

THOUGHT FOR THE WEEK

Wednesday 6th May 2020

by David Watson



Dear friends, at Ian's request, I've put together some thoughts that I would like to share with you this week.

I'll start with a familiar question. "So, how are you? I hope that you are keeping well!" Normally when we ask this question we expect the polite reply ...fine thanks.... and then we quickly move on. So far so good. The real problem we face is when somebody replies "no I'm not ok or I'm not well" and then proceed to tell us, at length, what's wrong with them. If I'm honest I can feel very uncomfortable listening to the problems of others. Well, right now, things are very different and if I was to have answered that question honestly 7 weeks ago I would have been tempted to go into a Victor Meldrew type rant as to what was really getting to me and that I certainly was "not alright". Back then I was anxious, scared and pretty angry at being denied all the things I was looking forward to doing in the upcoming weeks and maybe, worst of all, the possibility of being denied my future. At that time I wanted to vent my anger at so many things, it's a long list. I won't even mention China here! Maybe many of you have felt the same way.

I'm naturally an impatient person who believes that I have to try to fill as many minutes in every day making a positive contribution. Also, I try to find time for a bit of self-fulfilment such as singing and golf so that I can stay physically and mentally fit. I knew that going into this lock down I could have a big problem. So, with the help of family, friends and lots of prayer, after a couple of weeks of transition, I've kind of found a daily/weekly rhythm which is sustaining me.

One of the highlights of my week is listening to the very moving church services on Sunday, where I sing at the top of my voice often with tears in my eyes. Also, I've made a new friend called Zoom, that wonderful tool that we had barely heard about before all this. I use it to join singing practice on Tuesdays and to experience the sheer joy of teaching our grandchildren 2-3 times a week. The daily walks on the Chiltern Hills, shared with vast carpets of bluebells, has been both great exercise and very uplifting.

So, I now have quite a busy schedule which minimises the time spent watching the endless coverage of the pandemic on the tv. I totally avoid the 10 o'clock news and at this time both Pat and I choose to watch comedy if we can. Old episodes of Dads Army have been a great tonic since we really do still need to laugh. It's a great antidote for stress.

So here I am in a place mentally where I thought I wouldn't be 7 weeks ago. Despite the terrible human cost of the pandemic to date, things are starting to look and feel much more under control. The immediate future still looks challenging but if I was to ask you the question again now "how are you" I'm hoping that some of the personal experiences that I have shared with you could help with your response.

So please stay positive, keep busy, stay connected with your friends and family, look after your personal wellbeing. Pray hard and sing as loud as you can when you can, walk through the bluebells, participate in the church services and have a good laugh by watching Dads Army instead of the 10 o'clock news!

'God bless' to you all.