

## Connection in Heart and Thought

*By Samera Jones, Black Swan Care*

I used to think connection was people in one place,  
But lately I've come to realise you don't have to be in the same space.

The world has separated us from the people for who we care,  
We didn't see it coming and there was no time to prepare.

The parties, drinks and gatherings all came to a halt,  
And none of us were to blame and there was no one completely at fault.

Holding hands, kisses and cuddles feeling a thing of the past.

But what can't be taken is the memories and love in one's heart.

The connection can't be broken of the memories that we've made,

And the connection in our hearts can not be forced to fade.

We used to take for granted the people that we saw,

But now we know we care for them more than we did before.

Today is not our normal as we are not in one place,

And we know between us, there really is too much space.

But a connection is more than being together through the day and night.

It can be thoughts and memories of those kept out of sight.

Right now, it feels that to be together is a thing of the past

But we remain connected by thoughts and by our hearts.