

Formidable but not insurmountable: Julie Howard

Grief is formidable
It slams darkness into our heart and
Tinges our face with grey.

It robs us of sleep and sense
Tilts the world aside
Unsteady our pace through life

It's not until Friendship and Love
Conspire with Time to release Grief's grip
That we can once more savour
The wonder and joy of what we have lost.

Grief is formidable
But not insurmountable.

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