



FEAR

EXHAUSTED

DEPRESSION

FEAR

FEAR WORRY

ANGER

SADNESS

FEAR

POWERLESSNESS

TROUBLE

LOW ENERGY

## The Black Hole

First Covid came and made us hide away,  
And then Donald Trump led me to pray,  
Followed by the bone-chilling cold of the freeze,  
I'm being sucked down, so help me please.

The sucking I perceive is very real,  
Something has my feet, pulling on my heel,  
I hold out my arms to find some handhold,  
I can't see for my eyes are behind a blindfold.

This giant sucking sound is pulling me forward,  
The walls are closing in – I'm feeling cornered,  
I'm being herded toward this large sucking sound,  
If I could only get my feet on firm ground.

And now I am beginning to swirl counterclockwise,  
I feel like I'm bound by some very strong ties,  
That keep me from acting, I swear I'm in limbo,  
It would appear that all's lost for good ole Jimbo.

Exhaustion and fear and downright depression,  
This last year was an onslaught of tiring oppression,  
I want to escape but the black hole keeps sucking,  
I'm being beat up – it's a nasty street mugging.

I suddenly realize that I'm angry - full of fear,  
Mad I've been forced to hide out for a year,  
It's time to face up to it - spit out my concern,  
Roll it up in a ball, light a match, watch it burn.

As I deal with the fear, the sucking dissipates,  
And a new day is dawning – one I anticipate,  
I'll pick myself up and go visit some birds,  
My spirit wants to sing and write lovely words.

Like a Cat 5 hurricane, my black hole passes,  
I think I'm intact without too many gashes,  
It's time to be grateful that I've made it to March,  
And I sip the Earth's water for my throat is parched.

So welcome to Earth Church,  
Pull yourself up a pew,  
Here we can offer some help,  
If you help yourself too.