Alone:

A lot of my work recently has been working with students who feel alone or isolated. The former Surgeon General of the United States wrote about loneness being an epidemic, especially since COVID. Now that the election is over, I hope and pray that we can start to heal the divide and ugliness that has existed this political season, maybe then we can cure the loneliness that is so very present.

Alone:

I'm talking to these four walls
That won't seem to answer back…
I know it sounds a little crazy but
There is something that this room lack…

It's someone who will listen to me
It's someone who won't cluck like a hen…
Just someone who will give me the best advice
And of course be my friend…

But there is no one here like this
And my craziness has grown…
I keep wondering if there is something wrong
Because I (always) seem to be sitting here alone…

Alone in a world as big as this
Now I know I'm going crazy…
My ideas just seem to be spaced out
And my mind just seems to be lazy…

How do figure out how to connect
In a world that doesn't get along
There is so much work that needs to be done
But first we must show we belong.

Joe Kirk, Heartland Moderator