

*I weave a silence on my lips,
I weave a silence into my mind,
I weave a silence within my heart,
I close my ears to distractions,
I close my eyes to attentions,
I close my heart to temptations.*

*Calm me, O Lord,
As you stilled the storm,
Still me, O Lord,
Keep me from harm.
Let all tumult within me cease,
Enfold me, Lord, in your peace*

Amen

Celtic Prayer



Stockwell Good Neighbours

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This week we have commemorated Windrush Day, now a nationally recognised day on the 22nd June, when the ship the Empire Windrush brought the first group of Migrants from the West Indies to Tilbury dock in 1948. I for one am very pleased it did, as many of you followed in the 50s and 60s, which therefore makes you part of the Windrush Generation.

Some of you will remember our Stockwell Good Neighbours member Mr Egbert Townsend, who died about 10 years ago. He actually came over on the HMS Empire Windrush. I remember him telling me he was taken from the ship to Clapham Common after being met at the dock by Clement Atlee. He slept in Clapham Common tube station for the first night, and his first meal was fish and chips. He was good looking and a snazzy dresser, wearing beautifully brocaded waistcoats even to come to our Monday club. He told me about going dancing regularly, even into his older years, in the centre of London.

Growing up in a small town in Wales we only had one West Indian family, whose daughter Avril was a school friend of mine. Who would have thought that years later so many West Indian elders would also become friends, and part of the Stockwell Good Neighbours family which I have been privileged to work with for the last 20 years.

I have tasted foods and drinks that I'd never tried before such as cow foot, callaloo, ackee and salt fish, rice and peas, sorrel, homemade ginger beer, and of course rum punch. I learnt about dominoes etiquette ska and reggae music, Brixton riots, the grip, the dutchy, wigs and weaves, Louise Bennett, story-telling, Anancy Stories, hymns I'd never heard, the front room, Nine Nights, pardner, Carnival, the importance of culture and shaking ones booty at the best parties ever.

I have included a photograph of a painting of The Empire Windrush by a Manchester artist donated to our club after I met him at the funeral of my friend Tony Whittaker. Windrush day saw me donning my Windrush T shirt and singing in the street, "You Can get it if you really want" written by Jimmy Cliff and sung by Desmond Dekker (buried in Streatham, a South London Lad). I trust you were able to follow some of the commemorations on TV or on line; there's been some great coverage, films about Martin Luther King, a documentary about Brixton through the decades, Alison Hammond in Windrush square on Good Morning TV, and the address by Prince Charles. All against the backdrop of a nation protesting still for equal rights and justice for all.

The celebration is designed as an antidote to discrimination, all the more significant at this time when the Black Lives Matter campaign has placed the spotlight on the treatment experienced by some of you, the Windrush Generation. The celebration highlights, particularly during COVID-19, how you and the generations after you keep giving to Britain, with many members working on the front line of this crisis in hospitals, on public transport and in care services helping save lives and look after those most at risk.

So, this week I celebrate you all; your strength, your experience, your love and your prayerfulness. So glad and honoured to be part of the Stockwell Good Neighbours family.

Love in Christ, Lesley



"Today, as we honour the legacy of the Windrush generation, and the invaluable contribution of black people in Britain, I dearly hope that we can continue to listen to each other's stories and to learn from one another... The diversity of our society is its greatest strength and gives us so much to celebrate."
-Prince Charles, Windrush Day 2020

1. What award winning and long running musical was based on a collection of poems by T. S. Elliot?
2. George Lazenby only played James Bond in one film, which one was it?
3. What are the two letters that carry the highest 10 points value in Scrabble?
4. What famous author lived at 48 Doughty Street?
5. Only two pieces can make the first move in a chess game. What are they?
6. In the film Mary Poppins, what does Mr. Banks do for a living?
7. What did Clint Eastwood have a fistful of?
8. What was the nationality of Hans Christian Anderson?
9. Which Tony starred in "Some Like it Hot"?
10. Which famous Hollywood actor was born with the name Archibald Leach?
11. In which board game might the lead piping prove to be the murder weapon?
12. Which family were chased by pirates and shipwrecked on the island of Tobago in the 1960's film?
13. Which game show hosted by Bruce Forsyth amongst others, featured a conveyor belt?
14. Which musical does the song "Big Spender" come from?

11.Clevedo, 12.Swiss Family Robinson, 13.Generation Game, 14.Sweet Charity
5.Pawn and Knight, 6.Banker, 7.Dollars, 8.Danish, 9.Curtis, 10.Cary Grant, 11.Cats, 2.On Her Majesty's Secret Service, 3.Q and Z, 4.Charles Dickens,

It was lovely to hear from THELMA, who said: '...thanks for the newsletter. Very informative as usual. Thanks for that song 'you are not alone' – sometimes it's good to be reminded... every day I thank God for the day that Mrs. Graham introduced me to SGN. It's been a source of comfort especially during this present time.'
Thanks Thelma!

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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

Hey Guys,

'Positive mind; Positive vibes; Positive life' - Unknown

It's good to look on the positive side of life but one should be realistic and accept that life can also be complicated sometimes.

I was looking at the difference between *joy* and *happiness* and found that joy is when you make peace with yourself despite the circumstances whereas happiness is dependent on external factors such as other people, thoughts and events.

Now that life seems to have slowed down let's embrace the simple experiences and pleasures in an attempt to cultivate joy from the inside out so that we can remain in a constant joyful state.

"My brothers and sisters, think of the various tests you encounter as occasions for joy" – James 1:2

Hope you have a good day,

Vera :)

Goodbyes are only for those who love with their eyes.

Because for those who love with heart and soul there is no such thing as separation

Rumi



General Animals 3

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

CAMEL
LEOPARD
WHALE
TURTLE
SHARK
HORSE
MOLE
TIGER
GAZELLE
RAT
RHINOCEROS
EMU
WEASEL
PIG
TERMITE
KANGAROO
ELEPHANT
GORILLA
SNAKE

Stockwell Good Neighbours lead organiser: Lesley
email lesleyaallen@bopenworld.com Tel. 07729 785843

To make SGN 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

Getting to know you...

Norma Burnett was born in 1945. Her parents came to Britain in 1954, as her father was in the army. Norma came to Brixton aged 13, going to school in Brixton, and then Stockwell Manor School.

Norma was sporty, being a skilled netball player and good dancer who won awards for her talents.

After leaving school Norma went on to become a dress designer and private caterer, and before retiring worked as a caterer for a nuclear and atomic energy company.

Norma was always a keen domino player, with lots of supporters and trophies.

She has 3 children and 5 grandchildren.

SGN know Norma for her great sense of fun and laughter: she loves to party and is still a great dancer. Lesley affectionately calls her 'Naughty Norma'!

It was Norma's birthday on Windrush Day, 22nd June, so congratulations to her, and we give thanks for her life and contribution to Stockwell Good Neighbours.



Most of you will have met Verona from Diamond Club, who shares memories...

My Scary Experience

In 2007 my daughter and I went to Beijing for a holiday; we wanted to be adventurous and do and see as much as we could.

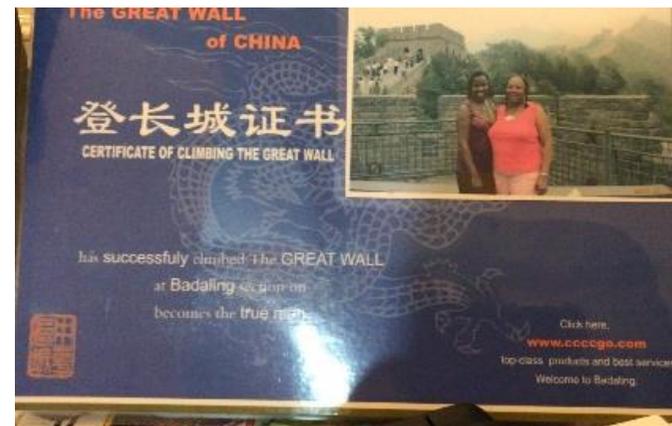
We settled into our hotel very well, and started planning our activity; first was to visit the Great Wall of China – with no intention of climbing. Well, my daughter said 'Mum, you stay and I will go up'. But after she went off I said to myself 'this is an experience of a lifetime', so I braved it and climbed the Great Wall to the top. My daughter was very pleased and shocked.

Our next adventure was to ride in a rickshaw sightseeing, so we booked a ride. When they came it was two cycles with a side seat - we tried to cancel but to no avail, as the language was a barrier, so we decide to brave it. The riders took us to the middle of Tiananmen Square with traffic coming from all directions. I thought this was the end - I could see the news headline, 'two black people have been killed in an accident'! Anyway, we managed to get them to leave us off while we were still in one piece.

Our next mishap was when we went out again to the Forbidden City. When we were to go back to the hotel, we took the wrong direction! Can you imagine, we can't speak Chinese and it was getting late; we started to get worried, but by God's mercy someone came to our rescue, and we arrived back to our hotel safe and sound.

The moral is that in everything you do, ask God to guide and protect you.

P.S. We spent five days there and we only saw two other black people from afar!



A poem suggested by a reader:

When this is over
May we never again take for granted;
A handshake with a stranger,
Full shelves at the store,
Conversations with neighbours,
A crowded theatre,
Friday night out,
The taste of communion,
A routine check-up,
The school rush each morning,
Coffee with a friend,
The stadium roaring,
Each deep breath! A boring Tuesday.
Life itself.

When this ends,
May we find that we have become more like the people we
wanted to be,
We were called to be,
We hope to be,
And may we stay that way —
Better for each other because of the worst.

Laura Kelly Fanucci

Cooking is easy - but it's not easier than not cooking

I just read my first cooking book! It's about thyme.

Do you ever get that when you're half way through eating a horse and you think to yourself, 'I'm not as hungry as I thought I was?' (Tim Vine)

T	T	L
E	U	A
C	I	V

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 15, including one nine letter word

Cultivate, acute, clue, cue, cult, cut, cute, cutter, cuttle, lieu, lute, tau, taut, value, vault

Quick Quiz: name the plant, and see if you can answer the question too



1. In which film was she a Disney Princess?
2. Which Shakespeare play was she in?
3. Whose secret love child was she in Downton Abbey?
4. Which F. Scott Fitzgerald novel was she in?
5. Where did she have breakfast?

1. Jasmine, Aladdin; 2. Viola, Twelfth Night; 3. Marigold, Lady Edith; 4. Daisy (Buchanan), The Great Gatsby; 5. Holly (Golightly), Tiffany's

Jesus I AM Statements

'I am the **Bread of Life**; he who comes to me will never be hungry; he who believes in me will never thirst' *John 6:35*

'I am the **Light of the World**; he who follows me shall not walk in the darkness, but shall have the light of life' *John 8:12*

'I am the **Gate**; anyone who enters through me will be safe; he will go in and out, and find pasture' *John 10:9*

'I am the **Good Shepherd**; the good shepherd lays down his life for his sheep. I know my own, and my own know me' *John 10:11,14*

'I am the **Resurrection and the Life**; if anyone believes in me even though he dies he will live' *John 11:25*

'I am the **Way, the Truth and the Life**; no-one can come to the father except through me. If you know me, you know my Father too' *John 14:6*

'I am the **True Vine**, and my Father is the vinedresser. Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more'



Rituals of Peace and Prayer

Father Mother God, thank you for your presence during the hard and mean days. For then we have you to lean upon.

Thank you for your presence during the bright and sunny days, for then we can share that which we have with those who have less.

And thank you for your presence during the Holy days, for then we are able to Celebrate you and our families and our friends.

For those who have no voice, we ask you to speak. For those who feel unworthy, we ask you to pour your love out in waterfalls of tenderness.

For those who live in pain, we ask you to bathe them in the river of your healing. For those who are lonely, we ask you to keep them company. For those who are depressed, we ask you to shower upon them the light of hope.

Dear Creator, you, the borderless sea of substance, we ask you to give to all the world that which we need most – Peace.

Amen.

Maya Angelou

