**When Time Lost It’s Edge**

Time lost its edge and turned to dream

Days dragging by

And yet the slipstream of the year is a blur

Filled with fear

And new found freedom

What is this rhythm that we’ve found?

For some it’s a slow slice of soul time

The angle of the leaves, the sun, clean air

Everything we care about is here

Ourselves, our lives, our loves, our loss

What is this rhythm that we’ve found?

For some it is desolation

All the things we lived by turned to dust

Lonely, without touch,

Confusion and death leave us crushed

With nowhere to go, never been so low

Never been so low.

So in this time, what can we know?

So in this time of

Slow, slow, quick, quick slow,

Slow, slow, quick, quick slow.

Tread lightly on this earth and don’t waste time

That small is beautiful and people kind.

To honour who I am and not rush by

With friendship and caring we can reach for the sky

Stand up for social justice, live in peace

For we have found resilience and strength

We walk in Nature’s beauty and are one

Reach out to those in need and lend a hand.

For Covid is a reset

Time to turn around

Covid is a reset

Time to break new ground

For to this simple beat of death and love

The clock of change was wound.