

## Dys-connection

For how long do we have to live through such violence?  
As if it was our daily bread  
The kind of bread filled with ash and brokenness.

For how long must we see others  
as if they are not worth their very own breathe.  
And therefore can be harmed

For how long can we keep the stories of this world at arm's length  
as if it does not affect us  
but it does every cell of our being

For how long can we see the tears of others and do nothing  
And not knowing what to do

For how long can we walk through the turmoil of pain desolation?

Stuck, frozen distant, dysfunctional and dys-connected

Our fragile health conditions calling us  
Back to ourselves

Saying sorry for mess and hurt doesn't seem to take the despair away or make it better.  
But saying sorry does help us to pause  
To take a deep breath and know that You are with us  
And not only with us but you see our tears  
You ask us "Are you crying?"  
Yes, Lover of our voices we are crying

You hear our sobs and ask us "Are you crying  
Yes great Listener, we are crying

You come closer to us and ask us "Are you crying?"  
Yes the One who comes to us, "we are crying"

We ask You, "Are you crying Lord?"  
Yes I am crying

You wipe our tears ever so gently,  
You, our Rock come to us  
Your strength upholds us

Gracious are you, just and true  
Heart of all hearts, You are  
Merciful and forgiving  
You preserve the simple; when we are humbled  
You life us up  
Return our souls to Your rest  
For you Loving Friend bestow grace upon grace  
A balm for our souls

Amen