

Pentecost, 5th June

Unless the eye catch fire,
The God will not be seen.
Unless the ear catch fire,
The God will not be heard.
Unless the tongue catch fire,
The God will not be named.
Unless the heart catch fire,
The God will not be loved.
Unless the mind catch fire,
The God will not be known

William Blake

Use me, God. Show me how to take who I am, who I want to be,
and what I can do, and use it for a purpose greater than myself.

Martin Luther King Jr.

Oh God, who on this day
Didst teach the hearts of thy faithful people
By sending to them the light of thy Holy Spirit:
Grant us by the same Spirit
To have a right judgement in all things,
And evermore to rejoice in his holy comfort;
Through the merits of Christ Jesus our Saviour,
Who liveth and reigneth with thee,
In the unity of the same Spirit
One God, world without end. Amen.

The Book of Common Prayer

Bring Me Sunshine 50

This edition of Bring Me Sunshine is the 50th since the COVID19 Pandemic broke out and London went into lockdown. I hope these little magazines have kept you connected with each other and with community events, and helped to lift spirits. We have received some great feedback over the last two years and appreciate all your wonderful contributions. This will be the last of the monthly editions, but we will try to produce them every quarter in the future, so the next will be late September and then one around Christmas, so please keep sending things in that we can share. We would love to see photos of the sunflowers you've grown from seeds that you received at Easter. A huge thank you to Amy Quinn for producing the magazines.

It seems fitting that this edition is a celebratory one marking the Queen's Platinum Jubilee. I am delighted to be attending the Queens Garden party on the 25th May, as part of the mayoral award I received in March. Unfortunately, the Queen will not be attendance, but some members of the Royal family will be. I am taking my son Thomas and I will share some photos in the next edition.

Bring Me Sunshine have been busy preparing some lovely events for your enjoyment. Some of our members, as well as Iris Till from the Positive Ageing Council, have joined with Goldsmith's Academy of Dance and are in the throes of rehearsing and making bunting and accessories for the shows, which will be on the **11th and 12th June** at Goldsmiths Community centre. Saturday is at 7pm and Sunday at 1.30 and another at 6pm. The shows are free and will include tea, cake and a glass of Fizz. Please come along.

Some preparatory reminiscence workshops, led by Malcom Jones, were great at getting us to explore and share our stories of the Queen. If anyone has memorabilia or stories they wish to share for the history exhibition which will be part of the show at Goldsmiths, Roz would love to hear from you: roz@goldsmithscommunitycentre.org.uk

Brownhill Road Baptist Church is hosting a jubilee tea party and crafting session on the **3rd June** 2-4 and St Swithun's Church is hosting a Bring Me Sunshine tea party on the same day **12-4** with wonderful entertainment from Alan, singer/guitarist and our own Queen of Hearts Kate Middleton. Spaces for the St Swithun's event are limited, so please book your place with me. This is free.

A big thank you to Brindishe School in Beacon Road, where children, parents and the 4th Lewisham 1st Hither Green Beavers contributed their penny collection, which, with a jubilee collection from the council and the Positive Ageing Council, will help fund these and other tea parties. The penny collection from the children raised an amazing £600!

Other dates:

18th June- Gyrary Dance festival – 3pm or 7pm at St Laurence Church (Some of our group are performing)

Friday, 1st July, Trip to Eastbourne with the Irish centre. Please let me know if you'd like to come along, cost £15. Pick up times to be confirmed, but likely 9am from the back of St Laurence car park.

Tuesday 26th July Bring Me Sunshine at Goldsmiths Community Centre 11-3pm, fish and chips and entertainment, cost £5

Tuesday, 2nd August, Bring Me Sunshine at Goldsmiths 11-3pm, Summer salads and entertainment, cost £5

Tuesday, 9th August, Bring Me Sunshine at St Andrew's Church Hall, 11-3 pm, Holiday at Home day, cost £5

Tuesday, 16th August, Bring Me Sunshine at St Andrew's Church Hall, 11-3pm, Holiday at Home day, cost £5

It has continued to be a difficult time for some with COVID19 and various other illnesses and health issues. A few of our members have been in hospital and others unwell at home and we keep them in our thoughts and prayers. These include Kitty, Bunty, Vito, Stan, Kathy, Irene, Blanche and Claire, Hermes, Mary, and Theresa, and if I've left people out, I apologise.

A big thank you to the continued support received from our fabulous volunteering team, all offering different amounts of time and involvement but all really appreciated. We welcome wonderful new additions Doris and Phillipa to our weekly Diamond Club and Bring Me Sunshine events.

Wishing you all a happy Jubilee and great summer ahead, please keep connected and sharing sunshine wherever you can.



Rest In Peace Stan, who has died. Married to Kath for over 60 years, he was a popular member of the Diamond Club and BMS. Fortunately, Stan was able to attend his grandson's recent wedding

Our sympathy to all the family



Jubilee Drinks

If you are celebrating the Jubilee, you may like to try one of these cocktails...

JUBILEE COCKTAIL

Ingredients:

50ml Gin 8 basil leaves, plus extra
50ml apple juice to garnish
50ml grapefruit juice 100-150ml sparkling wine
25ml lemon juice Grapefruit wedge and
Ice basil, to garnish

Preparation time: 5min

Add the gin, apple juice, grapefruit juice, lemon juice and basil leaves to a cocktail shaker with ice and shake vigorously. Strain into a stemmed glass, filling by half, and top with sparkling wine.

Garnish with a grapefruit wedge and basil leaves.

www.myweekly.co.uk



GIN AND DUBONNET (The Queen's favourite)

Use one part dry gin to two parts Dubonnet, ice, a slice of lemon and shake. Serve garnished with a lemon wedge

PLATINUM PIMMS PITCHER

Ingredients:

x2 handfuls Ice
x4 measures Pimm's No.1
x2 measures sparkling white wine
x500ml pink lemonade

Method:

Add the ice and fruit to a jug, add the Pimm's, wine and lemonade. Stir well, place the mint on top and serve garnished with sliced strawberries & Cucumber, orange wedges, mint

NON-ALCOHOLIC COCKTAIL

1/2 pomegranate
2 teaspoons of vanilla sugar
125ml chilled Earl Grey tea
Sparkling water



Make sure you use a good quality Earl Grey tea and brew for 2 minutes and allow to cool.

Add the lemon juice, sugar and pomegranate seeds to your mixing glass. Squash the seeds and release the juice. Now add the tea, some ice and shake hard.

NON-ALCOHOLIC PINA COLADA

Meaning "strained pineapple" in Spanish, the virgin version of Puerto Rico's national drink is made in the same way as the original minus the rum, blending equal measures of pineapple juice and coconut cream. Garnish with a slice of pineapple and a Maraschino cherry.



What did the Buddhist say to the hot dog vendor?

'Make me one with everything'

Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house

I got my daughter a fridge for her birthday.

I can't wait to see her face light up when she opens it.



Queen Elizabeth II – in her own words



'I declare before you all that my whole life whether it be long or short shall be devoted to your service... But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do: I know that your support will be unfailingly given. God help me to make good my vow, and God bless all of you who are willing to share in it.' 1947

'When I spoke to you last... I asked you all, whatever your religion, to pray for me on the day of my Coronation - to pray that God would give me wisdom and strength to carry out the promises that I should then be making... I have been uplifted and sustained by the knowledge that your thoughts and prayers were with me.' Coronation Day 1953



'Why are women expected to beam all the time? It's unfair. If a man looks solemn, it's automatically assumed he's a serious person, not a miserable one.'

'Discrimination still exists. Some people feel that their own beliefs are being threatened. Some are unhappy about unfamiliar cultures. They all need to be reassured that there is so much to be gained by reaching out to others; that diversity is indeed a strength and not a threat.'

'The right to change the government by the ballot box and not the barrel of a gun; perhaps the best definition of a democracy.' Speech celebrating 200th anniversary of American Independence 1965



O Lord, the Way, the Truth, and the Life,
 we give you thanks for your servant
 Elizabeth our Queen.
 May she ever be provided
 with all she may need
 for her ministry among us,
 strengthened to meet every demand
 which her office may make,
 and in all things nourished
 by your word and example,
 who with the Father and the Holy Spirit
 live and reign, world without end. Amen.
 Church of England



Some Diamond Club members visited Christ the King college recently. Top: tea and cake



Bottom: On the far left is Kath, who wrote some reflections for BMS over the last two years, and who works at CtK. The students have supported us all with Easter eggs and small gifts during the pandemic, and two of them, Daniel and Sophie, both regularly contributed to BMS.



Congratulations to Verona, who recently celebrated her 80th birthday

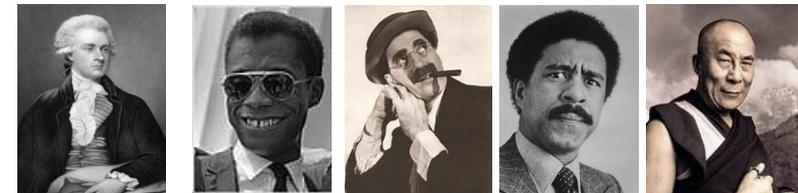
The most important thing I can tell you about aging is this: If you really feel that you want to have an off-the-shoulder blouse and some big beads and thong sandals and a dirndl skirt and a magnolia in your hair, do it.
 Even if you're wrinkled
 Maya Angelou





Top: Watergate school/Give a Song performing for BMS/D.Club members at Goldsmith's.
 2nd row: Rosa out in the park, after recovering from a recent fall; Jack & the Beanstalk. Other pictures are from BMS St.George's Day at St Laurence Church Hall

- 1.What is your approximate chance of finding a four-leaf clover?
 a)1 in 50; b)1 in 1,000; c)1 in 10,000
 - 2.Which aquatic mammal is considered lucky in many societies, including ancient Greece, Sumer, Egypt, and Rome?
 - 3.If you feel grateful or thankful, you thanks your lucky?
 - 4.What kind of luck did Harold Melvin and the Blue Notes sing about in 1975?
 - 5.Which part of the body is the good luck charm a *Hamsa* modelled on?
 - 6.Carrying the foot of which small animal is said to be lucky?
 - 7.Which singer had a hit with *I Should Be So Lucky* in 1988?
 - 8.Which bird signals good luck if seen by sailors?
 - 9.Touching or shaking hands with a member of which profession is considered good luck in many parts of the world?
 - 10.Which colour is considered especially lucky in China?
 11. Where did the belief that a scarab is a good luck symbol arise?
- Match the quote to the person (there is one extra red herring to make it harder):
12. 'Talent is insignificant. I know a lot of talented ruins. Beyond talent lie all the usual words: discipline, love, luck, but, most of all, endurance'
 - 13.'Remember, sometimes not getting what you want is a wonderful stroke of luck'
 - 14.'I'm a greater believer in luck, and I find the harder I work the more I have of it'
 - 15.'Most young women do not welcome promiscuous advances. (Either that, or my luck's terrible)'



Left to right:
 Thomas Jefferson;
 James Baldwin;
 Groucho Marx;
 Richard Pryor;
 Dalai Lama

1. C) 1 in 10,000; 2.Dolphin; 3.Stars; 4.Bad Luck; 5.Hand (with an eye on it); 6.Rabbit or Hare; 7.Kylie Minogue; 8.Albatross; 9.Chimney sweep; 10.Red; 11.Ancient Egypt; 12. James Baldwin; 13.Dalai Lama; 14.Thomas Jefferson; 15.Groucho Marx

Holiday at Home Project lead organiser: Lesley
 email lesleyaallen@btopenworld.com Text 07729 785843
 Bring Me Sunshine newsletter: Amy
 email 1000AQ@googlemail.com Text 07847 799791

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

- RICHARD
- ELIZABETH
- VICTORIA
- STEPHEN
- HENRY
- ALFRED
- EDWARD
- CHARLES
- GEORGE
- JANE GREY
- JOHN
- ETHELRED
- MARY
- MAUD
- EDMUND
- ANNE

Quick Quiz – Royals and Royal Names

1. King Louie in Disney's The Jungle Book described himself as 'King of the'
2. Motormouth Maybelle in the 2007 film Hairspray was played by singer and actress Queen
3. Which Shakespearean King had daughters Goneril, Regan and Cordelia?
4. Which Princess features in the original Star Wars film released in 1977?
5. Co-Princes Emmanuel Macron and Archbishop Joan Enric Vives i Sicília are Princes of a) Andorra, b) Liechtenstein, or c) Luxembourg?
6. In how many sovereign states is Queen Elizabeth monarch?
7. TAFKAP, Alexander Nevermind and ♀ are some of the other names used by which late singer with a royal name?
8. Which Persian Queen who saved her Jewish people and has a book of the Bible named after her?

1. Singers; 2. Latifah; 3. Lear; 4. Leia Organa; 5. Andorra; 6. 15; 7. Prince; 8. Esther

Ageing Well in Lewisham News:

Ageing Well's group members have been having a great time! Crafts Plus members decorated lovely wooden boxes, Silver Lunch Club enjoyed playing "Name That Tune", Body & Bingo has a great energy going, and The Befrienders joined other vocal groups in the amazing Spring Forth concert at Trinity Laban.

Come and be a part of the fun! No need to book, & your first session is free!

Visit www.ageingwellinlewisham.org for more details on our groups, or Contact: Winnie at 0208 698 3735; info@ageingwellinlewisham.org

A	I	O
N	N	N
T	G	I

How many words of three or more letters, each including the letter in the middle, can you make from this diagram? There are up to 28, including one nine letter word

into, intoning, ion, nag, nation, nit, not, noting, tan, tang, tango, tannin, Anointing, anion, anoint, anon, ant, atoning, gain, giant, gin, gnat, ingot, inn, tanning, tin, ton, toning



Alan & Pat at SLC



Hands painting a box at Crafts Plus



SLC 19th May



Carole and Brenda at Body and Bingo

There are two days in the year that we cannot do anything - yesterday and tomorrow

Mahatma Gandhi



ALWAYS-PRESENT GOD

Lord, you are closer to me than my own breath, nearer to me than my hands and feet. Amen.

Teresa of Avila

Let us rejoice, O my Beloved,
Let us go forth to see ourselves in Your beauty,
To the mountain and the hill,
Where the pure water flows:
Let us enter into the heart of the thicket.

St John of the Cross

Pied Beauty

Glory be to God for dappled things—
For skies of couple-colour as a brindled cow;
For rose-moles all in stipple upon trout that swim;
Fresh-firecoal chestnut-falls; finches' wings;
Landscape plotted and pieced—fold, fallow, and plough;
And all trades, their gear and tackle and trim.
All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise Him.

Gerard Manly Hopkins

I have been thinking of the difference between water
and the waves on it. Rising,
water's still water, falling back,
it is water, will you give me a hint
how to tell them apart?
Because someone has made up the word
'wave,' do I have to distinguish it from water?
There is a Secret One inside us;
the planets in all the galaxies
pass through his hands like beads.
That is a string of beads one should look at
with luminous eyes.

Kabir

Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there:
If I make my bed in Sheol, you are there.
If I take the wings of the morning
And settle at the farthest limits of the sea,
even there your hand shall lead me,
And your right hand shall hold me fast

Ps 139:7-10 NRSV

Dear God, please reveal to us
your sublime beauty
that is everywhere, everywhere, everywhere
so that we will never again
feel frightened.
My divine love, my love,
Please let us touch
your face.

Francis of Assisi

Always-present God,
help me to be present to all who need me.
Help me be present
to those I know too well to actually see
and to those who are unseen strangers to me.
Give me the ability to model your attentive,
loving gaze
when I view my world,
my family
and my friends,
who are seen and loved by you first.
Finally, may my availability
be marked by a desire
to be like your Son:
open to being sent,
open to being loved,
open to becoming love in the world.

Author Unknown, Jesuitresource.org

The same stream of life that runs through my
veins night and day runs through the world
and dances in rhythmic measures.
It is the same life that shoots in joy through
the dust of the earth in numberless blades of
grass and breaks into tumultuous waves of
leaves and flowers

Rabindranath Tagore

The whole earth is filled with the love of God.
In the backwoods, the green light
is startled by blossoming white petals,
soft pathways for the praying bird
dipping into the nectar, darting in starts
among the tangle of bush and trees.
My giddy walk through this speckled grotto
Is drunk with the slow mugginess
Of a reggae baseline, finding its melody
In the mellow of the soft earth's breath.

From Shook Foil, Kwame Dawes

Why should I wish to see You better than this day?
I see something of You in each hour of the twenty-
four,
and each moment then;
In the faces of men and women I see You,
and in my own face in the glass.
I find letters from You dropped in the street,
and every one is signed by Your name;
And I leave them where they are,
for I know that wheresoe'er I go,
Others will punctually come for ever and ever.

Walt Whitman