



*O Risen Christ,
You breathe your Holy Spirit on us
and you tell us: 'Peace be yours'.
Opening ourselves to your peace -
letting it penetrate the harsh
and rocky ground of our hearts -
means preparing ourselves to be
bearers of reconciliation
wherever you may place us.
But you know that at times
we are at a loss.
So come and lead us
to wait in silence,
to let a ray of hope shine forth
in our world*

Brother Roger, Taizé



Stockwell Good Neighbours

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Dear Stockwell Good Neighbours,

I hope you enjoyed some of the TV coverage of the commemoration of VE day this weekend and enjoyed your VE packs. It was good to hear from some of you that you liked the commonwealth booklet, and are doing the puzzles and wordsearches.

We head into another week where it seems there are some small changes, mainly to work plans and exercise, and quite a bit of confusion. For us, the more vulnerable, the message remains the same - stay at home - and if you are out for any reason social distancing is essential. As much as I want to see you all back at our clubs and churches, now is not the time, you are precious!

For referrals to food aid or anything else I am happy to assist. Contact details are on page 9.

If you have an e mail address I can send you the activity sessions such as Zumba, Yoga, Tai Chi, talks and concerts with for you to participate in and enjoy.

If you need assistance the Lambeth helpline number is 020 7926 2999, open every day from 8am to 8pm.

Our volunteer Michael is also happy to help - if you would like him to help you just let me know.

Michael who leads our Tai chi is offering on line sessions for you.

Please send your photos of lockdown to me via Whats App, and I will forward to Jim to judge a little in-house SGN photography competition.

Thank you for all your prayers and blessings which sustain me through these days, I do appreciate all your love and support.

Look after yourselves and each other

Much love in Christ,

Lesley

A thought from a reader:

Gratitude

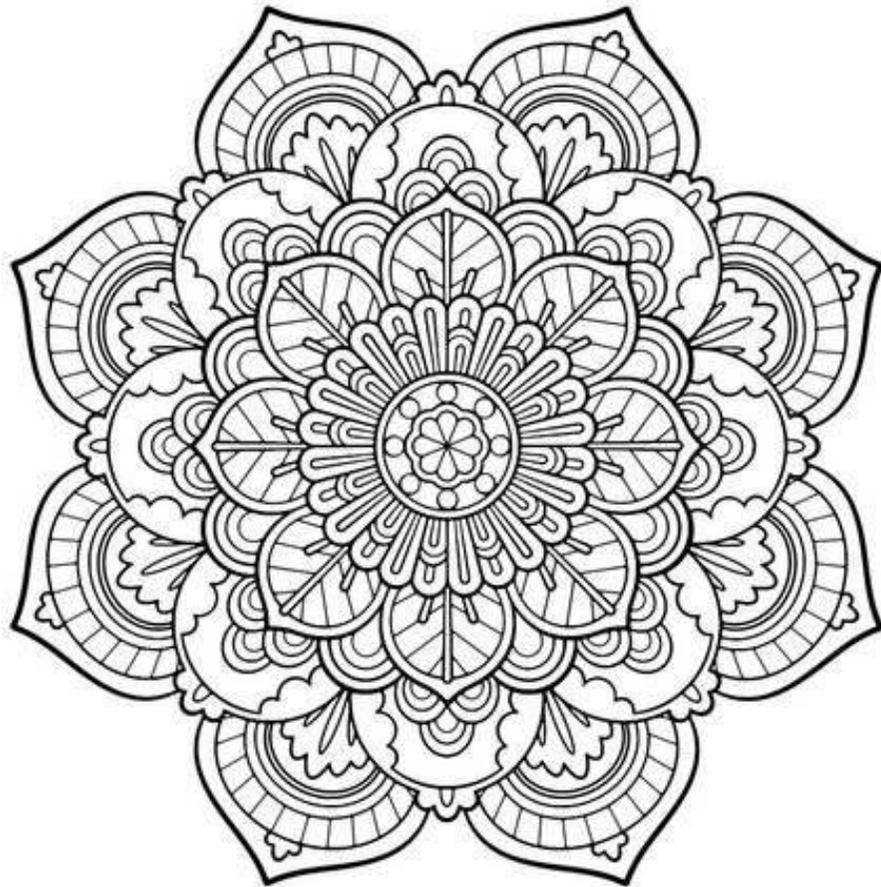
During this difficult time, our thoughts are filled with worry and fear over the pandemic that has swept across the world. And as a stay-at-home order causes restriction on how we travel, work and socialise, we may feel very lonely and our spirits low. But being inside has given us all a moment of pause, for which we should be grateful. Though being grateful or having thoughts of thankfulness is not one the first things that comes to mind during this crisis, the fact that the world has stopped has allowed us to remember what is important in our lives. This time that we have now has allowed us to remember our neighbours who we may have never spoken to; to reconnect with our families we were distant from; and many have come together in their communities to help each other. And as we now look to different ways to come together, many of us are picking up new skills with new technology and some making new friends as they help out in local aid.

In this time we have been forced to be still, and in stillness we have been able to see better the world and the people around us. In fact, we have connected better to each other than ever before. And in this time we have even taken better care of ourselves, so for that we should be grateful.

Pot Luck Quiz

1. Which San Franciscan bridge was completed in 1937 and spans 1280 m?
2. Who sang "Wandrin' Star" in the Film *Paint Your Wagon*?
3. The *Titanic* was launched from which Irish city?
4. Who was Bob Hope's male co-star in seven road movies?
5. What is the more common name for the vibrissae of a cat?
6. What is the country of origin of Parmesan cheese?
7. Which black and white Antarctic bird can swim but not fly?
8. What was the first bird released by Noah from the Ark?
9. What is the name of the trench that is the deepest point of the Pacific Ocean?
10. In 1955, which legendary actor died whilst making the film *Giant*?
11. What name is given to a male adult seal?
12. On whose stories was the Disney film *The Jungle Book* based?
13. Chianti wine originated in which country?
14. The Balearic Islands belong to which European Country?
15. "Food Glorious Food" is a song from which Oscar winning musical?
16. What fate befell Alice when she drank from a bottle labelled 'Drink Me'?
17. Which Hollywood icon was born Norma Jean Mortensen in 1926?
18. What kind of Christmas did Elvis Presley have in the 1964 charts?
19. Known as the black box, is an aircraft's flight recorder black, blue or orange?
20. Which animal has an aboriginal name meaning "I don't understand"?

1. Golden Gate Bridge; 2. Lee Marvin; 3. Belfast; 4. Bing Crosby; 5. Whiskers; 6. Italy; 7. Penguin; 8. Ravens; 9. Marianas Trench; 10. James Deans; 11. Bull; 12. Rudyard Kipling; 13. Italy; 14. Spain; 15. Oliver; 16. She Shrank; 17. Marilyn Monroe; 18. Blue; 19. Orange; 20. Kangaroo



In 2015 the government Mindfulness All Party Parliamentary Group recommended using mindfulness in a number of settings following a review of scientific evidence. Mindfulness techniques, including colouring, helps us to refocus our attention away from ourselves and our problems to the present moment, and can have benefits including reduction in stress.

Let us read, and let us dance; these
two amusements will never do any
harm to the world - Voltaire

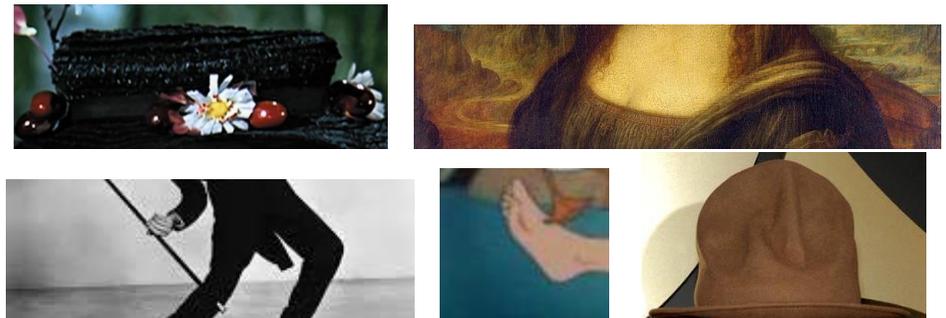


O	T	E
C	G	A
T	A	R

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

Greatcoat, age, ago, ar got, cage, cargo, cog, cottage, crag, ego, ergo, garotte, gate, gear, get, goat, goer, gore, got, girace, grate, great, great, o, gr, rag, rage, regatta, tag, target, toga

Quick Quiz- Heads, Shoulders, Knees and Toes



1. Whose heads, shoulders, knees and toes?
2. who painted the shoulders?
3. What best-selling song did the brown hatted person write for the film Despicable Me 2?
4. What was the name of the sister of the person whose knees you see, who they started their career with?
5. Who wrote the original story the film where the toes appear was based on?
6. What job did the black hatted person have?

the Banks family
 1. Mary Poppins, Mona Lisa, Fred Astaire, The Little Mermaid, Pharrell Williams;
 2. Leonardo da Vinci; 3. Happy; 4. Adele; 5. Hans Christian Anderson; 6. Nanny to

The Lesson of the Falling Leaves

The leaves believe
such letting go is love
such love is faith
such faith is grace
such grace is God.
I agree with the leaves

Lucille Clifton



Lesley on VE Day

Life in lockdown will present challenges, but can also be positive. The experts in isolated yet positive living are religious communities; some of you may have found www.alonetogether.org.uk with short videos to help during lockdown. For those of you without internet access, here is a short summary of a way Benedictine Christopher Jamison suggests we could start our day:

Morning, noon and night have different moods, which fit the rhythm of the day

In the morning, begin with gratitude, move into grace
and look ahead to the day

Get up at the same time as usual, and, once up and ready, sit and think with gratitude that you have woken up and are still alive, and be grateful for what you can. The word gratitude has the same root as grace; now look ahead at what you may need grace for during the day. Don't keep going over bad things in your mind, but ask for grace to get through any difficulties that may arise. If you want, and have time, you can now move into meditation.

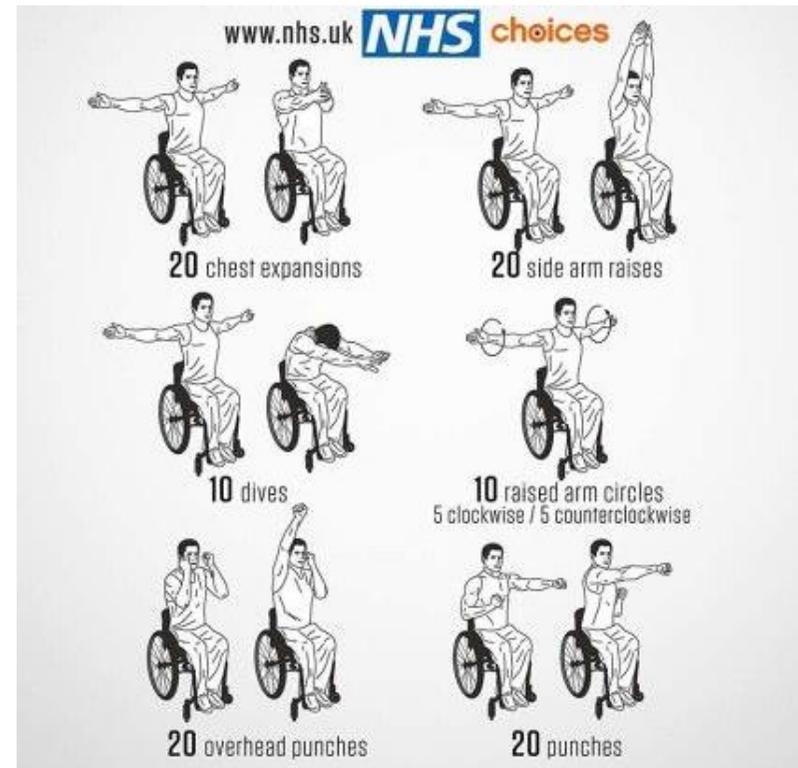
A peaceful prayer or meditation (you may have noticed there is usually one on our back page) may help. Fr. Christopher suggests St. Teresa of Avila's words:

*'Let nothing disturb you, let nothing frighten you; all things pass away.
God never changes. Patience obtains all things.
The one who has God lacks nothing; God alone suffices.'*



Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and would be pleased if you tried some too

Morning Guys, Physical health is good for our positivity. So, eat healthily, drink plenty of water and exercise every day (but stop if it starts to strain). Here are a few light exercises we can do even if we can't stand easily. Have a good day, Vera :)



Stockwell Good Neighbours lead organiser: Lesley
email lesleyaallen@btopenworld.com Tel. 07729 785843
To make SGN magazine original contributions
(your words, **not** your money!): Amy
email 1000AQ@googlemail.com Tel. 07847 799791

A contribution from a reader...maybe you could send something?

Which painter suffered from a bad cold?

- Vincent Van Cough

How do you divide eleven potatoes equally among four people?

- Mash them

What is a Creche?

- It's a crash in Kensington

What do you call a woman who is playing Snooker while balancing a pint of Beer on her head?

- Beatrix Potter

What do you call an awful Welsh singer?

- Dai Bolical

What do you call a man in a rain coat standing in a Cemetery?

- Max Bygraves

Where do birds get their morning coffee?

- The Nest Café

What does the word Bacteria mean?

- The back entrance to a Cafeteria

Garden Tools

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

SHEARS
HOSE REEL
BRUSH
PRUNER
CHAINSAW
LAWN MOWER
GLOVES
FORK
HOSE
LEAF BLOWER
SHOVEL
STRIMMER
TROWEL
RAKE
EDGER
SPRINKLER

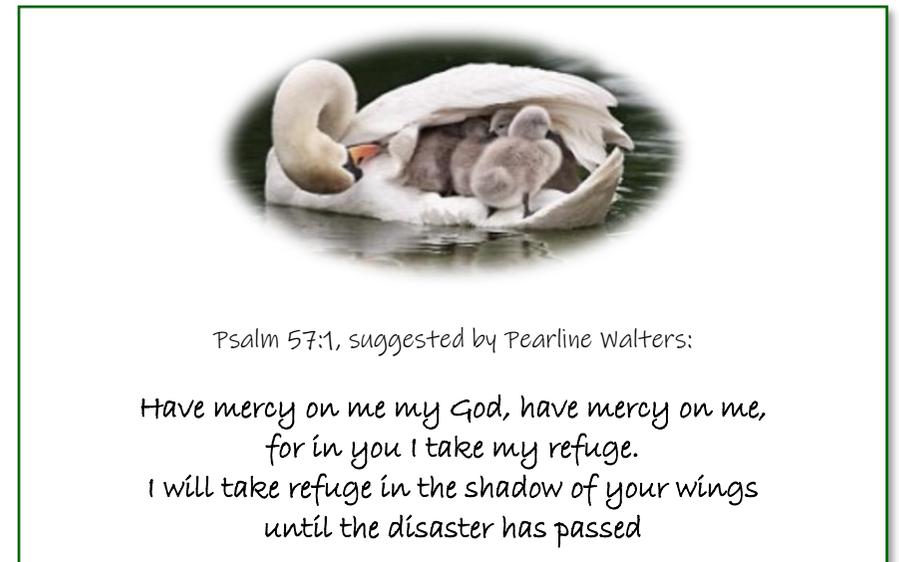


Getting to Know You... Anne Daley

Anne came to England from Jamaica in 1960, to join her soon-to-be husband. She has four children, nine grandchildren and four great grandchildren, but has still found time, over many years, to work as a Trustee for Stockwell Good neighbours.

Anne has described attending SGN as 'The best part of the week for me', and says that 'Everyone looks forward to Monday mornings'. She has been involved in organising club activities, not just on Mondays, but also outings and holidays, despite the lack of financial support to the club from the council recently.

Anne has been described as an 'inspiration and support' to club organiser Lesley, and all her hard work and commitment are much appreciated.



Psalm 57:1, suggested by Pearlina Walters:

Have mercy on me my God, have mercy on me,
for in you I take my refuge.
I will take refuge in the shadow of your wings
until the disaster has passed



Reassurance in Difficult Times

Faith is taking the first step even when you don't see the whole staircase

Martin Luther King Jr.

I believe though I do not comprehend, and I hold by faith what I cannot grasp with the mind

St. Bernard

Pray, even if you feel nothing, see nothing. For when you are dry, empty, sick or weak, at such a time is your prayer most pleasing to God, even though you may find little joy in it. This is true of all believing prayer

Julian of Norwich

And we know that in all things God works for the good of those who love him, who have been called according to his purpose

Romans 8:28

I remember, and my soul melts within me: I am on my way to the wonderful Tent, to the house of God, among cries of joy and praise and an exultant throng

Psalms 42:4

A Meditation by St. John Henry Newman

GOD has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons.

He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place while not intending it if I do but keep His commandments.

Therefore, I will trust Him; whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

