

## **Remain Here, Keep Awake**

by [Bonnie Thurston](#) in the [April 2023](#) issue

*Mark 14:34*

Until recently I always  
slept through the night.  
Now, bodily needs or  
things buried deep in  
the psyche awaken me in  
morning's small hours.  
From the first, I emerge  
and return to sleep.  
From the second, I surface  
from depths of dreams,  
meetings with the dead,  
or the long forgotten  
or separated living.

The aging body harbors  
the mind's anxieties, its  
worrying consciousness.  
Is it healthy or helpful,  
does it matter at all  
that one old woman  
wakes in the night  
to hold the world's hurts  
in her battered heart?  
Does it cancel the callousness,  
of friends who slept  
as the Bearer of all sorrow  
prayed for the cup to pass?