



Bring Me Sunshine 19

Dear Friends,

Hope you're all keeping well. It's hard to believe we are nearly in September - what a strange six months it has been. I don't know about you, but for me it certainly has had its ups and downs.

Isolation has become the norm for so many older people, who have not been able to resume some of the social gatherings they were used to, such as church get togethers outside of the Sunday services, UCM, fellowship groups, ageing well activity groups, coffee mornings, and, for many, the Diamond Club. Regarding Holy Cross, Fr Anthony is happy to visit anyone feeling poorly or housebound who would like to receive Holy Communion - he can be contacted on 02086983672.

We continue to try to reduce this isolation by keeping you connected, but it doesn't beat face to face contact with someone. So, over the next few weeks before the weather deteriorates, the Bring Me Sunshine team would be very happy to come and have a chat on your doorstep. Just let us know if you're interested. We will bring a flask of tea and a stool. For some who live quite near each other we have arranged a few Diamond Cluster tea parties. If you can access YouTube check out the Bring Me Sunshine Catford videos, which include talks, concerts, sing-a-longs and exercise.

Some were asking the significance of the red hearts some of you received in the deliveries. They were our way of sending love to you all - something we all need, a little bit of love.

Please feel free to put yourself forward for some digital support to try to improve your ability to use a Digital Tablet or I phone, in order to connect with people through YouTube, What'sApp and zoom. I am referring four interested people this week.

Be with me Lord.

Be the patience when I'm frustrated.

Be the endurance when I am tired.

Be the wisdom when I am uncertain.

Be the inspiration when I'm out of ideas.

Be the peacemaker when I feel hurt.

*Be the comforter when I feel
overwhelmed.*

Be the energy when I am weary.

Be the guide when I am confused.

Be the forgiver when I get it wrong.

Be with me Lord, today.

Anon

Thank you to so many who sent your stamped address envelope back. It was lovely to receive news, prayers, stories, recipes and feedback on your appreciation of receiving these little magazines. Many of your contributions will be seen in the magazines over the next few weeks. It was also good to hear that two people received a big reduction on their water bills following us sending out letters advising you to apply for this reduction.

Congratulations on our Bingo winner Hyacinth who won the full house and received £20 as her prize.

I have enclosed a new ticket which you can keep over the course of the next few weeks and mark off the numbers each time you receive a magazine and call me once all the numbers are marked off. I will send out 25 numbers each fortnight so it will probably take another two or three magazines before we get a winner. (Telephone 07729785843 if you get a full house.)

Our deepest sympathy is sent to Alethia Williams whose son Michael died two weeks ago at the age of 50. May he rest in peace.

Have a good bank holiday weekend everyone. Even if you're not able to go out I hope you can mark it positively.

Much Love in Christ,
Lesley

Your Bingo Numbers this week are:

					90
1 9	44 14	33 60	3 58	59 17	54 67
58 19	22 83	72 30	48 82	27 38	7 41

QUIZ

1. The equator does not go through India – true or false?
2. Who were the parents of Cain and Abel?
3. Who has had more Number One hit songs in the UK – Michael Jackson, Madonna or Cliff Richard?
4. Which US city has the nickname Motown?
5. The names of all the continents end with the same letter they begin with – true or false?
6. Which is further west – Iran or Iraq?
7. Which Pacific island is famous for hundreds of huge stone heads?
8. Which is the only planet in the solar system not named after a classical god?
9. The island of Hispaniola is comprised of which two countries?
10. Which monster made its first appearance in a Japanese film in 1954?
11. What is the colour of the gemstone known as jet?
12. In which country is the shekel the unit of currency?
13. On which continent is the volcano Mount Erebus?
14. The Green Goblin is the enemy of which fictional superhero?
15. What is a pig's gruntle?

1. True; 2. Adam and Eve; 3. Cliff Richard; 4. Detroit; 5. True; 6. Iraq; 7. Easter Island/Rapa Nui; 8. Earth; 9. Republic of Haiti and the Dominican Republic; 10. Godzilla; 11. Black; 12. Israel; 13. Antarctica; 14. Spiderman; 15. Its nose



Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and is pleased to share them with you

Morning All,

"To emphasize only the beautiful seems to me to be like a mathematical system that only concerns itself with positive numbers" - Paul Klee

I just listened to a great sermon this morning where I heard this analogy about gardening: in order for a gardener to produce beautiful flowers they can't only love flowers - they need to hate weeds also.

In the same way, to achieve the full benefits from our Christian walk we must love God and yet hate sin also. It is interesting to see the first and last things Jesus said whilst on earth:

"From that time Jesus began to preach, saying, 'Repent, for the kingdom of heaven is at hand.'" Matthew 4:17

"Then He opened their minds to understand the Scriptures, and said to them, 'Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance for the forgiveness of sins should be proclaimed in his name to all nations..." Luke 24:44-45

Almost like an essay, Jesus introduced and concluded His assignment on earth with repentance. The positivity in that is because of Him we are no longer slaves to sin.

"He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins." Colossians 1:13-14

Have a blessed day,

Vera :)

Nature and the Outdoors

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

ROADS
HUNTING
FISHING
LANES
CAMPING
DRIVE WAY
PARKS
WATER
BUSHES
PONDS
BARN
PICNIC
GRASS
TREES
WAGONS
ANIMALS
LAKES
RACCOON
BIRDS
TUNNEL

Holiday at Home Project lead organiser: Lesley
email lesleyaallen@bopenworld.com Tel. 07729 785843

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

Your contributions make all the difference... please, please share - a quiz, poem, short piece about what you are doing at home, something about your life now or a memory from the past... unless you write your name in the item it will be anonymous, so please join in! If you have email or whatsapp you can send a picture, too

A lovely meditation by a RE teacher about what her faith and the Bible mean to her:

I am a Christian in the 21st Century, and I thought recently 'what does this actually mean?'

- I am someone who looks at the broken world through the lens of rose-tinted glasses and I know there is a plan.
 - I know that living well and true to the Gospel values can lead me to a wonderful afterlife with the good God.
 - I can look at conflict and think there is an opportunity here to learn ... although sometimes it feels as if I just need to look closer.
- Well, how lucky am I that I have these glasses.

Many of my friends are not so fortunate. They see conflict and pain for what it is, they see the death of a loved one as the end of life and that is it. They do **not** have this "God" figure to lean on or to pray to. How wrong it would be of me to judge them for that or even to say to them "oh it's fine, this is just part of a plan!" I would be doing them **and** my God a disservice. He is not there to be thrown down someone's throat, nor should I force my friend to have to hear it. Society speaks out and says "so, she just ignores their spiritual needs and allows them to drift on by?" Of course not!

Let's look back at the Gospels and our role model, Jesus. We can all list the stories off the top of our heads where He says to people what a good disciple is: The Sermon on the Mount and a few Parables are some that come to mind.

But, let's look deeper at these stories. Jesus highlights it is the **action** that the person does which makes them a good follower. It is someone who goes to *visit* the sick, who *feeds* the hungry, who *stands up* for their faith, who *works* as peacemakers!

Back to my example of my friend. Do I say "there is an opportunity here for you to learn that there is good in the world and if you just took a step back you would see?"

Or do I make them a cup of tea when they cry, water their garden when they are visiting their loved one in hospital, look after their dog when they finally get the chance for a date night or even go to sing at their church when everyone else has dropped out on them again.

I would do these actions and I would do them as discreetly as possible. That is what being a Christian in the 21st Century is to me. It's someone who *does* something and shows the work of God in every single situation. Someone who offers people the opportunity to see the Lord's word in action. Surely, that brings someone closer to the Lord than to just be talked at. Being a Christian is fighting for social justice. It's standing up and saying, "that's not ok and I **will not** support it."

James and John were asked if they were prepared to drink from the chalice of Christ

We heard from Eileen who sent their thanks and appreciation, and told us a little about herself...

My name is Eileen Moffatt and I am a retired Salvation Army. I worked with my husband with the homeless men who lived in our hostels. My husband died nine years ago and I still miss him! I have a daughter and three grandsons, so they keep me going. I have underlying health conditions and having to stay in hasn't been easy, but one thing I am sure of is that God is good and his grace is all powerful.

More contributions from Bring Me Sunshiners next week!

Another Eileen (Mead) sent a recipe:

OK so my name is not Nigella, but you may find the following idea helpful:

Quick Salmon Fry (Serves One)

Ingredients:



Half 213g tin red salmon



1 beaten egg



Mashed potato (do 2 portions)



Oil/butter to fry

Break up the salmon lumps and add to the beaten egg. Mix lightly and fry large spoonfuls until nicely coloured both sides. Serve with the mashed potato and veg., or in a sandwich with salad

Next Day... Salmon Fish Cakes

Use remaining half tin of salmon and second portion of mashed potato to make fish cakes – nice served with salad

Why can't you hear a pterodactyl go to the bathroom?
Because the "P" is silent.

Lesley mentioned some news from the Bring Me Sunshine community in her letter last time. Here are some more contributions:

Melanie has found shielding very hard, but has been helping her daughter in the garden – ‘We had loads of strawberries and are now reaping the rewards of tomatoes, including some black cherry ones which we’d not seen or heard of before. Very sweet! We’re hoping to get some pumpkins in the Autumn’. She has also been following Fr.Antony’s Mass on YouTube and taking part in the rosary from Lourdes.

Eugenie sent this poem:

One by one thy duties wait thee,
Let thy whole strength go to each.
Let no further dreams elate thee,
Learn thou first what these can teach.
Do not look on life’s long sorrow,
See how small each moment’s pain;
God will help you for tomorrow,
So, each day begin again.
A.E.Procter

Madge thanks the team, and recently spent time with her daughter. They recommend the following:

Whenever You Think God Can't Use You

Jacob was a cheater, Peter had a temper, David had an affair, Noah got drunk, Jonah ran from God, Paul was a murderer, Gideon was insecure, Miriam was a gossip, Martha was a worrier, Thomas was a doubter, Sarah was impatient, Elijah was depressed, Moses stuttered, Zacchaeus was short, Abraham was old and Lazarus was dead.

God does not call the qualified, he qualifies the called



when they asked to be seated at His right and left. Is that not the question we are all being asked every day? Will you, or even are you, prepared to fight for the rights of every human due to their own innate dignity? Are you prepared to sometimes stand out from the crowd and be slightly different?

To me, that's being a Christian in the 21st Century. It is living in this broken world and getting up, pritt stick in hand, to glue it back together. It is someone who answers the call of stewardship. Someone who picks up the plastic can holder in the street and breaks it up, so the animals do not get caught in it. Who forces themselves to divide their rubbish (and time) to work on the recycling. It is someone who encourages the youth of today to recognise that the world is a gift and is something we should cherish. It is recognising that as Pope Francis says, "the cry of the poor" and the "cry of the earth" are the same thing.

So, why did I write this? Was it to preach or to share my own testimony? Not really. It was an example of 29 years of simultaneous belief and doubt. It was a way of posing a question to all of you.

I am in a fortunate position where I can teach a subject where the students can finally ask the questions they want to ask and, hopefully, have someone say 'here is my answer, but let me tell you about a book that is a collection of thousands of years of writing. I can promise you that somewhere in this book is your answer?'

Open it up and let's begin.

A misogynistic view...(sent in by a husband!)

When a married man says 'I will think about it' what he really means is that he doesn't know his wife's opinion yet.

A lady says to her doctor: "My husband has a habit of talking in his sleep! What should I give him to cure it?" The doctor replies: "Give him an opportunity to speak when he's awake!"

A prospective husband in a book store asks, "Do you have a book called 'Husband, the Master of the House?'" Sales girl: "Fiction and comics are on the 1st floor!"

*You might as well answer the door,
my child, the truth is furiously knocking.
Lucille Clifton*



IMMANUEL, GOD-WITH-US IN THE PRESENT MOMENT

Early in the morning I seek your presence, O God,
not because you are ever absent from me
but because often I am absent from you
at the heart of each moment
where you forever dwell.

In the rising of the sun,
in the unfolding colour and shape of the morning
open my eyes to the mystery of this moment
that in every moment of the day
I may know your life-giving presence.
Open my eyes to this moment
that in every moment
I may know you as the One who is always now.

Celtic Prayer by Philip Newell

There is never time in the future in which
we will work out our salvation.
The challenge is in the moment;
the time is always now

James Baldwin

Be patient to all that is unsolved in your heart
Try to live the questions themselves.
Do not seek the answers which cannot be given
because you would not be able to live them.
And the point is, to live everything.
Live the questions now.
Perhaps you will then gradually,
without noticing it,
live along some distant day into answers.

Rainer Maria Rilke



'Why climb the mountains or go down to the
valleys of the world looking for Him who dwells
within us?'

St. Augustine

'God breathes through us so completely...so
gently we hardly feel it...yet, it is our everything'

John Coltrane

'Know that I am with you always, yes, to the end
of time'

Matthew 28:20