

The Lord bless you

And keep you;

The Lord make his face shine on you

And be gracious to you;

The Lord turn His face toward you

And give you peace

Numbers 6:24-26



Stockwell Good Neighbours

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Dear Friends,

I hope you're well and keeping connected and active. We have had a bit of a weather change but I'm sure our gardens are glad of it. I hear most of you enjoyed your Earl Grey cup of tea while remembering each other.

We continue to pray for the soul of George Floyd and all victims of racism, and pray for those trying to combat it. We pray for an end to discrimination of any kind, so that there can be justice and peace in our world.

We are beginning to hear about places for worship opening again for private prayer if churches can demonstrate this can be done safely. There is a lot of discussion and planning going into this at the moment, while we continue to worship at home privately and by connecting where possible to live streaming services. The introduction of wearing face coverings on public transport is starting from the 15th June, and we are advised to wear them for shopping or anywhere where we cannot socially distance. Your challenge this week is to make yourself one – there are some great colourful patterned and pretty ones about now. Some people are matching them with their clothes. The guidelines continue, especially for you, over 70's and those with long term conditions, that you must social distance with people outside your household and you must not go to anyone else's house unless able to go straight to their garden. For those shielding you must not yet go to shops; this will be reviewed on the 30th June. Although restrictions are beginning to ease, its still important that that we observe government guidance to reduce the spread of the virus – when outside maintain the 2-metre distance rule and continue to wash our hands frequently.

I am pleased to tell you that Bring Me Sunshine Catford is available on YouTube now - you will find different activity videos to enjoy. I recommend you start with the introduction then try out some of the others, which include yoga, sing-alongs, African drumming, meditation, poetry reading, talks on art Tai Chi, humorous monologues and several concerts. If you are able to get access to YouTube, let me know which are your favourites.

I've been enjoying watching some of the old musicals on TV - Pal Joey, Oklahoma, and one of my favourites, Carousel, featuring that famous song 'You'll Never Walk Alone', which may be quite apt for our present situation. "When you walk through a storm hold your head up high, and don't be afraid of the dark, at the end of a storm, there's a golden sky and the sweet silver song of a lark. Walk on through the wind, walk on through the rain, though your dreams be tossed and blown, walk on, walk on, with hope in your heart and you'll never walk alone, you'll never walk alone."

I hope we can continue to be there for each other everyone
Love in Christ, Lesley

Suggested by a reader, from The Spiritual Healer...

May you have enough...
Happiness to keep you sweet,
Trials to keep you strong,
Sorrow to keep you human,
Hope to keep you happy,
Failure to keep you humble,
Success to keep you eager,
Enthusiasm to keep you looking forward,
Faith to banish depression,
Determination to make each day better than yesterday.



Types of Gemstones

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

- RUBY
- TURQUOISE
- AQUAMARINE
- CITRINE
- SAPPHIRE
- AMETHYST
- GARNET
- OPAL
- ONYX
- PEARL
- PERIDOT
- TOURMALINE
- EMERALD
- JADE
- KUNZITE
- TOPAZ
- AZURITE
- JASPER

The young lady pictured on p.4 is Eleithia DeCosta Williams, who joined SGN about two years ago.

Eleithia worked as a night orderly on an NHS maternity unit, and in the transport department of the Special Needs Unit in Lambeth.

She is a valued member of St.Marks, Kennington, and her great achievement as a parishioner there is to have served as a Southwark Pastoral Auxiliary.



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,

‘Bringing good news is imparting hope to one's fellow man’ - Patti Smith

Sharing your own positive experiences can fill those around you with hope. Throughout the gospels sick people had been healed by Jesus and shared their good news leading to more people having hope and becoming saved.

‘If you naturally share the good things in your life, happiness will follow. The problem is that we tend to share what's going on badly in our lives, not capitalising on sharing the positive.’ - Frank Fincham

‘But you need to remain well established and rooted in faith and not shift away from the hope given in the good news that you heard’ Colossians 1:23

Hope you have a good day, Vera :)

A memory.....

What Year Was This?

“I can’t sleep - the house is shaking!” said my young daughter as she woke her parents in the early hours of the morning. “It’s just a dream, go back to bed!” I muttered and tried to get back to sleep. A few more attempts to rouse her sleepy parents, by which time the fiercest storm winds we had ever known gathered momentum and violently shook the whole of S.E. England!

The whole household was awake now, gazing out the window in disbelief, as the house shook and trees swayed violently and crashed down in the wind! By morning 7 fallen trees blocked our road!



Weather

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

SUMMER
BLIZZARD
HOT
FROSTY
FALL
WINDY
COLD
RAIN
NIGHT
WARNINGS
HEATWAVE
BLACKOUTS
SNOW
TORNADOS
ICY
HURRICANE
STORMS
HUMID
FREEZING
WARM

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 To make SGN original contributions
 (your words, **not** your money!): Amy
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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

Who is this young lady, posing with her mother? She arrived in England in 1957, aged 18. Her first job was in a laundry and dry cleaner, and she then worked in the NHS for 25 years. She has five daughters, five grandchildren, and three great grand children

Find the answer at the bottom of page 11



Countee Cullen 1903-1946

American poet, playwright
and author

...Was a leading member of the Harlem Renaissance, a movement of gifted black artists, writers and musicians centred around 1920's Harlem

Help with shopping, prescription collection and food aid in Lambeth: Call 0207 926 2999

Lesley is enquiring about isolation packs for members from Age UK

Those of you with internet living in Southwark or Lambeth may be interested in <https://southlondoncares.org.uk/> 'a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city' – they accept referrals to help older people link with their online social groups

From the Dark Tower

*We shall not always plant while others reap
The golden increment of bursting fruit,
Not always countenance, abject and mute,
That lesser men should hold their brothers cheap;
Not everlastingly while others sleep
Shall we beguile their limbs with mellow flute,
Not always bend to some more subtle brute;
We were not made to eternally weep.
The night whose sable breast relieves the stark,
White stars is no less lovely being dark,
And there are buds that cannot bloom at all
In light, but crumple, piteous, and fall;
So in the dark we hide the heart that bleeds,
And wait, and tend our agonizing seeds.*



A Few Facts from Brixton History..

The first signs of human activity in the Brixton area are the two Roman roads: the most important, the A3 (Clapham Road) linking the City of London with Chichester, and the A23 (Brixton Road).

In the 11th century it was called Brixistane, meaning 'the stone of Brihtsige'; these stones were meeting points for communities. Over time years the name became shortened to Brixton.

Until the Industrial Revolution and the arrival of the railways, the area remained undeveloped, and was agricultural land. Development started after the building of Vauxhall Bridge (opened in 1816), around Acre Lane. St. Matthews Church was completed in 1812, and the Trinity Almshouses in 1824.

Between the 1860s and 1890s, with railways and trams linking Brixton to the centre of London, the area grew. The first street in the area to be lit by electric light became Electric Avenue as early as 1880.

Patience is the most difficult and the only thing worth learning.

All nature, all growth, all peace, all thriving and all beauty in the world is based on patience - need time, need stillness, need trust

Hermann Hesse



H	B	D
I	N	W
A	D	T

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 26, including one nine letter word

bandwidth, and, ant, ban, band, bandit,
 bin, bind, dawn, din, dint, hand, hind, hint,
 nib, nit, tan, than, thin, tin, twin, wan,
 wand, want, win, wind

Greetings Message from a Friend at Diamond Club

Hello everyone, I would like to start by saying just how much I am sure all are missing attending the club. I am sure attending it means a lot to all of you. I am really missing social gatherings, meeting members, friends, going on trips and events. I cannot wait for the day when all can get together again, in Jesus' name.

I strongly believe that we all need to pray for the whole nation during these troubled times. God is the healer and he is in control. We need to leave everything in his hands and we need to put our trust in him. I would recommend that everyone should say Psalm 91 every day as this is a very important passage and prayer. God bless you all.

Psalm 91 - My Refuge and My Fortress (English Standard Version)

He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
I will say to the LORD, "My refuge and my fortress,
my God, in whom I trust."
For he will deliver you from the snare of the fowler
and from the deadly pestilence.
He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
You will not fear the terror of the night,
nor the arrow that flies by day,
nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the recompense of the wicked.
Because you have made the LORD your dwelling place—
the Most High, who is my refuge—
no evil shall be allowed to befall you,
no plague come near your tent.
For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
lest you strike your foot against a stone.
You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.
"Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honour him.
With long life I will satisfy him
and show him my salvation."

Two Prayers of Martin Luther King Jr.

O God, we thank you for the fact that you have inspired men and women in all nations and in all cultures. We call you different names: some call you Allah; some call you Elohim; some call you Jehovah; some call you Brahma; some call you the Unmoved Mover. But we know that these are all names for one and the same God. Grant that we will follow you and become so committed to your way and your kingdom that we will be able to establish in our lives and in this world a brother and sisterhood, that we will be able to establish here a kingdom of understanding, where men and women will live together as brothers and sisters and respect the dignity and worth of every human being. In the name and Spirit of Jesus. Amen.

God, we thank you for the inspiration of Jesus. Grant that we will love you with all our hearts, souls, and minds, and love our neighbours as we love ourselves, even our enemy neighbours. And we ask you, God, in these days of emotional tension, when the problems of the world are gigantic in extent and chaotic in detail, to be with us in our going out and our coming in, in our rising up and in our lying down, in our moments of joy and in our moments of sorrow, until the day when there shall be no sunset and no dawn. Amen.

