

Things that the lock down has made us do, that we might want to keep doing?

The Corona Virus pandemic has changed most people's lives suddenly and dramatically. Some have likened it to the pause button being pressed and see it as an opportunity to radically revision our individual and collective way of life. The Quaker testimonies seem to have a heightened relevance during these testing times, especially the testimony to simplicity. The sudden slowing down of our lives has already generated some significant and equally sudden benefits for the rest of the natural world. So as we move towards the gradual lifting of the lock down, what parts of the lock down might we want to take forward as Friends? Our Society has a strong history of looking at things in radically differently ways and now feels like the time to do just that. Here are a few ideas but why not come up with your own list based on your own experience of the last few weeks.

- Being conscious of our interconnection with people around the world and the impact of our actions on others near and far (Alexy).
- Spending more time outdoors, noticing nature on our doorstep and for those that are fortunate to have one, growing things and spending time in their garden (Alexy).
- Thinking "do I really need to make this journey" (Alexy).
- Valuing those that work to protect our health and wellbeing, expressing that regularly and collectively (Alexy).
- Spending time with those that we live with whilst also reaching out to people that live on their own to make sure they don't feel alone and that they have the things they need to get by (Alexy).
- Imagining a future as clear, clean and beautiful as can be, with wholesome human interactions, enjoyment of nature and our needs met from the abundant earth (Feidhlim).
- In relation to climate change, take the current situation as proof that the state can, when it wants to, act quickly and radically. Also that the majority will comply with such sudden change, when there is a clear scientific case for action and an urgency need to protect life (Alexy).
- Making do with what we have, reducing our consumerism and repairing rather than replacing things (Alexy).
- Buying locally from local suppliers, producers and growers, reducing our dependence on things that come from half way round the world (Alexy).
- Acknowledging and valuing those that work in jobs that deliver our basic needs in terms of food, shelter, safety and other everyday necessities (Alexy).
- For those that can, working from home and using technology to have online meetings thereby reducing the need for unnecessary travel (Alexy).