

Songster pause for thought

I am sure we are all encouraged by the positive signs that the pandemic is receding and that the lockdown rules/guidelines are lessening. For some, the news of non essential shops reopening is very welcoming and I'm sure when hairdressers and nail bars reopen there will be street parties and celebrations well into the night!!

But as we look back over the last few months may we look at the positive outcomes and experiences of this period.

We have experienced the greater use of technology with the use of Zoom audio and video conferencing. It has been reported that Zoom's daily active users jumped from 10 million to 200 million in 3 months.

Family quizzes have now become a regular weekly activity where using Zoom we can, as a wider family and friends, meet all together on screen in our own homes and without having to travel.

For some, it may be the first time you have actually chatted - at distance- with your neighbours and we look back at the VE celebrations where street parties took place - albeit you sat in your own front garden or driveway- but shared music and conversation with our neighbours for the afternoon. There has also been a coming together of the local community in the Thursday evening hand clapping for key workers where neighbours have been seen joining together in conversation once the clapping had died down.

There is also the stillness in the early days of lockdown when the roads were empty. This provided a greater awareness of the birdsong and all the sounds around you that are obliterated by the noise or hum of the usual traffic.

During the course of our daily exercise allowance, we have also explored local areas in which we live that we have not previously ventured and have rediscovered the beauty of the local area/environment that we live in.

It has also been a time of catching up on the 'to do' list or a time of relaxing and drawing breath or reflecting on our busy lives and looking at new ways or ideas on how to be less busy.

One of our more recent songs in the songster repertoire is Breathe and be still and I would ask you to reflect on the positives of this period as you consider the words of the song.

When you're still, you can feel the Master whisper to you.
Hold his hand, understand that he's always there for you
When the way is cold and dark and you've lost your will,
Find a quiet place, breathe and be still.

When you're still, you can refill all that daily life has taken.
You can share; he'll repair the troubles of the day
There's no burden too great to leave with him,
Find a quiet place, breathe and be still.

He, who put stars in space;
He knows your life's full plan!
He understood your needs before time began!

So be still, trust his will, relax in his love.
Glorify, Magnify!
Worship Christ, Lord above
If the way grows dark again;
Once more you've lost the will
Find a quiet place - breathe and be still.

So as we go through the next stages of the lockdown and our lives ramp up once again,
may we continue to experience periods of stillness and calm in our lives and take time to
listen to the Master and trust him as we continue to experience and explore his plan for
our lives.