

REFLECTIONS ON LIVING IN LOCKDOWN

Friday 25th April 2020.

Well we are all; well almost all; now 6 weeks into living in isolation due to the COVID-19 pandemic.

However, some of you will be like me in total lockdown

Which means we are advised to remain in our homes at all times for 3 months.

I don't know about you but I am been forever told –

“You must be feeling so low and depressed being shut up alone in a fifth floor flat, unable to walk in the garden or local park and unable to go shopping, oh poor you.”

My reply:

“No, actually I feel really chilled out and at peace with myself”

is received in silence, often followed with:

“You are being sarcastic aren't you.”

Well, I can state with my hand on my heart I am telling the truth,

I really DO feel chilled, relaxed and at peace with myself!

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Being alone with one's self gives you time to reflect:

To revisit things you have done –

to learn by your mistakes.

My Christian family, loved ones and friends have

Recently spent the 6 weeks of Lent, Holy Week and Easter Day

Very differently than in our lifetimes so far –

Unable to enter into Church as they are all locked

Only able to worship alone, via TV, radio or with an app.

This has given us partial insight into the first Easter

When after the crucifixion Christ was laid in a borrowed tomb.

On the Sunday he rose again.....

However, all the disciples and followers were left

Feeling alone, frightened and scared for their lives.

They would be meeting, in hiding, with no churches

No freedom only the fear of the unknown and of what

laid ahead of them.

We Christians in 2020 should be thankful we are

not exactly in fear of oppression, torture, death....

But we are experiencing the threat of a pandemic

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hence the need to remain in isolation.

We need to be thankful we are able to freely practice

Our Faith during such a difficult time even though

the Churches are closed.

We have experienced the words He spoke:

“When two or three are gathered in my name,

I am there in the midst of them.”

Jesus also said:

“Never will I leave you or forsake you”

Even in your loneliest moment you are never alone”

Yes, the positive out of this solitude is being able to

actual experience the Faith as written in The Bible.

This deepens one’s faith and resolve.

My Islamic loved ones and friends are at the beginning

Of the Holy month of Ramadan.

One unlike any in the past held here in United Kingdom.

They too are now reflecting on their Faith

And the words in their Holy Book the The Quran

at a time when they too, are unable to meet for prayers

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in their Mosques.

Families are united due to isolation under one roof

They answer the call to prayer within their own homes.

This will bring to mind their Muslim brothers and sisters

in places of conflict where due to warfare and terrorism.

They stay inside in fear.....

The positive is they can share their confinement too

but without the fear of oppression, torture even death.

My personal reflections are bringing more positives to mind.

We are able to live a slower gentler lifestyle.

We can take time to watch the wildlife,

The birds in the trees.

The flowers in our gardens and parks.

The lack of road traffic brings silence,

Peaceful silence enabling us to hear the birds twittering.

The longer we live this slower lifestyle the more the planet can

Heal and recover from our selfish misuse over the years.

We have time to listen to our children,

to play with our children.

We have time to telephone family and friends.

We can spend more time reading, singing, listening to music.

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Cooking, baking, sewing, knitting, doing puzzles

And for many tend their gardens.

The best thing to come from this is our ability to

Show gratitude to all key workers and LOVE one another!

My prayer for after the isolation has past is that humankind

Learns to live with one another in unity.

We continue to respect the planet and help its healing.

All people are the same regardless of colour, ethnicity,

Religion or sexuality let us respect our differences

And live together in peace and harmony.

Our Faiths, our beliefs have brought us through

this darkness – use the life you have been blessed with

for the good of others and the planet.

As for now – Stay safe, Stay well and we will meet again

in the sunshine to eat cake!

Elaine Southern