

# normal

by Jeremiah 'Sugar J' Brown

body curled knees and forehead to the earth  
let's start every day in child's pose  
something to connect us  
to this constantly shifting ground  
normal is new every morning  
and the future on the horizon keeps changing  
but we know what we hope for  
and that little light can't be snuffed out  
it's time to be as adaptable as children  
ready to wear change like new school uniforms  
we've dealt with so much already  
remember when the odd ones out  
were the ones with masks on  
our summer rewind sounds  
like hand sanitizer and hoarded toilet roll  
every month in 2020 has felt like a year  
but we've still managed to live it  
though connecting with friends  
and family is better in person  
love and laughter do transmit via wifi  
it wasn't easy but we made a way  
so when the ground stills  
and we settle on our final new normal  
it'll be different

there will be love  
there will be laughter  
and we will make a way