

Ash Wednesday,

2nd March



Almighty and everlasting God, you hate nothing you have made
and forgive the sins of all who are penitent:
Create and make in us new and contrite hearts,
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may obtain of you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord, who lives and reigns
with you and the Holy Spirit, one God, for ever and ever. Amen

1979 Book of Common Prayer

O God,
you do not desire the death of sinners,
but you want them to turn to you and live.
Look with pity on the weakness of our mortal nature.
We confess that we are but ashes,
and for our wickedness we deserve to return to the dust.
Forgive all our sins,
and give us the blessings that come with true repentance;
through Jesus Christ our Lord.
Amen.

Modified from Mozarabic Collects



Bring Me Sunshine 47



Hector and the Search for Happiness, a book written by François Lelord, came into my life again last week when both my children left old blighty for their own search miles away, and I decided to give my son this book. My daughter has gone to India and my son to Thailand - both on their own searches for happiness in different ways. The book tells of a young psychiatrist who sees a lot of patients who are dissatisfied with their life but have no real health problems. Hector can't do much for them and it begins to depress him, so he goes round the world to find out what makes people happy or sad. Wait for it! the conclusion of course is that happiness comes from within, often in the small things and often in being with the people we care about. One doesn't have to go across the globe to find happiness but maybe just look around us and be in the moment.

Of course, this is particularly pertinent to most of you who have been unable to go far in the last few years as a result of the pandemic. Now, moving forward, coming through it when restrictions have been lifted, we are asked to learn to live with the virus in our midst. Maybe now physical or mental health issues, caring, financial constraints, or our desires and priorities have changed, which has led to us needing to look more at what's on our doorsteps and communities that brings us happiness - such as our wonderful parks and outdoor spaces, receiving a song on our doorstep or a chat with neighbours or friends, our home, our family, our faith, our church delivered in different ways, community events and of course our Bring Me Sunshine project and the wonderful volunteers connected to it who still aim to bring some cheer along the way.

I am very pleased to tell you that another successful love themed Bring Me Sunshine event took place last week at St Andrew's church hall, and a fabulous pantomime, *Saving the Rainbow* delivered by Goldsmith's academy of dance on Saturday. We have another Bring Me Sunshine Day planned on April 23rd, 11-3pm (in St Laurence's church hall this time) which will have an Easter theme. This will be our first Bring Me Sunshine event there because of the pandemic, and we are really looking forward to St Laurence's parishioners shaping and helping us put on the event. Have a wonderful springtime and in the words of comedian Dave Allen: "May your God go with you"

Diary Dates - to book your space contact Lesley Allen 07729785843 or email lesleyaallen@btopenworld.com.

4th March- St Laurence's church, World Day of Prayer 10.30

8th March, 10-2 Diamond Club commences (Members only but enquire if interested) cost £5

26th March - *Show Time and Olde Tyme* at Catford Cricket club, by the Utopians, 7.30 cost £8

23rd April- Bring Me Sunshine at St Laurence's 11-3pm cost £5

7th May- *Jack and the Beanstalk*, panto at Burnt ash Methodist church hall, 1pm cost £6

28th May - Jubilee celebrations (details to follow)

31st May- Drama workshop at Goldsmiths community centre 11-2pm

11th June- *Jubilee Jive* intergenerational show at Goldsmiths community Centre (Free) 2pm.

More to follow as there's a fun packed summer ahead for Bring Me Sunshine.

Zooming still on Fridays with the Irish club AT 11am, all welcome ID 85129501267 PASSCODE 980193

Night prayer with Holy Cross 9pm every night except Saturday ID 7578777461 Passcode 20212021

Scammers are hard at it trying to steal your money – some recent scams include e-mails/texts saying you are due a refund from E.ON or British Gas, or that your bill is overdue. Others include messages saying they come from Royal Mail, HMRC, or concern fake COVID-19 PCR tests, and phone calls from 'Visa Fraud'. *Never* click on any link or give personal or financial information unless you are 100% sure who it is – if in *any* doubt, delete the message, or hang up if a phone call.

You can sign up to scam alerts from which.co.uk. and report scams by forwarding emails to report@phishing.gov.uk; or report scam texts to your phone operator by forwarding the message to 7726 for free.



Dear Bring Me Sunshine Recipients,

I hope you are all well and enjoying the last few months of the winter season, and that each of you had a happy Valentine's Day! As Spring is arriving and the weather warms up, we can begin to invest time in more outdoor hobbies, such as gardening.

At school, my gardening club is soon to be starting up again, and we will be working towards making our school environment more sustainable and green. Gardening can be very beneficial for your mental health, so it's a great hobby to take up to maintain a positive attitude while we wait for warmer seasons.

The start of spring marks the beginning of new life, and growing social opportunities as communities start to come together to celebrate Easter and Lent. It is a great time to explore your interests and bond with loved ones as the days get longer, and the weather warms up. I hope you have all managed to stay connected during this winter season, as it is a particularly hard time for many, and that you find happiness in the earlier sunrises and later sunsets we will begin to see.

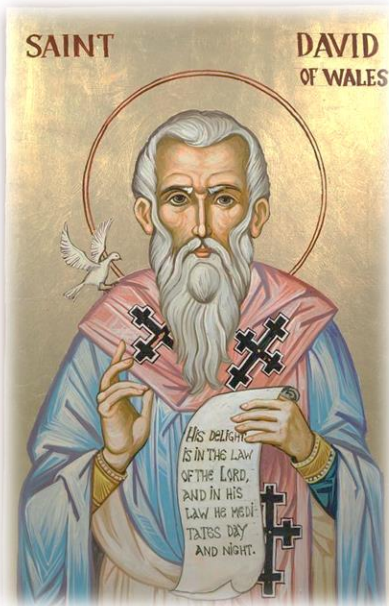
There's a lot to look forward to the next couple of months, including many sporting events like the FIFA football world cup, and films such as 'Marvel's Doctor Strange: Multiverse of Madness'. I will be focusing on revising over the next couple of months for my upcoming A levels, and will also be looking into potential Universities to attend after my gap year. I will also be putting a lot of time into helping direct the documentary for my 'WASSUP Greenwich' volunteer group. The spring is a very busy and often stressful time for many, but I hope you all get to make the most of it! Sophie

Holiday at Home:
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

We would love to hear from you!

SHOW TIME
&
OLDE TYME
PRESENTED BY
UTOPIAN ENTERTAINERS

Saturday 26th March 2022 at 7:30pm
Catford Wanderers Sports Club
Beckenham Hill Rd, Catford SE6 3NU
Tickets £8
BOX OFFICE TELEPHONE
ANNE: 0208 303 6464
DIANE: 01322 402 528



St David (Dewi Sant) 1st March
Patron of Wales, vegetarians and poets

David, you chose to live a simple life, and helped others whose lives were simple not through choice but circumstances. Pray that I may consider my choices and live more simply in order to make a big difference to others. Show me the way to make small tasks occasions of prayer. Kindle in me a love of God so that in everything I do, I will keep that spirit of prayer. Amen.
CAFOD

‘Gwnewch y pethau bychain mewn bywyd’

(‘Do the little things in life’)

St. Patrick, 17th March
Patron of Ireland, Nigeria, and engineers

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger

from St. Patrick's Breastplate



A reminder of the Bring Me Sunshine website address:

<https://bringmesunshinese6.co.uk>

This has copies of these newsletters, photos of the project and your creative work, and activity videos. More contributions welcome!



Priority Service: If you sign up for Thames Water's free priority services, you benefit from extra help in water-related emergencies. You qualify e.g. if you're of pensionable age or living with a chronic medical condition or restricted mobility. If registered, you'll have access to a dedicated 24h telephone helpline. In the unlikely event your water stops flowing for a long period of time, we'll give you a call to discuss what's happened, and any additional support you might need, including an alternative supply of water. We'll give you plenty of notice if planning maintenance so that you can make alternative arrangements. We can help you set up a doorstep password so that you know it's us if we ever pop by to speak to you.

To sign up today, visit www.thameswater/rpriorityservices, call 0800 0093652 option 3, or email ecs@thameswater.co.uk. To request registration forms, email priorityforms@thameswater.co.uk

WaterHelp: If you live in a low-income household, we may be able to discount your bill through WaterHelp. It was known as WaterSure Plus until March 2020 - only the name has changed.

If you qualify, we currently offer a 50% discount on your whole bill. This amount may change in the future. We consider households earning below £16,385, or below £19,747 in London boroughs, to be on a low income. In order to qualify, we'll need to check your details and verify your income. Income includes wages, pensions and benefits including housing benefit, but not DLA or attendance allowance. To register go to: <https://www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp> (or by typing *waterhelp application form* into your search bar the page will come up) post the form (address is on it), or scan or take a photo of the completed form and email it to ecs@thameswater.co.uk. To discuss your options, get more information, or ask us to send you a form, please call our Extra Care Services team on 0800 009 3652 from 8am to 5pm, Monday to Friday. If your hearing or speech is impaired, you can contact us using [Relay UK](#).



Priority Services Register: assists in the event of a power cut. You can apply to join if you or someone in your household: relies on medical equipment; have refrigerated medicines; have a serious or chronic illness; have a disability; is living with dementia; are of pensionable age; have children under five in your household; have mental health difficulties.

Benefits include a 24h priority number; updates during a power cut; advice and support; a security password if requested; if a complex power cut, community welfare eg home visits/hot meals if needed, wifi connection or, in extreme circumstances, overnight hotel accommodation.

To register: Free to call from a mobile or landline phone, lines are open 24 hours: 0800 169 9970; Chat on WhatsApp with +44 20 3282 0642; Visit www.ukpowernetworks.co.uk/priority



Advice: Provides free, expert, independent, 1-1 energy advice either by phone or in person at a drop-in café. You can choose from telephone and video call energy advice or, when social distancing allows, a face-to-face appointment with one of our advisors.

We can: •Offer impartial advice on how to pay less for your electricity and gas •Guide you through applying for discounts and grants •Explain how to make your home more energy efficient •Give you advice about energy debt. *Please bring your most recent fuel bills to any consultation.*

To book a consultation call us on 0204 506 6751 or 0808 169 1779 or get in touch via email at energy.advice@selce.org.uk or contact Lesley to arrange.

Government Endorsed Energy Advice: <https://www.simpleenergyadvice.org.uk/> Freephone for advice reducing energy use 0800 444202 Monday-Friday 8am–8pm; Saturday & Sunday 9am–5pm

Trouble paying bills? – contact your supplier for sources of help or SELCE (above)

FUNDRAISING, PAST AND FUTURE...

Bring Me Sunshine supporter Mary Baldwin and family (pictured right) enjoyed an afternoon seeing the celebrated Cirque du Soleil perform at the Royal Albert Hall – in a box for four with champagne and pizza - recently, all because she bought raffle tickets after a BMS fundraiser! The fundraiser, with song and dance, was hosted by Goldsmiths Academy of Dance, with contributions from BMS members.

Another date for your diary is the weekend of 11/12 June, when Goldsmiths Academy of Dance and BMS are again joining in a performance called *Jubilee Jive*, to celebrate The Queen's Platinum Jubilee.

If you would like to be involved in performing or attending bunting making workshops, or if you have any memories of meeting the Queen, or have royal memorabilia we can use in an exhibition, we would love to hear from you. Who knows, *you* may have the chance to win a wonderful theatre experience... Please contact Lesley (details p.10) if you would like to be involved. There will be more reminders in the coming months



Dr. Denis's Guide to Medical Terms

Artery: A study of paintings
Bacteria: The back door of a Café
Benign: What happens after eight
Caesarean Section: An old area in Rome
CAT scan: What you do when searching for kitty
Coma: A punctuation mark
Diabetes: A Welsh scrum half
Enema: Not a friend
Fester: To be quicker than the woman next door
Fibula: A small lie
Gout: What publicans shout at a drunkard

Hot Flushes: Finding hot water in your toilet
Impotent: A distinguished person
Labour Pain: Getting hurt at work
Morbid: A higher offer
Pelvis: A second cousin of Elvis
Recovery Room: Place to do upholstery
Rectum: Nearly killed them
Secretion: Hiding something
Seizure: A Roman Emperor
Urine: The opposite of you're out



1. Which colour is on the outside of a rainbow?
2. In Greek mythology what is the name of the personification of the rainbow, messenger of the Gods?
3. In the first mention of a rainbow in the bible, what does it represent?
4. Who named the seven colours usually attributed to a rainbow?
5. What are the rarely seen rainbows which appear at night called?
6. What Judy Garland song has rainbow in the title?
7. Maya Angelou said: 'be a rainbow in someone else's'?
8. Archbishop Desmond Tutu called which country 'Rainbow Nation'?
9. Which mythical creatures hide their gold at the foot of a rainbow?
10. A rainbow bridge joins which two realms in Norse mythology?
11. Which British rock group sang 'She's a Rainbow' in 1967?
12. A popular freshwater fish is a Rainbow?
13. In which language is a rainbow called arc-en-ciel?
14. Which organisation's boats have been called Rainbow Warrior since 1978?
15. How many colours were rainbows described as having in Ancient Greece?

1.Red; 2.Iris; 3.A covenant between God and mankind that the world will never again be destroyed by flood; 4.Isaac Newton; 5.Moonbows (they are usually white or very dim); 6.Somewhere over the rainbow; 7.Cloud; 8.South Africa; 9.Leprechaun; 10.The worlds of men(Midgard) and of Gods(Asgard); 11.The Rolling Stones; 12.Trout; 13.French; 14.Greenpeace; 15.3 – purple, yellow/green and red

There is always something left to love. And if you ain't learned that, you ain't learned nothing

Lorraine Hansberry



Wizard of Oz

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

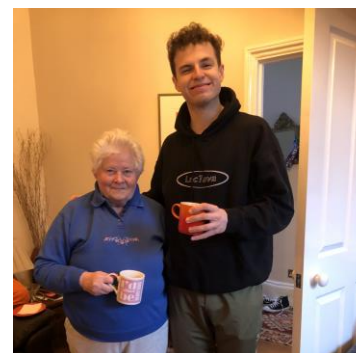
MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

Ageing Well's groups have been having a lot of fun these past few weeks! We've had guest speakers at Silver Lunch Club, Valentine Cards at Crafts Plus, and piano accompaniment from a Trinity Laban student for the Befrienders, and more. Our Golden Agers Coffee Morning at South Lewisham Group Practice will feature Rachel Ellis of Table Talk on Friday, March 4. Rachel can answer or find out the answer to any question you might have about services for older people in the borough.

If you would like to know more about our brilliant social/ activity groups or would like a friendly chat before you try one, please get in touch at 0208 698 3735 or info@ageingwellinlewisham.org www.ageingwellinlewisham.org



Befrienders warming up; Eddie cardmaking; Regina at Lunch Club



BMS regular Jeannie having a well-earned cuppa after learning to zoom at Lesley's



Lesley with, among others, some Diamond Club members who visited Queens Theatre, Hornchurch, to see Katie Milton perform



Some of the regulars from Third Thursday Time, a local monthly mental wellbeing group, who met for a walk around the park recently. If you would like a hot drink, light snack, relaxed company &/or gentle wellbeing activity, you are welcome to drop in to Hartley Hall, Culverley Road, between 5.30 and 8.30 on the third Thursday of the month – next session 17th March

PLAY NOW:
Go to www.lewishamcommunitylottery.co.uk
and search for: **Bring Me Sunshine**

Supporters must be 16 years of age or older.

lewisham community lottery

Help Our Fundraising Go Swimmably In 2022

- Help give our fundraising a boost this year
- Tickets cost just £1 a week each
- Chances at cash prizes every week
- Win up to £25,000!

SOME THOUGHTS ABOUT PRAYER

Fred is the name by which I address God. I found him by chance one Thursday morning when, quite by accident, I fell into a Quaker Meeting House. There were no miracles — the world remained the same, but I began to see it in a different way..... kindness and purity touched me and I found myself testifying aloud from the depths of my tormented being, asking a deity in whom I didn't believe to make some sense of my misery..... More than half a century after my first encounter with Fred, I am still reeling from the effects of it. *Rabbi Lionel Blue*

Prayer is a small fire lit to keep cold hands warm. Prayer is a practice that flourishes both with faith and doubt. Prayer is asking, and prayer is sitting. Prayer is the breath. Prayer is not an answer, always, because not all questions can be answered. *Daily Prayer with the Corrymeela Community*

Prayer is the centre of the Christian life. It is the only necessary thing. It is living with God in the here and now. *Henri Nouwen*

To pray is to pay attention to something or someone other than oneself. Whenever a man so concentrates his attention ... that he completely forgets his own ego and desires, he is praying. *WH Auden*

Let gratitude be the pillow upon which you kneel to say your nightly prayer. *Maya Angelou*

I Thank You

I cannot rest, O God; I cannot eat or drink or sleep
Till I put forth myself, my prayer, once more to You,
Breathe, bathe myself once more in You,
commune with You,
Report myself once more to You.
You know my years entire, my life,
My long and crowded life of active work, not
adoration merely,
You know the prayers and vigils of my youth,
You know my later solemn and visionary
meditations;
You know how, before I commenced, I devoted
all to come to You,
Accepting all from You, as duly comes from You.
All my undertakings have been filled with You:
The urge, the ardor, the unconquerable will.
O, I am sure they really came from You.
The end I know not; it is all in You.
You have lighted my life, O God,
With array of light, steady, ineffable,
Light rare untellable, lighting the very light,
Beyond all signs, descriptions, languages;
For that, O God, I thank You.

Walt Whitman

Prayer

Gather up
In the arms of your pity
The sick, the depraved,
The desperate, the tired,
All the scum
Of our weary city
Gather up
In the arms of your pity.
Gather up
In the arms of your love—
Those who expect
No love from above

Langston Hughes

Praying

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch
a few words together and don't
try
to make them elaborate, this isn't
a contest but the doorway
into thanks, and a silence in
which
another voice may speak.

© Mary Oliver

Oreamus

So let us pick up
the stones over which we stumble,
friends, and build altars.

Let us listen to the sound of breath in our bodies.

Let us listen to the sounds
of our own voices,
of our own names,
of our own fears.

Let us name the harsh light and
soft darkness that surround us.

Let's claw ourselves out from the graves we've dug.

Let's lick the earth from our fingers.

Let us look up and out and around.

The world is big and wide and wild and wonderful
and wicked,
and our lives are murky, magnificent, malleable, and
full of meaning.

Oremus.

Let us pray.

Pádraig Ó Tuama

Loving God, transform all blocks and obstacles around us and inside our minds, bodies and hearts, into pathways for your Grace, that we may be channels for your love and peace.

Blessing: May the peace of Christ go with you, wherever He may send you.
May He guide you through the wilderness, protect you through the storm.
May He bring you home rejoicing at the wonders He has shown you. Amen

Adapted Daily Prayers of The Journey Community