

How to Make a Difference

You get up,
you don't even have to get dressed,
just press your hand to your chest,
feel your heart and your breath
that's a start

and sometimes your heart
will want to be quiet
or sing every night to the stars
Transcending the roofs
and snugly parked cars
So, the double glazing of neighbours
seems less like steel bars.

You make a difference by
clearing the table
sewing medical scrubs
delivering NHS food in takeaway tubs
Zooming your parents
shaving your head
Planting carrots and peonies
in your raised flower bed

Every seed, every clap, every smile
Every time you step to the side
or walk single file

You make a difference
By sitting down with your kids and
exploring their minds
Letting them chalk outside of the lines

By chatting to neighbours,
you never spoke too before
Thanking the postman,
standing six foot from your door

by opening the window with the radio on
letting news of community swirl in the air
with the trill of birdsong

You make a difference
when you roll up your sleeves
let yourself grieve
do whatever you can
to help others to cope

It's a lot about service
but it's a lot more about hope.

by Liv Torc