



Stockwell Good Neighbours 13

Dear Friends

This week I have been thinking about change and how it affects us; and particularly how it affects you, the older members of the community, during a time which appears to be heading towards some changes for individuals, groups, churches and businesses.

It seems a rather more uncertain time than earlier in the COVID-19 pandemic when we were at least being given daily updates, and were told what we should and shouldn't do. Now there seems to be more questions than answers- should we go out shopping, meet with friends, go to church, book a restaurant or plan day out at the zoo? The guidelines say we should avoid non-essential contact to minimise risk. We should avoid face to face contact, wear face coverings in enclosed spaces, definitely public transport but we can, from the 4th July, meet up with one other household as well as our supportive bubble if we have one. Hand washing and sanitising is still essential. Some places of worship are opening again, but not all, as there is a huge emphasis on the need for safety, particularly for the most vulnerable members of the community. The decision is yours of course to choose what risks you are prepared to take; but as Dr Hillary said on Good Morning TV this morning: 'the virus hasn't gone away and relaxing the rules could well be at our peril'.

As well as these changes there are maybe the changes we are thinking about in our personal lives - our relationships with others, our priorities, consideration for our planet. What are the positive things we want to take away from this time? I am struck by the kind heartedness of community and neighbours - strangers who have come together and are looking at ways to continue to support each other through mutual aid into the future. Pope Francis called this last week: 'reverence to each other', but he also talked about having dialogue with others which is more about listening, looking and responding, expressing what we have in common rather what divides us, and doing this through love.



*May Almighty God Bless you
May He look upon you with the eyes
Of His mercy and give you His
peace.
Here below may he pour forth
His graces on you abundantly
And in heaven may He place you
Among His saints
St. Clare of Assisi*

Herbs & Spices

This week in Catford we acknowledged the 80th birthday (although she's happy to go with 74) of former midwife and one of our top volunteers, Pauline Maton. Many of Stockwell Good Neighbours will know and of course remember her from our trips and holidays – she is known as the life and soul of the party, she has a giant heart and is very chatty. The messages that flooded in via twitter, Facebook and in person showed us how widely loved this lady is by people from all walks of life. She epitomises to me some of the lessons to take away from this time: humility, generosity, small acts of kindness (she never forgets a date, birthday or anniversary), and, most importantly, relationships, as she is a great connector of people.

Unfortunately, Rose Rosemarie remains in hospital but we hope she will be home soon, we are pleased that Bertram and Evelyn recover from their hospital procedures and still no news of Enid's funeral. This week I thought I'd try and introduce Bingo to our magazine so I hope we will get a winner in the next few weeks. Check out the you tube videos Bring Me Sunshine Catford where you will see familiar faces. There are about 15 different videos.

I say this week particularly as you make decisions about your movement and connectiveness to others, to stay safe. Eustace asked me to pass on his words of encouragement to stay strong in the lord as he is our healer and helper.

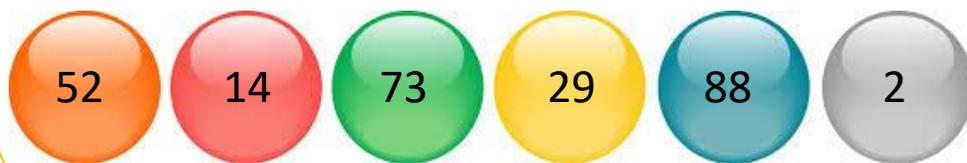
Much love, Lesley

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

THYME
NUTMEG
BASIL
TURMERIC
TARRAGON
BAY LEAF
CUMIN
PEPPER
OREGANO
GINGER
STAR ANISE
FENNEL
CINNAMON
ROSEMARY
DILL
ALLSPICE
SALT
PAPRIKA
CLOVES
SAGE

Those of you who have SGN posted will have received a bingo ticket this week. Over the next few weeks we will play bingo. Each week there will be some numbers to mark off if they are on your ticket. Once you have a full house (all the numbers on your ticket) call, text or e mail Lesley.

Numbers this week:



Quick Quiz – Science

1. What is the common name for grape sugar?
2. What is meteorology the study of?
3. Which planet is closest to the Sun?
4. How many corners does a rectangle have?
5. The shape of a rainbow is a circle: true or false?
6. What is the name of the part of the eye that surrounds the pupil?



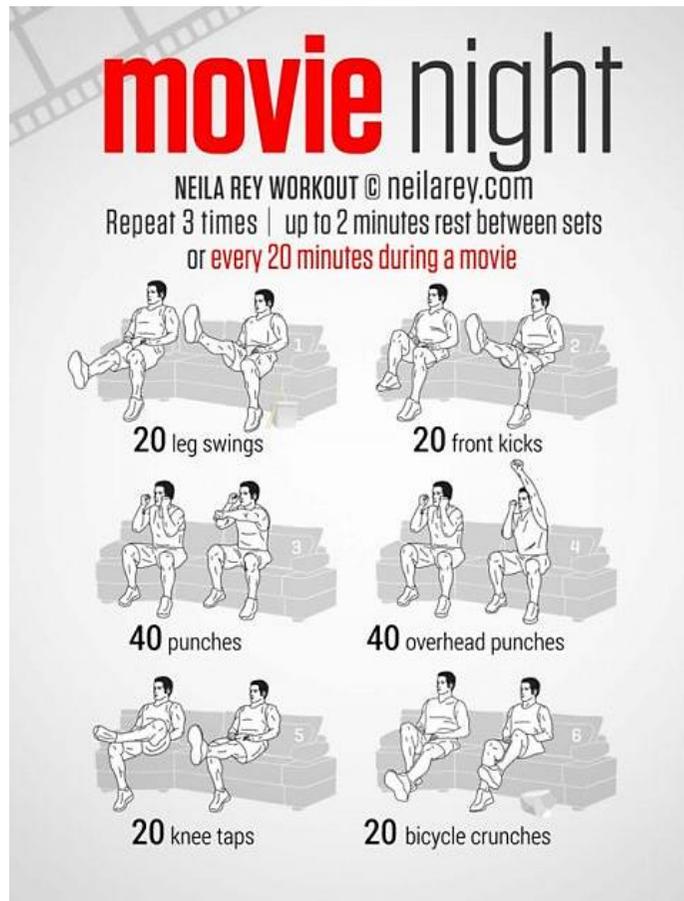
Vera has been sending daily ideas for positivity to people from a mental health drop-in group during lockdown, and is pleased to share them with you

Good morning all,

I've attached a 'movie night exercise' sheet - exercise you can do on the sofa :D

Hope you have a blessed day,

Vera :)



Crafting Items

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

SCISSORS
X-ACTO KNIFE
PAPER
GLUE
SCALLOP TOOL
YARN
POLYMER CLAY
KNEEDLE
FELT
FABRIC
CROCHET
MARKERS
NEEDLE TOOL
BLADE
RESIN
THREAD

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To make SGN original contributions
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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 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

Thanks to Sister Regula for this meditation:



**'Be praised, O Lord,
through Brother Sun
and Sister Moon!'**

Yesterday evening I was fortunate enough to observe the opening of a bright yellow flower on the stem of an Evening Primrose ... and this morning I noticed a tiny little spider building a delicate web between the stems of two daisies ... nothing short of a miracle, simply amazing!

It made me think of what Pope Francis wrote in 'Laudato Si' about Francis of Assisi, who loved our Earth and all it contains:

*"... he would call creatures, no matter how small,
by the name of 'brother' or 'sister'..."*

How lovely to consider each creature great and small as a brother or a sister!
But are we right to do so? Well, I went to afresh one of the Creation narratives at the beginning of the Bible (Genesis 2: 7, 9, 19) and I found that we humans have indeed been created out of exactly the same soil as all our fellow creatures:

*'... the LORD God formed the first human being
from the soil of the ground...
...out of the soil the LORD God made to grow
every tree that is pleasant to the sight and good for food...
... out of the soil the LORD God formed
every animal of the field and every bird of the air...'*

And you know what? The latest scientific research confirms whole heartedly that every bit of the Universe is made of the same stuff!

***Wishing you a good day and may you have the opportunity to marvel
at one or several of your fellow creatures
and be blessed with the gift of awe and wonder!***

On 4th October 2012 the head of Stockwell Good Neighbours was selected to attend a special function which was hosted by the Archbishop of Canterbury. She was asked to bring a guest, and invited me to accompany her. After the function we met the Archbishop of Canterbury, having a brief conversation and shaking hands. The Archbishop remarked that I have a great memory to recall so much information after such a long time. We also had the pleasure of meeting the Mayor of London.

On 11th October 2012 the Stockwell Good Neighbours arranged a wonderful gathering for me and two other members, where I was honoured as the oldest member of the Club, and the longest attending – for twenty-nine years!

I have had some wonderful celebrations at the Oval with the Lambeth Mayor and the High Commissioner of the Jamaican Embassy.

Two years ago I was invited to Westminster Abbey to represent the Club as part of the Windrush celebration.

I am now 103 and I pray every day for all of the members of SGN and mistress Lesley Allen



A couple of observations by Paul Merton...

It's amazing how many people think they've got dignity to lose, isn't it?

I've never been disappointed by politicians. I've never invested that much in them in the first place.

Getting to Know You... Levi Hamilton's interesting life at work, and since

I came into this country on 30th April 1962. My first job was with the army in Feltham. I was there for 6 months when I decided to apply for a different job, as the journey was a very difficult one while I was living in Vauxhall. I wrote to the Houses of Parliament for a job as security guard, and, after attending the interview, was selected for the position, and had to hand in my notice. After lengthy discussion with my bosses, they agreed to send my file over to the Houses of Parliament.

I started my duties at the Houses of Parliament, and was there until the death of Winston Churchill. A special service was held in his honour the night before his burial, attended by Her Majesty the Queen, the Archbishop of Canterbury, the Prime Minister and other dignitaries. I was stationed at the main entrance for the church service when he was laid to rest.

In 1965 I wrote to the Victoria and Albert Museum for a job, was offered an interview, and was selected as a guard; because of my great work ethic at the Houses of Parliament they were reluctant for me to leave, but eventually they sent my file, with honour, to the museum. After I had been working there for a period of time, the museum opened a new room showcasing special paintings and artifacts, and I stood guard in the week before its opening by Her Majesty the Queen. I was also selected to spend time at Bethnal Green Museum and the Wellington Museum, where I met the 8th Duke of Wellington; I was on duty at the door at a special function where Her Majesty the Queen and military dignitaries were guests.

I had to sign Official Secrets Act documents on 29th September; I was asked to meet the Director of the Museum, and had a glass of sherry and a hand shake with honour.

After retiring, I was a member of the Railton Road Methodist Church, on the Church Choir Council and U.A.F.A. Then I went on to be a member of Stockwell Good Neighbours Club at the Oval, member of North Clapham Club as senior citizen chairman, and a member and Prayer Master of the Nazerene Choir, headed by Mrs.L.Simms M.B.E. I was also the founder of the U.P.S.B.A., which visited the elderly in their homes and held prayer services for inmates of the prison.

A thought from Henri Nouwen suggested by a reader:



A little prayer for you:

Sometimes I think of life as a big wagon wheel with many spokes. In the middle is the hub. Often in ministry it looks as if we are running around the rim trying to reach everybody. But God says 'start in the hub, live in the hub; then you will be connected with all the spokes and you won't have to run so fast'.

Take care all of you

I	E	E
B	T	H
X	I	D

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 22, including one nine letter word

Exhibited, beet, bet, betide, bidet, bite, debit, debt, diet, edit, exhibit, exit, exited, hit, tee, teed, the, thee, tide, tie, tied

*There is never time in the future in which
we will work out our salvation.
The challenge is in the moment;
the time is always now*

James Baldwin





Love bade me welcome: yet my soul drew back,
Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning,
If I lacked anything.

A guest, I answered, worthy to be here:
Love said, you shall be he.
I the unkind, the ungrateful? Ah my dear,
I cannot look on thee.
Love took my hand, and smiling did reply,
Who made the eyes but I?

Truth Lord, but I have marred them: let my shame
Go where it doth deserve.
And know you not, says Love, who bore the blame?
My dear, then I will serve.
You must sit down, says Love, and taste my meat:
So I did sit and eat.

George Herbert

Eternal and everlasting God, who art the Father of all mankind,

As we turn aside from the hurly-burly of everyday living, may our hearts and souls, yea our very spirits, be lifted upward to Thee, for it is from Thee that all blessing cometh.

Keep us ever mindful of our dependence upon Thee, for without Thee our efforts are but naught.

We pray for Thy divine guidance as we travel the highways of life. We pray for more courage.

We pray for more faith and above all we pray for more love.

May we somehow come to understand the true meaning of Thy love as revealed to us in the life, death and resurrection of Thy son and our Lord and Master, Jesus Christ.

May the Cross ever remind us of Thy great love, for greater love no man hath given.

This is our supreme example, O God.

May we be constrained to follow in the name and spirit of Jesus, we pray.

Coretta Scott King

