

Reflection and Renewal

As a senior, I have been self-isolating at home for the past several weeks because of the COVID-19 epidemic. Perhaps, as an unintended consequence, it has resulted in reflection and renewal on my part.

I now look forward, as never before, to my daily exercise out of the house; my walk with the dog in the local neighbourhood. I realise, as if for the first time, how we are blessed in this historic Hunters Hill area of Sydney with some beautiful parks and pathways. I enjoy visiting Boronia Park and hearing the birds, of visiting Riverglade Reserve and spotting the many types of fish, ducks and turtles in the waterways, of visiting Clarkes Point and pausing to peer at the distant skyline of the city and Harbour Bridge and wondering what is now happening there.

Back home, I am reminded of how important are family and friends and maintaining contact with them wherever they are in the world. I do this through electronic communication, which has come into its own with such assets as WhatsApp, Facetime, Skype and email. Somehow we now seem to have more time to talk, to laugh and to share ideas and information.

I have also participated in Zoom conferences with organisations that I am associated with – local council committees, Radio for the Print Handicap, where I am a volunteer broadcaster, and my church book club.

On a practical front, I have spring-cleaned drawers and cupboards, jettisoning unwanted or unused items which have accumulated as clutter over the years. Rearranging my possessions has given me a new sense of purpose and order.

As for my mental wellbeing, I have relished accessing education and entertainment through the medium of the internet coupled to my television. I am undertaking a course of study through university-style lectures on philosophy, religion and history; all absorbing subjects which are enhancing my knowledge, underscoring the old maxim that 'you are never too old to learn'. New found police and detective programs on SBS IView, ABC IView and Pay TV have also added to my enjoyment, as well as watching theatre plays and concerts which have been newly made available on YouTube.

As an active member of Hunters Hill Historical Society, I have found more time to research and write articles for our society newsletter.

As a parishioner of All Saints Anglican Church at Hunters Hill I have appreciated the e-services every Sunday, which, because no other members of the congregation are present, create a distinctly different and personal connection with worship.

Perhaps one of the biggest changes which will no doubt continue after the current crisis is over is the greater reliance on shopping on line. I now let my fingers do the walking on the computer keyboard to order my groceries and domestic essentials as well as my supplies of cocktail hour refreshments. I even get a slight frisson of excitement when I hear the deliveries arrive at my front door!

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