



## Universal Prayer for Peace

Lead me from death to Life,  
from falsehood to Truth.

Lead me from despair to Hope,  
from fear to Trust.

Lead me from hate to Love,  
from war to Peace.

Let Peace fill our heart,  
our world, our universe.

Peace, peace, peace.



## Stockwell Good Neighbours

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*Letter from Lelsey*

Dear Friends,

Wishing you all a wonderful Easter, I hope you managed to enjoy the beautiful weather this weekend in some way.

Many of you I know are watching live streamed Church services on your computers or Smart phones, and tuned into the Archbishop of Canterbury's Service or the Vatican's Papal Mass. "Songs of Praise" is also a great hit with many of you with my home town girl Katherine Jenkins, from Neath presenting it with our Aled. Katherine's mum walks her dog with my friend. She was given the dog by Al Fayad at Harrods but couldn't look after it then because of tours etc. (Bit of gossip for you). Those without internet rely on phone calls, TV and radio which is good at the moment - especially our supporters BBC radio London who did a short interview with me last week to keep connected. If you're on Whats App let me know and I will include you in our group chat.

We continue to produce these mags for your cheer and following feedback have made the print bigger. About 40 people are being telephoned by me weekly from the club and I know many of you are being great about ringing people regularly; time is a wonderful gift you have at the moment -time to talk and time to pray.

I have spoken to several members who I haven't called for a long time and it was lovely. Verna Robinson and Sidney Johnson both sounded bright in voice and keeping in good spirits despite health issues. Between you and I and the gate post, Sid is going to be 100 in September! Shush! *Contd....*

I also spoke to Arthur Childs wife; Arthur was in hospital for a few weeks but home now and sadly is not so good, with poor memory and unable to get around much, but he talks often about enjoying our club. He is receiving help from carers at present. I asked his wife to give him a hug from us all.

Don't forget if you need help with shopping etc the helpline no is 02077926299. Some of you have received bags groceries this week so don't be shy - they want to help and you're in the group of vulnerable older people and are very precious, so don't go out shopping, get help if needed.

Keep your contributions of articles, poems, tips, life stories coming in so we can continue to bring you interesting Magazines weekly please. Send to me at 6 Torridon, Rd, Catford, London SE61AQ OR email me [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

Several of the people we know have not been well and whilst we give thanks for good news stories where people have been discharged from hospital and are recovering, particularly Jerry our visiting community police officer and Rose Colleymore recovering from her fall, we also keep in our prayers and thoughts those who are struggling with ill health at home and some in hospital. I'm afraid we are hearing more about people we know who have died and this week we continue to pray for Agnus Smith, Ken Rolf, Oswald and now Mr Swaby, husband of former member Cynthia Swaby.

Keep Connected and contact someone you haven't been in touch with for a while - call your neighbours, your friends and family, speak over fences and walls at a safe distance and don't worry so much about your phone bill, you're saving on others things probably.

### **Easter Blessing**

We are one body, different parts, one family, spread throughout the world. Living Christ, work through us, As we open up our hearts to all those in need so that there may be one hope one joy, one welcome in you. Amen

He is risen indeed, Alleluia! This Easter, an Easter like no other, we pray that all of us can experience in a new way the hope of the resurrection.

With Love,  
Lesley

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### **That's Entertainment Quiz**

1. What kind of animal is Maid Marion in Disney's cartoon version of Robin Hood?
2. Who starred in the Film 'Half a Sixpence'?
3. Which screen legend uttered the words, "I've been on a calendar, but never on time"?
4. Which actress was Mrs. Carlo Ponti?
5. Who got married to Eddie Fisher after her third husband was killed?
6. Who was transformed into a fashion model by Fred Astaire in 'Funny Face'?
7. Which song from the musical 'High Society' lent its name to a worldwide TV quiz show?
8. Which London theatre was gutted by fire in 1990?
9. Which fictional TV family lived at 165 Eaton Place?
10. In which musical do these three characters appear? Liesl, Fridrich and Maria.
11. Which drama series set in Cornwall is written by Winston Graham?
12. Who was Inspector Morse's sidekick?
13. What make of car is most famously associated with James Bond?
14. Who wrote 'Lady Windermere's Fan'?
15. Which song opens the musical Oklahoma?
16. In which royal park in London is the open air theatre situated?
17. Which US singer had an acting role in "From Here To Eternity"?
18. Which Ealing comedy mob organized a bullion robbery?
19. Which Stephen Spielberg film was described as 65 million years in the making?
20. Which superstar was Mayor of his home town, Carmel, California?

1.A Fox 2.Tommy Steele 3.Marilyn Monroe 4.Sophia Loren  
5.Elizabeth Taylor 6.Audrey Hepburn 7.Who Wants to be a  
Millionaire? 8.The Savoy 9.The Bellamys (Upstairs Downstairs)  
10.The Sound of Music 11.Poldark 12.Lewis 13.Aston Martin  
14.Oscar Wilde 15.Oh What a Beautiful Morning 16.Regents  
Park 17.Frank Sinatra 18.The Lavender Hill Mob 19.Jurassic  
Park 20.Clint Eastwood

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An item kindly contributed by a reader. Hope you are all keeping well, because you'll need to be strong to cope with some of these... (obviously I mean they will make you weak with laughter)

### MASTERMIND

We welcome you to this week's Mastermind where we welcome our next contestant, who scored 15 points on the Life and Times of the Essex 007, Basildon Bond. Now it's General Knowledge:

Q: Do auctioneers have any close friends?

A: No, only nodding acquaintances

Q: What did the Spanish fireman call his two sons?

A: Jose and Jose B

Q: Who invented fountain pens?

A: The Incas.

Q: Can you give me two healthy proverbs?

A: One good turn gets most of the Duvet, and never leapfrog with a Unicorn

Q: Where did the Terminator find the Toilet rolls at Sainsburys?

A: Aisle B Back

Thank you. You have got all your questions correct. The one you passed on, 'What is the thing nearest to Silver?' is...The Lone Ranger's backside

## Types of Drink

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

Tea  
Seven up  
Tasty  
Vanilla  
Water  
Soda  
Lemonade  
Cola  
Iced  
Cherry  
Dr.Pepper  
Malt  
Strawberry  
Herbal  
Milk  
Coffee  
Pepsi  
Hot  
Sour  
Diet

### Help for Lambeth Residents

Lambeth Council helpline: 020 7926 2999. The helpline is open between 8am and 8pm everyday

<https://www.lambeth.gov.uk/coronavirus-covid-19>

**Connect Lambeth #Together** is a group of charities working together to support people during the COVID-19 crisis.

Telephone 0333 360 3700 (lines open 10am-4pm Mon - Fri, voicemail outside these times)

A reader sent this in. At first I thought it was their contribution to 'Getting to Know You', but they claim it is just a poem they found...



I'm normally a social girl, I love to meet my mates  
But lately with the virus here we can't go out the gates

You see, we are the 'oldies' now, we need to stay inside  
If they haven't seen us for a while they'll think we've upped  
and died.

They'll never know the things we did before we got this old  
There wasn't any facebook so not everything was told

We may seem sweet old ladies who would never be uncouth  
But we grew up in the 60's- if you only knew the truth!

There was sex'n'drugs and rock'n'roll, the pill and miniskirts  
We smoked, we drank, we partied and were quite outrageous  
flirts.

Then we settled down, got married and turned into somebody's  
mum,  
Somebody's wife, then nana, what on earth did we become?

Lesley

email [lesleyaallen@btopenworld.com](mailto:lesleyaallen@btopenworld.com)

telephone 07729785843

To make Stockwell Good Neighbours original contributions:

Amy: email [1000AQ@googlemail.com](mailto:1000AQ@googlemail.com)

telephone 07847 799791



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

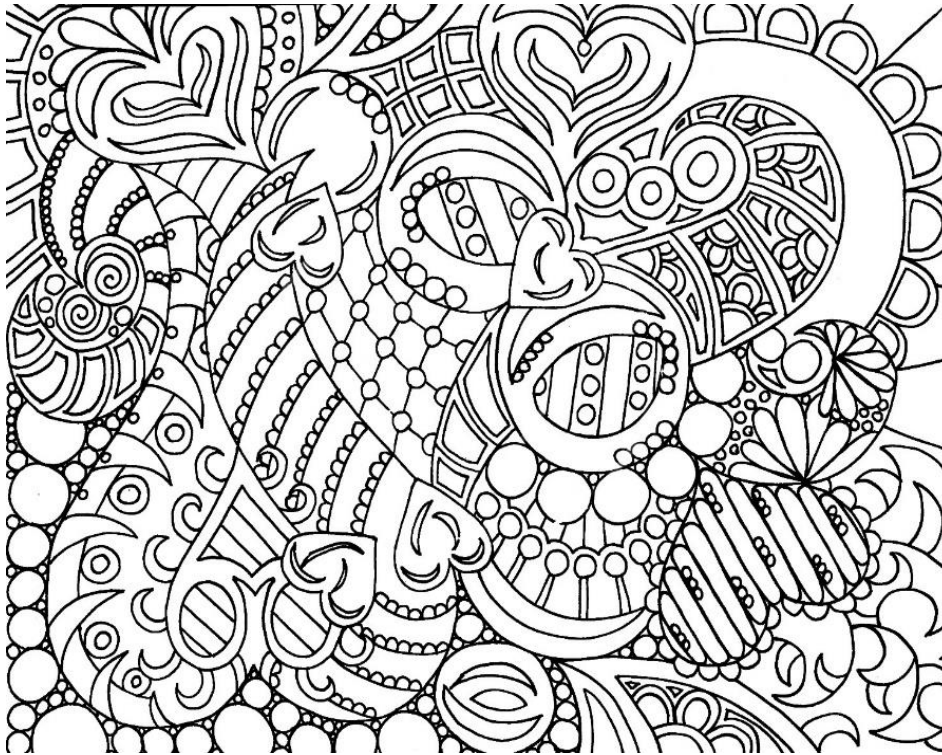
Hey all, Thought I'd share a few  
mindfulness exercises:

*Cause and Effect exercise:* Contemplate cause an effect  
for everything that you do for some predetermined  
amount of time.

*The Mindful Plot exercise:* Watch a movie/Listen to  
music and observe how you become engrossed in the  
story. Take mental note of your emotions as you watch  
the film.

*: Undivided Attention exercise:* Do something around the  
house that you've never done before and do it with  
utter and undivided attention.

Hope you have a great day, Vera :)



Q: What do you get if you cross a cowboy with a nourishing meal? A: Hopalong Casserole

The Captain on a plane said: 'Does anyone on board know how to pray?' The Clergyman put up his hand. 'Good', said the Captain, 'start praying while the rest of us don our parachutes - we are one short'.

We didn't mind the change of pace because our lives were full  
But to bury us before we're dead is like a red rag to a bull!

So here you find me stuck inside for 4 weeks, maybe more  
I finally found myself again then I had to close the door!

It didn't really bother me, I'd wile away the hour  
I'd bake for all the family but I've got no bloody flour!

Now Netflix is just wonderful; I like a gutsy thriller  
I'm swooning over Idris or some random sexy killer.

At least I've got a stash of booze for when I'm being idle  
There's wine and whisky, even gin if I'm feeling suicidal!

So let's drink to lockdown to recovery and health  
And hope this bloody virus doesn't decimate our wealth.

We'll all get through the crisis and be back to join our mates  
Just hoping I'm not far too wide to fit through the flaming gates!



Yesterday I was clever, so I wanted to change the world.  
Today I am wise, so I am changing myself.

Rumi

## Praying

It doesn't have to be  
the blue iris, it could be  
weeds in a vacant lot,  
or a few small stones;  
just pay attention, then patch  
a few words together and don't try  
to make them elaborate, this isn't  
a contest but the doorway into thanks,  
and a silence in which another voice may speak.

Mary Oliver



## Hearing Silence

The Father speaks one Word  
who is his Son.  
This Word he speaks always in  
eternal silence.  
In that Silence our soul must  
listen –  
will hear

John of the Cross

The spiritual life is not a life before, after, or  
beyond our everyday existence.  
No, the spiritual life can only be real when it is  
lived in the midst of the pains  
and joys of the here and now

Henri Nouwen

Lord, help me now to unclutter my life,  
to organise myself in the direction of simplicity.  
Lord, teach me to listen to my heart;  
teach me to welcome change, instead of fearing it.  
Lord, I give you these stirrings inside me,  
I give you my discontent,  
I give you my restlessness,  
I give you my doubt,  
I give you my despair,  
I give you all the longings I hold inside.  
Help me to listen to these signs of change, of  
growth;  
to listen seriously and follow where they lead  
through the breathtaking empty space of an open  
door.

From Celtic Daily Prayer

