



Guiding Star

Lord, the sight of the guiding star,
brought hope, courage and joy
to those who had journeyed to find you.

When our journey seems long,
when hope seems far away,
when our courage is failing
fill us with faith and trust;
shine your light on our fears,
lift our hearts with your joy.

Help us to recognise you
in our brothers and sisters
throughout the world;
show us how we can work together
so that we may all come to share in the life
promised to us by Jesus,
the Saviour of us all. Amen

CAFOD



Wishing you peace this Christmas



Bring Me Sunshine 45

Despite the news again being rather worrying, with the rate of COVID19 increasing, this must not dampen our Christmas spirits. As we know, it is about far more than parties and gatherings, but about celebrating the birth of Christ and the bringing of hope to our troubled world.

Many difficult decisions are being made about what it is possible to do at present, but I do hope that you are able to share this time with loved ones or have been offered some cheer along the way. Lewisham is pulling out the stops and there are offers of meals from the Salvation Army being delivered on the 23rd December and a local restaurant in Hither Green Lane, The Last Outpost, is offering a 3-course lunch for people on their own. (Let me know and I will book it for you.) Our priest Fr Antony at Holy Cross has offered to cook turkey curry for anyone who wishes to join him in Hartley Hall, Culverly Road - give him a call and let him know you're coming by the 20th December: 020 86983672.

I hope like me you've managed to book a pantomime as its panto season (oh no it isn't!). I have in fact got four booked - greedy I know. Sleeping Beauty at the Churchill, Queen of Hearts at Greenwich and then a friend offered to take me to see Pantoland at the Palladium, I think you can tell I'm a panto fan. This year the drama group I'm with are putting on Jack and the Beanstalk in March, hope you'll come. I'm the Welsh giant of course, I used to have a job as a pantomime horse but I quit while I was ahead! Goldsmiths Academy of dance are putting on Saving the Rainbow on the weekend of the 22/23 January. I hope you'll come and see it with me on the Saturday - I have tickets ready, £8.

I am delighted to enclose with your magazine a small gift of a knitted stocking and a handmade card again made lovingly by one of our Bring Me Sunshine volunteers Sandra Fuller. Thank you, Sandra, for sharing your time and talents. Big thanks to Joan for the delicious Christmas cake.

I'm hoping that you will all be receiving a wonderful CD of sacred songs very soon, which is gifted by supporter of the project Katie Milton, accompanied by the fabulous Thom Stanbury.

What a joy it has been to receive the gift of song and music from Katie and Emily during the pandemic. Katie performed on Zoom for us on several occasions, even from Spain, and last week delighted us with a face-to-face concert for the Diamond Club. This was followed the next week by Emily Shaw, a local West End performer. Give-a-song, the doorstep singers led by the wonderful Chloe Edwards on saxophone, have been out in all weathers singing Christmas songs on doorsteps to brighten spirits. A big thanks to Kate Middleton (known by most as HRH) for heading our in-house entertainment team, compering, dancing, singing and encouraging everyone to join in. A great Bring Me Sunshine event took place at St Andrews on the 14th with fish and chips and entertainment from the ladies from the group Blitz and Pieces. Despite increased COVID19 regulations a good time was had by all.

A big thanks to our delivery partners, Ageing Well, the Irish centre, Table talk, Age Exchange and Community Connections, and for all the wonderful projects that Bring Me Sunshine has been involved in such as Patched Together, Goldsmiths festival, Sing A book workshop, Friends of Beckenham Place Christmas crafting workshop and the unforgettable, moving, Traceworks, dancing round doorsteps delivering their piece entitled Jack Frost.

A big thanks to all our wonderful Bring Me Sunshine partner churches and volunteers, Amy who compiles this magazine, which she's been producing now since March 2020. A big thanks to all the deliverers of these magazines, who on a Saturday walk the streets of Catford ensuring you get your copy, sometimes with a little treat. Thanks to our contributors and donors, who have ensured there is something to do if you want to, and kept us connected.

A big thank you to YOU for your resilience, for keeping connected with each other and bringing sunshine wherever you can along the way. I'm hoping 2022 brings peace, health and happiness to you all.

Love in Christ, Lesley

Zoom prayers every evening from Holy Cross at 9pm other than Saturdays
ID 7578777461 Passcode 20212021

Holiday at Home: Lesley email lesleyaallen@btopenworld.com 07729 785843
BMS Newsletter: Amy email 1000AQ@googlemail.com 07847799791

NEWS FROM AWIL: What a wonderful few months, with Ageing Well's groups being able to meet regularly in person again! Most recently, we had a smashing American-style Thanksgiving meal at our Silver Lunch Club, new members at Body & Bingo, and Christmas ornament making at Crafts Plus. The Befrienders are learning a Portuguese Christmas song with a visiting student from Trinity Laban, and were recorded for an upcoming episode of the Meet Me at the Albany radio show [we will keep you updated on air times]. AWIL's groups will be closed for two weeks for the holiday but back from Tuesday, January 4th.

Make a New Year's resolution to make new friends and have some fun with us!

Contact: 0208 698 3735; info@ageingwellinlewisham.org



I hope you have all been enjoying the Christmas season, however you chose to celebrate, and that you all get the opportunity to relax and have fun. I have compiled a small list of different Christmas activities you may wish to partake in to keep you busy while we count down to Christmas day. For those of you who enjoy classical musical music, Classic FM will be hosting a range of different festive events, including sharing music from King's College, St Mary's and Edenborough choirs, as well as a reading of 'The

Snowman' from Aled Jones on Christmas eve, accompanied with music from Howard Blake. Alongside the traditional Christmas movies that will be shown on TV, there are some great films coming out this December, leading up to Christmas day. Among my personal recommendations are Disney's 'Encanto' and 'Spiderman: No way home'. Encanto is one of my new favourite Disney films featuring their first Columbian female lead, as well as songs from the playwright Lin-Manuel Miranda. Its main themes are centred around family and acceptance, and so I highly recommend it this Christmas season, despite its lack of snow and presents. My other recommendation, 'Spiderman: No Way Home', is the third instalment of Tom Holland's spiderman movies, and marks the 20th Anniversary since the first Spider-man film. This recommendation is catered more towards Marvel fans, but it is bound to be a great cinematic experience for anyone.

Another recommendation to keep busy this holiday season is to make Christmas decorations. My family and I have been practising making paper snowflakes, and I will be attempting to crochet a mini-Santa Claus this Christmas. Making baubles for Christmas trees or creating puzzles as stocking fillers are also great ways to keep busy.

I wish you all a very merry Christmas and a happy new year, Sophie

BINGO WILL BE BACK IN THE NEW YEAR



Some festive fun at the Lewisham Irish Community Centre:



College
park Players
Amateur
Founded 1924

Jack and the Beanstalk

Burnt Ash Methodist Church Hall
Lee, SE12 0QD

Thursday 3rd March 2022 7.45

Friday 4th March 2022 7.45

Saturday 5th March 2022 2.30 and 6pm

Loop system in operation

Tickets £7 (£6 concessions)

Box Office rynind@aol.com

Box office opens mid Jan 2022, e mail now
to be added to the mailing list

Website: www.collegeparkplayers.com



Above: Katie Milton
at Hartley Hall;
Right, from top:
local residents
enjoying songs on
their doorsteps;
having a go at
kokedama (moss
planting) at
Beckenham Place



Which one is Father Christmas?



The legend of Father Christmas has been in Britain as far back as anyone can remember. Originally, he seems to have been a figure at Pagan winter festivals, where he wore a long **green** hooded cloak and carried holly, ivy or mistletoe, possibly representing the coming of Spring, and he made people happy in the cold, dark winter-time. By the 5th and 6th centuries, with Saxon influence, he became King Winter or King Frost. Someone would dress up as him and go to people's homes to be given food and drink, in return for which they thought they would receive something good in return.

With the Viking invasions a new legend came, of the god Odin who became Jul at the end of December, travelling on an eight-legged horse dispensing gifts to the good and punishments to the bad, with a white beard and long **blue** hooded cloak.

When the Normans invaded they brought legends of Santa Claus - St. Nicholas, Bishop of Myra in Asia Minor during the time of the Roman Empire. He was said to secretly help people by giving gifts to the poor, for example putting money down their chimney, which fell into a stocking, or putting coins in shoes. Traditionally he wore a **red** robe.

Puritans banned Father Christmas along with Christmas in 1644, as a symbol of 'godless self-indulgence', after which he became a character in Mummers plays or underground publications. In Victorian times he was popularised again by, among others, Charles Dickens.

Nowadays Father Christmas usually wears red, following coca-cola's advertising campaign in 1930's, and has a mixture of characteristics from his forerunners.



1. What colour are mistletoe berries?
2. In which ocean is Christmas Island?
3. Which animal carried Mary before she gave birth to Jesus?
4. Which famous scientist was born on Christmas Day in 1642?
5. Which pantomime does Buttons appear in?
6. Which Christmas song became the first song ever broadcast from space in 1965?
7. Which band sings the iconic Christmas song 'Mary's boy child'?
8. In which film does Tom Hanks voice Santa?
9. If you're born on Christmas day, what's your star sign?
10. Which Angel visited Mary?
11. What is the name for the shortest day of the year?
12. What year was tinsel invented – 1610, 1710 or 1810?
13. Which plant, beginning with P, is associated with Christmas?
14. When does the Russian Orthodox Church celebrate Christmas?
15. According to the song, what did my true love give to me on the third day of Christmas?
16. Maria Carey's Christmas hit has sold over 16 million copies. Can you name it?
17. December 26th marks which Saint's Day?
18. What does a Christmas holly wreath symbolise?
19. International time zones mean our modern-day Santa Claus actually has how many hours to deliver presents to all the children of the world on Christmas day?
20. On Boxing Day 1991, what was formally dissolved?

1. White; 2. Indian Ocean; 3. Donkey; 4. Isaac Newton; 5. Cinderella; 6. Jingle Bells; 7. Boney M.; 8. Polar Express; 9. Capricorn; 10. Gabriel; 11. Winter solstice; 12. 1610; 13. Poinsettia; 14. January 7th; 15. Three French hens; 16. All I Want For Christmas; 17. St. Stephen; 18. The crown of thorns; the berries Jesus' blood; 19. 31; 20. The Soviet Union

*People don't notice whether it's
winter or summer when they're happy*

Anton Chekov



SANTA'S REINDEER'S NAMES



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

DASHER PRESENTS
DANCER CHIMNEY
PRANCER STOCKING
VIXEN
COMET
CUPID
DONNER
BLITZEN
RUDOLPH
SANTA
SNOW
FLY
MAGIC
SLEIGH
CHRISTMAS

www.northPoleNews.Org



Seasonal Food

1. What is the name of a female Turkey?
2. What percent of the UK's entire year's sprout sales are in the two weeks before Christmas - 25%, 50% or 75%?
3. What is traditionally hidden inside a Christmas pudding?
4. Stollen is a fabulous Christmas confection that comes from which country?
5. What soft drinks company has been using Santa Claus in its advertising since 1931?
6. In Japan, which takeaway food is traditionally eaten at Christmas?
7. Which Christmas goodies are shaped to resemble a shepherd's staff?
8. Which yellow food item would you find under the icing of a Christmas cake?
9. What do you "roast on an open fire" in a famous Christmas song?
10. What type of food did Christmas crackers originally contain?

6.KFC; 7.Candy canes; 8.Marzipan; 9.Chestnuts; 10.Sugared almonds

Christmas Songs



1.Elton John; 2.Band Aid; 3.Blue; 4.Lowling; 5.Santa Baby; 6.'But the very next day you gave it away'; 7.Silent Night; 8.Nat King Cole

1. Who had a hit with *Step Into Christmas*?
2. What collective had a hit in 1984 with *Do They Know It's Christmas*?
3. What colour Christmas did both Fats Domino and Elvis Presley sing about?
4. In *Away In A Manger*, what are the cattle doing?
5. Eartha Kitt had a hit with which Christmas song in 1953?
6. What's the next line in this Christmas song: 'Last Christmas, I gave you my heart...'
7. *Stille Nacht* is the German name for which traditional song, associated with Christmas?
8. Who co-wrote & recorded *The Christmas Song*, also known as *Chestnuts Roasting on an Open Fire* from its first line, in 1961?



WINTER WORD SEARCH

FIND THE WORDS!



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

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE



Holy Jesus,
by being born one of us,
and lying humbly in a
manger,
you show how much God
loves the world.
Let the light of your love
always shine in our hearts,
until we reach our home in
heaven,
and see you on your
throne of glory.
Amen
CofE

Prayer for Inward Peace and Goodwill

O Lord Jesus Christ, by your incarnation you
united things earthly and heavenly. Fill us with
the sweetness of inward peace and goodwill,
that we may join the heavenly host in singing
praises to your glory;
for you live and reign with the Father and the
Holy Spirit, one God, now and forever.
Amen.

Modified from 6th Century Gregorian Rite

Moonless darkness stands between.
Past, the Past, no more be seen!
But the Bethlehem-star may lead me
To the sight of Him Who freed me
From the self that I have been.
Make me pure, Lord: Thou art holy;
Make me meek, Lord: Thou wert lowly;
Now beginning, and alway:
Now begin, on Christmas day.

Gerard Manley Hopkins, S.J.



★
GOD
ROCK
SAVIOR
MESSIAH
IMMANUEL
HOLY • CHILD
MIGHTY • GOD
LORD • OF • ALL
LAMB • OF • GOD
CHRIST • OF • GOD
KING • OF • KINGS
THE • WORD • OF • GOD
ALPHA • AND • OMEGA
PRINCE • OF • PEACE
LIGHT • OF • THE • WORLD
HEAD • OF • THE • CHURCH
SON • OF • THE • HIGHEST
EVERLASTING • FATHER
RESURRECTION • AND • LIFE
JESUS

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This is what the Sovereign LORD says: I myself will
take a shoot from the very top of a cedar and plant
it; I will break off a tender sprig from its topmost
shoots and plant it on a high and lofty mountain. On
the mountain heights of Israel I will plant it; it will
produce branches and bear fruit and become a
splendid cedar. Birds of every kind will nest in it; they
will find shelter in the shade of its branches. All the
trees of the forest will know that I the LORD bring
down the tall tree and make the low tree grow tall.
I dry up the green tree and make the dry tree
flourish. I the LORD have spoken, and I will do it.

Ezekial 17:22-24

Loving Jesus,
you were born in a stable but
worshipped by the angels.
Be with those who are lonely,
and with all who feel distant from
celebrations.
Be for us a living hope that lightens
their hearts.

Amen

CofE

Carol

Paul Laurence Dunbar

Ring out, ye bells! All Nature swells
With gladness at the wondrous story,
The world was lorn, but Christ is born
To change our sadness into glory.

Sing, earthlings, sing, tonight a King
Hath come from heaven's high throne
to bless us.

The outstretched hand o'er all the land
Is raised in pity to caress us.

Come at his call; be joyful all;
Away with mourning and with sadness!
The heavenly choir with holy fire
Their voices raise in songs of gladness.

The darkness breaks and Dawn awakes,
Her cheeks suffused with youthful blushes.
The rocks and stones In holy tones
Are singing sweeter than the thrushes.

Then why should we in silence be,
When Nature lends her voice to praises;
When heaven and earth proclaim the truth
Of Him for whom that lone star blazes?

No, be not still, but with a will
Strike all your harps and set them ringing;
On hill and heath let every breath
Throw all its power into singing!

