

*God to enfold me, God to surround me,
God in my speaking, God in my thinking.*

*God in my sleeping, God in my waking,
God in my watching, God in my hoping.*

*God in my life, God in my lips,
God in my soul, God in my heart.*

*God in my sufficing, God in my slumber
God in mine ever-living soul,
God in mine eternity*

In the Carmina Gadelica tradition



Stockwell Good Neighbours

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Dear Friends,

Hope you're all well, keeping safe, and following the recommendations to avoid too much mingling with others. I know some of you have enjoyed getting out a bit more, especially to Church, and others are complaining about having to wear face coverings in shops and on buses but it really is to help avoid the spread of the virus, especially as there's so many people out and about now.

At this time of year Stockwell Good Neighbours take their six weeks summer break, as normally the Oval House Theatre would have been in use by South Connections preparing for the Notting Hill Carnival. I remember visiting one summer and the café was full of sewing machines, glue guns, fabric, feathers and sequins - I was in awe of the fantastic colourful structures being made. I know some of you used to help. So, it is fitting to remember our wonderful Chairperson of Stockwell Good Neighbours Rosalind Price who died two years ago, who was a huge creator and organiser of the South Connection Carnival Band and a wonderful campaigner for the rights of older people. She made me some wonderful costumes for my drama, based on carnival structures, including the goose you've seen me wear recently, a giant, a clock, and 6ft fairy godmother wings.

Although we will be continuing to support our Stockwell Good Neighbours group, we will cut back on the magazines sent out so we can continue to do this for longer. So, you will receive a magazine every fortnight instead, and will not receive a magazine on the 8th August. But we will continue to keep everyone in our thoughts and prayers every Monday evening at 7pm.

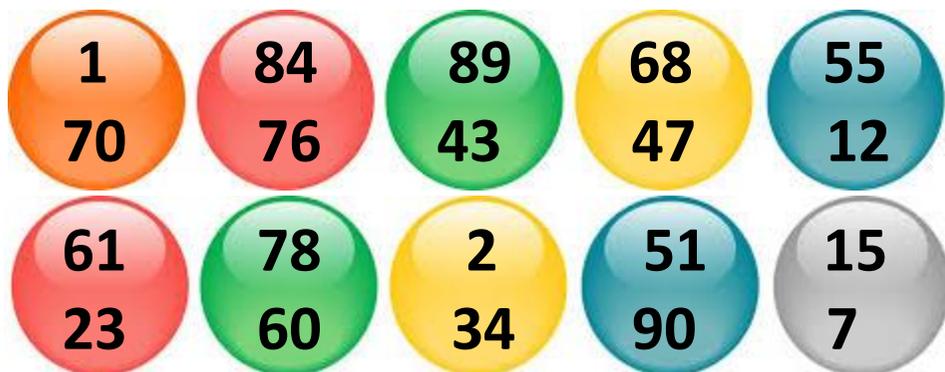
Therefore this week I am giving you 20 Bingo numbers, hoping we might get a winner soon! Keep filling the original bingo slip you received four weeks ago until we have a winner. Once you've completed your slip call me so I can check your numbers.

I enclose a stamped address envelope this week, hoping that instead of me sending to you next week you will send me a letter telling me a bit about how you are, or, importantly, a little about yourself and what your interests are, a story, poem or prayer, thoughts and tips on reaching this stage in life's journey. Also, it would be good to hear your comments and thoughts on receiving the magazines. All of this will help us keep things going longer.

Don't forget to check out the Stockwell Good Neighbour website: stockwellgoodneighbours.org

Love, Lesley

Your Bingo Numbers this week are:



Extreme Places...

1. What is the largest county in England?
2. What is the largest island in the world that is not a continent?
3. What is the tallest building in London?
4. What is the largest city in Scotland, by population?
5. What is the most easterly bridge over the Thames in London?
6. What is the highest mountain in the world?
7. What is the largest ocean in the world?
8. What is the largest city in Jamaica?
9. After London, what is the largest city in England?
10. What is the largest lake in Ireland?
11. What is the largest state in the USA?
12. In which English county is the most easterly point in the UK?
13. What is the largest island in the Caribbean?
14. What is the largest city in Africa?
15. What is the largest borough by area in Greater London?

1. North Yorkshire 2. Greenland 3. Shard 4. Glasgow 5. Tower Bridge 6. Everest/Sagarmatha(Nepal)/Chomolungma(Tibet) 7. Pacific 8. Kingston 9. Birmingham 10. Lough Neagh 11. Alaska 12. Suffolk (Lowestoftness) 13. Cuba 14. Lagos 15. Bromley



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 afternoon all,

"The thing is, I don't do these things for recognition, being a good teammate, being a positive member of the community. I do them because those things make me whole and complete" - Dwyane Wade

It's important that as members of any community that we don't put all our efforts to achieve honour/praise from others. Sometimes they may set impossible standards leaving one feeling inadequate when that is not the case.

It's interesting to learn that not all the Pharisees hated Jesus; in fact some believed in Him but would not openly acknowledge it **"for they loved human praise more than praise from God"** (John 12:43)

Trying to win approval of men does not always align with gaining approval of God. (Galations 1:10) I'm not saying we cannot have a good reputation - of course we can! But this quote highlighted to me how easily one can fall into the trap of labouring for human approval in spite of God's wishes.

Hope you have a great day,

Vera :)

Thanks to Thelma for sending this:

When the going is the roughest and your head is bending low
Say a prayer to the Almighty then ever onward go.

When each try ends up in failure and you lack the will to try,
Ask God above for guidance and somehow you'll get by.

When so-called friends forsake you and you wallow in despair,
The master of all mankind will keep you in his care.

When his children call God answers, giving hope to those afraid
Your faith will be rewarded with strength to make the grade.

Matters not how long it takes you to achieve what you desire.
God will plant inside your heart the treasures which inspire.

So go along with faith in God always,
Fervently pray and though the going may be rough
The Lord will show the way.



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To make SGN original contributions
(your words, **not** your money!): You can also contact 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

Let's remember all our volunteers this week! Here is a contribution from one of them, Viv, with a lovely prayer from her too



For the past 9 years I have been a volunteer with the SGN group. I initially started as help was needed one particular week some years ago, then every now and then when they were short of staff I was asked if I could fill the shortfall. Anyway, this carried on for a year or so until Susan and Lesley asked me if I would like to become a permanent member of the volunteer team - I gladly accepted as I knew quite a few members by then.

Although the group goes away regularly, unfortunately I miss the boat every time as I work in health care and it can be hard to negotiate annual leave for the breaks the club members enjoy immensely.

As a regular feature with the group, I'm known as the Tea Lady, which I can get quite territorial about. As I am of West Indian Caribbean heritage, I look on some of the members as parents, and they take me as their child. We laugh, joke and cry together, and may I take this opportunity to say they were of great support to me when my mother went to meet her maker 4 years ago this coming November.

Unfortunately, we all find ourselves in troubling times with COVID-19 and some of us, our extended families and friends have succumbed to it. But! Thankfully most of us have the wonders of the internet/WhatsApp/telephone/video calls and we as a group are pretty much well connected to each other. If anything, it has taught me to be more resilient and positive. There have been a lot of conflicting views from mainstream news sources and it is quite confusing as the message is not straightforward. People are conflicted about having a vaccine if one is developed, and that will have to be left to individual preference. For the future, I would like to see people become more united and respect others culture and beliefs. We are in a world underscored by discord and it would be nice if we could eliminate this. But, of course, that would mean everybody working together – can that be possible?

Calling all our forefathers, I send up a heartfelt cry to you, O Lord, God, the Most High. Quieten our hearts and minds when they tremble in light of what is going on in the world. Let our world leaders globally open their hearts to the people they govern over and endeavour to do their best by them. Only through You, our God, can these things be done with a little encouragement from your Saints in Christ as you hear our plea. Let our prayer be not for personal gain, but for global gain. Amen.



We have had a number of quotes or poems by Maya Angelou over the past weeks, because she has plenty of interesting things to say. Did you know she has small links to South and South East London? She gave performances at Lewisham Concert Hall in the 1980's (I was lucky enough to attend one) where she spoke with warmth, wit and wisdom about life, and read some of her poetry. Her words are also on the memorial in Kennington Park to remember the local civilian victims of war, including more than 50 killed on a single occasion when a bomb hit their shelter in WW2:

'History,
despite its wrenching pain,
cannot be unlived,
but if faced with courage,
need not be lived again'.

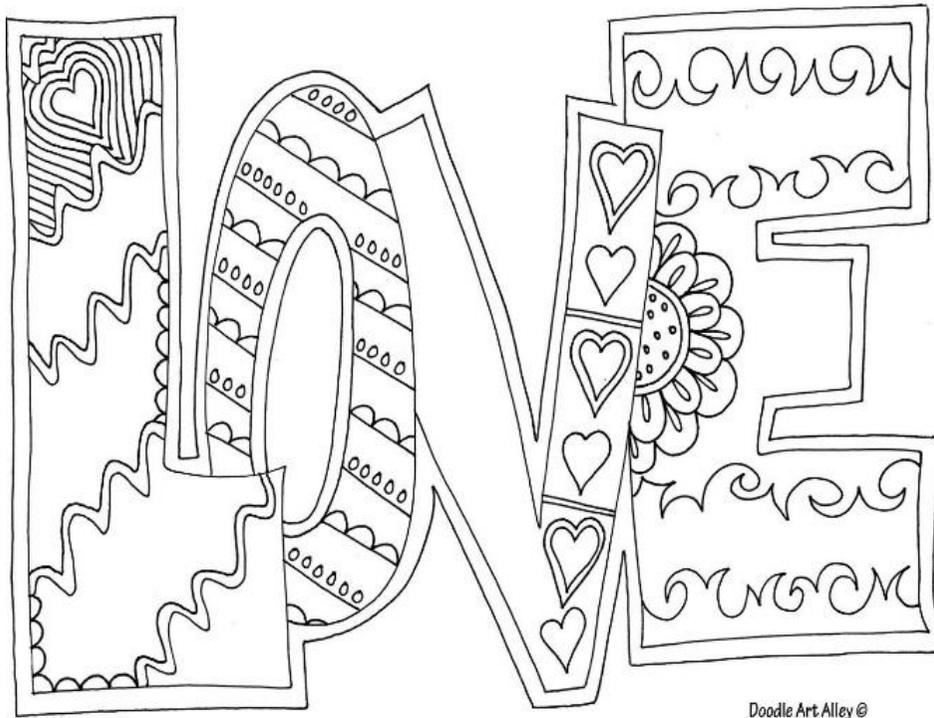


From a reader

Prayer for Guidance

Lord show me clearly what you want me to do with the gifts you have given me.
Grant me the strength that I need to answer your call with courage and love.
Make me a generous person so that others may experience your love through me.
Help me always to look to You as the One who will show me the way to live my life.

Amen



A One Minute Mindfulness Exercise

Mindful walking is something you can practise at any time as you go about your day. It's good to try it slowly at first, but once you're used to it, you can practise it at any pace – even when you're rushing. Walk slowly: become aware of the sensations in the soles of your feet as they make contact with the floor, and any sensations in the muscles of the legs. You don't have to look down at your feet. When your mind wanders, use the contact of the feet on the floor as an anchor to bring you back into the present moment. Just take a minute to focus on the sensations generated by walking

Home Furnishings

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

- BEDS
- WELCOME MAT
- CURTAINS
- DESK
- CHAIR
- TILE
- TELEVISION
- HASSOCK
- HUTCH
- SINKS
- THROWS
- RADIO
- DRESSER
- TABLE
- COUCH
- CABINETS
- RUGS
- TVTRAYS
- SOFA
- CHUTE

*Life is a shipwreck, but we
must not forget to sing in the lifeboats
Voltaire*



DREAMS AND DREAMERS

He said 'Listen to my words: When there is a prophet among you, I, the Lord, reveal myself to them in visions, I speak to them in dreams'. - Numbers 12:6

For God does speak - now one way, now another - though no one perceives it. In a dream, in a vision of the night, when deep sleep falls on people as they slumber in their beds -Job 33:14-15

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams -Acts 2:17



A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world

- Oscar Wilde

No matter where you're from, your dreams are valid

- Lupita Nyong'o

You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'

-George Bernard Shaw

I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together
- Martin Luther King Jr.

The Cloths of Heaven

Had I the heaven's embroidered cloths,
Enwrought with golden and silver light,
The blue and the dim and the dark cloths
Of night and light and the half-light;
I would spread the cloths under your feet:
But I, being poor, have only my dreams;
I have spread my dreams under your feet;
Tread softly because you tread on my dreams.

- W. B. Yeats

Bring me all of your dreams,
You dreamer,
Bring me all your
Heart melodies
That I may wrap them
In a blue cloud-cloth
Away from the
too-rough fingers
Of the world
-Langston Hughes

