

PAY IT FORWARD

by Joe van Koeverden

It all seemed normal,
Slowing down with age.
Gravity pulling at my body
to make the ground a closer friend
ready to meet in a moment's notice!

But I push back again.
Refuse to meet at his level
Walking straight, poles in hands
Taking the trail till the cedars end
working through the stiffness and pain.

I will push back
today, as I can for now
Not knowing what tomorrow
will hold, or how I will respond.
I did my best, forget the rest till morn

And as the morn revives
Rise to meet my daily challenges
To make do with what there is today
Being helpful and supportive in any way.
It may not be my best, but it is all I have left.

Pay it forward
In selfless acts of kindness.
For you too may find that one day
You can no longer walk alone on your trail
Needing the same support, you freely gave away.