

## *We Choose to Smile Instead of Cry*

Heliane Sutton

Pain, sadness, remorse, guilt  
Upon these feelings 2020 was built.  
Locked in and no way out  
A pile, a tower, a mountain of doubt.  
Diseases were spreading and so was fear,  
People were separated from loved ones dear.  
Masks hide smiles and emotions too,  
So our feelings were hidden for we thought we knew  
That this was the best way to deal with the grief.  
But no matter what we turned to, where was the relief?

Some tried movies for hours or wine all day long  
Others read neglected books or composed a song  
But in the absence of social interaction  
We realized that we needed a plan of action.  
So we turned to Zoom meetings and care parades.  
We played Pictionary and virtual Charades.

For some, 2020 was a year gone bad,  
But while it restricted us, it was not all sad.  
It made us stop and consider what we value the most  
To grab tight to what we loved and hold it close.  
The equation of families and their importance was solved  
Grudges forgotten, let go, dissolved.  
Our appreciation for medical staff rocketed and soared  
We realized all they did. Our faith in humanity was restored.

While we faced hardships, challenges, and death  
We have come to appreciate new life and every breath.  
For we learned sadness often precedes joy  
We learned what life gives us and are meant to enjoy  
So we bid 2020 farewell and adieu,  
Not because it was bad, but we learned and we grew.  
So long, 2020, and we tell you goodbye  
And we choose to smile instead of cry.