

# Remembrance

Remember me when I am gone away.  
Gone far away into the silent land;  
When you can no more hold me by the hand.  
Nor I half turn to go yet turning stay.  
Remember me when no more day by day  
You tell me of our future that you planned:  
Only remember me: you understand  
It will be too late to counsel then or pray.  
Yet if you should forget me for a while  
And afterwards remember, do not grieve:  
For if the darkness and corruption leave  
A vestige of the thoughts that once I had  
Better by far you should forget and smile  
Than you should remember and be sad.

*Christina Rossetti*

Thou knowest, Lord, the secrets of our hearts;  
shut not thy merciful ears unto our pray'r;  
But spare us, Lord most holy,  
O God most mighty, O holy and most merciful Saviour,  
Thou most worthy Judge eternal,  
Suffer us not at our last hour for any pains of death to fall away from Thee.  
Amen.

*Book of common prayer, order for the burial of the dead*



Supported by:

Co-op Community Fund



## Bring Me Sunshine 43

Here we are heading into November, and the time to remember those who have died through war and conflict as we approach Remembrance Sunday on the 14<sup>th</sup> November, as well as remembering those of our loved ones who have died on All Souls Day, the commemoration of all the faithful departed, on the 2 November. I hope we can decorate our doors with poppies again. Many have lost people during the pandemic or know people who have; we remember them all, and say the prayer of the universal church:

“Eternal rest grant unto them, O Lord, and let perpetual light shine upon them, may the souls of the faithful departed, through the mercy of God, rest in peace.”

How wonderful it has been to see some of you in person at the musical events that have taken place, including a cabaret show in partnership with Goldsmith Academy of Dance called ‘Down Memory Lane’ early in October. Approximately 80 of you attended one of the three performances, where young and old performed together. It was well received, with colourful costumes, lovely refreshments, and home-made cake. £460 was raised for Bring Me Sunshine. This event was followed by another great performance at the Synagogue, where the Utopians Concert Party put on a really wonderful afternoon of songs from the shows. Many also attended the iconic Rivoli Ballroom where there was an afternoon of fabulous swing music from the band Jive Hive which saw many of our elders up dancing. We have also heard from Give A Song, who opened up our face-to-face Diamond Club and last week we had a treat from Emily Shaw, a west-end performer, who sang beautifully for members of the Diamond Club at their weekly meeting. Some of us, through our churches, may also have enjoyed the wonderful harvest hymns recently.

These musical events evoke memories and emotions. The power of music certainly improves our mood - sometimes it can excite us, and sometimes it can calm us. Medically, music has been proven to increase serotone levels and the hormone Dopamine (‘the happy hormone’) which can help with anxiety and depression. It can lower blood pressure, help with sleep, reduce pain, and improve mental alertness and memory. So, if you’re not getting out to experience music at present, why not try listening at home? I stayed with a friend last week in York who has a large varied collection of original Vinyl records. What a joy it was to listen to old classics with the crackles, which I love.

A big thank you to the wonderful Simply Irresistible local cake company who donated 10% of the profits from their sale during the wonderful Catford Arts Trail. We shall enjoy more of their cakes at the next big Bring Me Sunshine event on the 14<sup>th</sup> December at St Andrew's, 11 am-3pm, where we shall have a Pre-Christmas theme with fabulous entertainment from Blitz and Pieces, and resident entertainment host Kate Middleton. Please put the date in your diary.

I look forward to seeing some of you at the St Andrew's Church Christmas Fayre on the 27<sup>th</sup> November, where Bring Me Sunshine will have a stall to help fundraise. St Laurence have an Advent event on the 4<sup>th</sup> December, where again we shall have a stall.

We will continue to reach out to those who remain isolated, and if you wish to receive a befriending phone call or receive some mindful colouring, books, knitting, or jigsaws let us know.

Please join us on Zoom on Fridays in partnership with the Irish Centre-Fridays at 10.30 ID 84242003523 Passcode Pg76XN where you can enjoy music, Qi Gong and Bingo.

Night time prayers on Zoom from Holy Cross at 9am every day except Saturday ID 7578777461 Passcode 20212021

*BMS members at the Lewisham Pensioners' Day at the Rivoli Ballroom on 6<sup>th</sup> October*



Dear Bring Me Sunshine Recipients,

I hope you have all had a relaxing month, and that you are enjoying this autumn season! I have been very busy these past few weeks with schoolwork and other commitments, and so I've decided that in this article I will give some insight into my life as a student.

In English Literature, I have been focusing on completing my coursework, which is a long essay comparing the themes of the books 'Wide Sargasso Sea' and 'Trumpet'. Both books are great reads and I'd highly recommend them as a way of gaining insight into the lives of people with hybrid identities in post-colonial society. As well as my coursework, I have been busy studying for my upcoming exams after Halloween, and have finally figured out a way of revising which works best for me! My school environment is very supportive, especially during exam season, and I have been able to benefit greatly from the extra help.

Outside of school I have also taken up a role in the volunteer group 'WASSUP Greenwich', and this has given me the opportunity to meet many new people, and to learn more about different issues within society, particularly issues within relationships. Our purpose as a volunteer group is to spread awareness about these issues to students in secondary schools, and I can't wait to get started as I hope this opportunity will help me improve my confidence and organisational skills.

We also have many different events starting up in my Squash club as Halloween approaches, including an on court dress up event that I'm very excited about! As Halloween nears, so does a period of reflection and remembrance, and I hope that you all get the opportunity to relax and spend time with your loved ones.

Sophie

**Community Connections Lewisham** is a free 'social prescribing' service for Lewisham adults, connecting you with social groups and support services that promote health and wellbeing. CCL offers support for a broad range of personal needs and goals. For example, helping you discover nearby lunch clubs or exercises classes, or helping you find a befriender or counselling support if you're feeling lonely or struggling to cope. They also help with practical needs like shopping delivery, transport applications, and improving IT skills.

Contact their helpline on  
**0330 058 3464**  
(Monday-Friday 9:30am-4pm)



Eileen has been reading an article about Angels; I have put some quotes from it, as well as a couple of others. Do you know the names of the only three Angels named in the Bible? Answer at the end



Pope Leo the Great said: 'Make friends with the holy angels'. All the ancient liturgies make mention of angels, and the protection they grant to the faithful who invoke them. Origen (an early church father) said that Angels aid us in all our acts of religion by uniting their supplications to ours. They carry our petitions to God and return benedictions. St. Augustine said: 'they have compassion on us and at God's command they hasten to our aid, so that we, too, may eventually arrive at our common fatherland'. Father Faber wrote: 'Each angel perhaps had thousands of beautiful graces. To many of them, we on earth could give no name if we beheld them. They were all wonderful...there was not a single grace in any angel which was not God's free gift'.

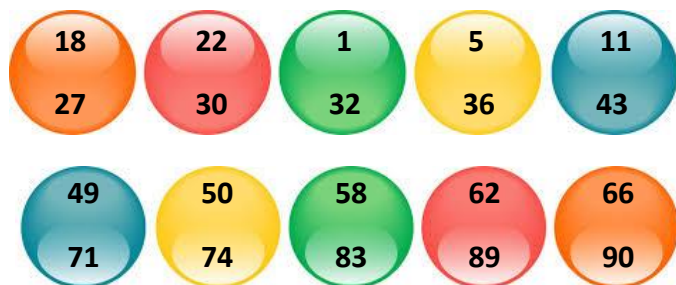
Two other more recent thoughts:

'When we are touched by something it's as if we're being brushed by an angel's wings' (Rita Dove) and 'Believers, look up - take courage. The angels are nearer than you think' (Billy Graham)

The three Angels named in the Bible are: Archangel Michael, and Angels Gabriel and Raphael  
The photograph is from Wim Wenders 1987 film 'Wings of Desire'

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 Bingo Numbers this week are:*



The Lewisham Irish Community Centre is gradually opening activities. Recently re-started is the community breakfast/café, with an opportunity to pop in for a chat or to enjoy a free breakfast or Soup from the Good Hope Cafe, selection of tea/sandwiches and cakes. All are welcome from 11:00 -1.30pm every Wednesday morning, at 2a Davenport Road Catford London SE6 2AZ

Over 65's can just turn up to Catford Salvation Army, 23-25 Brownhill Road, on Thursdays 11.30am-2pm for the Over-Sixties group. Cost £2 for lunch, £1 for the club. The organisers say: 'It is a group for older people to find fellowship and friendship. We share lunch together, followed by a monthly rota of regular activities: Ukulele, Chairbobs, Games Week, and Sing by Heart'.

Disabled access/toilet, 2h free parking in Lidl car park



Further information:

tel: 0208 461 2811; e mail

[Catford@salvationarmy.org.uk](mailto:Catford@salvationarmy.org.uk);  
website

[https://www.salvationarmy.org.uk/  
catford-salvation-army](https://www.salvationarmy.org.uk/catford-salvation-army)



Based in Havant, Angel Radio plays music from 1900's-1960's.

In London, alas, it is not available on FM, but many DAB radios will

tune to it, or, if you have a computer, type Angelradio.co.uk in the search bar for links to ways to listen online. Highly recommended!

If you have a smartphone you can scan



this code with your camera for advice from TFL about travelling safely at night

lewisham  
community  
lottery

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Supporters must be 16 years of age or older



Some happy memories from Mary D:

I was born in Co. Galway in the west of Ireland, at a place called Kylebrack, where the nearest big town is Loughrea. We owned a small farm. The national school was not far away, but of course later I went to the vocational school, a distance of 5 miles away. I cycled there come what may, in hail, rain, or snow. Looking back it seems a tough old journey, but my friend and I couldn't care less. We were young, without a care in the world, and enjoying the chat and laughter with the other cyclists as we made our way—avoiding the potholes, of course.



Pictures of Kylebrack, and the Hangar

On Saturday nights we went to the dances at The Hanger, a dance hall in Galway City. I got a lift there. My cousin and myself had some great nights and enjoyed it so much. When those glorious summer nights came there were carnivals to enjoy, with the big canvas tents called marquees and dance bands from all over Ireland. I had a very happy childhood and my teenage years have lived long in my memory. Life was so simple and carefree, and we danced our cares away.

At the age of 19 I emigrated to London, to Bayswater, and like all Irish girls I sought out the dance halls, the Galtymore being a favourite spot to meet boys and girls from the 32 counties of Ireland.

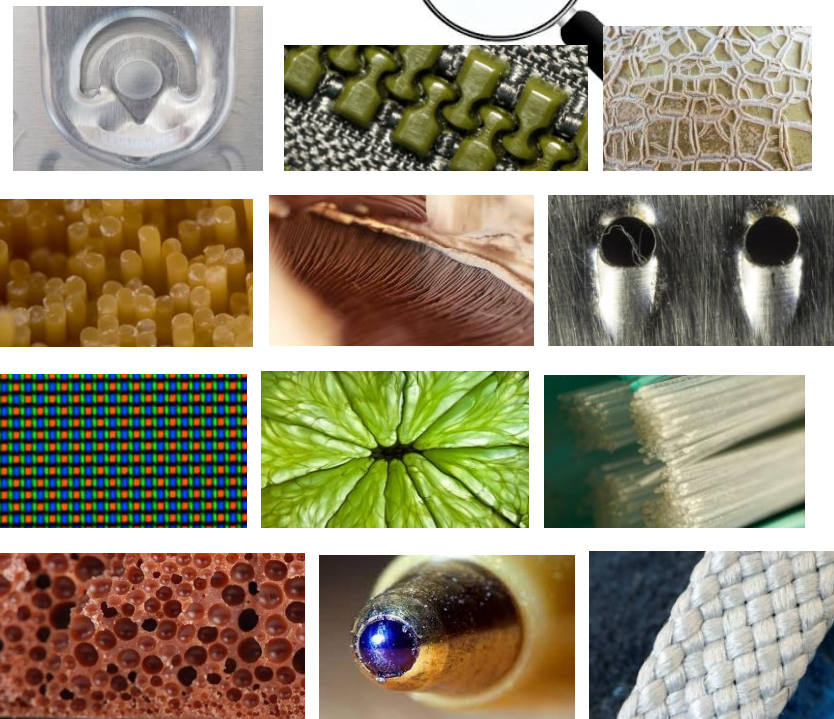


And the rest, as they say, is history. I got married had three children and am the proud grandmother of five lovely grandchildren. The Diamond Club and the Lewisham Pensioners club are marvellous associations, which in a sense give us back our youth as we mingle again with not only Irish immigrants but those who came from other countries and our English friends. Thank you, Lesley and Kathleen, for your clubs, so valuable and worthwhile to look forward to.

YOU CAN READ ABOUT 'DOWN MEMORY LANE' ON THE NEXT PAGE. HERE ARE SOME VOXPOPS:  
 'IT LIFTS YOUR SPIRITS UP. MAKES YOU FEEL HAPPY. EVERYBODY WAS WONDERFUL. FROM THE CHILDREN RIGHT THE WAY THROUGH TO THE GROWN UPS' 'CONSIDERING IT WAS ALL AMATEURS IS WAS \*!!' \*#!  
 'FIRST CLASS!' 'IT WAS BRILLIANT, FUNNY, REALLY GOOD. A VERY ENJOYABLE EVENING'

Can you recognise these...

## Magnified Objects



Ring pull; zip; cantaloupe/melon; spaghetti; mushroom; cheese grater; computer screen; lime; plastic toothbrush bristles; chocolate; ball point pen; shoelace

### News from Ageing Well in Lewisham:

Ageing Well's groups have been gaining momentum and everyone is really enjoying being back together again. The Befrienders singing group had an amazing time participating in Silver Sunday, and Body & Bingo members appreciate having their regular weekly again. The Silver Lunch Club was treated to music from the talented Chloe of Give A Song—one couple couldn't resist having a dance to their favourite tune ("Crazy" by Patsy Cline always stirs the heart!). And the Crafts Plus group has enjoyed paint marbling, making brooches and more.

#### Upcoming events:

25 Nov: Silver Lunch Club, American Thanksgiving meal. Call to book your place.

14 Dec: X-mas sing-along with The Befrienders. You can join in via Zoom!

For more info on our events or groups, contact [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org); 0208 698 3735



Dancing at SLC; Befrienders Silver Sunday; Using bands at Body and Bingo; Lin paper marbling



E	M	A	R	Y	W	E	L	L	S	S	M	U	C
E	I	H	C	I	R	L	E	N	O	I	L	S	I
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SMOKEY ROBINSON  
STACY LATTISAW  
DEBARGE  
THE SPINNERS  
MARVIN GAYE  
STEVIE WONDER  
THE MIRACLES  
VANITY  
MARTHA REEVES  
MARY WELLS  
THE SUPREMES  
RICK JAMES  
FOUR TOPS  
LIONEL RICHIE

*Motown*

Can you identify these three creative people of colour with links to South London?

1. Dyslexic, and at school placed in a class for students expected to work as manual labourers, he went on to study art at Goldsmiths College, and is a successful artist. An early short film restaged an old Buster Keaton stunt, and a later one won an Oscar, a BAFTA and a Golden Globe. A keen footballer at school, he supports Tottenham Hotspur  
Says: 'Everyone deserves not just to survive, but to live'

2. She wanted to be a teacher but her family could not afford her continued education, so she worked in a bank to support herself while doing A levels at night school. One of identical twins, she was banned from listening to rock and roll and pop by her dad, who was put out of work as a jazz musician when it became popular. She started her own TV production company, has been successful in many creative fields, and in charity work, and is now Baroness Beckenham.  
Says: 'I meet people who grew up with our shows, and they say I'm part of their life'

3. His first acting role was as a leopard in a play while at Oliver Goldsmith Primary School in Camberwell. He formed his own production company, Upperroom Entertainment Limited, aged only 23. He is a teetotaler, who named actor Daniel Kaluuya, writer Chimamanda Adichie and his mum Abigail as his idols. His big break was a part starring in a major sci-fi film series.  
Says: 'It's amazing that people still feel, 'Oh my gosh, it's a black guy.' We've been here for a long time; let's get used to it'

1. Sir Steve McQueen; 2. Floella Benjamin; 3. John Boyega



Lesley followed Traceworks to Julian's home town of Chippenham – she says she can't get enough of them!

*A wise man can play the part  
of a clown,  
but a clown can't play  
the part of a wise man*

Malcolm X



Thanks to Denis for this:

A few weeks ago I was asked by Lesley if I would join her, Kate, Eileen (Doyle) and Verona to perform on stage. The show was 'Down Memory Lane' at Goldsmiths Academy of Dance in Castillon Road, and we would be on the same bill as the young people from the Dance Academy. Of course I said yes- you don't refuse Lesley. There were to be three performances over the 9<sup>th</sup> /10<sup>th</sup> October and we had a few rehearsals, where we were put through our paces by the show's creator, the experienced director and producer Liz Wood and Chloe from Give a Song who choreographed. The Show was to bring to the audience the wonderful singing and dancing of the Academy youngsters, entwined with the Music Hall songs performed by us, the recycled Diamond oldies.


If I say so myself, the show was a great success, judging by the applause and comments afterwards. Kate and Lesley are of course old hands with Cockney songs and the Charleston dance routine, and they had the audience enraptured with their renditions. Eileen was the surprise packet as I had not heard her sing before - she was simply marvellous with her versions of *Smile* and *The Very Thought of You*, and was so cool and confident on stage. And Verona, with that sexy 'come up and see me sometime' look did a fabulous job miming to an old Adelaide Hall song. As for me, I sang two numbers, being able to jump around the stage after my COVID19 and 'flu jabs. So much for us Diamonds - and can I say thank you for all the support you all gave us.

The real stars though were the Dance Academy students who supplied the songs, dances, and stories of the Roaring Twenties, followed by the War years. I cannot praise them enough for their contribution; wonderful costumes, well-rehearsed dance numbers, clear, well-spoken commentaries and a Keystone Cops routine that was memorable. Can I also say that they were so polite and encouraging to us Diamond performers, all old enough to be their grandparents? So many people commented to me that the whole show was a delightful balance of music and song, combining youth and the not so youthful. Thanks also of course to Liz from the Academy who arranged this show, Chloe, and the whole team. Hope you enjoyed it as much as I did. Does Broadway beckon? 'Yes, Catford Broadway', said my wife Rita.



# DISTURB US, O LORD

He makes the clouds his chariot and rides on the wings of the wind *Ps.104:3*



Batter my heart, three-person'd God, for you  
As yet but knock, breathe, shine, and seek to mend;  
That I may rise and stand, o'erthrow me, and bend  
Your force to break, blow, burn, and make me new.  
I, like an usurp'd town to another due,  
Labor to admit you, but oh, to no end;  
Reason, your viceroy in me, me should defend,  
But is captiv'd, and proves weak or untrue.  
Yet dearly I love you, and would be lov'd fain,  
But am betroth'd unto your enemy;  
Divorce me, untie or break that knot again,  
Take me to you, imprison me, for I,  
Except you enthrall me, never shall be free,  
Nor ever chaste, except you ravish me.

*John Donne*

Love is a condition so powerful; it may be that which pulls the stars in the firmament

*Maya Angelou*

In God's wildness lies the hope of the world

*John Muir*

God has given us a dark wine so potent that, drinking it, we leave the two worlds

*Rumi*

Let your heart race. Let it run wild and free. Let it burst out with sounds of liberty, of gratefulness for being alive at this moment for this moment is all we have

*Ayokunle Falomo*

Faeries, come take me out of this dull world,  
For I would ride with you upon the wind,  
Run on the top of the dishevelled tide,  
And dance upon the mountains like a flame

*William Butler Yeats*

We live our lives before the wild, dangerous, unfettered and free character of the living God

*Walter Brueggemann*

the LORD Almighty will come  
with thunder and earthquake and great noise,  
with windstorm and tempest and flames of a devouring fire *Is29:6*

Abba Poemen said of Abba John the Dwarf that he had prayed to God to take his passions away so that he might become free from care. He went and told an old man this: 'I find myself in peace, without an enemy'. The old man said to him, 'Go, beseech God to stir up warfare so that you regain the affliction and humility that you used to have, for it is by warfare that the soul makes progress.' So he besought God and when warfare came, he no longer prayed that it might be taken away, but said, 'Lord, give me strength for the fight.'

*Writings of the Desert Fathers*

It is the wind and the rain, O God,  
The cold and the storm that make this earth of yours  
to blossom and bear its fruit.

So in our lives it is storm and stress and hurt  
and suffering that make real men and women  
bring the world's work to its highest perfection

*W. E. B. Du Bois*

Disturb us, O Lord

when we are too well-pleased with ourselves  
when our dreams have come true because we dreamed  
too little, because we sailed too close to the shore.

Disturb us, O Lord

when with the abundance of things we possess,  
we have lost our thirst for the water of life  
when, having fallen in love with time,  
we have ceased to dream of eternity  
and in our efforts to build a new earth,  
we have allowed our vision of Heaven to grow dim.

Stir us, O Lord

to dare more boldly, to venture into wider seas  
where storms show Thy mastery,  
where losing sight of land, we shall find the stars.  
In the name of Him who pushed back the horizons of our  
hopes and invited the brave to follow.

Amen

*Archbishop Desmond Tutu, adapted from a prayer of Francis Drake*

