,

Hope you're keeping well and are looking forward to the restrictions easing, maybe in a few weeks. Despite us expecting we would be released into freedom in June to have more contact with others and resume some of our group activities, this was not the case. Because of an increase in cases of the COVID19 Delta variant there has been a four week pause - we are now hopeful that by July 19th maybe these restrictions will be eased. Of course at present we can still meet in groups of six in restaurants, six or two households indoors, and up to 30 outdoors, but let's keep ourselves and others safe. Learning to live with the challenges ahead is something we will need to do. The priority for Lewisham is to ensure everyone, certainly 70%, have had their double vaccines, and there is an open door for anyone over 23 to receive these. We have become used to being patient and adaptable over the last 16 months, I feel, and have lowered our expectations; some have got so used to this more limited way of living that they actually fear resuming activities, while others are chomping at the bit to break free.

The Gospel on Sunday spoke of Jesus calming the turbulent raging waters, and the hearts and minds of his disciples, reminding us that Jesus is with us always to calm our inner turmoil and fears and to help stop us feeling overwhelmed by life's challenges.

Last week I was lucky enough to be able to visit my homeland of Wales for a few days, cliff walking and swimming in the freezing Irish sea in the drizzle, and then onto Colyton in Devon, staying in a B&B in beautiful countryside. The weather was glorious and I was able to visit the pretty seaside town of Sidmouth, where I visited the donkey sanctuary looking after hundreds of donkeys. One of our Bring Me Sunshine recipients, Kitty, knits donkeys that get sold in their gift shop to help fund the work of the sanctuary, which is free for visits but relies on donations.

Bring Me Sunshine hopes to arrange some events when able - one will be an afternoon tea in the Catford & Cyphers cricket ground, Rubens St, SE6. Because restrictions are continuing the date proposed is now the 3rd August.

As well as this, I hope the Diamond Club can resume again in the very near future. I have even pencilled in a coach trip to Eastbourne if allowed in August, as I know many of you are keen to see the sea.

We also hope to join Goldsmiths community centre on the weekend of the 31st July for their summer festival fundraiser, on Saturday and Sunday 10-4. We hope to have some stalls to sell items and host some activities to raise money for our projects. More news on these to follow once we get the green light.

Most of you have received a song on your doorstep by now, but coming soon will be a dance on your doorstep from a project *Traceworks*. Let me know if you would like to receive one.

Congratulations to Irene, who celebrated her 100th birthday last week, and to our wonderful volunteers who brought sunshine to her day. This week we celebrate our much loved and valued volunteer Pauline Maton's 81st birthday.

Please join us for Zoom Tuesday 11-12.30 ID 82352062156 passcode 327600
Holy Cross night prayers- 9pm every night except Saturday ID 7578777461 passcode 20212021

HAPPY 100th BIRTHDAY IRENE!

Hi I'm Isobel, a volunteer for Bring Me Sunshine and on Thursday I got the privilege of baking and delivering a cake for Irene's 100th birthday along with Matthew, another volunteer. We even got to try some of the raspberry sponge cake that I made and see her birthday card from the Queen. She told me about when she was a chemistry teacher and how she loved explosions. It was fantastic to meet her & hard to believe that she was 100!



Did anyone try out Mel and Sandra's recipe for Scripture Cake in February? If anyone tries this other version, please let us see a picture of the result:

Scripture Cake, Second version:

4½ cups 1st Kings 4:22 (flour)
1½ cups Judges 5:25 (butter)
2 cups Jeremiah 6:20 (sugar)
2 cups 1st Samuel 30:12 (raisins)
2 cups Nahum 3:12 (figs, chopped)
1 cup Numbers 17:8 (almonds, blanched and chopped)
2 tablespoons 1st Samuel 14:25 (honey)
Seasoning to taste of 2nd Chronicles 9:9 (spices, eg cinnamon, nutmeg)
6 cups Jeremiah 17:11 (eggs)
Pinch Leviticus 2:13 (salt)
½ cup Judges 4:19 (milk)
2 teaspoons Amos 4:5 (leavening agent eg baking soda)

Method:

With Judges 5:25 and Jeremiah 6:20, follow Solomon's prescription for making a good child – Proverbs 23:14 (beat)

Add Jeremiah 17:11 and repeat Proverbs 23:14

Add 1st Samuel 14:25 then the rest of your dry scripture passages and finally Judges 4:19

Spread in a shallow baking tin and bake in a moderate oven for 1½ hours

Did you hear the one about 100-year-old Betty Freeman from North London, who has been telling jokes on twitter to raise money for the Royal Free Hospital Charity? Her twitter account is called Grandma Betty's Bants, and these are some of her favourites:

Daughter: 'Dad, the man next door has just stolen our garden gate'.

Dad: 'Well, don't say anything in case he takes offence'.

So, I told my girlfriend I had a job in a bowling alley. She said: 'Ten pin?' I said: 'No, it's a permanent job'.

Black holes. I don't know what people see in them.

Did you hear about the accident-prone butcher? He has his fingers in many pies.

Where did Noah keep his bees? In the ark-hives

Doctor, doctor, can you give me something for wind? Sure, take this kite.

Whoever stole my antidepressants, I hope you're happy.

I witnessed a fight between an auctioneer and a hairdresser. They were going at it hammer and tongs.

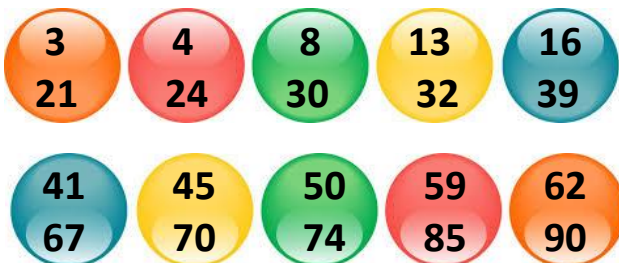
Thanks to Mary B. for finding this reflection and sending it in:

Community

So much of our lives are spent
in keeping other people out.
We have private rooms, private houses,
private clubs and so on.
Of course, there are times
when everybody needs to be alone.
Yet there is a sense in which our size
as human beings can be measured by the
circles we draw to take other people in.
The smaller the circle, the smaller the person.
A strong person isn't afraid
of people who are different.
A wise person welcomes them.
By shutting them out we deny ourselves
the riches of other people's experience.
We starve our minds, and harden our hearts.
When we name our brothers and sisters
we draw no circle smaller
than the first one ever drawn on the Earth.
In the beginning God gave the Earth its shape
and made it round. God included everyone.
So should we.

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 Bingo
Numbers
this week:



Regular BMS contributor Denis Costello recently became the oldest person ever to play tennis in the North Kent League.

Aged 83, having stepped in at the last minute to replace an incapacitated team member, he played at a high level for Catford Wanderers, contributing to their win. Congratulations Denis!

Services for Disabled People in Lewisham Libraries

'Health affects every aspect of our lives. Apart from the high quality information that Lewisham Libraries can offer on managing your health condition, did you know we also offer additional support? If you or someone you know is not able to visit our libraries regularly or are severely restricted when trying to use any of our services or:

- are in a Care Home
- have limited mobility
- are blind or partially sighted
- are in Hospital
- are a Carer

We can offer

- Quality information and reading lists on long term health conditions
- Accessible Books/CDs
- Home Visits from our Home Library Team
- Care Home Visits from our Home Library Team

To get home visits, you will need to register with our Home Library Team. A regular member of staff member will visit monthly'.

Home Library Service Tel: 020 8314 6254 Email: libraries@lewisham.gov.uk



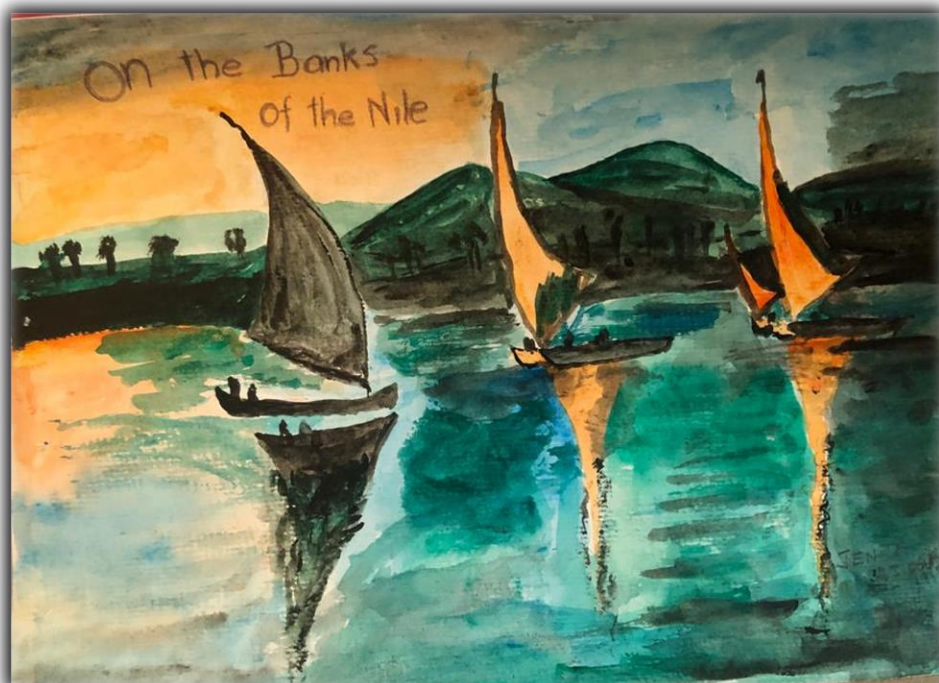
Since when
do you have to
agree with
people
to defend
them
from injustice?
Lillian Hellman



Ann helping one of our members
in her garden

Ageing Well in Lewisham's Programme Manager, Ann Howell, is moving on. During her three years with us, she has achieved so much for the organisation and will be very much missed. Winnie Carlson will be stepping into the role. This summer, AWIL is planning a fundraising fete alongside Bring Me Sunshine. And we are laying the groundwork to open our groups again in person in September. We'll keep you posted!

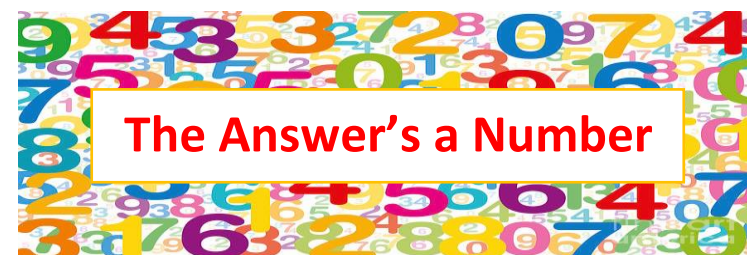
Thank you Jenita for sharing your lovely painting:



Madge recommends some lines from two great worship song composers, one British and one American...

I'm special because God has loved me,
 For he gave me the best thing that he had to save me;
 His own son Jesus, crucified to take the blame,
 For all the bad things I had done.
 Thank you, Jesus, thank you, Lord,
 For loving me so much.
 I know I don't deserve anything,
 Help me feel your love right now
 To know deep in my heart
 That I'm your special friend.
Graham Kendrick

Open our eyes lord, we want to see Jesus,
 To reach out and touch him and say that we love him.
 Open our ears, Lord, and help us to listen.
 Open our eyes, Lord, we want to see Jesus
Bob Cull



For some of these you may want to allow yourselves a few out each side...

1. How many French hens in the *Twelve days of Christmas*?
2. How many is a baker's dozen?
3. How many Arabian Nights?
4. How many parts did Eddie Murphy play in *Coming 2 America*?
5. How many boroughs in greater London?
6. How many events in a heptathlon?
7. How many legs do insects have?
8. How many cities (granted by royal charter) are there in England?
9. How many ways did Neil Simon find to leave your lover?
10. How many *times a lady* did the Commodores sing about?
11. How many years is a crystal anniversary?
12. How many musketeers did Alexander Dumas write about?
13. How many lives is a cat said to have?
14. How many shillings in a guinea just before decimalisation?
15. How many Parishes are there on the Island of Jamaica?
16. How many lines are there in a sonnet?
17. How many days a week for The Beatles?
18. How many wonders of the world?
19. How many legs does a crab have?
20. How many eyes are there in a standard pack of cards (not including jokers)?
21. How many signs of the zodiac?
22. How many sides does a dodecahedron have?
23. How many calories in a jaffa cake?
24. How many ribs do humans have?
25. How many miles long is the river Thames?

1.3; 2.13; 3. 1001; 4.4; 5.32; 6.7; 7.6; 8.51; 9.50; 10.3;
 11.15; 12.3; 13.9; 14.21; 15.14; 16.14; 17.8; 18.7; 19.10;
 20.42; 21.12; 22.12; 23.46; 24.24 (12 pairs); 25.215

Astronomy

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

NEPTUNE
SUN
GALAXY
PLUTO
ASTEROID
SUPERGIANT
JUPITER
NEBULA
ERIS
MERCURY
BLACK HOLE
WHITE DWARF
MOON
ORION
LEO
COMET
VENUS
EARTH
METEOR
MARS

"submarine" Sudoku - fill in the grid with the letters S, U, B, M, A, R, I, N and E, making sure no letter is repeated in every row, every column and within each mini grid.

	a	m				e	s	
		s		a		u		
			s		b			
				s				
m	b	a		e		n	i	s
				i				
	m		e	b	i		a	
		u		r		b		
e				u				i

Solution

b	s	m	r	a	e	s	u	i
e	u	n	i	r	a	b	e	m
u	e	b	i	n	a	r	s	a
r	i	a	s	m	b	e	r	u
i	a	m	s	r	e	b	i	n
a	r	s	e	n	i	b	a	r
b	u	e	r	m	s	n	a	i
s	i	a	r	e	b	i	n	u
e	m	a	b	r	i	s	u	n

Bring Me Sunshine Questionnaire Responses

60 replies were received, although not all questions were answered by everyone.
Thanks to everyone who responded. Volunteers will use your replies to plan

Overall, how do you feel about being part of the Bring Me Sunshine community? [Very pleased 46](#); [Pleased 6](#); [Ok 2](#); [Unhappy 0](#); [Don't know 3](#)

Do you feel ready to return in person to Bring Me Sunshine events and activities (as permitted by Government guidelines)? [Yes 38](#); [No 12](#)

If in-person meetings take place, would you still want to attend weekly zoom meetings? [Yes, as well as in-person meetings 9](#); [Yes, instead of in-person meetings 2](#); [Yes, but not every week 11](#); [No 14](#)

Tick any of the activities you would be happy to participate in: [Watching entertainment 36](#); [Doing exercise 28](#); [Crafts and table-top games 21](#); [Listening to health promotional/other talks 35](#); [Wellbeing activities 29](#); [Outings 32](#); [Socialising/chatting with the other people attending 32](#); [Anything else? Music/singing group; quiz; knit/natter group; book club; bingo \(3 people mentioned\)](#)

It may not be possible to prepare meals on site if activities take place. In that case, would you prefer to: [Bring your own packed lunch 31](#); [Have shop-bought sandwiches etc. provided 11](#)

If the newsletter/magazine continues, what would you like to see in it in future? [Information about local initiatives, and national advice 26](#); [Puzzles and quizzes 27](#); [Pictures/articles/news from Bring Me Sunshine participants 36](#); [Prayers, poems and reflections 41](#); [Commentary or opinions by members of the local community 20](#); [Wellbeing information 37](#); [Anything else? forthcoming local events; goods for sale; cooking tips](#)

If the newsletter/magazine can continue, how often should it be distributed? [Monthly 43](#); [Quarterly 9](#); [Other \(say how often\) 2](#) monthly; [half yearly](#); [2 weekly \(two people mentioned\)](#); [Not at all 2](#)

Do you have any ideas which can help us to better plan the future of the Bring Me Sunshine project?

[Need for people to follow guidelines](#)

[A mixture of needy/less needy](#)

[2/3 groups meeting on a rota](#)

[Have keep fit and breathing exercises](#)

[Noted that zoom and keeping communication eg newsletter important for people who cannot get out of the house any more](#)

LOVING FRIENDSHIP

My command is this: love each other as I have loved you

John 15:12

Friend

Give me your hand
Make room for me
to lead and follow you
beyond this rage of poetry.
Let others have
the privacy of
touching words
and love of loss
of love.
For me
Give me your hand.
Maya Angelou



Art thou abroad on this stormy night
on thy journey of love, my friend?
The sky groans like one in despair.
I have no sleep tonight.
Ever and again I open my door and look out on
the darkness, my friend!
I can see nothing before me.
I wonder where lies thy path!
By what dim shore of the ink-black river,
by what far edge of the frowning forest,
through what mazy depth of gloom art thou threading
thy course to come to me, my friend?

Rabindranath Tagore



He that is thy friend indeed,
He will help thee in thy need:
If thou sorrow, he will weep:
If thou wake, he cannot sleep.

Thus, of every grief in heart
He with thee doth bear a part.
These are certain signs to know
Faithful friend from flattering foe
William Shakespeare

The friend who can be silent with us in a moment of despair or confusion,
who can stay with us in an hour of grief and bereavement, who can tolerate
not knowing, not healing, not curing... that is a friend who cares *Henri Nouwen*

No person is your friend who demands your silence, or denies your right to
grow *Alice Walker*

No love, no friendship, can cross the path of our destiny without leaving
some mark on it forever *François Mauriac*

The beginning of love is the will to let those we love be perfectly
themselves, the resolution not to twist them to fit our own image. If in
loving them we do not love what they are, but only their potential
likeness to ourselves, then we do not love them: we only love the
reflection of ourselves we find in them *Thomas Merton*

Love is the only force capable of transforming an enemy into a friend
Martin Luther King Jr.

Of all possessions a friend is the most precious

Herodotus

Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.
When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase "each other" doesn't make any sense

Jelaluddin Rumi

Prayer for Friendship

Dear Lord, teach me to love others the way you first loved me. As I build relationships with others, let them see you in the extent of my generosity, the authenticity of my kindness, and the depths of my love. All of those things are only possible through you, the God who abides with me and calls me friend. Amen

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