**Are You Okay?**

**It's been a year and a half since my**

**son's passing and I am often asked,**

**Are you okay? My reply is I have my**

**moments. Moving on isn't an easy task.**

**Oh, I am grateful that I don't lose any**

**sleep, praise God, not even a wink.**

**I have to admit though, life isn't**

**the same without that missing link.**

**And when I see my other children**

**trying to deal with their own grief,**

**I feel so helpless that I don't have**

**magic words that will give them relief.**

**Sometimes I feel like a child that**

**is lost in the wilderness, the forest.**

**It's called the grieving process. That**

**what I am feeling is part of the course.**

**I feel the sadness then let them**

**go when the pain is too much.**

**Yet being human, that I am,**

**those emotions do indeed touch.**

**This isn't easy for me. It's a journey**

**I wouldn't wish on anybody else.**

**So when you ask, I am reassured that**

**I am not walking this journey by myself.**

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