

Living in lockdown

Dear friends

Hello to you all. I hope my letter finds you well and that you are coping with the lockdown restrictions. It is not easy self-isolating, especially if you are elderly or living alone.

Lockdown affects all of us, yet at the same time there has been a great pouring out of love and support in the community through families, friends and neighbours, as well as through the NHS. I suspect that most of us feel depressed and fearful at times. This is when a phone call or the kindly act of a friend can make all the difference to the way we approach things.

Nature can also be a means of lessening tensions. A stroll round my garden in the warm spring sunshine admiring the pink blossom on a cherry tree lifts my spirits. I hear the birdsong and the noisy quacks of the ducks on the village pond. It reminds me of Psalm 23:

‘The Lord is my shepherd, I shall not be in want. He makes me to lie down in green pastures. He leads me beside quiet waters. He restores my soul.’

Those of us who are churchgoers have missed the services. On Good Friday I listened to a meditation on the radio led by a Baptist minister. It was about the way Christians see beauty and love in the Cross. He highlighted the isolation and fear of the grieving disciples following the crucifixion and their subsequent joy on Easter Day when they encountered the risen Christ.

Our prayers are important too, ‘Bringing all our sorrow, sin and care, at Their feet we lay them and we leave them there’. We can be confident that HE hears and answers our prayers. He will give us the strength we need to see out this time of lockdown.

We are His beloved children, whom He holds in His love as we journey through life. Until at last, we come to His heavenly kingdom, lost in wonder, love and praise.

I hope these words will bring you comfort and encouragement. There will be more to come.

All good wishes, *Jane G*

PS BBC Radio 4 LW broadcasts a daily service on Monday to Friday 9:45 to 10am.