

## Benediction

Thanks to the ear  
that someone may hear  
Thanks to seeing  
that someone may see  
Thanks to feeling  
that someone may feel  
Thanks to touch  
that one may be touched  
Thanks to flowering of white moon  
and spreading shawl of black night  
holding villages and cities together

*James Berry*



Wishing you all a lovely bank holiday weekend. Despite the long months of maybe not doing as much as we did before the pandemic, the months still seem to be going quickly.

I know most of you have restarted some activities whilst others are still staying close to home. Everyone needs to take things at their own pace, slowly but surely. It was such a joy to see some of you at the Goldsmiths Community fundraiser - friends from Bring Me Sunshine, the Diamond Club and Ageing Well. With your help we raised £470 pounds. This helped to finance a wonderful afternoon tea at Catford Cyphers cricket ground, hosted by one of our members Kathleen's, fabulous family who provided a warm welcome and a delicious tea with Pimm's, freshly made sandwiches and the best Victoria sponge. Big thanks to Kate Middleton for compering and singing, and to our friends from Give a Song.

I was lucky enough to be able to go to Wales again, visiting friends, which made me think about friendships and their importance. I managed to visit some long-term friends of my parents, including my Godmother Hetty, who is 95 in October; Nina, a school friend of my mother who sadly lost her husband during the pandemic; and Sheila, my mother's good friend who will be 88 soon. These friendships were hugely important to my mother, and she believed you had to nurture them like flowers. I was very blessed to see many of my friends in Wales last week – for the first time in 18 months for most. What a joy to share memories and laugh over old times, and catch up on each other's news even though it is not all positive. I do hope you've been able to maintain friendships and keep in touch with people, and maybe even see some of them again after the isolation we have all experienced.

I quite like this saying about friendship, by Dinah Craik: "Oh, the comfort, the expressible comfort of feeling safe with a person; having neither to weigh thoughts or measure words but pour them all out just as they are, chaff and grain together, knowing that a faithful hand will take and sift them, keep what is worth keeping, and then the breath of kindness, blow the rest away."

I am delighted to announce Bring Me Sunshine is hosting its first Holiday at Home event on Tuesday, 31<sup>st</sup> August, commencing at 11am with a service of thanksgiving at St Andrews Church (corner of Sandhurst and Torridon, SE6 1XD) followed by fish and chips in the church hall at 12 and plenty of toe tapping entertainment until 3pm. The cost is £5, Please let me know if you can attend, it would be lovely to see you. You will need to register your details and wear a face covering before being seated in the hall, which will be ventilated with hand sanitiser available.

For Diamond Club members the club resumes on Tuesday 7<sup>th</sup> September. Members arrive between 10 and 11am, and leave at 2pm; please bring your own sandwich for lunch, and an afternoon tea box will be provided. COVID19 safety measure will be in place. This will be a pilot, and if all goes well, we aim to have the next session on the 28<sup>th</sup> September. Also, for Diamond Club members only, there will be a coach trip on Tuesday, 14<sup>th</sup> September, leaving HH at 9.45 following morning Mass, cost £15. If there are spaces available, I will open this up to BMS. Please register your place as soon as possible.

For all events you must be aware that there are still risks associated with meeting in groups however careful we are, so please keep this in mind when deciding if you will attend.

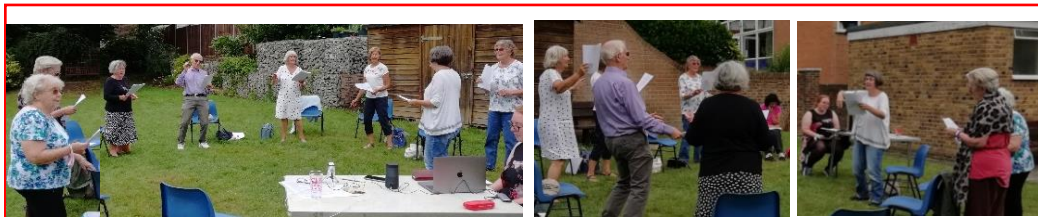
For more information or to book places I can be contacted via text or called on 07729785843 or email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

No Bring Me Sunshine Zoom sessions for the next few weeks.

Everyone is welcome to attend Holy Cross night prayer on zoom at 9pm each night except Saturday ID 7578777461 Passcode 20212021

Looking forward at last to seeing some of you in person again on the 31<sup>st</sup> August.

God Bless, Lesley



**News From AWIL:** Ageing Well's singing group, The Befrienders, had their first in-person session a few weeks ago, outside their usual meeting place at The Grove Centre in Sydenham. It was an emotional reunion with lots of laughter and a good dose of sunshine too. Some members still joined via Zoom and our session leader Natasha handled the technical juggling with grace!

We are looking forward to even more facetime as we prepare to open our social/activity groups again in person from the week of September 13<sup>th</sup>. There is something for everyone at our groups—tell your parents, tell your friends, tell your parents' friends!

**The Befrienders:** Energetic singing group- no experience required! Tuesdays, 10 am- 12 pm, The Grove Centre, Sydenham.

**Crafts Plus:** Create artistic crafts or play a sociable game of dominoes. Tuesdays, 1 – 3pm, The Grove Centre, Sydenham.

**Body & Bingo:** Gentle exercise sweetened with a fun game of bingo. Suited to all abilities. Wednesdays, 10 am- 12 pm, The Grove Centre Sydenham.

**Silver Lunch Club:** Light lunch, an engaging activity and a bit of friendly conversation. Thursdays, 12:30-2:30 pm, Wesley Halls, Downham/Bromley.

Website: [www.ageingwellinlewisham.org](http://www.ageingwellinlewisham.org) or phone: 0208 698 3735

Email: [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

Facebook: <https://www.facebook.com/agewelllewisham/>

## SOME WORDS OF DIETRICH BONHOEFFER

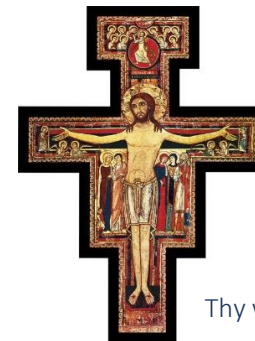
Dietrich Bonhoeffer (4Feb. 1906 - 9April 1945) was a German Lutheran pastor, theologian, anti-Nazi, and founding member of the Confessing Church, started in opposition to the German state Lutheran church, which had capitulated to the Nazis. He expressed opposition to Hitler's euthanasia programme and persecution of the Jews, and was arrested in April 1943 by the Gestapo and imprisoned at Tegel prison for one and a half years. Later he was transferred to Flossenbürg concentration camp, and, after being accused of being associated with the 20 July plot to assassinate Adolf Hitler, was hanged on 9 April 1945.

Dietrich Bonhoeffer has a connection to south London, having been a preacher at the Deutsche Evangelische Kirche in Sydenham between 1933-35. The Church was destroyed in bombing, and its replacement named in his honour in 1958. One of his best-known books is *The Cost of Discipleship*. For him, the cost was his life. The following are a few short excerpts about grace, and a prayer by Dietrich Bonhoeffer:

**Cheap grace** means the justification of sin without the justification of the sinner. Grace alone does everything, they say, and so everything can remain as it was before... Well, then, let the Christian live like the rest of the world, let him model himself on the world's standards in every sphere of life, and not presumptuously aspire to live a different life under the grace from his old life under sin.... Cheap grace is the grace we bestow on ourselves.... Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate.

**Costly grace** is the treasure hidden in the field; for the sake of it a man will go and sell all that he has. It is the pearl of great price to buy for which the merchant will sell all his goods. It is the kingly rule of Christ, for whose sake a man will pluck out the eye which causes him to stumble; it is the call of Jesus Christ at which the disciple leaves his nets and follows him.

Costly grace is the gospel which must be sought again and again and again, the gift which must be asked for, the door at which a man must knock. Such grace is costly because it calls us to follow, and it is grace because it calls us to follow Jesus Christ. It is costly because it costs a man his life, and it is grace because it gives a man the only true life. It is costly because it condemns sin, and grace because it justifies the sinner. Above all, it is costly because it cost God the life of his Son: 'Ye were bought at a price', and what has cost God much cannot be cheap for us. Above all, it is grace because God did not reckon his Son too dear a price to pay for our life, but delivered him up for us.



O God, early in the morning do I cry unto Thee.

Help me to pray and to think only of Thee.

I cannot pray alone.

In me there is darkness, but in Thee there is light.

I am lonely but Thou leavest me not,

I am feeble in heart but Thou leavest me not.

I am restless, but with Thee there is peace.

In me there is bitterness, but with Thee there is patience.

Thy ways are past understanding, but Thou knowest the way for me.





Welcome back, for this edition, to Vera. As many of you will remember, last year Vera was writing positive messages to members of a mental wellbeing group, which we were also putting in these bring Me Sunshine newsletters. Vera left to study medicine at Cardiff University, but she has not forgotten you, has a few weeks off before returning to her studies in the late summer and contributes this:

Blessings All,

It has been a very long time since my last input in this magazine. Though the effect of COVID still lingers, life has been moving on and university during COVID has been... interesting!

*'What has been will be again,  
what has been done will be done again;  
there is nothing new under the sun.'* Ecclesiastes 1:9

This was a verse Pastor David Antwi quoted when revealing that everything that has happened has happened before. He explained how the Spanish flu back in 1918 had, arguably, worst outcomes than our current situation.

Nonetheless, we are still here despite that tragedy. This just shows how we as humans are able to bounce back regardless of anything thrown at us. God made us adaptable to change.

*'Cast all your anxiety on him because he cares for you.'* 1 Peter 5:7

I leave you with this scripture. Pastor David explained how God wants us to put our worries and cares onto Him. We were not created to handle stress as the above scripture clearly states - cast 'all' anxieties onto God. No worry is too big or too small for the Lord.

*'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'* Philippians 4:6

Praying is a sign you trust Him to take care of all your issues. So I urge you to take some time now and pray to the Father.

Hope you have a good month, Vera

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

### Got a story to share for Black History Month 2021? (In October)

People are welcome to share their stories and experiences via letter, email or social media, including video and audio clips. To find out more and get involved please: Email [editor@blackhistorymonth.org.uk](mailto:editor@blackhistorymonth.org.uk)



**LEWISHAM CARERS INFORMATION**  
Advice and Support (IAS) Service

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support

Carers Information, Advice and Support (IAS) Service work with carers to ensure they receive the right support and information at the right time, enabling them to continue looking after members of their family, friends and neighbours for as long as they wish to do so. The service supports adult carers who have caring responsibilities for a person aged 18 or over living within the Borough of Lewisham.

We have highly trained staff who provide information advice and support to unpaid carers through a range of social support groups, advice hubs and emotional support. Our service includes providing free counselling services to carers. We are working in Partnership with St Christopher's Hospice to provide bereavement support to carers who have lost a loved one.

If you are a carer who requires support please call us on  
**0203 886 0970** or email us on [info@helpingcarersinlewisham.org.uk](mailto:info@helpingcarersinlewisham.org.uk)

### Do you have a Post Office card account which your pension is paid into?

From November 2021, the Department for Work and Pensions (DWP) and HM Revenue & Customs (HMRC) will stop making payments, including your state pension, into Post Office card accounts. A Post Office card account (POca) is a special bank account you could only get from the Post Office for automated government payments. You will still get your payment but will have to use a different bank account to draw out your money. You should receive a letter from the DWP soon explaining your next steps.

### What do I need to do now?

The letter you get should explain what you need to do, but if you want more information about the steps you need to take you can look on the Post Office website; contact the Post Office contact centre on 0345 722 3344 (or 0345 722 3355 for Typetalk), 8:15am-6pm, Mon-Fri, 8:30am-7:15pm, Sat, closed Sun; or ask in your local Post Office branch.

Information from [moneyadvice.service.org.uk](https://moneyadvice.service.org.uk)

### Your Bingo Numbers:



*One does not discover  
new lands without  
consenting to lose  
sight of the shore  
for a very long time*

Andre Gide





Mon. Had a meal at the Vera Lynn Seaside Restaurant. Just one option - whale meat again

Tues. Not happy families everywhere. I noted that although Albert Einstein was a genius, his brother Frank was a monster

Wed. My Uncle Jack is a bit weird, as he talks to the beans in his garden. Yes, Jack and the beans talk

Thurs. Read that Elton John has put on weight and requires larger trousers. It's goodbye normal jeans

Fri. I discovered that my shinbone is designed to find furniture in the dark. Ouch, oh blast \*!##!\*



Sat. Two people knocked at my door told me not to eat white bread. Guess they must be Brown Hovis Witnesses

Sun. I cannot have a wife and mistress, so I'm told. Or as my Priest put it: 'You cannot have Your Kate and Edith'

Mon. I have an urge to sing *The Lion Sleeps Tonight*. 'Don't worry' said the Doctor, 'it's just a whim away'



1. Which King was American winner of 39 women's tennis grand slam titles?
2. Which biblical king was noted for his wisdom?
3. Which animal is the king of the beasts?
4. Which King, some time singer with the Drifters, twice had a hit with Stand by Me?
5. Who is king of the fairies in Shakespeare's Midsummer Night's Dream?
6. Who was known as the king of rock and roll?
7. In which country is the Valley of the Kings?
8. Which King was an American civil rights campaigner for racial equality, and later also for women's and LGBT rights?
9. Which mythical British king pulled a sword from a stone?
10. Who was known as king of ragtime?
11. Of what did Pericles say '.... is the king of all men, he is their parent and their grave'?
12. Which fictional beast came from Skull Island?
13. Which tennis player accidentally showered the King of Sweden with fizzy drink after he lost his temper after a disputed line call?
14. Who said: 'I'm the king of the world! I'm a bad man. I'm the prettiest thing that ever lived'?
15. In Marvel Comic universe, who is King of Wakanda?
16. Which small blue and orange bird makes its nest in a hole burrowed in earth banks?
17. What is the most common name for a king of France?
18. Who is king of the gods in ancient Greek mythology?

1. Billie Jean King, 2. King Solomon, 3. Lion, 4. Ben E. King, 5. Oberon, 6. Elvis Presley, 7. Egypt, 8. Coretta Scott King, 9. Arthur, 10. Scott Joplin, 11. Time, 12. King Kong, 13. John McEnroe, 14. Muhammad Ali, 15. Black Panther/T'Challa, 16. Kingfisher, 17. Louis, 18. Zeus



Goldsmith's Hall fundraiser & tea party at Catford Cyphers cricket club hall



# Oceans and Seas

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

- OKHOTSK SEA
- BLACK SEA
- RED SEA
- INDIAN OCEAN
- EAST CHINA SEA
- BALTIC SEA
- SEA OF AZOV
- CARIBBEAN SEA
- GULF OF MEXICO
- PACIFIC OCEAN
- HUDSON BAY
- NORTH SEA
- BERING SEA
- JAPAN SEA
- DEAD SEA

T	D	C
A	A	E
V	U	E

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

Evacuated; ace; act; acted; acute; ate; cad; cadet; cat; cave; caveat; caved; dace; data; date; eat; educate; eta; evacuate; evade; tau; tea; vacate; vacated; vat



# EVOKING SUMMERS PAST, AND PASSING

## The Lake Isle of Innisfree

I will arise and go now, and go to Innisfree,  
And a small cabin build there, of clay and wattles made:  
Nine bean-rows will I have there, a hive for the honeybee,  
And live alone in the bee-loud glade.  
And I shall have some peace there, for peace comes dropping slow,  
Dropping from the veils of the morning to where the cricket sings;  
There midnight's all a glimmer, and noon a purple glow,  
And evening full of the linnet's wings.  
I will arise and go now, for always night and day  
I hear lake water lapping with low sounds by the shore;  
While I stand on the roadway, or on the pavements grey,  
I hear it in the deep heart's core.

*William Butler Yeats*



## A Lazy Day

The trees bend down along the stream,  
Where anchored swings my tiny boat.  
The day is one to drowse and dream  
And list the thrush's throttling note.  
When music from his bosom bleeds  
Among the river's rustling reeds.  
No ripple stirs the placid pool,  
When my adventurous line is cast,  
A truce to sport, while clear and cool,  
The mirrored clouds slide softly past.  
The sky gives back a blue divine,  
And all the world's wide wealth is mine.  
A pickerel leaps, a bow of light,  
The minnows shine from side to side.  
The first faint breeze comes up the tide —  
I pause with half uplifted oar,  
While night drifts down to claim the shore.

*Paul Laurence Dunbar*

The grass withers, the flower fades, But the word of our God stands forever *Is 40:8*  
I have only to break into the tightness of a strawberry, and I see summer – its dust  
and lowering skies

*Toni Morrison*

Live in the sunshine, swim in the sea, drink the wild air

*Ralph Waldo Emerson*



## Adlestrop

Yes. I remember Adlestrop—  
The name, because one afternoon  
Of heat the express-train drew up  
there  
Unwontedly. It was late June.

The steam hissed. Someone cleared  
his throat.  
No one left and no one came  
On the bare platform. What I saw  
Was Adlestrop—only the name.

And willows, willow-herb, and  
grass,  
And meadowsweet, and  
haycocks dry,  
No whiff less still and lonely fair  
Than the high cloudlets in the sky.

And for that minute a blackbird  
sang  
Close by, and round him, mistier,  
Farther and farther, all the birds  
Of Oxfordshire and  
Gloucestershire.

*Edward Thomas*

As Imperceptibly as Grief  
As imperceptibly as grief  
The summer lapsed away, —  
Too imperceptible, at last,  
To seem like perfidy.  
A quietness distilled,  
As twilight long begun,  
Or Nature, spending with herself  
Sequestered afternoon.

The dusk drew earlier in,  
The morning foreign shone, —  
A courteous, yet harrowing grace,  
As guest who would be gone.  
And thus, without a wing,  
Or service of a keel,  
Our summer made her light escape  
Into the Beautiful.

*Emily Dickinson*

God of rising sun  
be the warmth that I feel  
God of gentle wind  
be the air that I breathe  
God of refreshing rain  
be the cleansing I need  
God of sacred space  
be the peace that I crave  
God of setting sun  
be the rest I desire

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