

Poetry by Katie Rodriguez Banister

Sitting and Singing

**I sit and try not to cry at every little thing.
But time goes by and there am I consoled when I start to sing.**

**Lift me from my chair,taking me where
I can run again.
Have fun again.
Be just one again.**

**Let the chips fall where they may.
I know I'll be OK.
Yet, I can't forget what I am now
what I used to be
standing tall like a tree
when all I needed was me.**

**I sit and try not to cry at every little thing.
But time goes by and here am I consoled when I begin to sing.**

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Katie R. Banister is a dynamic and entertaining woman on wheels