

*Ash Wednesday,
2nd March*



Almighty and everlasting God, you hate nothing you have made
and forgive the sins of all who are penitent:
Create and make in us new and contrite hearts,
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may obtain of you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord, who lives and reigns
with you and the Holy Spirit, one God, for ever and ever. Amen

1979 Book of Common Prayer

O God,
you do not desire the death of sinners,
but you want them to turn to you and live.
Look with pity on the weakness of our mortal nature.
We confess that we are but ashes,
and for our wickedness we deserve to return to the dust.
Forgive all our sins,
and give us the blessings that come with true repentance;
through Jesus Christ our Lord.

Amen.

Modified from Mozarabic Collects



Stockwell Good Neighbours 47

Hector and the Search for Happiness, a book written by François Lelord, came into my life again last week when both my children left old blighty for their own search miles away, and I decided to give my son this book. My daughter has gone to India and my son to Thailand - both on their own searches for happiness in different ways. The book tells of a young psychiatrist who sees a lot of patients who are dissatisfied with their life but have no real health problems. Hector can't do much for them and it begins to depress him, so he goes round the world to find out what makes people happy or sad. Wait for it! the conclusion of course is that happiness comes from within, often in the small things and often in being with the people we care about. One doesn't have to go across the globe to find happiness but maybe just look around us and be in the moment.

Of course, this is particularly pertinent to most of you who have been unable to go far in the last few years as a result of the pandemic. Now, moving forward, coming through it when restrictions have been lifted, we are asked to learn to live with the virus in our midst. Maybe now physical or mental health issues, caring, financial constraints, or our desires and priorities have changed, which has led to us needing to look more at what's on our doorsteps and communities that brings us happiness - such as our wonderful parks and outdoor spaces, receiving a song on our doorstep or a chat with neighbours or friends, our home, our family, our faith, our church delivered in different ways, community events and of course Stockwell Good Neighbours.

After several years where Stockwell Good Neighbours weren't able to meet in person because of the pandemic, I am delighted that we are able to meet again in person in the new Brixton House which opened its doors to us last week - we were the first group to use the building. What an exciting day to be able to get together and share some time, laughs, food, and of course bingo.

Because of my visit to Wales on the 28th February our next Stockwell Good Neighbours meet-up will be Monday, 7th March, in Brixton House Theatre, which is on Coldharbour Lane on the corner of Somerleyton Rd. The P5 bus stops right outside. The theatre has some COVID19 restrictions still in place for you and everyone else's safety, so you should wear a mask while moving around the building and bring a negative lateral flow test. For many of you this can be tricky, please ask family to help you by ordering the LFT tests from <https://www.gov.uk> or get them from pharmacies, although you may have to order them there first. They come in boxes of 7 with an instruction booklet to guide you through, and don't take long to do.

If you aren't able to do these at home, then for a few weeks only I shall be in Brixton library to assist you on a Monday from 9.30-10.15. Please bring your tests with you as I have very few spares. I know for some of you circumstances have changed, and you won't feel able to come to the club regularly on Mondays. You will remain members, and we shall keep in touch whenever we can. We hope you will feel able to join us for some of our future events.

The Monday sessions will be slightly different from our old ones. Please arrive at 10.30 am and sign in. Tea and coffee will be provided, but we will not be able to provide any other refreshments in our allocated room. We will have Tai Chi, bingo, a small raffle, wordsearches and dominoes as well as occasional workshops and celebrations. Cost £5. The activities finish at 1pm, when you can either go home or join us for lunch in the downstairs café, where there will be an additional charge for food and drink. There will also be some opportunities to join in additional workshops, shows and creative opportunities.

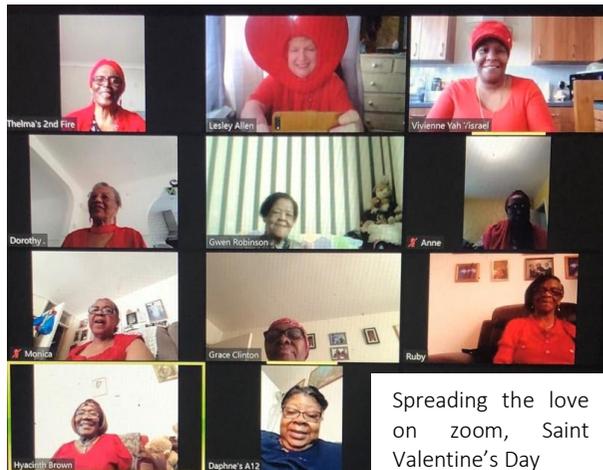
We shall have news soon of an Easter party which will replace the Christmas one we had to postpone because of the pandemic, as well as a seaside day trip in June and a special Windrush event. Wishing you a lovely springtime filled with happiness.



At Queens Theatre, Hornchurch

I am planning a group holiday from the 18th – 22nd July to a resort called Potters, near Colchester in Essex, offering five days, all meals and drinks, plenty of day time activities, and excellent entertainment at £469 for a shared room. Spaces are limited so book your place soon!

Thanks to Eileen and Madge Henry, who wrote their appreciation for the trip: 'Kate was amazing (what a voice) and was extremely generous to have arranged the coach travel to the venue. The evening brought back nostalgic memories of the 70's BBC TV programme 'The Good Old Days'. Very entertaining.'



Spreading the love on zoom, Saint Valentine's Day

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Dear All,

I hope you are all well and enjoying the last few months of the winter season, and that each of you had a happy Valentine's Day! As Spring is arriving and the weather warms up, we can begin to invest time in more outdoor hobbies, such as gardening.

At school, my gardening club is soon to be starting up again, and we will be working towards making our school environment more sustainable and green. Gardening can be very beneficial for your mental health, so it's a great hobby to take up to maintain a positive attitude while we wait for warmer seasons.

The start of spring marks the beginning of new life, and growing social opportunities as communities start to come together to celebrate Easter and Lent. It is a great time to explore your interests and bond with loved ones as the days get longer, and the weather warms up. I hope you have all managed to stay connected during this winter season, as it is a particularly hard time for many, and that you find happiness in the earlier sunrises and later sunsets we will begin to see.

There's a lot to look forward to the next couple of months, including many sporting events like the FIFA football world cup, and films such as 'Marvel's Doctor Strange: Multiverse of Madness'. I will be focusing on revising over the next couple of months for my upcoming A levels, and will also be looking into potential Universities to attend after my gap year. I will also be putting a lot of time into helping direct the documentary for my 'WASSUP Greenwich' volunteer group. The spring is a very busy and often stressful time for many, but I hope you all get to make the most of it!
 Sophie



Doctor Denise's Medical Terms

- Artery: A study of paintings
- Bacteria: The back door of a Café
- Benign: What happens after eight
- Caesarean Section: An old area in Rome
- CAT scan: What you do when searching for kitty
- Coma: A punctuation mark
- Enema: Not a friend
- Fibula: A small lie
- Gout: What publicans shout at a drunk
- Impotent: A distinguished person
- Labour Pain: Getting hurt at work
- Morbid: A higher offer
- Recovery Room: Place to do upholstery
- Rectum: Nearly killed them
- Secretion: Hiding something
- Seizure: A Roman Emperor
- Urine: The opposite of you're out

Bingo Numbers This Month:





Rainbows

1. Which colour is on the outside of a rainbow?
2. A popular freshwater fish is a Rainbow?
3. In the first mention of a rainbow in the bible, what does it represent?
4. Who named the seven colours usually attributed to a rainbow?
5. In which language is a rainbow called arc-en-ciel?
6. What Judy Garland song has rainbow in the title?
7. Maya Angelou said: 'be a rainbow in someone else's'?
8. Archbishop Desmond Tutu called which country 'Rainbow Nation'?
9. Which mythical creatures hide their gold at the foot of a rainbow?
10. Which British rock group sang 'She's a Rainbow' in 1967?

over the rainbow; 7. Cloud; 8. South Africa; 9. Leprechaun; 10. The Rolling Stones
 never again be destroyed by flood; 4. Isaac Newton; 5. French; 6. Somewhere
 in the world will 3. A covenant between God and mankind that the world will

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

- MELTING
- JUDY
- BALLOON
- MUNCHKINS
- SCARECROW
- MONKEYS
- WATER
- DOROTHY
- GLINDA
- UNCLE HENRY
- AUNT EM
- COWARDLY LION
- GALE
- GARLAND
- WIZARD
- RUBY
- TOTO
- NIKKO

Wizard of Oz

There is always something left to love. And if you ain't learned that, you ain't learned nothing
 Lorraine Hansberry



Priority Service: If you sign up for Thames Water's free priority services, you benefit from extra help in water-related emergencies. You qualify e.g. if you're of pensionable age or living with a chronic medical condition or restricted mobility. If registered, you'll have access to a dedicated 24h telephone helpline. In the unlikely event your water stops flowing for a long period of time, we'll give you a call to discuss what's happened, and any additional support you might need, including an alternative supply of water. We'll give you plenty of notice if planning maintenance so that you can make alternative arrangements. We can help you set up a doorstep password so that you know it's us if we ever pop by to speak to you.

To sign up today, visit www.thameswater/priorityservices, call 0800 0093652 option 3, or email ecs@thameswater.co.uk. To request registration forms, email priorityforms@thameswater.co.uk

WaterHelp: If you live in a low-income household, we may be able to discount your bill through WaterHelp. It was known as WaterSure Plus until March 2020 - only the name has changed. If you qualify, we currently offer a 50% discount on your whole bill. This amount may change in the future. We consider households earning below £16,385, or below £19,747 in London boroughs, to be on a low income. In order to qualify, we'll need to check your details and verify your income. Income includes wages, pensions and benefits including housing benefit, but not DLA or attendance allowance. To register go to: <https://www.thameswater.co.uk/help/account-and-billing/financial-support/waterhelp> (or by typing *waterhelp application form* into your search bar the page will come up) post the form (address is on it), or scan or take a photo of the completed form and email it to ecs@thameswater.co.uk. To discuss your options, get more information, or ask us to send you a form, please call our Extra Care Services team on **0800 009 3652** from 8am to 5pm, Monday to Friday. If your hearing or speech is impaired, you can contact us using [Relay UK](#).



Priority Services Register: assists in the event of a power cut. You can apply to join if you or someone in your household: relies on medical equipment; have refrigerated medicines; have a serious or chronic illness; have a disability; is living with dementia; are of pensionable age; have children under five in your household; have mental health difficulties.

Benefits include a 24h priority number; updates during a power cut; advice and support; a security password if requested; if a complex power cut, community welfare eg home visits/hot meals if needed, wifi connection or, in extreme circumstances, overnight hotel accommodation.

To register: Free to call from a mobile or landline phone, lines are open 24 hours: **0800 169 9970**; Chat on WhatsApp with +44 20 3282 0642; Visit www.ukpowernetworks.co.uk/priority

Government Endorsed Energy Advice: <https://www.simpleenergyadvice.org.uk/> Freephone for advice reducing energy use 0800 444202 Monday-Friday 8am-8pm; Saturday & Sunday 9am-5pm

Trouble paying bills? – contact your supplier for sources of help

BE CAREFUL! Scammers are hard at it trying to steal your money – some recent scams include e-mails/texts saying you are due a refund from E.ON or British Gas, or your bill is overdue. Others include messages saying they come from Royal Mail, HMRC, or about fake COVID-19 PCR tests, & phone calls from 'Visa Fraud'. Never click on any link or give personal or financial information unless you are 100% sure who it is – if in any doubt, delete the message, or hang up if a phone call.



SOME THOUGHTS ABOUT PRAYER

Fred is the name by which I address God. I found him by chance one Thursday morning when, quite by accident, I fell into a Quaker Meeting House. There were no miracles — the world remained the same, but I began to see it in a different way..... kindness and purity touched me and I found myself testifying aloud from the depths of my tormented being, asking a deity in whom I didn't believe to make some sense of my misery..... More than half a century after my first encounter with Fred, I am still reeling from the effects of it. *Rabbi Lionel Blue*

Prayer is a small fire lit to keep cold hands warm. Prayer is a practice that flourishes both with faith and doubt. Prayer is asking, and prayer is sitting. Prayer is the breath. Prayer is not an answer, always, because not all questions can be answered. *Daily Prayer with the Corrymeela Community*

Prayer is the centre of the Christian life. It is the only necessary thing. It is living with God in the here and now. *Henri Nouwen*

To pray is to pay attention to something or someone other than oneself. Whenever a man so concentrates his attention ... that he completely forgets his own ego and desires, he is praying. *WH Auden*

Let gratitude be the pillow upon which you kneel to say your nightly prayer. *Maya Angelou*

I Thank You

I cannot rest, O God; I cannot eat or drink or sleep
Till I put forth myself, my prayer, once more to You,
Breathe, bathe myself once more in You,
commune with You,
Report myself once more to You.
You know my years entire, my life,
My long and crowded life of active work, not
adoration merely,
You know the prayers and vigils of my youth,
You know my later solemn and visionary
meditations;
You know how, before I commenced, I devoted
all to come to You,
Accepting all from You, as duty comes from You.
All my undertakings have been filled with You:
The urge, the ardor, the unconquerable will.
O, I am sure they really came from You.
The end I know not; it is all in You.
You have lighted my life, O God,
With array of light, steady, ineffable,
Light rare untellable, lighting the very light,
Beyond all signs, descriptions, languages;
For that, O God, I thank You.

Walt Whitman

Prayer

Gather up
In the arms of your pity
The sick, the depraved,
The desperate, the tired,
All the scum
Of our weary city
Gather up
In the arms of your pity.
Gather up
In the arms of your love—
Those who expect
No love from above

Langston Hughes

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*

Oreamus
So let us pick up
the stones over which we stumble,
friends, and build altars.
Let us listen to the sound of breath in our bodies.

Let us listen to the sounds
of our own voices,
of our own names,
of our own fears.
Let us name the harsh light and
soft darkness that surround us.
Let's claw ourselves out from the graves we've dug.

Let's lick the earth from our fingers.
Let us look up and out and around.
The world is big and wide and wild and wonderful
and wicked,
and our lives are murky, magnificent, malleable, and
full of meaning.

Oremus.
Let us pray.
Pádraig Ó Tuama

Loving God, transform all blocks and obstacles around us and inside our minds, bodies and hearts, into pathways for your Grace, that we may be channels for your love and peace.

Blessing: May the peace of Christ go with you, wherever He may send you.
May He guide you through the wilderness, protect you through the storm.
May He bring you home rejoicing at the wonders He has shown you. Amen

Adapted Daily Prayers of The Journey Community

