**Normal life has been postponed! - Mark Easton** - March 17 **- BBC RADIO 4**

<https://www.youtube.com/watch?v=NACW_wniMVw&feature=youtu.be&fbclid=IwAR39-aZhGxCTukT3VSXGvB3kCaNZ_2FvrIY14V8eSE2__tZqfrYyvIczhXI>

Normal life has been postponed. Across the country, in every city, every atown, every village, every home, people are focused on hiding from an invisible foe. It is an emergency that demands we do the opposite of instinct; anti-social is the new social. Don't come together. Don't offer a comforting hand or a hug. Keep your distance. The human touch may be your enemy. It's hard to do. Where once there were certainties, there are now questions - and dread. People are struggling to work out routines to cope with the practicalities of a new ordinary.

They're still changing the Guard, in Windsor, but everything is changing. Being in step with a new rhythm of daily life, means:

- doing your bit to protect others,

- that might be delivering food to those without,

- caring when you can.

But the Queen distancing herself from her people, in Buckingham Palace, is demonstrating that self-isolation is not selfish. In the spring of 2020, it may be your duty.

A storm is coming and we must build our defences for winds, which will buffet and blow for many long months.

It will be the test of a generation to find the Great in Britain and stay United in our island Kingdom.