# AWESOME stories

## Easing Loneliness



The old woman in the nursing home was frail. She looked like everybody's grandma.

She was alone, yet she always seemed preoccupied With thoughts of years past, With hope for days to come.

> No one came to see the old woman. It didn't seem to matter to anyone -Not even to her.

Her present life focused on the past and the future. She spent her days reminiscing about times long ago, She spent her nights thinking about life after death. The present seemed irrelevant except As a tool for her reflections.

#### She seemed Lonely Lost Lifeless.

As I watched her, I wondered, Will I end up this way? What happens when time slows down? How many hours can we think the same thoughts? How many days can we relive the same dreams? How many months can we recreate the same life? How many years can we be alone?

> I spoke to the old woman. "How are you?" Surprised to have a visitor she smiled. "Oh, I'm alright. "Is it Christmas yet? "When will the children be here To sing the carols?"

How do I tell her Summer winds still blow, Christmastime is still far off, and Months will pass before the children come to sing? Time stands still for those who are alone.

For me, watching someone who is truly alone Has been a great teacher Of life lived Of kindness needed Of love required.

Fear of being alone myself Helps me to understand the loneliness of others. And if I understand, I can ease The loneliness of those for whom The present is but a bridge Between what used to be And what is yet to come.

#### Credits:

From Life Is a Non-Stop Event, a book of poetry by Carole Bos.

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