

## Learning from lockdown: 3 experiences, insights and actions

By a member of SCDG

Over June I read the gospel of Luke, a chapter a day. One verse that really stood out for me was [chapter 1 verse 24](#). It tells us that Elizabeth didn't leave the house for 5 months when she was pregnant with John the Baptist.

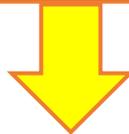
Elizabeth probably stayed at home in order to rest and not overdo it. So you could see this time as inactive. But during it, something positive and momentous was happening and growing in Elizabeth.

This made me wonder:

What **experiences** have people and churches been having during lockdown?



What **insights** have these experiences given people and churches?



What **actions** can churches take in response to these insights?

In this blog post I'd like to share 3 of my own experiences during lockdown and the insights they have given me; and identify some things stemming from these insights that churches can do from now on to include disabled people.

1) I have stayed at home for months on end. This has given me an idea of what it's like to stay at home all the time.

Things churches can do from now on:

- **acknowledge that everyone has been housebound** to one extent or another in the past e.g. over lockdown or during a period of illness;
- **accept that we can all become housebound** temporarily or permanently e.g. because of a pandemic or health condition; and
- **see people who are currently staying at home as 'like them'** rather than 'other'

2) I've taken part in group calls with my congregation and [Roofbreaker network](#). I have taken an active part in them e.g. by contributing to discussion and prayer. I have found them engaging and empowering and they've let me feel human and hopeful.

This has let me see that:

- connecting socially can help people greatly who are staying at home; and
- in the context of a remote activity, I only feel socially connected if I am taking an active part e.g. talking

Something churches can do from now on: **let people take part actively in church activities from a remote location** e.g. home.

3) I've joined the church remotely. This has let me realise that:

- it's *possible* to do things remotely that would normally happen in a church building; and
- offering people the option of doing things remotely means that more people can do them.

Something churches can do from now on: **offer people the option to do things remotely**, like join the church, and **regard both options as equally valid**.

- What experiences have you had during lockdown?
- What insights have your experiences given you?
- Based on your insights, what actions would you suggest churches take from now on?