

ODE TO 2020

2020 started with a cheer,
a party with friends to see in the New Year
new plans we were making
and holidays booked
not knowing come March, we'd all be fooked!

Oh 2020, what a year you've been
Holding such promise, we were all so keen
Club Chi launched in January, offering Qigong for all
Not knowing come March
We'd all hear the call ...

The call of a 'lockdown',
Such words never known
Like furlough and covid
The seeds had been sown

Not down at the allotment
But into all of our days
The impact of pandemic
Hit in so many ways

Lives lost and jobs too
It's so sad to see the toll, this virus has had globally
Affecting one and all

It can feel like virus 10, people nil
If god were keeping score
And now we're in the second wave
Affecting more and more

The light on the horizon,
whatever your view
Is the news of the vaccine,
giving hope anew

Let's hope this next year
Brings happier times for all
And life returns to normal
By the spring, not by the fall

I miss my friends, my family
And the things we used to do
A night out, the pub, a meal
This year there have been so few

The lockdown has made me realise
Just how much I love my career

Being unable to see clients
For 6 months of this year

It's been tough, on all levels
How can I work? What can I do?
So like many, we all pivoted
To working via zoom

A new way of working,
CLUB CHI also moved online
The Healing Tree is different
But new ways unfold in time

From March to June, all we could hear
Was the sound of birdsong,
And the skies were clear,
As well as the roads, all so quiet and still
It's like we saw nature renew and refill

So let us learn and rediscover
To be more compassionate, to ourselves and others
Don't sweat the small stuff, focus on now
Live in the present, don't question the how

And let us look forward from this almighty year
With hope and with promise, let go of the fear
One day we'll look back and although it wasn't a dream
Things won't be as bleak as once they did seem

So 2020, it's time to say goodbye
The start of a new decade which didn't exactly fly!
What doesn't break us makes us stronger, so feel that strength within
And next year can be the year, where new hope will begin

So from me to you, I wish you good cheer
On this quietest of nights for seeing in the New Year
Good times will be had in this new year to come
When we can all be together – great laughs and good fun

Happy New Year to one and to all
Sod off 2020, it's your curtain call
Be happy, be kind and look after yourself
And to everyone who's listening, I wish you good health

Lorraine Prescott
December 2020