

worry

she is filling up with worry  
overflowing with her cares  
seeing trouble all around her  
water rising up, beware

struggling to breathe she flounders  
thrashing in the fearful seas  
her lungs filled with anguish  
waves of worry swamp her pleas

then a friend calls to remind her  
that the sea is calm today  
there are gifts of life around her  
hold them tight in peaceful sway

we are value-able treasure  
we are gifts brought from the sea  
brought up by this rotten weather  
pleased to know that we are free

Jo Beth Gray