So I did an advent reflection type thing and woke this morning wanting to write Feel free to scroll on by if you aren't interested, I won't be offended But I please don't go being all negative on me - these are my musings and they are real to me

Ok so most of you who know me, know that I can be a right stubborn moo. I've because the 'serious' health conditions been doing the self-isolating anyway and to be honest it was making me a little bit grumpy and quite tetchy. I hate the not being allowed out even for a little walk or a drive, not to meet anyone but to just have a change of scenery - And that was after five days. Sunday was really hard I love seeing Aleigha & Aubree especially as Reece, Andrew & Jude are so far away, not physically being able to hug them was awful but necessary.

I spent most of yesterday being terribly short tempered and weepy and feeling resentful at the stringent measures that have been forced upon me.

The announcement last night was I think a necessary one but one that made me sad. I have rubbish night anyway but last night was quite bad and when I did wake after a short hour and twenty mins I decided - today and the next twelve weeks are what they are and there is little I can do about it. So I have decided I am going to find and perhaps bore any readers who care to read this far with things that I am grateful for. I might well repeat myself and I shall apologise in advance for that.

So at the end of all that today I am grateful for the ability to hear the wonderful birds song that is currently taking place outside my bedroom window, they are obviously grateful for the beautiful spring sunshine, their song and silent flight gives me hope that we as a community and as a nation will get through this. That gratitude is for me strengthened by my faith, a faith that I know is not shared by many of you my online friends but it is very important to me and scripture & quotes from other faithful followers have got me through some of my previous difficult times and I pray and hope that they will get me and perhaps some of you through this time of unprecedented uncertainty and fear.

ISAIAH 31:5 - Like the birds hovering overhead, the Lord Almighty will shield Jerusalem; he will shield it and deliver it, he will pass over it and will rescue it.

Stay safe my online family - May each of you experience periods of peace in these trying weeks. Much love & God Bless. Amen

