

Today is a bank holiday... did you realise that? I'm finding it hard enough to remember what day it is let alone keep tabs on bank holidays...

Although I am keeping very busy still, most of my activities are either being done *every* day, eg Morning Prayer or could be done *any* day, eg contacting people or recording Sunday's service. Which leaves specific days a bit amorphous... they all merge into each other.

Some of you may be working from home and therefore have more of a sense of days of the week... but many aren't. I wonder whether you are keeping a routine going...

There is a growth of 'armchair experts' at the moment, who suggest what we should do to help us through this difficult time... some suggest we should set a new routine, get up at the same time, do some exercise and give our days a structure... Maybe it says something about my personality that I'm not particularly keen on this...

Others talk about taking up something new, a new hobby or activity... well some of us have the time now but maybe we also need a desire to do that. Its interesting to discover that the things we were always going to do 'when I have time' maybe are less compelling than we thought...

Some of us have used our time to give the garden some TLC... others have perfectly clean houses...

Still others like me have dirty houses and weedy gardens...

I suppose what we need to remember is that we all do the best we can in these difficult circumstances. The only things we *should* do are the things that help us deal with what we are facing, and for each of us that will be different.

So if you get up every morning and join in with Joe Wicks or do a Zoom Pilates class, before gathering the ingredients to cook something you have never tried before, and spend the afternoon learning a new instrument or new language, that's great... but if you find you drift from activity to activity, half cleaning cupboards before remembering something more important to do, and prefer to eat beans on toast then that's fine too.

This time of pandemic isn't a competition... we respond to crises in different ways, and that is absolutely fine.

Ps. Don't forget bin day may change this week because of the bank holiday...