

## COVID-19 Haiku

You're in mem'ry care  
I can no longer visit  
trying to adjust

Tears of joy after  
Angelica FaceTimed me  
got to talk with Jim

Feel vulnerable  
Lord have mercy upon me  
what will comfort me

It is Palm Sunday  
really long to be with Jim  
I can't stop crying

I express concern  
my kids don't take precautions  
that seem safe to me

"This is the day that  
God has made ... I will rejoice"  
Lord knows I'm trying

Psalm 118

Sitting in the sun.

Cleanse me ... including my thoughts  
that aren't helpful

Grief, sorrow and loss  
Holy Week ... felt so deeply  
human tragedy

Some things are broken ...  
just broken. like a vessel  
that's cracked and unsafe

my tears of sorrow --  
make them life-giving water  
nourish dry places

I'm on a see-saw  
too much up and down again  
cherish the 'up' times

Boston Symphony  
play "concert for our city"  
thank you, BSO

shock to the system  
pandemic devastation  
jaw-dropping data

COVID-19 Haiku

I want to hug him  
to reassure I love him  
he must feel alone

this darn COVID stuff  
too much time alone, 'ya know  
some of us go nuts

breathe ... breathe deep ... again  
let stress and panic leave me  
breathe in calm ... and smile

lift corners of mouth  
it can do amazing things  
just do it and see

I'm feeling the pain  
of all those out of work now  
I feel so helpless

'J C Superstar"  
let this cup pass from me. I  
don't want this poison

today's Good Friday  
man, it's hard to feel the good  
it's not about me

I sit ... feel strange  
heart rate high, blood pressure low  
up and down all day

pray for staff each day  
tears of thanks and fear roll down  
it's all so scary

I send Jim Reiki  
early morning and at night  
I want to be there

being pushed through door  
I do not want to enter  
meet COVID-19

Sitting in unknown  
National Guard tomorrow  
COVID-19 test

National Guard here  
hazmat suits – knock at door  
what a frightening world!

get tested today  
unsettling and racing heart  
I hope Jim's OK

sister died today  
Jim's negative but assumed  
positive. Too much.

I feel abandoned  
not by my children but by  
those who've gone before

little girl in me  
is sad. I'm now the oldest  
one. I feel lonely

How much more exhausted  
can I get. Sleep. Not rested  
moving in a fog

head's wrapped in tight band  
walk around like a zombie  
can't see straight today

what lies hidden in  
the dark – like bottomless pit  
bitter medicine

feeling overwhelmed  
tears well up and overflow  
words fail me ... black hole

first death at Brightview  
pandemic invades my home  
sadness on sadness

feeling jittery  
space-y and lightheaded too  
BP is crazy

have trouble writing  
effort to make pen move  
what's going on?

mornings are so hard  
immediately the tears  
well up. my throat aches

look at Jim's picture  
so I can send him Reiki  
why is it so hard

COVID resurgence  
tough decisions being made  
please choose wisely. Please!

when I send Reiki  
look at your picture and cry  
doesn't get easy

COVID-19 Haiku

I need to hug you  
to feel your arms around me  
warm in your embrace

COVID's testing me  
down in the dumps. I am sad.  
feeling board and scared

my love isn't here  
needing someone to lean on  
feeling so alone

how to manage myself  
all my need is being met  
still in a dark place

COVID dark of night  
invading my consciousness  
full of gloom and doom

this day just sucks  
please help me overcome this  
awful funk I'm in

put on a brave face  
I'm doing ok ... I guess  
but hurting inside

it's getting to me  
physical separation  
I need a warm hug

I feel so alone  
don't see those I love at all  
hang in there, Mary

This is what they say  
we'll get through this together  
makes me want to barf

be kind to yourself  
it's OK not to be strong  
but it feels like shit

let me sleep tonight.  
During this evening of rest  
may I find myself

pray for staff each day  
tears of thanks and fear roll down  
it's all so scary

I send him Reiki  
early morning and at night  
I want to be there

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I want to hug him  
to reasssure I love him  
he must feel so alone

it's twelve o'clock  
noon, that is...still in jammies  
what the hell! Who cares