

## Refinement in Confinement

By Sarah Hale Folger

In this time of confinement  
We are forced to be released  
Of our normal routines of escape  
Our addictions, our anxieties appeased  
Those outlets we regularly used  
To escape our troubles and our fears  
Those crutches we thought we needed forever  
Have been broken  
We left home to relieve our stresses  
Turmoil and pain  
Of jobs and marriage troubles  
Of loneliness and self-doubt  
We grew so entrenched in our behaviors  
Like a well-worn path  
We walked it daily, weekly, monthly  
In casinos, bar rooms  
Gyms, theaters and stadiums  
Filled with vices and camaraderie  
To escape the truth about who we are  
This is a wakeup call  
And before we are released  
We must discover the truth  
About what really matters  
About our part in our own pain  
Time to refine our minds  
Time to weed the garden of our thoughts  
Time to listen carefully  
And let hope and love and peace  
Be the exit plan from these times