

# Musings on the Lockdown

Well isn't it amazing how our world and everyday life can change in an instant? Less than a month ago my life and I'm sure most of yours too, was a busy one. My calendar and diary was full of meetings, church duties/ deadlines, volunteering, coffee and/or lunch dates with friends. Also family commitments; we look after our little grandson 1 or 2 days a week, and of course visiting my dear mum in her nursing home at least 3 times a week. So pretty much every day was accounted for. Every night before going to bed I would check the calendar for next day's commitments and set my alarm according to how early I needed to get up. Some nights I did think "Gosh how did I have time to go to work!" the old cliché!

Then came Lockdown and everyone's busy life came to a halt almost overnight.

Except of course all the wonderful NHS staff and all frontline and keyworkers without whom this shutdown life could not continue. And of course we thank God for them daily, for their commitment, dedication and bravery. I know many of you have family members who are putting themselves at risk on a daily basis because they see it as their duty; we hold them all in our prayers.

It only gradually dawned on Rob and I that we would not be able to see our grandson or our daughters, one of whom is soon expecting our second grandchild. Or worse still not able to see mum who so looks forwards to the visits and would she really understand why I had stopped going? All of us have family we are concerned about and wish we could visit and give them a hug. But for the time being we must talk

to them on the phone, video call or Zoom but mainly just commit them to God's safe keeping and ask Him to be with them where we cannot. We are so blessed to have a faith, to know that God doesn't change, and is the same today, tomorrow and forever.

I've come to quite enjoy the slower pace of life, to have time to stand and stare, to notice the changes every day of Nature in all her Springtime glory. The blossom, the singing and nesting birds, the hedgerows full of blackthorn and lush green growth. And the weather has been kind too, enabling those of us who can, to get out on our daily walks or exercise in the garden. I often get up early before breakfast for my walk, there is no one else about except me and the birds; such a beautiful time of day and I find it a lovely time to talk and walk with God, thanking Him for this beauty and

goodness and praying for all those in need. I can see the Welsh Hills across the fields and I am reminded of the verse "I will lift up mine eyes unto the hills; from whence cometh my help" Psalm 121

Many good things have come out of this dreadful time; being aware of the joy and value of our families, friends and neighbours but also very much of our church family. It is easy to take people rather for granted in our busy lives, but we have come to realise that all that counts is our relationship with each other and with God. We must pray that much of this kinder, gentler way of life will remain after the lockdown ends. Meanwhile we must stay safe, do as we are told, take this time to grow closer to God, and look forward to all those hugs and smiles when we can meet up in church again!

Blessings to you all

Lynn Wakefield