

Easter

The Easter Flower

Far from this foreign Easter damp and chilly
My soul steals to a pear-shaped plot of ground,
Where gleamed the lilac-tinted Easter lily
Soft-scented in the air for yards around;
Alone, without a hint of guardian leaf!
Just like a fragile bell of silver rime,
It burst the tomb for freedom sweet and brief
In the young pregnant year at Eastertime;
And many thought it was a sacred sign,
And some called it the resurrection flower;
And I, a pagan, worshiped at its shrine,
Yielding my heart unto its perfumed power.

Claude McKay

An Easter Prayer

How wonderful, Lord Jesus, you came back
You suffered death but conquered it
You laid in the tomb but on the third day
You rose again
O joyful day, Lord Jesus, when you returned
You are the resurrection, our hope and our life
O glorious and victorious Redeemer
Help us not to be afraid of death
For we must pass through it to see you face to face
And on the last day we will rise again
For you said so
Let us rejoice and praise you
Our Blessed and triumphant Lord
On this happy, joyful feast.

Amen.

Diana Ng-Sutherland/CAFOD



Bring Me Sunshine Spring '23

The Bring Me Sunshine team is very pleased to bring you this newsletter, which we hope you enjoy looking at and which tells you about some opportunities that you will be able to participate in.

It's great that we have entered Spring, a time of new beginnings and fresh starts for some; it has been lovely to see the magnolia tree and the snowdrops in my neighbour's garden bloom again - a constant symbol of this hopeful season.

There seems to be lots to look forward to, including some lovely events brought to you by Bring Me Sunshine (list on page 8). On the 4th April at St. Andrew we keep the theme of Springtime and Easter, so wear your easter bonnets and come along. As well as our events there are coronation celebrations in our different churches – some, including Brownhill Baptist Church, are bringing the community together and will live-stream the coronation of King Charles. Give-a-Song will be providing 52 street music parties, three in each ward, during May, June and July, so look out for this in a street near you. Several of our elders will be hosting them, including some on bank holiday Monday (8th May). Also look out for more information about the Silver Ball at Goldsmiths Community Centre on the 2nd July - a chance to get our glad rags on.

In June we celebrate the 75th anniversary of the Empire Windrush arriving in Tilbury dock in 1948, bringing many people from the Caribbean to this country to help fill post-war UK labour shortages. June 22 will be national Windrush day, and will celebrate the contribution and achievements of the Windrush generation and their descendants. This year our Bring Me Sunshine commemorative day will be on 24th June. We hope it will involve many from our community of churches getting involved to share their skills and talents.

We have said au revoir to Fr Lindsay, who as vicar of St Andrew the Apostle Church was one of Bring Me Sunshine's big supporters. Fr. Lindsay has retired and moved further into Kent. It was lovely to go to his leaving do and wish him well. Some of the Bring Me Sunshine team sang our signature song *Bring Me Sunshine* to him. from them in October.

Congratulations to all at Brownhill Baptist Church, another of our partner churches, which has gone through a major beautiful refurbishment of their church, hall and organ. We look forward to delivering a Bring Me Sunshine event from them in October.

A big call out to our head of entertainment Kate Middleton, who leads many of our wonderful sessions - singing, dancing, exercise and presenting. Kate received a Mayor of Lewisham community award at the civic suite on the 23rd March, recognising unsung heroes and their contribution to our community. We are also delighted that Kate is back in action following a knee replacement in December. Congratulations Kate, you are a star.



I would also like to say a big thank you to *all* our wonderful church and community partners and volunteers who keep hope alive and continue to bring sunshine through our events, newsletters and acts of friendship and kindness.

We hope to see as many as possible at our forthcoming Bring Me Sunshine events over the next few months.

Wishing you all a very Happy, Hopeful Easter.

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BMS website Bringmesunshine6.co.uk

Associate yourself with people
of good quality, for it
is better to be alone
than to be in
bad company

Booker T. Washington



Don't lose your vote! From May, photo ID will be needed for you to vote in polling stations (postal voters do not need photo ID).

ID that will be accepted: •Passport •Driving licence •Immigration document •PASS card •Freedom pass and older persons travel card.

The ID can be out of date (e.g expired passport is OK), but the photo needs to bear a likeness to the voter. **ID that will not be accepted:** Work and student passes, photocopies or pictures on mobile phones. Only original documents can be accepted.

If you do not have any of the required documents, you can apply for a Voter Authority Certificate as photo ID to vote. It is free, and you will need a recent, digital photo of yourself, and your National Insurance number. Without NI number you will need to provide other documents to prove identity e.g. birth certificate, bank statement and utility bill. Apply via gov.uk, or by post using a form available on gov.uk website and returned once completed to your local electoral registration office.

If you are not able to access online services, ask for help from a trusted person to apply for photo ID or a postal vote, or contact Lewisham Electoral Registration Officer, Lewisham Town Hall, SE6 4RU, Tel: 020 8314 6086, e mail: electoral.services@lewisham.gov.uk.



Some insights from BMS regular Denis:

I met a with a woman yesterday called Vivaldi. I remarked that I had never heard the name before, and asked her where it came from. She replied that her name is Viv and she works at Aldi

I found a Book Club for drinkers on Sunday -it's called 'Tequila Mockingbird'

My stars today said that it is better to have loved a short woman than never have to have loved a tall

Opened the bonnet of my car today and found a bat, who said 'Hello handsome'. I realised that I had a bat flattery

My boss at work said that I needed an anger management course. I replied 'look here, we'll see about that!'

Saw my doctor as I'm not sleeping well. He said that insomnia can't be cured overnight

My wife said that she would leave me if I kept making Star War jokes. I replied 'May divorce be with you'

The chemist gave me a bottle of Milk of Amnesia. I said to him 'You mean Magnesia, don't you?' He said 'No, it's Amnesia, from a forgetful cow'

Heard about the English rugby captain who said that we have trust and understanding with the Welsh. They don't trust us, and we can't understand them

My Spanish girlfriend lives in a cold, cold house. And it's no wonder, there's only Juanita



Congratulations to Rosa, here with her new great-granddaughter, named Rosa after her



Signs of Spring... Jean's flowers are blooming, and The Diamonds were treated to some harp music on St.Patrick's day



The event raised £700 for Lewisham Churches Care & Christian Aid!

With Easter approaching, Eileen has shared this reflection by Cardinal Désiré-Joseph Mercier, a Belgian Roman Catholic scholar who was born in 1851.

'I am going to reveal to you a secret of sanctity and happiness: If every day for five minutes you keep your imagination quiet, shut your eyes to all the things of sense, and close your ears to all the sounds of Earth, in order to enter into the sanctuary of yourself, which is the temple of the Holy Spirit, speak there to that Holy Spirit, saying:



*'O Holy Spirit, soul of my soul, I adore Thee.
Enlighten, guide, strengthen, and console me;
Tell me what I ought to do and command me to do it.
I promise to submit myself to all Thou ask me
and to accept all that Thou permit to happen to me.
Only show me what is Thy will.*

'If you do this, your life will pass happily and serenely, consolation will abound even in the midst of troubles, for Grace will be given in proportion to the trial, as well as strength to bear it, bringing you to the gates of Paradise, full of merit. This submission to the Holy Spirit is the secret of sanctity.'



It was so nice to have Ageing Well in Lewisham and Bring Me Sunshine members together at our successful Valentine's fundraiser last month at St Laurence Church. We had a great turn-out, lovely entertainment and beautiful, festive tables laid with Lesley's china.

All of our friendly groups for older people have been growing over the past few months and we always welcome new faces! Here's what we offer:

The Befrienders: A lively choir led by a tutor from Trinity Laban Conservatoire. No experience necessary. We have a little boogie, and often work with Trinity Laban Students, and perform out several times a year.

£5/ session TUESDAYS, 10-11:45 am, The Grove Centre, Jews Walk, Sydenham

Crafts Plus: A very low-key, relaxing arts and crafts group. Our trained art tutor introduces new projects each week that you can take home with you.

£4/ session TUESDAYS, 1-3 pm, The Grove Centre, Jews Walk, Sydenham

Body & Bingo: Gentle exercise (mostly seated) sweetened with a game of bingo. Our instructor has a great way with people and gets amazing results. She has years of experience delivering to people with all levels of mobility and ability.

£4/ session WEDNESDAYS, 10-11:45 am, The Grove Centre, Jews Walk, Sydenham

Silver Lunch Club: We serve a hot, fresh-cooked meal and have some kind of activity: seated exercise, a topical speaker, bingo, crafts.

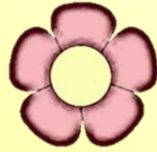
£5/ session THURSDAYS, 12:30-2:30 pm, Wesley Halls, Shroffold Road, Downham

Contact: info@ageingwellinlewisham.org; 0208 698 3537... or just turn up!

A poem by John Macy, a member of the Positive Ageing Council and the Hummingbird Club, remembering that some of the nicest and most loving people are the ones we almost never see

Loneliness

Loneliness is like a mantle which falls upon the old
It soon becomes a curtain to hide them from the fold.
In cluttered room she sits alone her bible is her friend,
She thinks about the brighter days she thought would never end.
The winter nights are dark and long, as the daylight quickly fades
It's time to close the shutters and pull down all the shades.
It's time to think of supper, but nothing comes to mind,
She has a dish of rice and veg from a neighbour who's so kind.
Her fridge is full of tubs of food,
She doesn't want to eat them 'cos she's not in hungry mood.
She has fruit and veg a plenty but tomorrow orders more,
She knows she doesn't need it, but it brings people to her door.
The TV plays throughout the day, for company she'll say.
At times she calls the NHS, an ambulance comes round
And at the hospital they find she's well in body and in mind,
Just suffers loneliness.
If someone comes to take her out, she dresses like a queen,
She likes when she is seen.
She craves the gentle human touch, but doesn't feel it very much.
Her best friend is her mobile phone, it stands by her when she's alone.
Her faith in God is very strong, the second coming won't be long,
She sends out blessings by the score, and then she sends out several more.
She loves her independence, she knows it comes with strings,
But while she can she wants to stay at home with all her things.
Lonely people are the jewels in the society today,
Try to get to know them, try to pass their way,
You will be all the richer as so indeed will they.



Did you know... Easter was probably named after a festival celebrating Eostre, Pagan Goddess of Spring. Her sacred symbols are thought to have been the hare and the egg. Easter eggs possibly originated from Medieval Europe, but Christians are unlikely to have started the tradition of giving eggs, which are a symbol of fertility and rebirth in many cultures around the world. Chocolate eggs were first produced in 1873 by J.S. Fry & Sons of England, with Cadbury developing the modern chocolate egg two years later. Lilies originated in Japan and did not arrive here until the late 18th century.



1.



4.



7.



10.

QUIZ

DOUBLE ACTS

DOUBLE ACTS

Can you name these comedy duos?



3.



2.



6.



5.



9.



8.



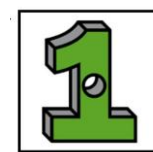
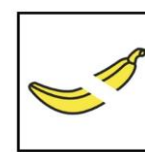
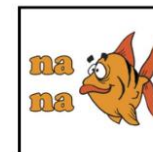
12.



11.

1. Bob Hope and Bing Crosby; 2. Richard Pryor and Gene Wilder; 3. Eddie Murphy and Dan Aykroyd; 4. Abbott and Costello; 5. Will Smith and Alfonso Ribeiro; 6. Victoria Wood and Julie Walters; 7. Peter Cook and Dudley Moore; 8. Burns and Allen; 9. Our own Middleton and Craggs; 10. Chris Tucker and Jackie Chan; 11. French and Saunders; 12. Laurel and Hardy

Rebus Puzzles- say what you see!



1. Top secret;
2. Baseball
diamond;
3. Tuna fish;
4. Banana split;
5. Hole in one

Music Genres

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

CHRISTIAN RAP
DANCE
OPERA
DNB
BLUES
ROCK
HOUSE
JAZZ
HOUSE
LATIN
TECHNO
ELECTRO
HIP-HOP
TRANCE
GOSPEL
RNB
REGGAE
GARAGE
POP



Top & middle left: Xmas party at St.Andrew; middle right: Musical instrument making at Goldsmith's; Bottom: Farewell Fr.Lindsay; Diamond's Dorothy celebrates New Year



Diary Dates:

4th April, 11am-3pm: Bring Me Sunshine Easter themed event at St Andrew Church Hall. £5, includes fish and chips plus entertainment from our own Kate, as well as Igor on accordion and Sarah on violin.

13th June, 11am-2.30pm: Bring Me Sunshine 'A Little Bit of Country' at St Andrew Church Hall. £5 includes lunch and entertainment, plus relaxation and breathing therapy, and massage. Get ready for a hoe-down!

24th June, 11am-3pm: Coronation and Windrush Celebration at St Andrew Church Hall. £5 includes Caribbean lunch, Quadrille dancing and hospitality.

2 July, 3pm -8pm: Silver Ball, at Goldsmiths Community Centre. £20 a ticket for a three-course meal, entertainment from young and old, and music and dancing with Peachy Beat. Dress up and dance the day away - limited tickets, so get in early!

8th August, 11am-3pm, Holiday Fun with entertainment, fish and chip lunch and a visit from the ice-cream van.

Reserve your place for all Bring Me Sunshine events and buy tickets for the Silver Ball from Lesley (contact details inside front page).



Congratulations!

To Fred, one of our BMS community, who recently celebrated his 90th birthday with his neighbours, and enjoyed a serenade from Give-a-Song (and a brilliant cake!)



GENTLE, AND HUMBLE IN HEART

Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls

Matt 11:29

A gentle heart is tied with an easy thread
George Herbert

Nothing is so strong as gentleness, nothing so gentle
as real strength
St Francis de Sales

From Christ to Gandhi
Appears this truth-
St. Francis of Assisi
Proves it, too:

Goodness becomes
grandeur
Surpassing might of kings.

Halos of kindness
Brighter shine
Than crowns of gold,
And brighter
Than rich diamonds
Sparkles
The simple dew
Of love
Langston Hughes

When I walk through Thy woods,
May my right foot and my left foot
Be harmless to the little creatures
That move in its grasses: as it is said
By the mouth of Thy prophet,
'They shall not hurt nor destroy
In all my holy mountain'
Rabbi Moshe Hakotun

Let me have too deep a sense
of humour to be proud
Let me know my absurdity
before I act absurdly.
Let me realise that when I am
humble I am most human,
Most truthful, and most worthy
of Your serious consideration
Daniel A. Lord SJ

The seeker after truth should be humbler than
the dust. The world crushes the dust under its
feet, but the seeker after truth should be so
humble that even the dust could crush him
Mahatma Gandhi

Lord, the air smells good today,
straight from the mysteries in the garden of God.
The trees in their prayer,
the birds in praise, the first blue violets,
kneeling
Rumi

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain
Emily Dickinson

Blessed is the servant who
esteems himself no better when
he is praised and exalted by
people than when he is
considered worthless, simple, and
despicable;
for what a man is before God,
that he is and nothing more
Francis of Assisi

Even kings and emperors with heaps of
wealth and vast dominion cannot
compare with an ant filled with the love of
God
Guru Nanak

From the solemn gloom of the temple
children run out to sit in the dust,
God watches them play
and forgets the priest
Tagore

May your feet tread lightly
within this precious garden,
and imprints left behind
be simply where you paused
to sow a seed of love,
where now a flower blooms
John Birch
faithandworship.com