

A Support Group-

A Place to Heal



By Adele Mariscalco

Ridge, New York

What do you do when the pain comes-
Pain so bad, it leaves you numb,
You can't function, you can't speak
It hurts so much, it leaves you weak.
You long for it to just go away.
How will you get through another day?
The answer is here, reach out your hand
Lend each other support, take a stand.
Stand for truth, stand for love,
Look for grace from the heavens above.
Try not to compare the pain you feel,
For each of you, it's so very real.
This pain is unique, like no other,
Try not to see just the face of those who have died,
But look to the heart, see the pain inside,
Offer a dose of compassion
And heart-filled empathy
And you might discover
This has set your heart free.

Love, Adele