

5-1-2019

# for you, with chronic pain in body and mind

Shannon Leigh  
*Concordia University - Portland*

Follow this and additional works at: <https://commons.cu-portland.edu/promethean>  
Part of the [Poetry Commons](#)

---

## CU Commons Citation

Leigh, Shannon (2019) "for you, with chronic pain in body and mind," *The Promethean*: Vol. 27 : Iss. 1 , Article 69.  
Available at: <https://commons.cu-portland.edu/promethean/vol27/iss1/69>

This Poem is brought to you for free and open access by CU Commons. It has been accepted for inclusion in The Promethean by an authorized administrator of CU Commons. For more information, please contact [libraryadmin@cu-portland.edu](mailto:libraryadmin@cu-portland.edu).

Footer Logo

## **for you, with chronic pain in body and mind**

*Shannon Leigh*

I do not know your struggle  
But I want to hold your hand.  
I've done my share of hurting,  
So though I don't understand  
Please let me plait your heartstrings  
With several of my own  
So that each beat makes you stronger  
And reminds you you're not alone.

I cannot fix your hurting  
But let me fix your gaze  
So you'll see all of us  
Loving you on your  
deepest sunkdown days