

*You are the peace of all things calm
You are the place to hide from harm
You are the light that shines in dark
You are the heart's eternal spark
You are the door that's open wide
You are the guest that waits inside
You are the stranger at the door
You are the calling of the poor
You are my Lord and with me still
You are my love, keep me from ill
You are the light, the truth, the way
You are my Saviour this very day*

1st millennium Celtic oral tradition



Stockwell Good Neighbours

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Dear All,

Since I last wrote, two weeks ago, we see more change. Some activities were commencing, and I had booked Brixton Library for information session during October, but the news came from the government that we must not meet in groups larger than six either indoors or out, and some places have gone into lockdown again, as we seem to be entering a 'second wave' with additional restrictions coming. There are large fines for breaking restrictions, and I have cancelled the meetings. More news will come, so keep alert to changes.

Again, I urge you to be careful and patient as it seems the next six months are going to be difficult, and I want you to remain well. I understand the flu vaccine is now available for the over 65s, and many of you have been called for yours - I will be having mine in a few weeks.

I have been concerned about the number of you who are struggling with poor mobility made worse by not getting out much, please try walking a little each day and doing some exercise. If you are able to access YouTube, follow Bring Me Sunshine Catford where Michael and Lucille lead a 30-minute exercise class. I will continue to send them on WhatsApp every week.

Please let me know if you wish to be referred for a warm home discount or to apply for a reduction in your water bills. Many are being successful and I had several calls last week asking us to refer you. Text or call me on 07729785843 or leave a message on 02086984731 and I will get back to you.

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THOUGHTS FOR TIMES OF HARDSHIP

For everything there is a season, and a time for every matter under heaven:

- A time to be born, and a time to die;
- A time to plant, and a time to pluck up what is planted;
- A time to kill, and a time to heal;
- A time to break down, and a time to build up;
- A time to weep, and a time to dance;
- A time to throw away stones, and a time to gather stones together;
- A time to embrace, and a time to refrain from embracing;
- A time to seek, and a time to throw away;
- A time to tear, and a time to sew;
- A time to keep silence, and a time to speak;
- A time to love, and a time to hate;
- A time for war and a time for peace.

Ecclesiastes 3:1-18 NRSV

Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place
Rumi

Your Bingo Numbers this week are: **18**

4	9	24	52	73	89
74	5	70	43	12	15
31	85	6	28	80	46
51	23	66	62	13	37



Season of Creation 2020, Jubilee for the Earth



What a wonderful theme chosen for the Season of Creation 2020: a Jubilee, a Sabbath, a rest for our Earth, our beautiful Planet, our Common Home. We only have to listen to the news from around the world to realise how urgently this rest is needed for our exhausted Planet Earth.

As many of you will be aware, we are at present celebrating the 'Season of Creation', an annual celebration of prayer and action for creation observed by Christians around the globe. The 'Season of Creation' is a time to renew our relationship with our Creator and all creation through celebration, conversion and commitment together. During this season, we join our sisters and brothers in the ecumenical family in prayer and action for our common home. The World Council of Churches was instrumental in making this special time a season, extending the celebration from 1 September until 4 October, Feast of St Francis of Assisi.

I print below the 'Prayer for the Season of Creation 2020', which you may like to pray, meditate and reflect upon. You will find more information and resources on www.seasonofcreation.com

"Creator of Life,

At Your word, the Earth brought forth plants yielding seed and trees of every kind bearing fruit. The rivers, mountains, minerals, seas and forests sustained life. The eyes of all looked to You to satisfy the needs of every living thing. And throughout time the Earth has sustained life. Through the planetary cycles of days and seasons, renewal and growth you open your hand to give creatures our food in the proper time.

In your Wisdom, you granted a Sabbath; a blessed time to rest in gratitude for all that you have given; a time to liberate ourselves from vicious consumption; a time to allow the land and all creatures to rest from the burden of production.

But these days our living pushes the planet beyond its limits. Our demands for growth and our never-ending cycle of production and consumption are exhausting our world. The forests are leached, the topsoil erodes, the fields fail, the deserts advance, the seas acidify, the storms intensify. We have not allowed the land to observe her Sabbath, and the Earth is struggling to be renewed.

During this Season of Creation, we ask you to grant us courage to observe a Sabbath for our planet. Strengthen us with the faith to trust in your providence. Inspire us with the creativity to share what we have been given. Teach us to be satisfied with enough. And as we proclaim a Jubilee for the Earth, send Your Holy Spirit to renew the face of creation.

In the name of the One who came to proclaim good news to all creation, Jesus Christ. Amen."

Wishing you a holy 'Season of Creation' with times of awe and wonder as you enjoy the beauty of the Earth. Regula Hug, Sisters of St Andrew



Vera has been sending some ideas for positivity to people from a mental health drop-in group while they cannot meet, and is pleased to share them with you

Good Morning,

I was thinking about 'Self-care', which I sometimes find, in our society, can be regarded as selfish or 'extra'. However, self-care is not indulgent, especially when it is centred around God.

'We are made to crave Him. We're made to know Him and grow closer to Him. Real self-care gives us an opportunity to glorify Him, to worship how incredible He made us, to appreciate His design and plan for our lives. He made us to be fulfilled together with Him' - (What you make it - website)

This website also made reference to 1 Kings 19:1-8 where Elijah was facing depression and loneliness and the angel of the Lord tells Elijah to "**Get up and eat, for the journey is too much for you.**" (v7) Elijah's needs were not ignored by God and neither are ours by Him. So why do we reject our needs so easily?

Hope you all have a blessed day and stay safe,

Vera :)

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 To make SGN original contributions
 (your words, **not** your money!): 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

Healing begins where the wound was made

Alice Walker

Nobody escapes being wounded. We all are wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not "How can we hide our wounds?" so we don't have to be embarrassed, but "How can we put our woundedness in the service of others?" When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.

Jesus is God's wounded healer: through his wounds we are healed. Jesus' suffering and death brought joy and life. His humiliation brought glory; his rejection brought a community of love. As followers of Jesus we can also allow our wounds to bring healing to others.

Henri Nouwen

God shall be my hope, my stay, my guide and lantern to my feet
William Shakespeare

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid
John 14:27

A Prayer for Courage

Almighty God, You reach into the darkness with hope, truth and light. Stretch out your strong hand in this situation, hold and rescue those who have suffered. Let your almighty love move mountains, cross seas and breathe life into the darkest places. Light that redeems. Light that restores. Light that heals. Light that protects. Light that saves. There is nothing higher, stronger or greater than your love. We trust in you.

From www.lords-prayer-words.com

QUIZ

Islands

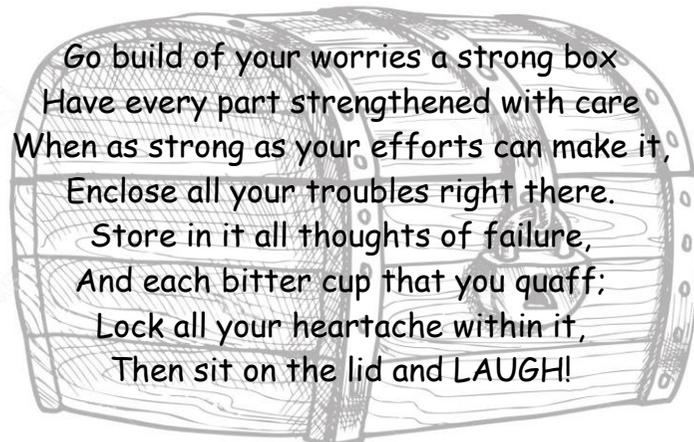
T	S	G	P	E	A	C	H	V	E	G	A	A	C
F	R	I	T	S	N	P	C	E	I	O	Y	P	R
I	P	F	I	N	E	A	A	K	A	A	U	E	A
O	A	P	U	N	E	U	A	E	P	A	E	K	V
A	S	R	R	A	T	K	G	A	Y	C	A	A	O
Y	S	I	F	G	S	P	P	I	R	R	Y	O	C
O	I	C	K	N	O	A	B	R	R	O	C	J	A
M	O	K	C	O	G	W	P	A	E	L	N	I	D
I	N	L	A	L	N	P	P	G	B	U	E	E	O
R	F	Y	J	E	A	A	W	I	N	I	G	F	N
E	R	P	K	I	M	W	N	A	A	F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

- PAW PAW
- FIG
- CRANBERRY
- LONGAN
- PASSION FRUIT
- FEIJOA
- PAPAYA
- AVOCADO
- NECTARINE
- PRICKLY PEAR
- JACKFRUIT
- CHERIMOYA
- KAKI
- MANGOSTEEN
- PEACH
- PLANTAIN
- UGLI
- DURIAN

1. What is the English name for what French call Isles Normandes?
2. Holy Island is another name for which island found off the north east coast of England?
3. Island Records got its name from which song by Harry Belafonte?
4. What is the island of Formosa now called?
5. Port of Spain is the capital of which Island state?
6. On which island was Nelson Mandela imprisoned between 1964 and 1982 ?
7. Which island in the east pacific is renowned for its stone heads?
8. Which Shakespeare play, set on an island, begins with a shipwreck?
9. Which island has two official languages - Sinhalese and Tamil?
10. What is the world's largest island?
11. Which island did Turkish troops invade in 1974?
12. From what island does the tailless Manx cat originate?
13. On which Caribbean Island is Noel Coward buried?
14. Who wrote the book Treasure Island?
15. The West Indies form the greater part of what group of islands?
16. Which of the river Thames many islands is the furthest upstream?
17. Which island is located in the western Indian Ocean, about 266 miles off the east coast of Southern Africa?
18. On which island is Osborne House located?

1. The Channel Islands; 2. Lindisfarne; 3. Islands in the Sun;
4. Taiwan; 5. Trinidad; 6. Robben Island; 7. Easter Island;
8. The Tempest; 9. Sri Lanka; 10. Greenland; 11. Cyprus;
12. Isle of Man; 13. Jamaica; 14. Robert Louis Stevenson;
15. Antilles Islands; 16. Isle of Sheppey; 17. Madagascar;
18. Isle of Wight

Contributed by a reader:



I	I	U
G	D	N
L	N	G

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 14, including one nine letter word

Յուձրոսս 'րլլ 'Յուլլրլ

'րլլոնճ 'Յուլլրոնճ 'Յուլլրլլճ 'Յուլլրլլճ 'Յոսր 'սոր 'Յոր 'Յուլսլր 'սլր 'Յլր 'Յուլլրոսսլ

Dear Diary,

Monday 4th: Children are back at school. Reminds me of my schooldays and the rough area I grew up in. Some older kids covered me in chocolate and cream and put a cherry on my head. Oh yes, life was tough in the gateau

Tuesday 5th: The doctor's phone continually engaged so I went to the chemist. I told him my problem is that I'm finishing crosswords too quickly, and I feel depressed. The chemist's advice was to try not to get two down

Wednesday 6th: It's the wife's birthday and I got a clown to deliver a lovely bunch of red roses. She thought it was a romantic jester. Shame about her headache later

Thursday 7th: My brother went to the local sports shop and had a bad accident – he fell over 100 Golf Clubs. He is in hospital, doing ok, but not out of the woods yet

Friday 8th: Mr. Brown, my new next door neighbour, tells me that he is up the property ladder. Just found out that the windbag is a window cleaner

Saturday 9th: Big fire in a cheese factory - nothing left but de brie

Continued from page 1: Be careful of scammers, there are lots about and they are very sophisticated. Do not give personal information over the phone. One scam is someone ringing pretending to be the police talking about an incident, they ask you to confirm they are legitimate by phoning 999, but they put a divert on your phone and you are actually calling the scammers. Call the police on another phone if you can. TV licence payment is due, but you should receive a letter first in the post. There are scam emails asking people to renew. Report any scams to the police.

I enjoyed listening to the Toots Hibbert special on BBC sounds yesterday with David Rodigan. It reminded me of the exciting day we had at the Oval two years ago when TV producers came and interviewed some of you about David Rodigan and Reggae music. Gwen shared remembering Bob Marley sitting on the wall nearby where she lived. I remember being very impressed with this.

The late Fredrick Nathaniel Toots Hibbert died at 77 on the 11th September in Kingston with suspected COVID symptoms surrounded by his family. He was born in May Pen, Clarendon, where his parents, who died when he was young, were ministers in the Seventh Day Adventist church. He grew up singing Gospel, then moved to Kingston where he worked in a Barber shop. He joined his band the Maytals aged 20 and started creating a new type of music, a spiritual ska beat. His music was described as boogie-woogie religion. Many of his songs written 50 years ago had religious themes, for example Redemption Song, the Six and Seven Books of Moses, Matthew, Mark, I'll Never Grow Old, 'It is you, yeah, yeah, yeah, yeah, yeah' from the song Pressure Drop. Songs that have become timeless anthems.

Remember, however fragile we may feel, nothing can separate us from Gods love, even a pandemic.

Take care, Lesley

Believe those who are seeking the truth; doubt those who find it

Andre Gide



A big THANK YOU to everyone who has sent in contributions and letters over the last few months, through lockdown and beyond. Some letters were personal thanks for Lesley and volunteers – we have not included all the thank-you's in copies of SGN, but every letter has been read and is very much appreciated.

One person (anonymously) writes that they 'don't go out much, but do go to Church, and sometimes go shopping. I spend most time in my garden. I talk to my neighbours, do my exercise, and sing this song:

'Thank you, Lord, for your blessings on me;
There is a roof up above me and a fine place to sleep,
There is food on my table and shoes on my feet.
You gave me your love and a fine family,
Thank you, Lord for your blessings on me'.

TG says that prayers, hymns and messages sent in by SGN, conversations and their own prayers have sustained them. They had lots of flowers and a visit on their birthday – 'the only thing that was missing on the day was - I had to cook my own meal' but, 'over the past few weeks I've been trying out new recipes and learning to make facemasks for the family'.

Clarissa sent this prayer:

Dear Lord, you have brought us to the beginning of another blessed day. Thank you. We are praying that your blessing and favour will follow us throughout the rest of the week. May you continue to open doors for the unemployed, comfort those who mourn, take away panic and anxiety and deliver us from all evil. Amen.

Norma loves to say this:

'To God be the glory, great things he hath done,
So loved he the world that he gave us his son,
Who yielded his life in atonement for sin,
And opened the life gate that all may go in'.

Thanks to Barbara for this:



Being Safe

The garden is my safest place
It's where the birds and bees congregate
They kick up such a riot. Make no mistake
Love songs, cheerful chatter, a most joyous treat
They surely stir my dancing feet.
They need no encouragement
They provide such divine entertainment
Social distancing excluded from their dictionary
Claiming the space for their playground
Harmony exudes from each and every sound
For this joy and glee, I will always be around.

Contributed by a reader:

A Swarm of B's

*B happy, B bright, B kind, B polite, B courteous;
B keen, B patient, B clean, B cautious, B good;
B temperate, B mild, B careful, B wise, B loving;
B sweet as a child, B thoughtful, B prudent, B true;
B brave, B earnest, wrong thoughts to subdue;
B faithful, B honest, B considerate;
And that, my friend, is the way to
B great!*

