

Loving the Gone

Sara Rian

Thank you.
to every person that leans in.
Excited to tell me a story.
not afraid of the grief.
even those who did not
meet my person while alive.
thank you for asking
what they were like.
what it's like without them.
for reminding me that
they are not forgotten.
and that they mattered.

There's A Beat

Tim Hicks

There's A Beat
to the heart's expansive score.
There's a melody to take us
through the storms of our rehearsals,
through the seasons we must improvise
a counterpoint to dying.
Oh holy music made of love and suffering,
bathe us in your colors.
Let the silence still us
to the ache in our fingers and our bones.
Let us find the harmony,
the notes that plot a passage,
that spell a message of reflection and
protection,
if only we will trust and pay attention,
trust and pay attention
to the intervals that link us,
the relations that give meaning
in our symphony of loss.