

## Helen Stangret 11

### Sick

Remember Monday: 100% attendance.  
Remember knowing I'd done too much  
and how long it takes to recover.

Remember wanting to belong.  
Remember trying. Remember failing.

Remember 11 years.  
The glass eyes; the bewildered look.  
The turning away.  
Remember how hard to say "I can't".  
Remember the judgement.  
Remember the shame.  
Remember becoming a stranger.  
Remember it again.

Remember the hobbit house I never leave.  
My animal hide. Remember the life I share it with.  
Nestled into the landscape  
as if she and I had taken root.

Remember who I am.  
The thinker. The listener.  
The lover of life.  
The poet. This  
I must remember.

Helen Stangret June 2023