Good Gravy, So Senseless We

Good gravy, so senseless we
Glued to our devices
Nose in phones we cannot see
Wonder that all life is
Virtual reality
Just a simulation
Time to set our selfies free
Take a tech vacation

Forego Fortnite and forsake
Instagram and YouTube
Google not and take a break
Cable and the boob tube
Out with tumblr, hold the tweets
Unplug from the media
Go Facebookless for a week
Stow the encyclopedia

Do more real time face to face
Give your full attention
Listen, understand, embrace
Oh, and did we mention
In the moment try to be
Family, friend and neighbor
Make connections and you'll see
Time is worth your labor