

dinner party

it was time to invite some old friends to a dinner party  
we hadn't all been together since I had my stroke  
it was long overdue

the first to arrive was Fear  
brash and boisterous Fear, still wanting to be the centre of attention  
Grief arrived next and sat beside Fear  
Doubt and Anxiety followed and the party began

I sat listening to them talk and I was shocked  
in the past, these four would each pop in for visits  
but I don't recall them ever speaking this loudly  
it was deafening

finally Hope and Love arrived  
so good to see them  
they seemed uncomfortable with the noisy conversation,  
so sat at the other end of the table  
they chatted quietly  
Fear shouted, hey Hope, hey Love, how ya doin  
well enough Hope replied  
ain't this stroke a bitch huh, Fear cackled  
I bet the two of you don't know which way to turn  
they sat quietly looking down at their laps  
me, I'm workin' overtime, thanks to my buddies here,  
we keep the old ball rollin', right guys  
Grief, Doubt and Anxiety nodded in agreement.

Hope and Love simply smiled and let them continue.  
Happiness and Determination soon arrived and  
heard the commotion coming from Fear's end of the table  
Love looked at the two of them  
I'm glad you are both here, we have much to talk about  
please sit with us  
they began talking about how to help  
sensing the negativity may gain strength  
oh, how I've been missing them

Acceptance arrived late. just as she always did  
entering the room like she owned the place  
what have we here, Fear and his boys are up to their old mischief I see  
with a calm urgency in her voice, she said  
time to get to work ladies

Hope was the first to stand up and speak  
I'm moving in she announced, looking directly at me  
the strength of her voice forced Grief to leave the room

Love stood next in all her glory, stared down at Anxiety  
he slithered out following Grief  
Happiness and Determination stood together, hands on their hips  
grabbed Doubt and Fear by the scruff of their necks and dragged them out the door  
Acceptance cloaked us all like a healing blanket  
when they attend the next get together, she said, we'll all be right here