

Veil of Sadness[©]

To a stranger I turn
fearfully searching the way
to safety and comfort

My counsellor listens intently
and hears more than my words
outwardly say

Welcoming my tears,
she warmly knows they cleanse
and raise the veil of sadness
so we can see beyond
to light and joy

In the time between each encounter
the veil descends,
an invitation for me
to risk more pain

Pain so necessary for healing
the wound felt
deep
vivid
yet less intense
each time
we lift the veil

Less fearful now
I feel the wound,
a sign
of my story remembered

With courage I have lived
Behind the veil of sadness
Now waving in the wind
Of new beginnings

Gloria McArter