

Cry

-by Sharon Flood Kasenberg

Cry your tears of yearning.

Cry your tears of pain.

Cry for what you're learning –
wisdom you'll retain.

Cry for all you're missing –
pleasures now denied –
cheeks you would be kissing
were there no divide.

Crying in confusion –
with my thoughts adrift –
soggy brain's conclusion,
my life is a gift.

With tears freely flowing,
heart is fertile earth
into which I'm sowing
some kind of rebirth.

Planted in pandemic
seeds are sure to sprout;
lest they grow dysthymic
thoughts are weeded out.

Friendships once neglected
from ashes arise;
feelings resurrected
take us by surprise.

Cry out in your longing

for all those afar.

Cry tears of belonging

with those where you are.

Cry in isolation

spare all tears of grief,

safe from devastation

we'll cry in relief.