

Holocaust Memorial Day, 27<sup>th</sup> January

A Jewish Prayer for Peace

Come, let us go to the mountain of the Lord, that we may walk the paths of the Most High. And we shall beat our swords into ploughshares and our spears into pruning hooks. Nation shall not lift up sword against nation; neither shall they learn war any more. And none shall be afraid, for the mouth of the Lord of Hosts has spoken.

How wonderful it is that nobody need wait a single moment before starting to improve the world

*Anne Frank*

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

*Edith Stein (St. Teresa Benedicta of the Cross)*

Candlemas (2<sup>nd</sup> February)

Almighty Father, whose son Jesus Christ was presented in the temple and acclaimed the light of nations: grant that in him we may be presented to you and in the world may reflect his glory. Through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God now and for ever.

Amen

*Thisischuch.com*



Happy New year to you all our dear readers, wishing you health and happiness for the year ahead.

Pope Francis message for the new year was one that recognised that we are living in uncertain times due to the pandemic, with many frightened about the future and burdened by social pressures, personal problems, dangers stemming from ecological crisis, injustices and by global economic imbalances, but urges us to champion embracing a positive attitude, one that always sees in the church and society not what divides us but the good that unites us.

After a challenging end to 2021 and beginning of 2022 it looks as if things are picking up a bit and there's a turn in the number of people catching Covid although numbers remain quite high in Lewisham and Lambeth. As you will have heard lots of restrictions are lifting, but I would encourage you all to consider your own personal circumstances and safety and the safety of others and wash hands regularly and use sanitisers, maintain some distance, wear masks when moving around in crowded spaces and on public transport and ensure there is some ventilation when meeting up with people. I will be looking for ways to ease the fuel price increase which I know many of you are concerned about and I will source assistance where possible for you all if I hear of anything.

Please keep yourselves warm as cold really can impact on your health.

Lewisham council have managed to get me lots of boxes of lateral flow tests so if you need to test before going somewhere one of our volunteers can drop them round and even assist on your doorstep if you're struggling as they are quite fiddly.

Won't it be great to start meeting up in person again - Bring Me Sunshine has a fun packed year of events and activities that they want to deliver to you, they hope about one a month.

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The first will be a love themed Bring Me Sunshine event in St Andrews Church Hall on Tuesday, February 22<sup>nd</sup>, I hope again with fish and chips followed by strawberries dipped in Chocolate and a glass of bubbly - and of course some love inspired entertainment. Our love themed day will pay tribute to the many forms of love, including the love of our Lord and those in our lives who have been special to us including friends and neighbours, and random acts of love and kindness that help us along the way. Please ring me to check details beforehand. Then on Saturday, February the 26<sup>th</sup>, the brilliant Goldsmiths Academy of Dance are putting on their pantomime *Saving the Rainbow* at 3pm at Goldsmiths community centre on Castillon Road SE61QD. if you'd like to come let me know as I have the tickets, £6.

In March the Irish centre are hosting some fabulous St Patrick's day celebrations which you'll be welcome to attend, and in April we are hoping to host a Bring Me Sunshine event in St Laurence's church hall, with their parishioners, which will have an Easter theme.

May 7<sup>th</sup> will see the pantomime Jack and the Beanstalk performed by College Park Players at Burnt Ash Methodist Hall, in which I'm performing as a giant. I hope you'll come. Then there are plans to celebrate the Queens Platinum Jubilee in June with a vintage tea party, as well as an intergenerational show.

Throughout the borough there will also be lots of arts and performances taking place which I will keep you informed of, as Lewisham is Borough of Culture, so 2022 should be one of amazing opportunities to get involved and come and see.

For the next few weeks, the Diamond Club and Bring Me Sunshine will zoom on a Tuesday, and you're all welcome to join when we do a bit of exercise share a few songs have a catch up and have a game of Bingo (instead of bingo in here).

Great news that Bring Me Sunshine with Ageing Well in Lewisham have received a small grant from Lewisham to continue to deliver some of their events. The Diamond Club has also been recommended for some NCIL funding from the borough - this all helps us to continue to support you, our elders, and provide fun filled activities and communications to you all regularly.

Darkness cannot drive out darkness;  
only light can do that.  
Hate cannot drive out hate;  
only love can do that.  
Martin Luther King, Jr.



Diamond and Bring Me Sunshine  
Zoom at 11am on Tuesdays, ID  
82352062156, passcode 327600

Night time prayers at 9pm with  
Holy cross every night except  
Saturday, ID 7578777461,  
passcode 20212021



Dear Bring Me Sunshine Recipients,

I hope you all had a great Christmas and a happy New Year! January can be a very difficult time for many, as it marks the end of the Christmas festivities, and the winter temperatures seem to drop even lower.

For me, the arrival of January marked the beginning of an exam season, and since I have been so wrapped up in revising, I have not had the chance to reflect on what the new year will bring. Therefore, for this month's article I want to reflect on exciting events we can look forward to in 2022, both as a way to find joy in these winter months, and to celebrate the start of the new year!

For those who enjoy stargazing, there are a variety of cosmic wonders set to appear in 2022, including meteor showers, a visible mercury, and a total lunar eclipse. Some of these sightings have already begun, and these will continue throughout the course of the year!

There are also many great books to anticipate this year, including 'Fiona and Jane' by Jean Chen Ho, 'The Perfect Escape' by Leah Konen, and 'Greenwich Park' by Katherine Faulkner, among many others. 2022 is also an important year for film sequels, with 'Scream', 'Jurassic World: Dominion', 'John Wick 4', 'The Batman' and 'Hocus Pocus 2' coming out within a few months of each other. Marvel Studios fans in particular can look out for 'Doctor Strange: Multiverse of Madness', 'Thor: Love and Thunder', 'Into the Spider verse 2', and most notably, 'Black Panther 2'.

There are also many major sporting events taking place in 2022, including the Winter Olympics, the Commonwealth games, the FIFA world cup, and the women's rugby world cup. In my women's squash club, we will be taking part in some games against other London clubs, and I am also hoping to complete a few community runs for my volunteering group.

There is so much to anticipate this year, and I hope you all enjoy this January, and the rest of the winter period.

Sophie

Extra note for those with Netflix: I highly recommend the Series *Arcane*

Holiday at Home Project lead organiser: Lesley  
email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com) Tel. 07729 785843  
[www.bringmesunshinese6.co.uk](http://www.bringmesunshinese6.co.uk)

To make Bring Me Sunshine original contributions  
(your words, **not** your money!): Amy  
email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com) Tel. 07847 799791

We'd love to hear **your** book or TV recommendations or reviews, as well as other news and pictures, poems and prayers - don't be shy!



## Remembering Desmond Tutu (7.10.31-26.12.21)

'Love is much more demanding than law'

The great human rights activist Desmond Tutu's public appointments included Bishop of Lesotho in the 1970's and Johannesburg in the 1980's; Archbishop of Cape Town from 1986-96; Chair of the Truth and Reconciliation Committee in South Africa following the dismantling of apartheid; and Nobel Peace Prize winner in 1984.

Desmond Tutu lived in Lewisham during the 1970's, during which time he was honorary Curate at St. Augustine's Church in Baring Road. He maintained links with Lewisham, opening the Riverside Unit at Lewisham Hospital in 2007, and a Peace Park named in his honour in Chinbrook Meadows Park in 2009. He was granted Freedom of the Borough in 1990.

His faith and deep belief in the dignity of all people are best described using his own words:

'The final and full revelation of God is not a book, it is a person. Jesus Christ'

'Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world'

'Forgiving is a gift to the forgiver as well as to the perpetrator'

'I can't for the life of me imagine that God would say, 'I will punish you because you are black; you should have been white. I will punish you because you are a woman; you should have been a man. I punish you because you are homosexual; you ought to have been heterosexual'. I can't, I can't for the life of me believe that that is how God sees things'

'The destruction of the earth's environment is the human rights challenge of our time I wonder if they have rum and coke in Heaven? ...Oh, man, this heaven is going to take some getting used to!'

*A prayer of Desmond Tutu:*

Goodness is stronger than evil

Love is stronger than hate

Light is stronger than darkness

Life is stronger than death

Victory is ours through Him who loves us.



For information and support with accessing local groups and services in Lewisham, please call Community Connections Lewisham on **0330 058 3464**, open Mon-Fri 9:30am - 4pm (closed Thursday afternoons), or visit our website: <https://communityconnectionslewisham.org/>

Some examples of support CCL offers:

- Help finding local social groups, healthy activities and other community services for any 18+ Lewisham resident e.g. lunch clubs, fitness groups, arts & crafts groups
- Arranging telephone and home befriending support for people who are lonely, isolated and/or housebound
- Referrals for group and 1:1 mental health support
- Support with applying for subsidised community transport schemes such as Taxicard, Dial-a-ride, Blue Badge
- Arranging practical support e.g. volunteer shopping, foodbank referrals and community transport
- Signposting or referring clients to services that support their financial wellbeing e.g. benefit assessments, finding grants, reducing energy costs
- Help with finding free IT support and getting long-term loans of devices (e.g. laptops, smartphones)



Before Christmas, gifts from Christ the King College arriving, and bags ready for delivery to BMS community & St. Vincent de Paul families in need. Thanks to C+K, Sandra for stockings, Joan for cake, Yvonne for cards, and all other contributors and volunteer deliverers




STAYING HEALTHY AND WELL THIS

# winter

in Lewisham

**Keeping healthy and well in winter is important and there are things you can do that help.**

- Have your flu and COVID-19 vaccinations.
- Keep your home warm – to at least 18c. You may be eligible for financial or practical support with heating. See [www.gov.uk/winter-fuel-payment](http://www.gov.uk/winter-fuel-payment) and [www.gov.uk/cold-weather-payment](http://www.gov.uk/cold-weather-payment).
- Being physically active every day helps maintain physical and mental wellbeing. This can include going for walks and exercises in your home.
- Wash your hands with soap and water to protect yourself and others from illnesses such as food poisoning, diarrhoea, flu and coronavirus.

- To help with winter illness such as colds and flu at home keep warm, rest, drink plenty of fluids, and use over-the-counter medications if necessary to relieve symptoms.
- Look in on vulnerable neighbours and relatives. If you are worried about someone who has a disability or is elderly, contact your council or, for elderly people, call the Age UK helpline on 0800 678 1602 (8am to 7pm every day).
- Help keep health and social care staff and other patients safe by not attending hospital, GP practices or other services in person if you have diarrhoea, vomiting or COVID-19 symptoms.



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B	D	E	C	I	T	I	M	R	S	O	E	A	A
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A	P	E	S	T	R	A	W	B	E	R	R	Y	P
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- Milk
- Pepsi
- Sour
- Dr.Pepper
- Cocoa
- Iced
- Lemonade
- Strawberry
- Cherry
- Coffee
- Water
- Soda
- Herbal
- Tea
- Tasty
- Seven-up
- Cola
- Hot
- Vanilla
- Diet

Types of Drink

NEWS FROM AWIL:

Happy New Year to all! Ageing Well groups celebrated the Christmas season in style: we had a special belly dancing performance from La Violetta at The Silver Lunch Club, and The Befrienders hosted a Zoom sing-along complete with Christmas jumpers and bells. They were also featured on the Albany’s Meet Me on the Radio show.

Visit to listen: <https://www.mixcloud.com/Resonance/meet-me-on-the-radio-21-december-2021-s5-e8/>

AWil’s Golden Agers Coffee Morning has resumed as well. In partnership with the South Lewisham Group Practice Patient Participation Group, we meet on the first Friday of every month for a warm cuppa, chat and a guest speaker on topics of interest to older people. 10:30 am- 12 pm at SLGP surgery. **FREE!**

Please contact us if you would like to join in some of the exciting activities coming up. Winnie Carlson – Project Coordinator, 0208 698 3735; [info@ageingwellinlewisham.org](mailto:info@ageingwellinlewisham.org)

Lin with leaves; The Befrienders; La Violetta



QUIZ Hair

- 1. Long sidelocks are worn by some members of which faith community?
- 2. A type of high, tight topknot called after a London area is a ..... facelift?
- 3. What is the name of the person with extremely long hair rescued from a tower in a fairy tale by brothers Grimm?
- 4. Which branch of UK’s armed forces is the only one to have always allowed its male members to wear a full beard and moustache?
- 5. Cornrows, French, fishtail and box are types of what?
- 6. Which Russian ruler imposed a beard tax in 1698 to encourage Russian men to shave off their beards?
- 7. What is the name of the hairstyle fashionable among punks in 70’s and 80’s which was called after a group of indigenous American people?
- 8. Dreadlocks are associated with which faith group?
- 9. Who in the bible lost his strength when his hair was cut?
- 10. Called after a home for insects, which women’s hairdo was popular in 50’s and 60’s?
- 11. A partially shaved style traditionally worn by mediaeval monks, and still worn by some today, is called what?
- 12. According to superstition, on which day of the week was it considered unlucky to cut your hair?
- 13. What was Medusa’s hair made of in Greek legend?
- 14. What is the name of the hairstyle popular among fans of Elvis Presley, and sometimes known as a DA?
- 15. Dali, chevron, horseshoe and Fu Manchu are all types of what?

1. Orthodox Jewish; 2. Crocodon; 3. Rapunzel; 4. Navy; 5. Braids/plaits; 6. Peter the Great; 7. Mohawk/Mohican; 8. Rastafarian; 9. Samson; 10. Beehive; 11. Tonsure; 12. Sunday; 13. Snakes; 14. Ducktail/Duck’s arse; 15. Moustache

Birthday Wishes to:

Blanche, 78, and Bunty, 95, who each had a song on their doorstep. Bunty’s highlight, however, was hearing a rendition of Scottish song *I Once Knew a Lassie*, a *Bonny, Bonny Lassie*, from Denis!

Congratulations!





Thanks to Denis for sharing more of his diary with us:

Dec 25 Cannot understand the missus. Bought her anew belt and bag for Christmas, and she still wasn't Pleased. After all, the carpet sweeper is working perfectly now.

Dec 27 Read in the paper that this lady wed a Sioux Native American and they had a baby son - A Sioux called Boy, as Johnny Cash might say.

Dec 30 My grandad's anniversary. He left us 50 Years ago. On his deathbed he was asked 'Do you renounce Satan and all his works and pomps?' Grandad shook his head and said 'No, this is no time to be making enemies with anyone'.

Dec 31 Read the one of the last of the Christmas crackers: 'What is black and white and red all over?' Answer: 'A hun with sunburn'

Jan 1 My New Year's resolution is to eat an apple a day. Missus is not sure, and remarks: 'Is it one of Granny Myths?'

Jan 2 Went to the Barbers and asked him to give me a pony tail. So he sat down and told me a tale about My Little Pony.

Jan 3 Heard from my Aunt that the Reverend Mother in her local convent was dying, and she asked for her usual glass of skimmed milk. The Nuns thought they would add a special tonic for the poor sick Reverend Mother, and added a good splash of whiskey to the milk. After drinking it down the Reverend Mother smiled and said: 'That was the best glass of milk I have ever had in my entire life. Whatever you do, don't get rid of that cow'.

Jan 5 There is an old saying that the darkest hour is just before the dawn. Yes, and it seems a great time to steal your neighbour's milk as well.

Jan 6 Found one last Christmas cracker joke: 'How do you check the weight of a Pie?' Answer 'Somewhere over the rainbow, weigh up Pie'.

## 101<sup>st</sup> Birthday Congratulations

Former Diamond Club member Joyce Jordan's daughter, Christine, recently sent a picture of her mum on her birthday. Christine says: 'She was 101 on 31st, and though physically weaker and very much slower, my brother Philip can still bring her to my place for 2 or 3 days a week, though very carefully since she has to come down 2 flights of stairs. Mum is still the same positive, appreciative and uncomplaining person she always was, ...[despite] a loss of short-term memory and less awareness of what's going on around her. However, she does remember the Diamond Club. We still keep in touch with Esther, who tells us how things are going with her particular group of friends'.



The 14<sup>th</sup> Bring Me Sunshine event, held before Christmas, featured belly dancing, singers Blitz & Pieces, and our own Kate Middleton





# PRAISES & PETITIONS FOR LIGHT

• Nothing can dim the light which comes from within • • Hope is being able to see that there is light despite all of the darkness • • In Your light I learn how to love •

*Maya Angelou*

*Desmond Tutu*

*Rumi*

## *Light*

Light, my light, the world-filling light, the eye-kissing light, heart-sweetening light! Ah, the light dances, my darling, at the centre of my life; The light strikes, my darling, the chords of my love; The sky opens, the wind runs wild, laughter passes over the earth. The butterflies spread their sails on the sea of light. Lilies and jasmines surge up on the crest of the waves of light. The light is shattered into gold on every cloud, my darling, and it scatters gems in profusion. Mirth spreads from leaf to leaf, my darling, and gladness without measure. The heaven's river has drowned its banks and the flood of joy is abroad.

*Tagore*

## *Muslim Prayer of Light*

O God,

Give me light in my heart  
and light in my tongue  
and light in my hearing  
and light in my sight  
and light in my feeling  
and light in all body  
and light before me  
and light behind me.  
Give me, I pray Thee,  
Light on my right hand  
And light on my left hand  
And light above me  
And light beneath me,  
O Lord,  
Increase light within me  
And give me light  
And illuminate me.

The Lord is my light and my salvation  
– whom shall I fear?

The Lord is the stronghold of my life  
– of whom shall I be afraid?

*Ps27:1*

## *Lord, Lord, Open Unto Me*

Open unto me, light for my darkness  
Open unto me, courage for my fear  
Open unto me, hope for my despair  
Open unto me, peace for my turmoil  
Open unto me, joy for my sorrow  
Open unto me, strength for my weakness  
Open unto me, wisdom for my confusion  
Open unto me, forgiveness for my sins  
Open unto me, tenderness for my toughness  
Open unto me, love for my hates  
Open unto me, Thy Self for myself  
Lord, Lord, open unto me!

*Howard Thurman*

I am the Light of the World;  
he who follows me shall not walk in the  
darkness,  
but shall have the light of life

*John 8:12*

## *The Bright Field*

I have seen the sun break through  
to illuminate a small field  
for a while, and gone my way  
and forgotten it.  
But that was the pearl  
of great price,  
the one field that had  
treasure in it.  
I realise now  
that I must give all that I have  
to possess it.  
Life is not hurrying  
on to a receding future,  
nor hankering after  
an imagined past.  
It is the turning aside  
like Moses to the miracle  
of the lit bush,  
to a brightness  
that seemed as transitory  
as your youth once,  
but is the eternity  
that awaits you.

*R.S.Thomas*

## *Hindu Prayer of Light*

Fill the heart with the oil of love.  
Place in it the wick of single-pointed  
mind.  
Light it with the knowledge of truth,  
And remove the darkness of  
ignorance around you.  
Just as one lamp can light many  
lamps,  
Let each youth kindle this Light in  
many hearts

## *Jesus our Master, Walk with Us*

Jesus our Master, walk with us on the road as we yearn to reach  
the heavenly country, so that following your light, we may stay  
on the way of righteousness, and never wander into the horrible  
darkness of this world's night, while you, the way, the truth, and  
the life, are shining within us.

*Modified from Ancient Mozarabic Collects*

## *Franciscan Prayer before the Cross*

Most High, glorious God,  
enlighten the darkness of my heart  
and give me true faith,  
certain hope,  
and perfect charity,  
sense and knowledge,  
Lord, that I may carry out  
Your holy and true command.