

Colin Ian Jeffery

The long goodbye

Alone, I walk fields and woods we loved
Seeing you with every step
Hearing your laughter
Smelling you sweet as a flower
Keep you safe within my heart.

Years slipped by so fast
Old age slowing down my pace
Hair white as snow
Thoughts focused upon
Memories we shared
And I keep you safe within my heart.

On reaching old age

Time is fleeting in its passing
And does jolt the memory
Recalling images of long ago
When life seemed to stretch far away
Safe from Death's stalking shadow.

As a child I thought as a child
Seeing only bright summer days
With friendships I thought to last forever
And parents who could never die
Old age a distant foreign land.

Now walking the land of the elderly
Old bones and old man troubles
Wondering how long before Death
No longer stalks but claims me
And time is no longer fleeting and stops.

All that glitters

All that glitters within the heart
Comes from family and friends
Making each day sweet and noble
Giving purpose for the route taken.

Family are foundations
Built firm and strong over loving years
Friends the support into old age
For the heart to withstand whatever comes.