

## retreat

I can't be the only one  
planning an escape  
on a boat built for one  
simple but spacious  
room enough  
to stretch out  
on long lazy days  
held in the embrace  
of a forgiving sea

how easily could I  
relinquish all responsibility  
neglect the duties  
I took upon myself  
because others  
stood by and let me

I'm imagining solitude  
settling like snow  
my ear finely tuned  
to the sounds of the wild  
seabirds would circle  
whales would breach  
the wind would sing  
I'd recover my sense of self

a phone rings  
returning me to my desk  
and the day's commitments  
things on my list  
call to me to pay attention

don't get me wrong  
this is the life chose  
a life I love

but there are days  
surely you have them too  
when I could turn my back  
head for a foreign shore  
where no one will know my name

in this place and time  
where I am known  
I must sometimes set sail  
surrender to silence  
perhaps for a day  
or just a hour  
if that's all I have

when the noise of the world  
gets too much  
I retreat to recover  
please say it isn't just me