



Bring Me Sunshine 40



A Summer Blessing

May you walk with God this summer
In whatever you do, wherever you go

Walking with God means...
Walking with honesty and with
courage,

Walking with love, and respect,
and concern for the feelings of others.

May you talk to God this summer
Every day and in every situation

Talking with God means...
Praying words of praise
For the beauty of creation
Saying prayers of thanks
For friends and good times,
Asking God's help in all your decisions,
Expressing sorrow when you have
failed.

May you talk with God every day.
Amen.

Author unknown, xavier.edu

What an amazing few weeks of sport. I'm not a fan of sport in any shape or form usually, but even I watched the Euro football final on Sunday night of England versus Italy. I was riveted, and was very disappointed that England didn't win, but big congratulations to Italy. So many who have never watched were watching, and felt very proud of England and being a part of it, although this was marred by the terrible behaviour of hooligans and the atrocious racist abuse some of the wonderful young men received. For those short few weeks of the tournament England excited the country at a time it needed some lifting, and brought smiles to many faces. Wimbledon, I know, gripped many of you also as Novak Djokovic won for the sixth time, and for the first time Ashleigh Barty won the women's final. Many were behind the 18-year-old local London girl who trained in Bromley, Emma Raducanu, who had to withdraw from her Wimbledon adventure after being the youngest British woman to reach the last 16. Even my husband has reached the semi-finals of his tennis club at Catford Wanderers, a first for him! The West Indies cricket team are also now playing Australia, which I know interests many of you. So many of us have been experiencing a feeling of hope during the last month - maybe hope of our favourite team or player winning, perhaps hope of restrictions lifting, hope that we can travel more and unite with friends and family, or hope of resuming our clubs and activities. Let's also keep in mind our hope in Christ which is eternal, unfading and universal. Let us live that hope in our lives.

There's not been much sign of social distancing and cautionary behaviour in relation to COVID-19 recently, but lots of publicity about the lifting of restrictions which has started despite the big rise in numbers of cases of COVID-19.

Bring Me Sunshine will not be getting back to normal quite yet, but will continue to proceed cautiously and slowly to resume activities, but are happy to connect with you all via our newsletters, telephone calls and through doorstep visiting. However, Bring Me Sunshine is pleased to inform you about our plan to hold a joint fundraising festival with Goldsmiths community centre, mainly outdoors, on the 31st July and the 1st August at Goldsmith's Community Hall in Castillon Rd, from 10am-4pm. There will be Tai Chi led by our own Bring Me Sunshine entertainer Kate Middleton, Zumba led by Joanne Louis, and music, dancing, bingo, food, and lots of fabulous stalls, including fancy goods, home crafts, clothes, tombola and raffles. Because of limitations to numbers you will need an entry ticket, so if you give me a call your ticket will be at the gate.

On the 31st August we are delighted to invite you to a Bring Me Sunshine event at St Andrews Church Hall, Sandhurst Road called "Together Again", which will include fabulous entertainment from familiar faces. Kate Milton will sing a variety of music hall numbers, Sheridan Lloyd (our Zoom sing-a-long pianist) will play, and Kate Middleton will compère, leading us through a fun filled day which will include fish and chips for lunch. Please book your place by calling, texting or emailing me as spaces are limited because of COVID-19 restrictions. We request that you wear a face covering to the events, and you will have to leave contact details. We will also be operating some social distancing measures, as your health and wellbeing remains very important to the team. There will be a charge of £5. The fabulous patched together project is in Abbotshall Library in Torridon Road for another week, please have a look at the lovely creations, some sewn by members of Bring Me Sunshine.

A big thank you to Age Exchange for the Happy Places reminiscence project over the last six months, which delivered 30 activity boxes a month, as well as sharing of memories via Zoom. These are being made into a small book. The last activity box was related to summer, and included a seaside quiz and some great arts suggestions.

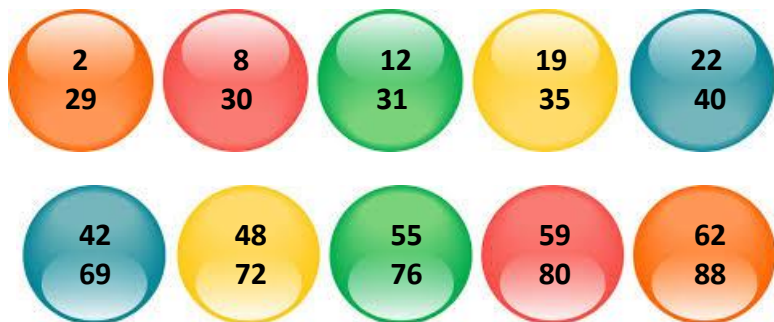
I am pleased to inform you that Bring Me Sunshine, via the Diamond Club, has received £3,000 from the Catholic Charities Conference as an award for community outreach activity. Well done to our fantastic volunteer team.

Through the summer, Zoom will be less frequent, and I will keep you up to date via email and the WhatsApp group. The links remain the same as usual. Feel free to ring, text, or email me if you need to be referred to services, want to check things out, or are feeling anxious and would like some extra support to start getting out a bit. Can I ask you collect any cut out bits of greeting cards that can be recycled and made into home crafted birthday and Christmas cards by our fabulous card making volunteer, and encourage you to send news, pictures and items of interest for the newsletters.

Please keep our Bring Me Sunshine elders and volunteers, especially those who haven't been so well (including a few people in hospital and some receiving rehabilitation before returning home) in your thoughts and prayers.

The last Bingo has been won so we commence again a new game. Your ticket is enclosed.

Your Bingo Numbers this week are:



Meet one of our young volunteers – Faith is only 14, but has been hard at work volunteering for Bring Me Sunshine as well as doing her school work. Thank you, Faith



Hi, I'm Faith. I started volunteering with Bring Me Sunshine as a part of my bronze Duke of Edinburgh award last year, during the peak of the COVID pandemic.

My mum has volunteered as a Mentor for a charity organisation for over 10 years and I have grown up seeing her give her time to help, I also started volunteering with my mum since the age of 10 and I know how rewarding the experience has been putting smile on people's faces. As a family we have also been supported by organisations so I do understand how important it is.

My role with Bring Me Sunshine is delivering magazines and goody bags during lockdown to people around my community, and it has been so rewarding, listening and chatting to people is always fun and I look forward to my next delivery whenever I leave. I love volunteering with Bring Me Sunshine because it's given me the opportunity to meet people and has helped build my confidence!

My goal is to continue volunteering as much as I can and offer support to those who need it as my dream is to become a Doctor!

Faith & the other young volunteers remind us of these wise words:

*The nation doesn't simply need what we have.
It needs what we are*

St.Teresa Benedicta of the Cross (Edith Stein)



Pork and Apple Burgers

300g sausage meat

4 burger buns

4tsp onion marmalade

2 apples, cored and thinly sliced

2 handfuls rocket

2tsp mayonnaise

A little English mustard (optional)



1. Divide the sausage meat into 4 portions and shape into patties. Fry in non-stick pan for 10-12 minutes, flipping a couple of times, until golden brown both sides and cooked all the way through
2. Heat grill to high. Slice buns in half and toast, cut side up
3. Spread the bottom halves of the toasted buns with the onion marmalade, then add the burgers, apple slices, rocket, mayonnaise and mustard (if using)
4. Top with bun lids and serve with chips or sweet potato wedges, if you like

This lovely prayer was contributed by Madge:

O Lord,

Grant that each one who has to do with us today may be the happier for it. Let it be given us each hour today what we shall say, and grant us the wisdom of a loving heart that we may say the right thing rightly. Help us to enter into the mind of every one who talks with us and keep us alive to the feelings of others. Give us a quick eye for little kindnesses, that we may be ready in doing them, and gracious in receiving them. Give us a quick perception of the feelings and needs of others, and make us eager hearted in helping them. For Christ's sake.

Amen.

Holiday at Home Project lead organiser: Lesley
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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 stories, poems, pictures, news and more



Some familiar faces – pictures of three BMS volunteers you may have spotted on the walls around the Town Hall recently

*The simplest acts of kindness are
by far more powerful than
a thousand heads bowing in prayer*

Mahatma Gandhi



Thanks to Hugh for sending in these 'forgotten poems' from a newspaper series. (I've put in a couple of lines about who wrote them, too). Do you remember them?



Gussie Lord Davis (December 3, 1863 – October 18, 1899) was an American songwriter born in Dayton, Ohio. He was one of America's earliest successful African-American music artists, and the first Black songwriter to become famous on Tin Pan Alley as a composer of popular music. He wrote in many musical forms, including comic songs, art songs, and choral music. He was best known in his own time for his 'tear-jerkers', of which this is one:

In the Baggage Coach ahead, by Gussie L Davis

On a dark and stormy night as the train rolled on all passengers gone to bed
 Except a young man with a babe on his arm sat sadly with bowed down head
 Just then the babe commenced crying as though its poor heart would break
 One angry man said: 'Make that child stop its noise, for its keeping us all awake'.
 'Put it out', said another, don't keep it in here; we've paid for our berth and want a rest'.
 But never a word said the man with the child, as he fondled it close to his breast.
 'Oh where is its mother, go take it to her', one lady then softly said.
 'I wish I could' was the man's sad reply, 'but she's dead in the coach ahead'.
Refrain: While the train rolled onward, a husband sat in tears,
Thinking of the happiness of just a few short years.
For baby's face brings pictures of a cherished hope that's dead.
But baby's cries can't waken her, in the baggage coach ahead.

Every eye filled with tears as the story he told of a wife who was faithful and true.
 He told how he'd saved up his earnings for years, just to build a home for two;
 How when heaven had sent them their sweet little babe, their young happy lives were blest;
 His heart seemed to break when he mentioned her name, and in tears tried to tell them the rest.
 Every woman arose to assist with the child, there were mothers and wives on that train.
 And soon was the little one sleeping in peace, with no thought of sorrow or pain.
 Next morn at the station he bade all goodbye, 'God bless you' he softly said.
 Each one had a story to tell in their homes of the baggage coach ahead *Refrain:*

Anna Laetitia Barbauld *née* Aikin (20 June 1743 – 9 March 1825) was a prominent English poet, political essayist, literary critic, editor, and author of children's literature. She published in multiple genres, and had a successful writing career at a time when women rarely wrote professionally. Her work promoted the values of the enlightenment and of sensibility, and her poetry made a founding contribution to the development of British Romanticism



Life, by Anna Lætitia Barbauld

Animula, vagula, blandula.	No clod so valueless shall be,
Life! I know not what thou art,	As all that then remains of me.
But know that thou and I must part;	O whither, whither dost thou fly,
And when, or how, or where we met,	Where bend unseen thy trackless course,
I own to me's a secret yet.	And in this strange divorce,
But this I know, when thou art fled,	Ah tell where I must seek this compound I?
Where'er they lay these limbs, this head,	



60'S HITS

How many of these do you remember?

You'll be singing by the end...

Fill in the blanks...

These may not all be about people, but all have a name in the title:

- | | |
|--|--|
| 1.Tuesday (The Rolling Stones) | 6 . So Long, (Leonard Cohen) |
| 2. Mack (Martha Reeves & The Vandellas) | 7. Sweet (Millie Small) |
| 3. Hey (The Beatles) | 8. On My Mind (Ray Charles) |
| 4. Hey (Jimi Hendrix) | 9.the Pink (The Scaffold) |
| 5. My Amour (Stevie Wonder) | 10. Proud (Creedence Clearwater Revival) |

Where are you?

- | | |
|--|--|
| 11.The of the Rising Sun (The Animals) | 16. River Deep High (Ike and Tina Turner) |
| 12. Dancing In the (Martha Reeves) | 17. Summer in the (The Lovin' Spoonful) |
| 13. Get Off of my (Rolling Stones) | 18. Sittin' On the of The Bay (Otis Redding) |
| 14. What A Wonderful | 19. Oddity (David Bowie) |
| (Louis Armstrong) | 20. Rivers Of (The Melodians) |
| 15. Sunset (Kinks) | |

21. What was the biggest selling single of the 60's in the UK?

1.Ruby; 2.Jimmy; 3.Jude; 4.Joe; 5.Cherie; 6.Marianne; 7.William; 8.Georgia; 9.Lily; 10.Mary; 11.House; 12.Street; 13.Cloud; 14.World; 15.Waterloo; 16.Mountain; 17.City; 18.Dock; 19.Space; 20.Babylon; 21.She Loves You, The Beatles

Cooking Terms

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

STEAM
PARE
BEAT
BOIL
BLEND
FRY
SIFT
TOSS
BAKE
CHOP
CREAM
GRILL
CUT IN
MELT
MIX
GRATE
WHIP
FREEZE



Where does today come before yesterday?

What invention lets you look right through a wall?

What can't be put in a saucepan?

I am an odd number. Take away a letter and I become even. What number am I?

Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?

The dictionary; a window; it's lid; seven; five—each daughter has the same brother



Some of the work from Lewisham-wide 'patched together' project, in which some BMS people participated

To the vast ocean of empyreal flame,
From whence thy essence came,
Dost thou thy flight pursue, when freed
From matter's base encumbering weed?
Or dost thou, hid from sight,
Wait, like some spell-bound knight,
Through blank oblivious years th' appointed hour,
To break thy trance and reassume thy power?
Yet canst thou without thought or feeling be?
O say what art thou, when no more thou 'rt thee?

Life! we've been long together,
Through pleasant and through cloudy weather;
'Tis hard to part when friends are dear;
Perhaps 't will cost a sigh, a tear;
Then steal away, give little warning,
Choose thine own time;
Say not Good night, but in some brighter clime
Bid me Good morning.



Jean and Eileen with creations from the Patched Together project – knitted using arms (no, I don't know what that means either!)

Mary receiving her last Summer Age Exchange box. 30 of our members enjoyed craft, quizzes and more from this project

Some of the beautiful hand-stitched crosses made by Diamond Club members for the children at Holy Cross receiving first holy communion over the next two weeks. Please keep them in your prayers



SOME EXPERIENCES OF GOD

In the beginning was God,
Today is God,
Tomorrow will be God.
Who can make an image of
God?
He has no body.
He is the word which comes out
of your mouth.
That word!
It is no more,
It is past, and still it lives!
So is God.

Anon Pygmy

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I will give myself to it.

I circle around God, around the
primordial tower.
I've been circling for thousands of
years
and I still don't know: am I a falcon,
a storm, or a great song?

Rainer Maria Rilke

I was answered in spiritual understanding, and it was said: What, do
you wish to know your Lord's meaning in this thing? Know it well, love
was his meaning. Who reveals it to you? Love. What did he reveal you?
Love. Why does he reveal it to you? For Love.... So I was taught that
love is our Lord's meaning.

Julian of Norwich

I think that maybe
I will be a little surer of being a little
nearer.
That's all. Eternity
is in the understanding
that that little is more than enough.

R. S. Thomas

Late, by myself,
in the boat of myself,
No light and no land anywhere,
Cloudcover thick.
I try to stay
Just above the surface,
yet I'm already under
And living within the ocean.

Rumi

I sought my soul
And the soul I could not see
I sought my God
And God eluded me
I sought my neighbour
And found all three.

Anonymous

However quietly we speak, He is so near
that He will hear us: we need no wings
to go in search of Him but have only to
find a place where we can be alone
and look upon Him present within us.

St. Teresa of Avila

God writes the Gospel not in
the Bible alone, but also on
trees, and in the flowers and
clouds and stars.

Martin Luther

Don't you know that you yourselves are God's
temple and that God's Spirit
dwells in your midst?

1 Corinthians 3:16 NIV

I abandoned and forgot myself,
laying my face on my Beloved;
all things ceased; I went out from myself,
leaving my cares forgotten among the lilies.

St. John of the Cross

Silence, and whirling worlds afar
Through all encircling skies.
What floods come o'er the spirit's
bar,
What wondrous thoughts arise.
The earth, a mantle falls away,
And, winged, we leave the sod;
Where shines in its eternal sway
The majesty of God.

Paul Laurence Dunbar

A prayer for the Readers of the Epistle to the Ephesians, (including us?):

'For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with might through his Spirit in the inner man, and that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may have power to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled with all the fulness of God.'

Ephesians 3:14-19