

2011

Matters of the Heart

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Recommended Citation

Friedman, M. (2011). Matters of the Heart. *Quill & Scope*, 4 (1). Retrieved from

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An Uninvited Visitor

Marissa Friedman

He almost always comes unannounced,
but absolutely uninvited.

He lingers in the bedroom,
and soon spreads into the living
room, dining room, and kitchen.

He lurks in the dark corners of the house.
Always on our minds even when out of sight.

He pervades our conversations,
causes arguments between family members;
fills us with sadness and fear.

We ask the questions,
“Why is he here?” and,
“How can we get rid of him?”

So, we take the curtains off the windows,
Let the rays of sun burn down on him.
We lace his meals with toxins.
Gather up as much of his things as we can
And throw them out.

For the lucky ones, he leaves.
But the dread of his return remains.
For the unlucky, he takes a loved one with him,
And the memory of his visit haunts us forever.



Ernest Yushvayev
SUNY Downstate
Hiding