



# Bring Me Sunshine 9

Dear Friends,

It's a very appropriate title - 'Bring Me Sunshine' isn't it, as we have been having so much sun lately; it has been the sunniest May since records began. Someone said to me 'it's as if God is giving this to us to help us cope with the gloom that the Coronavirus has brought on our world'.

Well the news is definitely a bit brighter for many, with lots of people taking advantage of the relaxation of lockdown and making use of open spaces, countryside, parks and beaches.

I've heard of several of you having social distance get togethers in your garden and the joy this has brought to see loved ones a little closer; but also frustration that you still can't physically give them a hug. The advice for those over 70 is that you should take particular care to minimise contact with others outside of your household and if you go out, which should be avoided, you must continue to comply with any general social distancing restrictions. Although as an over 70-year-old you may be fit and healthy, as you get older there is a higher risk of coronavirus, and of having a more serious infection. So please precious people stay safe.

Hope those of you who received an activity bag enjoyed your card making task last week, this week we have set the challenge of putting together a felt heart which I'd like you to complete and



*Spirit of God,  
Spirit of Wisdom,  
Spirit of Jesus,  
Be with us.  
Enter our silence,  
Enter the depth of our longing.  
Enter our trusting, enter our fearing.  
Enter our letting go,  
Enter our holding back.  
Come Holy Spirit,  
Embrace us and set us free.  
Amen*





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

In Psalm 1:3 we are told of the way of the righteous who "shall be like a tree Planted by the rivers of water That brings forth its fruit in season, whose leaf also shall not wither; and whatever he does shall prosper"

Trees are the oldest living things on earth, some even being alive in the time of Christ. The fact that Psalm 1:3 likens us to being trees suggest that God is teaching us to think long-term. It is very easy in this modern world to be blinded by short-term gain and lose sight of eternity.

The verse before, Psalm 1:2, also mentions that "in His law he meditates day and night" It is important to read the Bible everyday. Our Christian life depends on how much we get the Word into our heart and mind and how obedient we are to it. Everything we need to know about God is found in the pages of His Word.

Hope you have a blessed day, Vera :)

A number of trees are mentioned in the Bible – for those without internet access to look them up, here are some:



- Acacia:** Exodus 26:15;
- Almond:** Numbers 17:8, Ecclesiastes 12:5;
- Apple:** Joel 1:12, Song of Songs 2:2-5;
- Cedar:** 1Kings 9:11; 2Chronicles 2:3-8;
- Cypress:** Isaiah 41:19, 1Kings 9:11;
- Date Palm:** Psalms 92:12-14;
- Fig:** Song of Songs 2:11-13; **Henna:** Song of Songs 1:14;
- Oak:** Joshua 24-26, Gen 35:8 **Olive:** Judges 9:8-9;
- Pine:** Isaiah 41:19; **Pistachio tree:** Genesis 43:11;
- Pomegranate:** Song of Songs 4:13 and 6:11;
- Poplar:** Genesis 30:37; **Sycamore fig:** Luke 19:4;
- Tamarisk:** Genesis 30:37, 1Samuel 31:13;
- Vine:** John 15:1;
- Willow:** Leviticus 23:40; Isaiah 44:3-4, Psalms 137:1-3

## Painting Colors

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

- GRAY
- DARK
- PURPLE
- RED
- LAVENDER
- BLACK
- TANGERINE
- DENIM
- BROWN
- PINK
- NAVY
- SILVER
- BEIGE
- PUCE
- PEARL
- MEDIUM
- ORANGE
- GOLD
- YELLOW
- MAHOAGANY

Holiday at Home Project lead organiser: Lesley  
 email [lesleyaallen@btoopenworld.com](mailto:lesleyaallen@btoopenworld.com) Tel. 07729 785843  
 To make Bring Me Sunshine original contributions  
 (your words, **not** your money!): Amy  
 email [1000AQ@googlemail.com](mailto: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 version of the Alternative Beatitudes contributed by a reader:

### **Alternative Beatitudes**

*Blessed are those who can laugh at themselves;*

*They will have endless amusement.*

*Blessed are those who can tell a mountain from a molehill;*

*They will be spared a lot of trouble*

*Blessed are those who can go to bed and fall asleep without looking for excuses;*

*They will become wise.*

*Blessed are those who know when to shut up and listen;*

*They will learn new things thereby*

*Blessed are those who are attentive to the call of others without thinking themselves indispensable;*

*They will be sowers of joy.*

*Happy are you if you know how to take small things seriously and large things peacefully;*

*You will go far in life.*

*Happy are you if you can admire a smile and forget a frown; your path will be sunlit.*

Some inspiration for the cooks among you...

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found. *Calvin Trillin*

I was watching an Australian cooking show, and people started cheering when the chef made a meringue.

I was shocked. Usually Australians boo meringue.

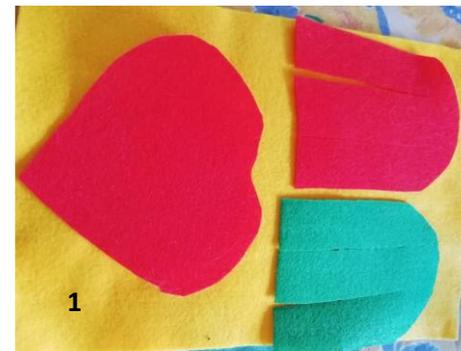
Our vet told us that because of my cooking our cat has only two lives left *Phyllis Diller*



Some people received craft packs last week. This is an example of what someone has done with theirs, to encourage us all. Please send a picture of yours, if you can...

And remember, we would also like you to decorate fabric squares (6" square, plus a bit extra round the edges for joining) using any oddments – fabric, buttons, ribbon, paint etc. We plan to join them all together into one big Bring Me Sunshine picture in the future, so please join in

### **Felt Hearts – What to Do**



1. Use three pieces of felt, one heart shaped and two shaped and cut as shown (1)

2. Weave the two shaped pieces together (2)

3. Put a little wadding between the woven pieces and the heart, and sew together round the outside (3) (needle and thread are supplied)



2



3

Remember, to be really safe, wrap the heart (in paper, small bag, anything you have handy) for 72hrs. before giving it to someone else

A reader sent in some contributions, including some information about...



### Nipper, the HMV logo dog

Francis Barraud, an English painter, had a brother, Mark; when Mark died, Francis inherited a phonograph player, recordings of Mark's voice, and Mark's dog, Nipper. He was called Nipper because he would nip the backs of visitors' legs.

Francis noticed that when he played the records, Nipper would run to the phonograph looking puzzled, as if trying to make out where the voice was coming from. This scene remained in Francis's mind, and three years after Nipper died, he painted it, calling it 'His Master's Voice'.

Barraud offered to sell the original picture of a wind-up Edison-Bell cylinder phonograph to the Edison-Bell Company located in the USA, but was turned down. In 1899, Barraud went to the offices of The Gramophone Company to borrow a brass horn to replace the original black one on the painting. The manager suggested that if he replaced the machine with a Berliner disc gramophone, he would buy the painting, and it became the trademark of the Victor, HMV, and later other record labels. The original oil painting hung in the EMI boardroom in Hayes, Middlesex, for many years.

### Quick Quiz – Trees in Legend

Which fruit did ancient Jewish tradition say contained 613 seeds, equal to the number of Torah commandments?

According to legend, what type of tree was the Buddha sitting under when he achieved enlightenment?

The twigs of which tree are used by water diviners?

The fruit of which tree did Paris give to Aphrodite?

What was the Druids sacred tree?

*Pomegranate, Bo/bodhi (a type of fig tree), Hazel, Apple, Oak*

### A Memory of War, from a former Nursing Sister

My uncle was a taxi driver who brought the news of all the happenings on the island. One day he came home to say that at midnight a German submarine had bombed the Lady Nelson – that there were no casualties, but the ship was badly damaged. The Lady Nelson was a cruise ship, bringing visitors to visit the island. The ship that was protecting it had run the submarine out of the island.



In the broadcast on the day following the incident, all residents were asked to purchase black curtains to display at 6pm to bring the island into complete darkness. At 6pm it was repeated on loudspeaker: 'O yea, O yea, O yea, blackout, O yea, O yea, blackout, all black curtains must be displayed to bring the island into complete darkness. This means no housework, no activities,

no homework. Any person showing light will be prosecuted – prison'. That was our time of war. The bright light on the Lady Nelson had brought the submarine to cause the accident.



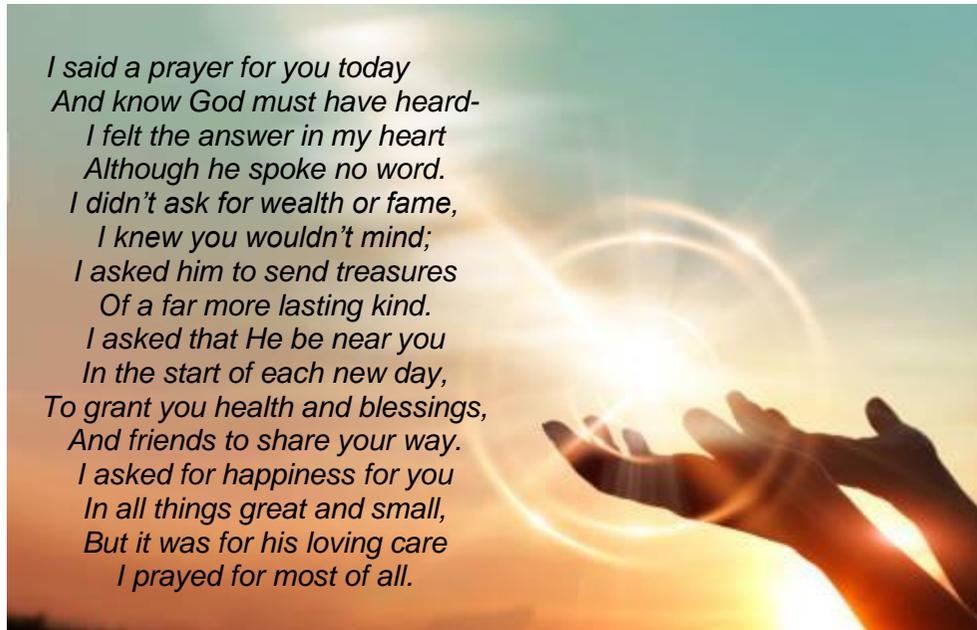
*Note: RMS Lady Nelson was torpedoed by U-161 while alongside at Port Castries, St. Lucia, on 10<sup>th</sup> March 1942. 15 passengers, 3 crewmen and 7 dock workers were killed. The ship sank at the wharf, but was later re-floated and served as a hospital ship for the Canadian Army until the end of the war*

Do all the good you can, By all the means you can,  
 In all the ways you can, In all the places you can,  
 At all the times you can, To all the people you can,  
 As long as ever you can.

*John Wesley*



Some prayers suggested by readers:



*I said a prayer for you today  
And know God must have heard-  
I felt the answer in my heart  
Although he spoke no word.  
I didn't ask for wealth or fame,  
I knew you wouldn't mind;  
I asked him to send treasures  
Of a far more lasting kind.  
I asked that He be near you  
In the start of each new day,  
To grant you health and blessings,  
And friends to share your way.  
I asked for happiness for you  
In all things great and small,  
But it was for his loving care  
I prayed for most of all.*

*Hail Mary, Queen of Heaven, your path is one of truest devotion; a life of courageous service to the Lord, as the mother of Jesus. You gave all of yourself, lovingly and without fail. We praise you both in our words, and in our actions serving others, as you so graciously served. At this time we ask you for your prayers, your solace, and your guidance, with unending gratitude for these precious gifts, in Christ our Lord, Amen*

## Psalm 46 (NIV)

God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
though its waters roar and foam  
and the mountains quake with their surging.  
There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells. God is within  
her, she will not fall;  
God will help her at break of day.  
Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
The LORD Almighty is with us;  
the God of Jacob is our fortress.  
Come and see what the LORD has done,  
the desolations he has brought on the earth.  
He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.  
He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."  
The LORD Almighty is with us;  
the God of Jacob is our fortress.