

*Creator, open our hearts  
to peace and healing between all people.*

*Creator, open our hearts  
to provide for and protect  
all children of the earth.*

*Creator, open our hearts  
to respect for the earth,  
and all the gifts of the earth.*

*Creator, open our hearts  
to end exclusion, violence, and fear among all.*

*Thank-you for the gifts  
of this day and every day.*

*Native American*



## *Stockwell Good Neighbours*

### *20*

Like the appearance of the bow that is in the cloud on the day of rain, so was the appearance of the brightness round about. Such was the appearance of the likeness of the glory of the LORD. And when I saw it, I fell upon my face, and I heard the voice of one speaking.

*Ez 1:28 RSV*

And when it rains on your parade, look up rather than down. Without the rain, there would be no rainbow.

*GK Chesterton*

There is no envy, jealousy, or hatred between the different colors of the rainbow. And no fear either. Because each one exists to make the others' love more beautiful

*Aberjhani*

The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God - if they call God at all. I may not dance your dances or speak your language. But be a blessing to somebody. That's what I think.

*Maya Angelou*

Be thou the rainbow in the storms of life. The evening beam that smiles the clouds away, and tints tomorrow with prophetic ray.

*Lord Byron*

## Easy to Believe

How easy it is for me to live with you, Lord.

How easy it is for me to believe in you.

When my mind is distraught and my reason fails,  
when the cleverest people do not see further than this  
evening and do not know what must be done tomorrow,

You grant me the clear confidence that you exist and  
that you will take care,

that all your ways of goodness are not stopped.

And you will enable me to go on doing  
as much as needs to be done.

And in so far as I do not manage it –  
That means you have allotted to task to others.

Alexander Solzhenitsyn



# QUIZ

Where can you find these South London landmarks?



Your Bingo Numbers this week are:

76  
84

77

21

79

68

87

11

61

32

45

16

2

29

50

34

55

20

71

49

57

32

42

40

8

81

L→R from top: Deptford (St.Paul's Church); Elephant & Castle (Imperial War Museum); Brixton (Windmill); Stockwell (Bronze Woman Statue); Greenwich (Old Royal Naval Hospital); London Bridge (Southwark Cathedral); Lewisham (Clocktower); Brixton (St.Matthew's Church); London Bridge (Keats Statue, Guy's Hospital); Peckham (Library)



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

*Morning All,*

*Hope is not just... out in the sky, or accepting the facts or reality.  
Hope is having optimistic, positive expectations" - Craig Sager*

Hope is linked to the future, it is necessary to keep your eye on the future as it makes you move towards it. Hope is why we don't give up - you may be going through tough times now but hope tells you there is a better future.

**"There's hope for your future, declares the Lord..."** Jeremiah 31:7

As Christians our hope is hinged on the promises of God, what you are seeing right now is not your destination, you are just passing through. Remember that we:

**"walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises]"** 2 Corinthians 5:7 (Amplified Version)

Hope you have a blessed day, Vera :)

*"Every story ever written's in the Dictionary! You just have to put the words in the right order."*

*"My school days were the happiest days of my life, which should give you some indication of the misery I've endured over the past 25 years."*

*Paul Merton*

## Fun things to do

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

BIRDWATCHING  
CROSSWORDS  
PARK  
DRIVING  
HOBBIES  
PETS  
RIDING  
POLO  
TOYS  
PLAYING  
ENTERTAINING  
TALKING  
EXERCISE  
EATING  
FOOTBALL  
GOLF  
WALKING  
POKER  
CARDS

Stockwell Good Neighbours organiser: Lesley  
email [lesleyaallen@bopenworld.com](mailto:lesleyaallen@bopenworld.com) Tel. 07729 785843

To make SGN original contributions  
(your words, **not** your money!): Amy  
email [1000AQ@googlemail.com](mailto: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

**Naughty (!) Norma** sends her love, and this prayer, to SGN:

Almighty God,  
Take my hand and lead me through this day.  
Step by step remind me that I cannot do everything I wish,  
Nor do any of it perfectly;  
Only you are perfect.  
Only with your help can I do my best,  
Help me to remember to ask for that help.  
Amen

**Clara hasn't been too well, and can't get to Mass, but listens to the service on her mobile. She shares this:**

**'I know the plans I have for you' declares the Lord, 'plans for welfare and not evil, to give you a future, and hope' Jer 29:11-12**

*Bertram has had an operation on his eye, which is healing well. He is grateful for his garden, and spends most of his time there. He sends this poem:*

Dear Lord I am 83  
The world is changing very fast, there is much in store.  
I would like very much to live until I am 84  
And, if I am still alive,  
I would like to stay until I'm 85  
More plans will be up in the air so I'd really like to stick and see  
What happens in the world when I am 86  
I know, dear Lord, it's much to ask  
It must be nice in heaven  
But I really would like to stay until I am 87  
I know by then I won't be fast and sometimes be late  
But it would be so pleasant to be around at 88  
I will have seen so many things and had a wonderful time  
I am sure that I will be willing to leave at 89  
Maybe.

Getting to Know two of the SGN family:

**Olive** says: Good Morning, it is so lovely to speak to all of you today and tell you about myself. I miss you all, we are far away, but it still feels we are close. God has been good to us, with good weather and good health, apart from the aches and pains and our own private ailments. God loves us and gives us what we need and he protects us all the time. I am praying for us always.

I came to England 21<sup>st</sup> June 1964, aged 13. When I left school I went to college where I did dresses, shirts and skirts, and then went on to do assistant nursing in St.Thomas's hospital for four years. After that I went on to do NNEB and NVQ exams and applied to work in a nursery in Clapham when my twins, Harley and Chesney, were born. I retired after seventeen years' service there. Now I could travel. I went to Barbados, Trinidad, Jamaica, Grenada, Domenica, Cuba, Bahamas, Scotland, Ireland, Italy, Spain, France, Portugal and many more.

I enjoy travelling, so you see I have a good life, thanks be to God. Trust in him and He will carry you through too.

**Marie** believes 'Faith Moves Mountains', and also tells us something about herself: I was born in Trinidad and came to Britain at the age of 10. I have lived here for 62 years. I love to travel and have visited Trinidad and the Caribbean many times. A virus attacked my spine in 2010. Miraculously I recovered and was fine until 2019 when I had another attack. I am presently wheelchair bound but by the Grace of God hope to get back on my feet.

I came to SGN at the Oval 3 years ago thanks to dear Elethia who attends the same church, St.Mark's Kennington, opposite the Oval. I love SGN and the people, and enjoyed Tai Chi with Michael and aerobics with Lucille. I miss the club like everyone else. God willing, one day we will get together again. Susan and Viv made lovely meals, and thanks to Lesley, who made the club. God Bless.

**Anne** sends this thought:

May today be the start of an outstanding week for you  
May you be blessed with happiness and peace  
Have a great week!

Thank you for all your contributions. More from SGN members next time.

R	I	M
E	C	N
T	E	N

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 24, including one nine letter word

rice, tic, trice

erect, ice, metric, mice, mince, mincer, nice, niece, recent, recte, increment, cement, cent, centime, centre, cine, cite, crime, emetic, entice,

From a reader:

**What are Senior Citizens Worth?** We are worth a fortune, with silver in our hair and gold in our teeth, stones in our kidneys and lead in our feet.

Since I saw you last, a few changes have come into my life. I now have two gentleman to see me every morning. As soon as I wake up, Will Power helps me out of bed. Then Arthur Ritis shows up and stays the rest of the day - he doesn't stay in one place but moves around from joint to joint.

The parson called to see me and said: 'you know, at your age you should be thinking of the hereafter'. I told him I do all the time, no matter where I go. In the kitchen, living room, or upstairs, I stand there and ask 'What am I here after?'

Wise Words sent in by someone else:

*Life might not be the party you  
hoped for, but while we are here  
We might as well dance*

*Jeanne C. Stein*



## Quiz - Treasure

- Which wedding anniversary is the Pearl?
- Rubies are red and Padparadscha pink/orange varieties of the mineral corundum – what is the blue variety called?
- Starburst sweets used to be called after a precious stone – which?
- What was the name of the king in Greek mythology who turned everything he touched into gold?
- The emerald city is found in which fictional land?
- Prince sang about two precious stones in 1991 – what are they?
- Who shot Lee Harvey Oswald in 1963?
- What took place between 1848-55 in California?
- What is the hardest mineral?
- Ann of Geierstein*, a novel by Walter Scott, made this stone, traditionally considered lucky, be thought of as unlucky. What is it?
- The bombing of which harbour by the Japanese preceded the USA joining WW2?
- What precious metal connects Tina Turner, Shirley Bassey and Lulu?
- What Tuesday did the Rolling Stones sing about?
- A perfect wife is far beyond the price of .....? in Proverbs?
- What is Ruby Murray in cockney rhyming slang?

1.30th; 2.Sapphires; 3.Opal 4.Midas; 5.Oz; 6.Diamonds and pearls; 7.Jack Ruby; 8.Gold rush; 9.Diamond; 10.Opal; 11.Pearl; 12.Gold (sang James Bond songs Goldeneye, Goldfinger, Man with the Golden Gun); 13.Ruby; 14.Pearls; 15.Curry

*Years are only garments, and you either  
wear them with style all your life,  
or else you go dowdy to the grave*

*Dorothy Parker*



Dear Friends,

I do hope you're all keeping well, some you have now stopped shielding and are beginning to move about a little more. Please stick to the guidelines and keep your distance, wash and sanitise your hands often and wear your face coverings in shops and on public transport. If you have symptoms get tested within the first five days, as the virus is still out there and is still spreading.

You are probably aware that there is talk about a possible new wave of the virus as we approach Autumn and Winter. With that in mind, I am planning just a one off get-together for a small number of you in the library, to share information have a chat and catch up in October. Jim, our wonderful supporter and photographer, will have an exhibition there too, so you'll get chance to see that.

I will be calling you to arrange the week you are invited – because of number restrictions I aim to have up to ten people at a time. It is a shame that we cannot all get together, but it's a start.

To keep everyone safe you will be asked to adhere to the COVID-19 rules and wear face coverings until you are seated, sanitise your hands, and only sit where directed. Limited refreshments of a snack and drink will be provided, and the time will be limited to an hour and a half.

Susan, Viv and myself were invited on a tour of the new Oval theatre, Brixton House, last week. As expected, the building has been delayed and is not due to be completed until June 2021, with an expected opening in September. It has 9 studio spaces for rehearsals, two larger sized auditoriums for shows, and a reception and café bar area with outside seating. Nearer the completion there will be more tours.

The artistic director Deborah Bestwick has been replaced after 20 years at the helm by Gbolahan Obisesan, an award-winning actor, writer and director of Nigerian descent who went to school near Brixton.

We met him on the tour, he had a friendly relaxed manner, and said the following about his appointment in an interview:

“I want to build something that will be an iconic venue to Brixton and for the most part contribute as significant a legacy as Oval house but also surpass it in its presence, its action, and importance for the local community”

Thank you for the great number of letters received with your thanks, feedback, poems, prayers and anecdotes.

Good news for some of you, Coronation street and Emmerdale are going to be showing six episodes a week. Good luck with the Bingo, keep marking off your numbers.

God bless and keep your spirits up.

Lesley

*Suggested by Sylvia:*

Psalm 121

I will lift up mine eyes unto the hills,  
from whence cometh my help.

My help cometh from the Lord,  
which made heaven and earth.

He will not suffer they foot to be moved:  
he that keepeth Israel shall neither slumber nor sleep.

The Lord is thy keeper:  
the Lord is the shade upon they right hand.

The sun shall not smite thee by day,  
nor the moon at night.

The Lord shall preserve thee from all evil:  
he shall preserve they soul.

The Lord shall preserve thy going out and thy coming in  
from this time forth, and even for evermore.