

A Procovery Poem

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We've buried our humanity
Under what we used to be
Wounds and losses, how to cope?
Looking for a ray of hope
And then, in its simplicity
We find our own procovery
The chalice forged by
Trial of fire
May have a scar or crack
Reminders of a time gone by
That we cannot get back
So forward, towards the future
We shift our energy
Learning more and more
About ourselves
And another destiny
By choices made
By hearts made strong
We get support to get along
We struggle to begin anew
Discovering all that we can do
And so dear friend, the way is clear
Day by day and year by year
The things we have are what matter most
They are what we must hold dear.

We have to be:

Persistent and
Resilient at best.

We must be **O**ptimistic and
Compassionate to the rest

We must have **O**pportunities to have
Variety and
Education and
Resources

To say **Y**es to how we want to be

We can do it, if we dare
Let's get started
Anywhere!