

SAD

When have I not
Been sad
When was the last time
I was able
To exhale
Was there ever really
Such a moment

So many friends
Reach out
Thank God
For them
As they are the
Safety net
Upon which
I depend

I hear a familiar voice
Each time I enter
My home
But it is gone
Before I can
Catch it

Sad
My middle name
A constricted throat
My constant companion
If we could just
Find the season
Before the damage
If we could
Just