

The New Normal **- Tayyibah Tahier**

The announcement was made,
as the country listened to lockdown rules.
Social distancing, regular hand washing and wearing a mask,
the normal we once knew began to fade.

Days, weeks and months went by,
more announcements of level 4, 3, 2
and we wait for level 1,
Sigh.

As we wait for what comes next,
all is not lost.

"What are you grateful for?"

Remind yourself.

Hope and faith.

That is our new normal.