



May I Be at Peace

May I be at peace

May my heart remain open

May I be aware of my true nature

May I be healed

*May I be a source of healing to
others*

May I dwell in the Breath of God.

St. Teresa of Avila



Bring Me Sunshine 8

Hi All,

Hasn't it been a beautiful bank holiday weekend? Although you, like me, may have forgotten it was a bank holiday as because of these days of isolation sometimes the days seem much the same.

We are beginning to hear of a change in guidance and I understand that on the 1st June some school children will be returning and some street markets will be opening; in the middle of June shops will be opening, but all adhering to socially distancing procedures. This is extremely difficult sometimes, as some people seem to ignore it completely and so increase your risk. So I would advise all of you older vulnerable people to remain very careful; many of you are in the high risk group and shouldn't be going out, this remains the same.

This week, I should be in Germany on a pilgrimage to Oberammergau to see the famous open-air Passion Play, showing Jesus's visit to Jerusalem up to his crucifixion. It is about 8 hours long and performed every 10 years - around 2,000 people from the town participate in the production, making it the largest amateur stage theatre in the world. 450,000 people usually attend. The bubonic plague during the thirty-year war 1619-1648 was devastating, ravaging Europe with suffering, starvation, and sickness. The people of Oberammergau vowed in 1633 that if God spared them from the plague, they would stage a play every ten years as a thank you. Shortly after this the death rate declined sharply, and the villagers kept their promise, performing the first play in 1634 on top of the graves of those who had lost their lives. Since then with only a few interruptions the play has been performed each ten years. This year, because of the pandemic, they have had to move it to 2022. Being a keen amateur actress and member of College park players drama group, a lover of theatre, and a follower of Christ I hope I will be able to reschedule my pilgrimage. For now, I reflect on similar sentiments to the

original villagers, giving thanks to God for seeing us through our own pandemic, letting us see another day, and remembering all those who are suffering and have suffered as a result of COVID-19, and those who have lost their lives during this time.

This week we have included a craft bag, and request that you make a card using your creativity - it doesn't matter if you don't think you are artistic, give it a go. Keep them for now or stick them in your window or door, with a thank-you message to someone who has made a positive difference to you at this time - maybe a neighbour, a health care worker, a shop, a church leader or member, a relative, or a thank you to God. When we can meet again, we will gather them in if you're willing, and make a display of thanks. If you receive your magazine by post try and find some card at home and bits and pieces and join in if you can. And don't forget the fabric squares (see page 8).

Keep exercising, keep minds busy and most importantly keep connected.
Much love in Christ, Lesley

A poem suggested by a reader:

Don't Quit

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

Quiz - Rhyming Cockney Slang

What do these sentences mean?

1. If you've got a **Lady Godiva**, nip down the **Frog and Toad**, and get me some **Bob Hope**.
2. Would you **Adam and Eve** it? I've just found out my **manhole cover** has been caught by the **Sweeny Todd** for stealing a **custard and jelly**.
3. It's **Mork and Mindy** today. My **syrup of figs** has blown off!
4. My **trouble and strife** has only gone and spent the **Duke of Kent** on some new **dinky doos** and some **tomfoolery**. I'm in a right **two and eight!**
5. On your **plates of meat**, take the **apples and pears**, open your **mince pies** and find the **sausage and mash**.
6. With your **skin and blister**, take a **sherbert dab** to the shop and have a **butchers hook** for some **Vera Lynn**.
7. **Dog and bone** your best **china plate** and take a **ball and chalk** to the **rub-a-dub**.
8. I'm **Hank Marvin**, let's take the **jam jar** and go for a **Ruby Murray**.
9. Going for a **kick and prance** with my **pot and pan**. I hope he doesn't **Darby and Joan** !
10. Me and my **baker's dozen** are going to the **battlecruiser** for a **kitchen sink**. We may get **elephant's trunk!**

Drunk
9. Dance, Old Man (husband), Moan 10. Cousin, Boozer, Drink,
7. Phone, Mate, Walk, Pub 8. Starving, Car, Curry
5. feet, Stairs, Eyes, Cash 6. Sister, Cab, Look, Gin
3. Windy, Wig 4. Wife, Rent, Shoes, Jewellery, State
1. Fiver, Road, Soap 2. Believe, Brother, Flying Squad, Telly



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

Good Morning All,

"Perseverance is a positive, active characteristic" Joseph B. Wirthlin

Psychologists say that natural talent and intelligence play a small role in our success; our attitude is the game changer.

'Grit', defined as passion and perseverance is also "maintaining effort and interest over years despite failure, adversity and plateaus in progress" (Duckworth et al., 2007).

Think about how you can apply **G.R.I.T** to your life:

Growth - seek fresh ideas, perspectives, inputs and ideas to help you succeed.

Resilience - bouncing back from adversity.

Instinct - go about your goals the best way, not the hardest way.

Tenacity - perseverance/persistence - never say quit

Perseverance is also key for growing in our faith (2 Peter 1:5-7): **"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love."** Peter says that if all these things are growing in you then you won't become inactive and unfruitful in the knowledge of Jesus.

Have a blessed day,

Vera :)

V	J	C
E	T	A
E	D	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 31, including one nine letter word

adjecfive, act, acted, active, ate, cadet, cat, cite, cited, date, dative, deceit, deviate, diet, eat, edict, eject, eta, evict, evicted, jet, tea, tee, teed, tic, tide, tied, vat, vet

*Do not accept anything as truth
if it lacks love.
And do not accept anything as love
if it lacks truth.*

Edith Stein (St.Teresa Benedicta of the Cross)



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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 or life in 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

ON AGING, by Maya Angelou

When you see me sitting quietly,
 Like a sack left on the shelf,
 Don't think I need your chattering.
 I'm listening to myself.
 Hold! Stop! Don't pity me!
 Hold! Stop your sympathy!
 Understanding if you got it,
 Otherwise I'll do without it!
 When my bones are stiff and aching,
 And my feet won't climb the stair,
 I will only ask one favor:
 Don't bring me no rocking chair.
 When you see me walking, stumbling,
 Don't study and get it wrong.
 'Cause tired don't mean lazy
 And every goodbye ain't gone.
 I'm the same person I was back then,
 A little less hair, a little less chin,
 A lot less lungs and much less wind.
 But ain't I lucky I can still breathe in.



Found in the Home

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

- SINK
- PANTRY
- STOVE
- OVEN
- THROWRUG
- FAMILYROOM
- GARAGE
- FURNITURE
- MICROWAVE
- WASHER
- HOUSE
- CELLAR
- RUGS
- LAUNDRYROOM
- DRYER
- TABLES
- CLOSETS
- STUDY
- CARPET
- LAMPS

Are you drinking a bit more alcohol than usual? Surveys have shown that many people are. Obviously it is not recommended, except perhaps by

W.C.Fields:

I cook with wine, sometimes I even add it to the food

Once, during Prohibition, I was forced to live for days on nothing but food and water

It would be good to hear some of what people are doing while we can't go out- do let us know, contact details are on page 3. Some examples:



One person with a birthday had a socially distanced tea party in the garden

Two others have decorated squares using oddments of fabric – squares can be of any fabric, 6 inches square plus some extra around the edge for joining. You can use anything you have around to decorate them – for example buttons, fabric, ribbon, pens, paints.... We can arrange collection, and look forward to seeing your square. We plan to join them all together into one big Bring Me Sunshine picture in the future, so please join in



Another person made bunting for a child's birthday celebration



A reader remembers...



It was such a surprise when the knock came on my door on VE day and Mark and Lesley stood there...

Mark played the last post for me on his trumpet. I was completely blown away, and old memories came rushing in so I thought I would tell you a little about my life.

I was 4 when the war started, and 10 when it finished. I lived in Greenwich with my father, mother, sister, and brother. My mother worked in Woolwich Arsenal making explosives for the war effort, and my father, who was a lot older and in poor health, was a fire watcher. He kept racing pigeons, and often the war pigeons came in with ours and we had to take the coded messages to the police station to forward to - who? We were notified on one particular occasion when a wounded war pigeon came in that the message was vital and would save many lives - the poor bird died - as a child this was very exciting.

Everyone was having tea (kipper, I remember) when the bomb fell on our house. We were all dug out and, fortunately, nothing too serious - I had a lot of glass in my foot, and after treatment, ended up living in our local school, which we thought was great fun. Although we knew we were lucky to be alive, as many of our friends were not.

My life has certainly not been boring, but I am sure God has a few more surprises for me yet, but yours will take some beating. The Diamond Clubs acts of kindness will stay with me forever and you will always be in my prayers.



Come Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth

A Pentecost Commission

- Spirit of Truth - Guide us in your ways
- Spirit of Freedom -Release our hearts and imaginations
- Spirit of Wisdom -Inhabit our thoughts and conversations
- Spirit of Healing - Restore and anoint us for your service
- Spirit of Forgiveness - Pour out your grace upon us
- Spirit of Hope - Open us to new possibilities
- Spirit of Power - Accomplish your purpose through us
- Spirit of Unity - Bind us in love and common endeavour
- Spirit of Life - Inspire and enable us to fulfil your calling
- Spirit of Christ - Mould us in your likeness

North West Baptist Association

A prayer contributed by a reader:

Holy Spirit of God, take me as your disciple. Guide me, illuminate me, sanctify me; bind my hands so that they may do no evil, cover my eyes so that they may see it no more, sanctify my heart that it evil may not dwell within me. Be my God, be my guide. Wherever you lead me I will go, whatever you forbid me I will renounce and whatever you command me in your strength I will do. Lead me then into the fullness of your truth. Amen

Some reflections on the Spirit:

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

John Coltrane

Be aware of the Spirit of God at work in the ordinary activities and experiences of your daily life...Hold yourselves and others in the Light

Quaker Faith and Practice Ch 1

It is by desiring to grow in love that we receive the Holy Spirit

Thomas Merton

