

Advent



Supported by:

Co-op Community Fund

Bring Me Sunshine 44

Advent for Christians all over the world is a four-week window in life, giving time to reflect and prepare our hearts and homes for Christ's birth in the world today. It starts on the 28th November, and ends on the 24th December. It's very near St Andrews day, so we wish our Bring Me Sunshine partners at St Andrews Church a very Happy Saints Day. It is a time to remember the true meaning of Christmas - this I think can be seen through good deeds to others, through prayer and time connecting with friends and families. It is with joy that I hear of people meeting up with people before Christmas. One friend is trying to clear the Christmas card writing and present buying and most of the food worries ahead of advent so she can concentrate on preparing herself spiritually for Christmas, avoiding the frenzied chaos of the commercialism. Another starts putting her five trees up in different rooms with different colour themes in preparation for an open house family Christmas. Another friend lights her advent candles each day quietly, and my son, even at 22, can't manage to not open all the doors on his advent calendar before about the 10th December, and of course eat all the chocolates! Others are giving their time to help with the many charitable ventures that step up at Christmas, giving their time at food banks, soup kitchens, and present giving to needy families. Christ the King, our very special sixth form college, is busily preparing donations for some of our most vulnerable families in need, through Holy Cross Church and Bring Me Sunshine.

Holy Cross has also started a fortnightly food project called Mission Manna (love the name) to feed people bread and soup on a Sunday after the 11.30 church service.

However you're preparing this advent - and for many it's a difficult time - let's do it with *hope, peace, joy and love*, which are represented in the four weeks of Advent. They are Important words and feelings, which I think we all need, and let's try and bring these to others however we can, through our thoughts and prayers, and, most importantly, through our deeds.

O Lord, raise up your power and come to deliver us, that we who are oppressed by temptations may be defended by your power, that the hosts of the enemy may never prevail against us. Hear us in your mercy, O Lord Christ, who with the Father and the Holy Spirit lives and reigns, one God, now and forever. Amen.

Adapted from Mozarabic liturgy for Advent

O Lord our God, make us watchful and cheerful as we await the coming of your Son, Christ our Lord, that when he comes and knocks, he will find us not sleeping in sins but awake and rejoicing in his praises; through Jesus Christ our Lord.

Gelasian Sacramentary, c750AD

Lord Jesus,
Master of both the light and the darkness, send your Holy Spirit upon our preparations for Christmas.

We who have so much to do and seek quiet spaces to hear your voice each day,

We who are anxious over many things look forward to your coming among us.

We who are blessed in so many ways long for the complete joy of your kingdom.

We whose hearts are heavy seek the joy of your presence.

We are your people, walking in darkness, yet seeking the light.

To you we say, "Come Lord Jesus!" Amen.

Henri J.M. Nouwen

Delighted that there are a few in-person events to invite you to this December. The Christmas Fayre at St Andrews and the Abbotshall Library on Saturday the 27th 10 -5; Christmas Fayre on the 4th December 11-1pm at St Laurence, where Bring Me Sunshine are having a stall; and a Christmas Memorial Service at Holy Cross on the 15th December at 7.30, remembering loved ones with beautiful music, candles readings and prayers.

Our own big event, Bring Me Sunshine Christmas party, is 11am-3pm on Tuesday, 14th December, at St Andrews Church Hall on Sandhurst Rd. It will be filled with entertainment from the fabulous group *Blitz and Pieces*, as well as our in-house entertainment team led by the wonderful compere and host Kate Middleton. There will be a festive boxed lunch of savouries and sweets as well as a raffle, and a chance for everyone to join in with the fun. Put on your sparkles and tinsel and come and join us. £5 donation if able.

Please keep your stories, Poems, articles coming, we would love to hear about what you're up to!

Have a blessed Advent.


Please join us for night prayers each day apart from Saturday on Zoom from Holy Cross at 9pm ID 7578777461 passcode 20212021

Also welcome to join the Lewisham Irish Community Centre zoom on Fridays at 10.30 with music, Qi Gong and Bingo- ID 84242003523 passcode Pg76XN



St.Andrew's Call (St.Andrew's Day 30th November)

Brother of Simon Peter, you heard John the Baptist say: "Behold the Lamb of God," and you chose to follow Jesus. Leaving your nets, you became a successful fisher of souls. Lover of the Crucified Christ, you too were crucified like him. Teach us to live and suffer for Him and to win many souls for Christ. Amen.

RIP Win, one of the Bring Me Sunshine community, who has died. Win was a member of the Brownhill Baptist Church, and her funeral was held on 5th November. She found time to send BMS a lovely thank you letter earlier this year. We remember Win and her family in our prayers. 

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



More news from our regular contributor, local sixth form student Sophie, who is undertaking her Duke of Edinburgh Award:

Dear Bring Me Sunshine Recipients,

I hope you are all having a relaxing autumn season! As we are beginning our Christmas preparations, my school has encouraged us all to take part in different charitable events to give back during the holiday season. One of these events is run through the chaplaincy, and includes fundraising with The Refugee by selling their uniquely flavoured jams and sauces, such as pumpkin jam and chilli paste. The money raised from this fundraiser is invested into hospitality and employability training for local refugees.

My volunteer group at 'WASSUP Greenwich' has also encouraged me to take part in different fundraising events, and I have now been given the opportunity to help organise a charity run, as well as bake sales and other awareness raising events. My mum and I have taken part in many charity runs together, and it is what started my passion for running, as well as my eventual goal of hopefully completing the London Marathon one day!

The Volunteer group has also given a group of us the opportunity to direct, cast and edit our own documentary, which I'm really excited about. My group has chosen to use our documentary to educate young teens on mental health and different relationships. We will get to talk to a range of different people and record their stories, and I'm hoping that it will prove to be a fun and educational experience.

I hope you all have a pleasant month! Sophie



Sophie mentions The Refugee Café – this is a local initiative which says: 'Our mission is to break down these barriers and create opportunity, employability and community for those granted asylum in London'.

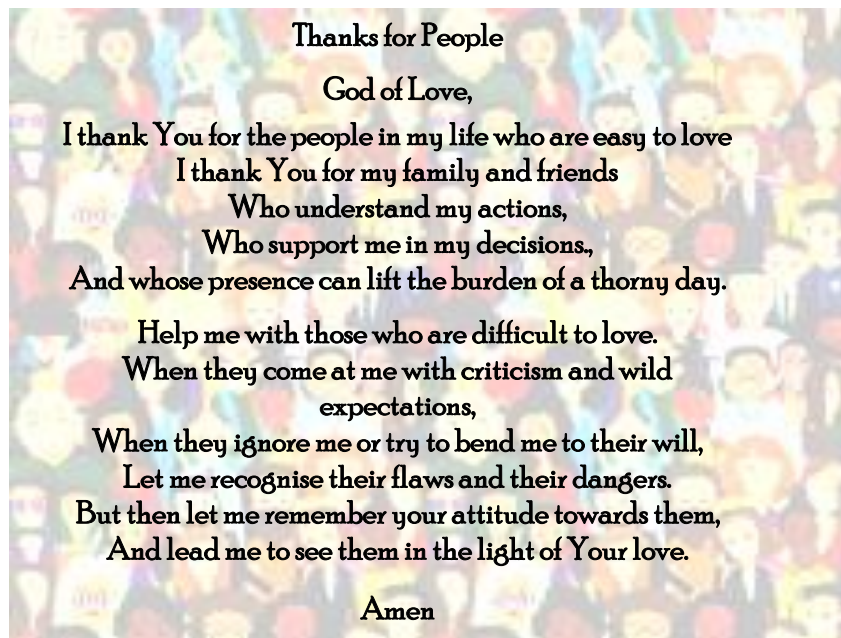
You can support them by buying using click and collect at refugeecafe.org.uk or buying from one of their stockists. The nearest to us is:

Good Food Catford, 7 Sandhurst Market, SE6 1DL

Children have never been very good at listening to their elders, but they have never failed to imitate them
James Baldwin

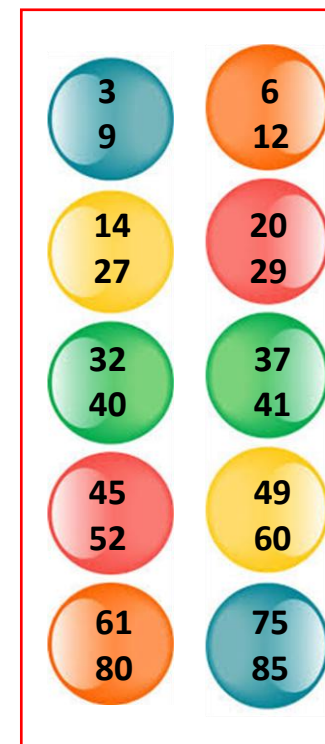


Thanks to Eileen, who found this:



Here are some of the people with recent birthdays that *WE* are thankful for: L-R, top: Jo; Esther with some family; Phyllis (congrats on her 80th!) L-R bottom: Albert; Violet; Prema with H M Kate

Your bingo numbers
this month are:



Lewisham healthy homes



3

Do you struggle to pay your energy bills?

We can offer free help to anyone living in South London who is over 65, on a low income, or has long term health conditions or disability.

Our friendly team can make your home warmer, saving you money and improving your health. They will:

- Offer energy efficiency advice
- Install energy saving devices
- Support home improvement grant applications
- Offer you impartial advice that will help you heat your home for less
- Connect you to other sources of help.

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SOUTH EAST LONDON
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CHRISTMAS MEMORIAL SERVICE

Christmas can be hard when you have lost someone you love. Join us for this service remembering and honouring our lost loved ones with beautiful music, candles, readings and prayers.

Wednesday 15th December 2021
at 7:30pm

Holy Cross Church
208 Sangley Road
Catford
SE6 2JS

FREE Admission
all welcome!

Join us for Christmas carols and other music, together with readings and reflections. During the service we will read the names of everyone listed on our memorial list, and people are invited to come forward and light a candle in their memory.

Come and find us from 7pm at the church to add any names of lost loved ones to our list to be read out.



WORLD'S BIGGEST
**COFFEE
MORNING**

**MACMILLAN
CANCER SUPPORT**

30th Oct 2021 - 12 Nov 2021

Brownhill
rd Baptist
church
fund raiser

Make a
difference 😊

Your donation will
provide extra
support to
Cancer patients
and family, when
most needed.



scan to donate



Although they did not have a Macmillan Cancer Support Coffee Morning this year, Brownhill Road Baptist Church are fundraising. It's not too late to make a donation: use the QR code here or drop cash/cheque written to *Macmillan Cancer Support* in an envelope in a box in the Church or to organiser, Ms. Lewis, at 36 Brownhill Rd.

A suggestion from AWiL:

GET CREATIVE!!

The Crafts Plus arts & crafts group hosted by Ageing Well in Lewisham welcomes new members. It takes place on Tuesdays, 1-3 pm, at The Grove Centre in Sydenham, £4. No experience needed, just a willingness to have a go and have some fun. Our experienced art tutor introduces new projects each week. We have made tie-dyed bags, greeting cards, decorative tealight holders, mobiles, jewellery and more. There's something for everyone!

HAPPY MEMBERS:

"The workshops are wonderful, but it's the friendships I've made here that keep me coming back!" –Joyce D.

"You injected new life in me with the arts and crafts, and I have been able to try them out with my granddaughter too." – Princess S.

"I find this craft club very relaxing and fun." –Lin B.

"The craft group is very enjoyable. Some of the things we make are so useful. Good crowd, and a nice way to spend the afternoon." –Janet B.

Some pictures of the group at work:



What's in a Name?

1. What is the word for a false name?
2. Why did 49 year old Tim Price from Leicester change his name to Tim Pppppppppprice?
3. Which evil Roman Emperor was known by a nickname meaning 'little boots'?
4. Who changed his name from Michael on his birth certificate aged 28 to that of a Reformation church leader, a name his father had called him from the age of 5?
5. Moses changed Hosea's name to what in the Bible?
6. Which jazz musician was known as Satchmo?
7. Who wrote 'That which we call a rose by any other name would smell as sweet'?
8. What did the country of Kampuchea change its name back to in 1989?
9. Which footballer was nicknamed Black Pearl?
10. Singer Rihanna uses her middle name – what is her first name?
11. What do Booker T Jones, Michael J Fox and Harry S Truman have in common?
12. Where is the place with the longest name in the UK?
13. Caryn Elaine Johnson said she chose her first name as a short version of a practical joke sounding like flatulence – how is she now known?
14. Who said: 'When I joined the Nation of Islam and became a Muslim, they gave me the most famous name because I was the champ'?
15. How is the Powhatan princess, who was called Amonute at birth and went by the name Matoaka, better known?

1. Alias; 2. To deter cold callers as is difficult to pronounce (he refers to himself as Tim 10Price); 3. Caligula; 4. Martin Luther King; 5. Joshua; 6. Louis Armstrong; 7. William Shakespeare (in Romeo and Juliet); 8. Cambodia; 9. Pelé (Edson Arantes do Nascimento); 10. Robyn; 11. Their middle initial did not stand for anything; 12. In Anglesey, Wales, Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch is also the second longest one-word place name in the world; 13. Whoopi Goldberg; 14. Muhammad Ali; 15. Pocahontas



Flavour

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

ROSE
LEMON
HAZLENUT
VANILLA
ORANGE
MINT
ANISEED
BLUEBERRY
LIQUORICE
MANGO
CHOCOLATE
TOFFEE
BLACKBERRY
COFFEE
BANANA
CINNAMON

Someone sent in this poem, written by former Children's Laureate Michael Rosen for 60th anniversary of the NHS in 2008:

These are the Hands

These are the hands	Mop the floor
That touch us first	Flick the switch
Feel your head	Soothe the sore
Find the pulse	Burn the swabs
And make your bed.	Give us a jab
These are the hands	Throw out the sharps
That tap your back	Design the lab.
Test the skin	And these are the hands
Hold your arm	That stop the leaks
Hold your arm	Empty the pan
Wheel the bin	Wipe the pipes
Change the bulb	Carry the can
Fix the drip	Clamp the veins
Pour the jug	Make the cast
Replace your hip.	Log the close
These are the hands	And touch us last
That fill the bath	



Some of you will know the Director of Music at St. Laurence, Jocelyn Freeman. Her initiative SongEasel has the motto 'Filling South East London with song', and she will be talking to Lesley about involving Bring Me Sunshine in future projects – watch this space for more news in the new year.

Before then, Jocelyn has organised a concert with world-renowned tenor Mark Padmore CBE, and recommends those attending arrive early to get a seat, as this will be a popular event. Admission is free, with a retiring collection. We hope many of you can be there for this wonderful festive event:

An Advent Calendar of Song
12 December 2021 @ 12 noon
St Laurence Church, Catford SE6 2TS
Mark Padmore, tenor, & Jocelyn Freeman, piano



Michael Rosen could not anticipate his own great need for the NHS – he spent 48 days in ICU with COVID19 last year, and is still recovering. His work *Many Different Kinds of Love: A Story of Life, Death and the NHS* is about his experience



Well done to BMS volunteer Martha, who collected her 1st class degree recently. Congratulations!

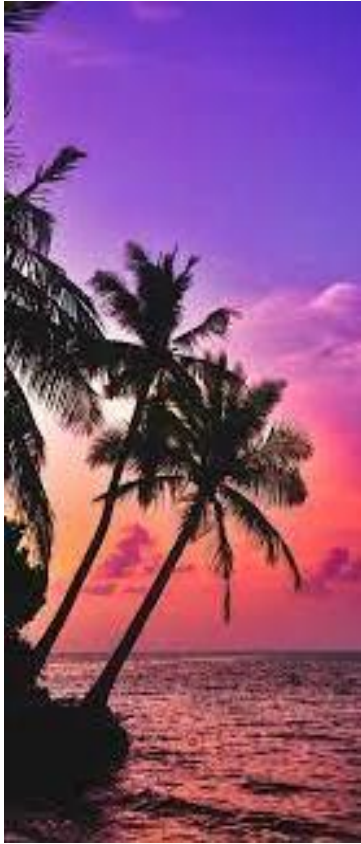
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Buy your tickets from our page - we get 50%

- We now have a Lewisham Community Lottery page!
- Support local causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other local good causes!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

Search www.lewishamcommunitylottery

Supporters must be 16 years of age or older



Carib Nightfall

In the Caribbean
at the end of day
sun drops suddenly
like a fire ball
behind forested hills
and into the sea
Steam clouds
of red and orange
shaped like monsters
float up into the sky
and for an instant
hover there.
Kisskadees
and sici-yea birds
in awe of the sky
and the dark rushing in,
leave night music to
bull frogs' croaking bass,
high octaves tunes
of mosquito violins,
and crickets' twitterings

John Lyons

THE EVENING IS THE TIME TO PRAISE THE DAY

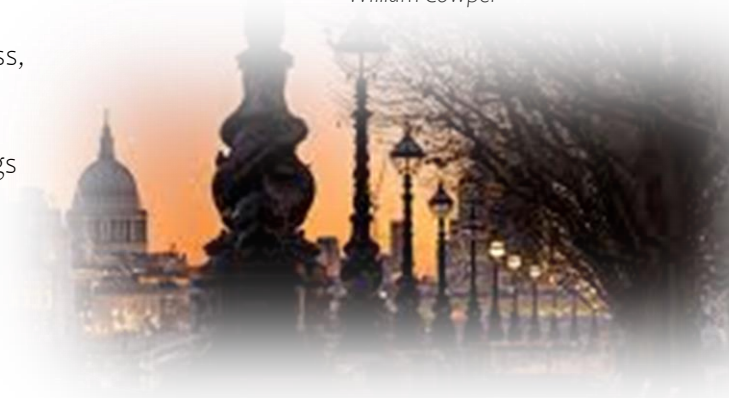
Vladimir Nabokov

Evening you gather back
all that dazzling dawn has put asunder:
you gather a lamb, gather a kid,
gather a child to its mother

Sappho

Now stir the fire, and close the shutters fast,
Let fall the curtains, wheel the sofa round,
And, while the bubbling and loud hissing urn
Throws up a steamy column and the cups
That cheer but not inebriate, wait on each,
So let us welcome peaceful ev'ning in

William Cowper



O God, come to our aid. O Lord, make haste to help us. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia

Introduction to Vespers

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep

Ps 127:2

Evening

The bleak fields are asleep,
My heart alone wakes;
The evening in the harbour
Down his red sails takes.
Night, guardian of dreams,
Now wanders through the land;
The moon, a lily white,
Blossoms within her hand.

Rainer Maria Rilke

The wind tonight
Seems full of echoes
Wind in the pine, fireflies,
lamplight from a
hydro-electric station
All reminding me
of a distant dream.
My memory is like
a small overloaded
wooden bridge
Spanning the banks of time

Shu Ting



O Lord my God, I thank Thee that Thou hast brought this day to a close; I thank thee that Thou hast giv'n me peace in body and in soul. Thy hand has been over me and has protected and preserved me. Forgive my puny faith, the ill that I this day have done, and help me to forgive all who have wronged me.
Amen

Dietrich Bonhoeffer

O Lord our God, keep us in peace during this night and at all times. Keep our hearts and thoughts secure in holy reverence for you, so that we may be protected at all times from the snares of the enemy. And let us offer blessing and glory to the Father and to the Son and to the Holy Spirit, now and forever and unto the ages of ages.
Amen.

Armenian Prayer