

*God grant me the serenity to accept the things I
cannot change;*

*Courage to change the things I can;
And wisdom to know the difference.*

Living one day at a time;

Enjoying one moment at a time;

Accepting hardships as the pathway to peace;

*Taking, as He did, this sinful world as it is, not as I
would have it;*

*Trusting that He will make all things right if I
surrender to His will;*

*So that I may be reasonably happy in this life
And supremely happy with Him forever and ever
in the next*

Amen

Attrib. Reinhold Niebuhr



Stockwell Good Neighbours

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Dear Stockwell Good Neighbours, whilst thinking about the letter for the beginning of this magazine this popped into my email at Midnight on Sunday and whilst initially not thinking it was genuine and not knowing how it's come about it appears that it is so I thought I'd share it with you, although it doesn't mention Stockwell Good Neighbours but concentrates on the work I've been doing in my home town of Cattford I believe you are all included in how I have been responding during this Covid Pandemic and wish to thank all those who help put this magazine together including you all who send me contributions, please keep them coming. Lesley.

Dear Lesley,

When historians look back on this period in our lives, they will have to answer one really testing question: "how did a country so deeply divided by the Brexit question manage to pivot in a matter of days to become one of the world's most unified communities?" For the answer we need look no further than Her Majesty's March 19th message to the nation: "At times such as these, I am reminded that our nation's history has been forged by people and communities coming together to work as one, concentrating our combined efforts with a focus on the common goal."

'Coming together' has been most evident in our capital. The NHS has been the most visible example with thousands of Londoners celebrating the hard work and sacrifice of doctors, nurses, auxiliary staff and others who risked their own health for us. Joining NHS Volunteer Responders or participating in #clapforcarers showed a focus on the 'common goal' like never before in peacetime.

However, as you know, the headlines hide many worrying issues. Londoners have lost loved ones, or have been struck down by Covid- 19; Lockdown has left vulnerable people housebound and dependent on others for life's basics; children in cramped accommodation have little to satisfy agile minds and growing bodies; adults struggle to feed their families as they cope with furlough or unemployment.

Fortunately, London is blessed by having many wonderful organisations like the Diamond Club who are striving tirelessly to improve the lives of those facing tough realities. My Representative Deputy Lieutenant Sir Steve Bullock has been in touch to tell me of how you have been able to react to the crisis and so continue to help the older citizens of the borough.

As The Queen's representative in this great city I am hugely impressed by your switch to using the telephone and internet to check in on your members. The "Bring me Sunshine" activity packs are a wonderful way of reducing feelings of isolation and loneliness amongst your service users and I found your piece in the Tablet especially inspirational. The Diamond Club provides a poignant reminder of the power of our Christian values in times of trouble. The historians to whom I referred in my opening lines will do well to study Lewisham for clues on how those positive forces were unleashed so quickly. To close, I would like to help those chroniclers with a quote from The Queen's VE Day broadcast: "our streets are not empty; they are filled with the love and the care that we have for each other. And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire."

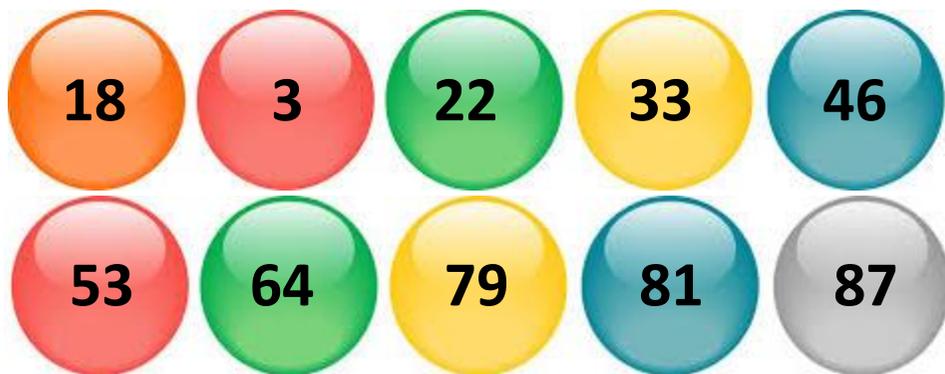
At last, Londoners are beginning to fill our streets again as a result of the love and care which you and so many others have generously dispensed. Thank you, I am very proud to share London with you.

With very best wishes

Kenneth Olisa

Sir Kenneth Olisa OBE, Lord Lieutenant of Greater London

Your Bingo Numbers this week are:



Quiz - Films

1. Which western star was known as 'Duke'?
2. Which singer starred in Blue Hawaii and King Creole?
3. Who played seven parts in the 1996 film The Nutty Professor?
4. In which film did Julie Andrews play a nun called Maria?
5. In which film did Whoopi Goldberg play a lounge singer forced to pose as a nun?
6. Which film director always had a small cameo appearance in his films?
7. Which film had characters called Eliza Doolittle and Professor Henry Higgins?
8. Which 1987 film starred Danny Glover and Mel Gibson as LA Police Department detectives?
9. Which 1961 musical featured rival gangs the Jets and the Sharks?
10. Who played Malcolm X in the 1992 film?
11. Which singer and dancer starred in Singing in the Rain?
12. Finish this famous film duo - 'Butch Cassidy and...'
13. Who played Cleopatra in the 1963 film?
14. Sidney Poitier played a teacher in an East-end school in which 1967 film?
15. What is the name of the superhero film set in the fictional land of Wakanda?

11. John Wayne 2. Elvis Presley 3. Eddie Murphy 4. The Sound of Music
5. Sister Act 6. Alfred Hitchcock 7. My Fair Lady 8. Lethal Weapon 9. West
Side Story 10. Denzel Washington 11. Gene Kelly 12. The Sandlot
13. Elizabeth Taylor 14. To Sir, With Love 15. Black Panther



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,

'We are all products of our experiences, good and bad. Sometimes you learn as much from the negative experiences as you do from the positive' Brad Garlinghouse

The bible says the same thing in Ecclesiastes 7:14 – 'When times are good, enjoy the good; when times are bad, consider: God has made the former as well as the latter so that people can't discover anything that will come to be after them.'

We should consider the bad – what can be gained from it? For example, as a result of this pandemic one can see how important our healthcare system is and I hope that more care and funding will be provided to them after all this is over.

Furthermore, we don't know what happens to us after – maybe God did that so that we constantly depend on Him. Jesus said 'Do not worry saying "What shall we eat/drink/wear?"... For your heavenly Father knows that you need all these things. But seek first the Kingdom of God and His righteousness, and all these things shall be added to you.' Matthew 6:31-33

Hope you have a blessed day, Vera :)

Herbs & Spices

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

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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

A Meditation by Antony de Mello SJ

Seedlings

If any of the short sentences that follow appeals to you,
place it in your heart and ponder on its inner meaning.
This will cause its inner truth to germinate and grow.

Do not force it open with your mind.
That would only kill the seed.

Sow it where the soil is rich. Sow it in your heart.
And give it time.



You do not
have
to change
for God
to love
you.



Be grateful
for your sins.
They are
carriers
of grace.



Say goodbye
to golden yesterdays
- or your heart
will never learn
to love
the present.

in several nursery classes in Lambeth as a Nursery Nurse. Going to college was one of the best things I have done, it enabled me to do a job I love and had started training for back home. I retired in 2010.



Since retiring I have joined a number of clubs and taken part in various activities eg sewing, knitting, jewellery making and even trod the boards in a minute way at the Young Vic. I enjoy attending the SGN club; the trips, the holidays, taking part in the various performances, learning new things, meeting up with old friends, making new ones and last, but not least, the jolly celebrations.

Lesley says: I have always admired Thelma's energy for life and willingness to try new things. She has taken part in our Stockwell Good Neighbours shows and projects giving suggestions and ideas, I was so pleased to see her and one of our other members, Mable, at the Young Vic in a play for several weeks. She been a big support and always looks after the money at our fundraisers.



Two of Thelma's favourite rhymes:

Labour for learning before you grow old
For learning is better than silver and gold
Silver and gold will vanish away
But a good education will never decay

The heights by good men reached and kept
Were not attained by sudden flight
But while their companions slept
Were toiling upward in the night

Getting to Know You...

My name is Thelma Gordon. I was born in the parish of Portland in Jamaica, and brought up by my paternal grandparents in the parish of St Mary. We lived in the country, and I wasn't allowed to go to parties or even picture shows on my own, not even at the age of eighteen. On the odd occasion that I went out I had to back before nine o'clock. My best friend and I went to a picnic/party one 24th of May. The heavens open and we got delayed because we couldn't get a bus home - the road home flooded. Fortunately, we saw our Head Teacher in a bar, explained our predicament to him and he drove us home when the road became passable. He took me right to my door because he knew how strict my Grandma was. Grandma would sit on a chair behind the door just so she would know the time I came in. My grandparents were super strict but loving.

Money was in short supply but they paid for me to have private tuition. I did well and after passing my exams I worked as a pupil teacher. However, in 1962, I gave up my job and came to England to be with my boyfriend. I was excited but also anxious as it was the first time I was leaving home. I arrived at Gatwick one cold April morning and was taken to Brixton - we lived there for a number of years. I got married to my boyfriend in 1964 - we have been married for 56 years. We have been blessed with three children, grand-children and great grand-children.

My first job here was in a laundry but I was desperately unhappy, so after a few weeks I found another job and left. I worked for short periods in a bakery and a hospital. I also worked as a mid-day supervisor and a nursery assistant in a primary school. It was while I was at the latter, it was suggested by a Nursery Inspector that I should be sent for NNEB training at Brixton College. (I was a little reluctant to go as I thought I was being sent because I wasn't doing a good enough job.) I went and gained my qualification within a year. I have worked

From a reader:

You are the caller
You are the poor
You are the stranger at my door

You are the wanderer
The unfed
You are the homeless
With no bed

You are the man
Driven insane
You are the child
Crying in pain

You are the Other
Who comes to me;
If I open to another,
You're born in me



Perlene would like to share this with you:

I love you, O Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold
Ps 18:2-3

A prayer for you from Eustace:

Glory Hallelujah, Heavenly Father, remember us O Lord as we kneel before your throne of grace, as we look to you for mercies and blessings. Here we are on repentance ground, asking for forgiveness of our sins. Father we give you thanks for deliverance, as we honour your holy name. As we seek to know more about you Lord, let us be rooted and grounded in your words. In Jesus name.



Endless Time

Time is endless in thy hands, my lord.
There is none to count thy minutes.
Days and nights pass and ages bloom and fade
like flowers.
Thou knowest how to wait.
Thy centuries follow each other perfecting a small
wild flower.
We have no time to lose,
and having no time we must scramble for a
chance.
We are too poor to be late.
And thus it is that time goes by
while I give it to every querulous man who claims it,
and thine altar is empty of all offerings to the last.
At the end of the day I hasten in fear lest thy gate
be shut; but I find that yet there is time.

Rabindranath Tagore

Dear God, we pray for another way of being,
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.

God, lead us to our footpath.
Lead us there where, in simplicity,
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.

Lead us there where, step-by-step,
we may feel the movement of creation in our hearts.

And lead us there where, side-by-side,
we may feel the embrace of the common soul.

Nothing can be loved at speed.
God, lead us to the slow path;
to the insights of the pilgrim;
another way of knowing;
another way of being. AMEN.'

Michael Leunig (b.1945) Common Prayer Collection,

