



## Myalgic Encephalomyelitis

Poem by Lavinia Capogna (2022)

I feel sorry for  
the green woods  
that I have not crossed,  
and the trees,

the sea at 7pm  
where I have not lingered,  
the air I didn't breathe

I feel sorry for  
the clear streams  
that I have not seen flow,  
the steep rivers,  
the pebbles.

I feel sorry for the animals  
that I have not met,  
for the lilies of the valley,  
the roses,  
the violets  
the shamrocks  
and many other things