



Stockwell Good Neighbours

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*Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.*

*O Divine Master,
Grant that I may not so much seek to be
consoled as to console;
To be understood as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal
life.*

Amen

(Anon. French)

Hello Dear Friends,

Well, the weeks roll by and still unfortunately I cannot offer you the news you're hoping for, that we will be able to meet again together as one big happy Stockwell Good Neighbours family. The guidelines from local authorities remain, so, for the most vulnerable, gatherings like our Monday group are not permitted. The feeling is that we may well have a surge of the virus as we get nearer to autumn and winter, so prepare for the worst but remain hopeful that we can get through all of this by about spring next year. I will continue to check out recommendations with Age UK and statutory bodies.

The biggest change now I suppose is that the wearing of face coverings in shops is compulsory for most people with a few exceptions. They are also compulsory on public transport, and where it's difficult to keep a safe two metre distance. The 1 metre, but preferably 2 metre, distancing must remain, and of course careful handwashing is a must. The more people you have interaction with the more chance the virus has to spread. I hear mixed responses from many of you but I urge you to remain safe as you are extremely precious.

I have been thinking about some of the summer activities that Stockwell Good Neighbours took part in – for example our annual day trip to the seaside, often Eastbourne but sometimes Brighton, Hastings, Southend, Deal, Herne Bay, Littlehampton, Clacton and even the Isle of Sheppey when nothing was open! They were fun days, often resulting in fish and chips, an ice cream, a few drinks (and more for some, maybe starting on the coach on the way there). Sometimes we were basking in sunshine and other times trying to find shelter from the rain. I always knew where to find most of you on these occasions, not the pub but in bus shelters! Over the years - twenty since I have been with you - we have had more than our share of dodgy coaches and mishaps when coaches broke down, or we were sitting for hours in traffic wanting to use the toilet, or when one of our members went missing in Eastbourne and I had to call the police, or when people were taken ill.

Each year I would say 'remind me not to do that again' but each year I found myself planning and looking forward to our day out with bingo on the coach and our friendly driver Mick looking after us.

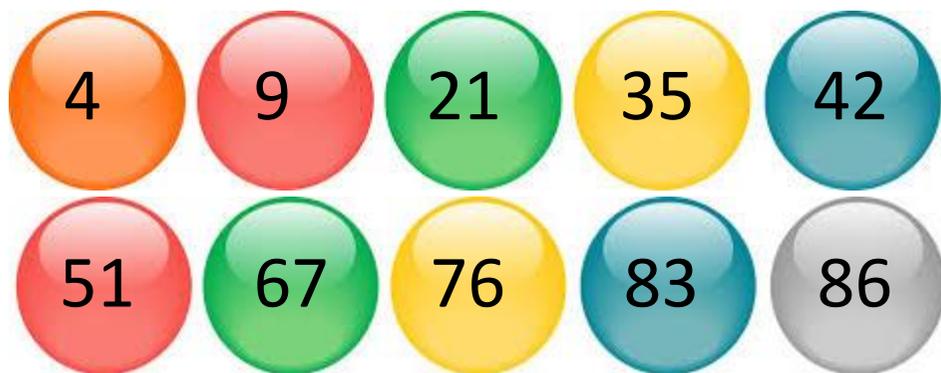
The thing is, it didn't really matter where we went or what went wrong - it was about being together and sharing some time, fun, and laughter with each other. We were coming as individuals, but we were part of the wider Stockwell Good Neighbours family. While we are apart from each other physically let's continue to capture the spirit of our group by looking out for each other, keeping connected, and, wherever possible, having some fun, even if that now means dancing or singing in our own kitchen or garden. Let's look forward to our next seaside trip together whenever that may be - Eastbourne 2021 here we come!

Please, please, I urge you to send in a little article for the magazine. It's so nice to hear a little about people, or hear about something that happened to you, something you are proud of, or anything else. It's good to share, don't wait to be asked personally, just send it via Whats App, email or post, or dictate it over the phone. Pictures are good too. Contact details are on page 3.

The good news is that the Stockwell Good Neighbours website is now up and running and you can find the magazines, videos, and lots of photos and news on that. Share this with your family too. Type **stockwellgoodneighbours.org** (all one word) into the address bar on your computer or phone. There's also a 'make a donation' button if any of you know people who wish to support our club.

Hope you have a good week, Lesley

Your Bingo Numbers this week are:



QUIZ

1. By what name was the boxer Muhammad Ali originally known?
2. What is an auctioneer's hammer called?
3. Who carries a crozier?
4. In which ocean are the islands of the Maldives?
5. What was the name of the giant killed by David?
6. Which is the only country apart from Brazil to have won more than three world cups?
7. Which international aid organisation has won the Nobel peace prize three times?
8. Where is a person's jugular vein?
9. Which festival of Indian origin is known as 'The Festival of Lights'?
10. How is Shrove Tuesday known in many Spanish speaking countries?
11. Which gas is responsible for the greenhouse effect?
12. What kind of animal has varieties called horseshoe, pipistrelle and vampire?
13. What modern city was previously known as Edo – Shanghai, Beijing, or Tokyo?
14. What is a large group of fish called?
15. Colombo is the capital city of which country?

1. Cassius Clay 2. A gavel 3. A Bishop 4. Indian Ocean 5. Goliath 6. Italy 7. The Red Cross 8. In the neck 9. Diwali 10. Mardi Gras 11. Carbon dioxide 12. Bat 13. Tokyo

14. Shoa 15. Sri Lanka

**'Be praised, O Lord,
through Sister Water!'**



'Sister Water', as Francis of Assisi likes to call this most precious gift of God. Have you ever noticed when and how you encounter Sister Water for the first time when you get up in the morning? May be in a cup of tea or coffee? Brushing your teeth? Washing your face? Having a shower? Eating your breakfast? ...

When I started thinking about my encounters with Sister Water from morning to evening, I realised that she is simply everywhere, including in my body. What a wonderful Sister who is with me, gives herself to me, cares for me every day of my life. Even more, we know that without her life is not possible on earth.

No wonder that Water has become a powerful symbol throughout the Bible; the people knew from experience how precious water is, and also the constant threat of running out of it. Psalm 65 (64) in the Bible has water as its key theme, and you might like to pray it today:

*'O God, you care for the land and water it,
You enrich it abundantly.
The streams of God are filled with water
to provide people with corn ... ' (v9)*

Let us pray today for each other and ask God to help us to deeply appreciate, respect and care for this wonderful Sister of ours.

***Wishing you a good day, a day during
which you notice with gratitude every
time you encounter Water
in one form or another.
And may you have the opportunity
to enjoy a glass of water
and be blessed by Sister Water!***



Clothing

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

- SKIRT
- COAT
- NITIE
- PANTIES
- ROBE
- CAP
- HAIRPIECE
- VEST
- SWEATER
- HAT
- SOCKS
- LEVIS
- PONCHO
- PAJAMAS
- BOOTS
- SANDALS
- SCARF
- PANTS
- JACKET
- SHOES

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Your contributions make all the difference... please, please share -it will be anonymous unless you put your name in the item, so do join in

Dear Diary,

Mon 6: Had a rough night after eating a Hemans Hermits Curry. Woke up this morning feeling fine, got something special on my mind

Tues 7: My Uncle rang boasted that he was taking home £500 a week from his job in the Bank - Not any more, they had new security cameras fitted last week

Wed 8: I looked at my hair while shaving as its gone through its three stages - parted, unparted, and departed

Thurs 9: Began to wonder what my parents did when they got married - No TV in those days. Must ask my 7 brothers and 5 sisters.

Friday 10: Bad crash on A2. Lorry carrying a thesaurus crashed. Witnesses were startled, stunned, amazed, aghast, and taken aback

Sat 11: Did not sleep well . Had this recurring dream that I was a horse. That's five nights on the trot

Monday 13: Rang my GP. Told him I got hit on the head by a set of Bongos. He said I might have percussion

Tuesday 14: Walked in the park and there was father's sister on a Roundabout. Oh my giddy Aunt

Tuesday pm: Got home quickly after hearing in my ears "Danny Boy " and " Green Glens of Antrim " Doctor thinks I have a stomach Ulster

Wednesday 15: Got offered a job in a Pet Cemetery. Turned it down as don't want to be a general dogsbody

Thurs 16: Saw a new shop called 'Moderation' opened in Croydon. They have everything in there



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

Good afternoon all,

"Everybody can make a choice to be more positive. It's about who you hang around and what you choose to watch on TV. What environment you put yourself in. It's easy to get a negative internal dialogue. You have to be aware of what's playing in your mind." - Victoria Osteen

I like this quote because we know that bad company can corrupt character (1 Corinthians 15:33) but Victoria points out that what we choose to watch can also affect our thinking. What we hear and see enters our minds which is a gate to our heart, Proverbs warns that we must "Keep our heart with all diligence, for out of it **springs the issues of life**" (Proverbs 4:23) Jesus warns us to be watchful and vigilant (Mark 14:38).

A lot of movies and TV programmes are filled with things forbidden in Colossians 3:8 "**But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth**"

Instead, Paul tells us to meditate on whatever things are : **true, noble, just, pure, lovely, of good report, of any virtue; and praiseworthy** (Philippians 4:8)

Doing these things can help uphold a joyful mindset.

Have a blessed day, Vera :)

Quick Quiz- who had these nicknames?

Iron Duke

Tricky Dicky

Lady Day

Bapu

The Man in Black

The Greatest

1. Duke of Wellington, 2. President Richard Nixon
3. Billie Holiday 4. Gandhi,
5. Johnny Cash, 6. Muhammad Ali

Some ideas from www.actionforhappiness.org

Enjoy washing your hands – remember all they do for you! Write down ten things you feel grateful for in life and why

Get active – even if you are stuck indoors, move and stretch

Notice the things that are beautiful in the world around you

Immerse yourself in a new book or TV show

Make time for self care – do something kind for yourself

Learn something new or do something creative

Rediscover a favourite piece of music that really lifts your spirits



E	I	A
C	C	L
D	T	I

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 32, including one nine letter word

Dialectic, ace, acetlic, acid, acidic, act, acted, cad, cadet, calcite, cat, citadel, cite, cited, clad, clear, dace, delectic, dialect, dice, edict, elicit, ice, iced, icicle, italic, lace, laced, lactic, lice, talc, tic

Getting to know you... from



Daphne Brady

Hi Stockwell Good Neighbours!

I'm in this country over 40 years, and have two children and three grandchildren.

I joined Stockwell Good Neighbours club before my time in February 2002. My life is like climbing a mountain; but if it was smooth it would be impossible to climb. I can truly say that God has been mighty good to me – His loving kindness and tender mercy is renewed every day.

'In my distress I cried unto the Lord and he heard me and delivered me' Ps120:1. Let us give thanks to the Lord for He is good, His mercy endures for ever. We are still standing. Keep smiling, stay safe, embrace life, God's precious gift.

Stay blessed, Love to all,

Daphne

If you want to know what God thinks about money, just look at the people He gives it to

Dorothy Parker



St. Francis of Assisi's Canticle of the Creatures

Most High, all-powerful, good Lord,
Yours are the praises, the glory, and the honour, and all blessing.

To You alone, Most High, do they belong,
and no human is worthy to mention Your name.

Praised be You, my Lord, with all Your creatures,
especially Sir Brother Sun,
Who is the day and through whom You give us light.
And he is beautiful and radiant with great splendour;
and bears a likeness of You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars,
in heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene, and every kind of weather,
through whom You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,
who is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,
through whom You light the night,
and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through our Sister Mother Earth,
who sustains and governs us,
and who produces various fruit with coloured flowers and herbs.

Praised be You, my Lord, through those who give pardon for Your
love, and bear infirmity and tribulation.
Blessed are those who endure in peace
for by You, Most High, shall they be crowned.

Praised be You, my Lord, through our Sister Bodily Death,
from whom no one living can escape.
Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
for the second death shall do them no harm.
Praise and bless my Lord and give Him thanks
and serve Him with great humility.

Rain

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk
The rain makes running pools in the gutter
The rain plays a little sleep song on our roof at night
And I love the rain

Langston Hughes

When I am Among the Trees

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "Its simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Mary Oliver

