

A blue-tinted landscape featuring a range of mountains in the background, with a dark silhouette of a forest in the foreground. The sky is a clear, light blue, and the overall scene is serene and expansive.

# Lift Me High

**I have lived in different places,  
I'm far from home, from my family,  
and my children  
But I pray every day  
I feel blessed and I thank God for his grace  
And I fast the first day of each month  
I kept my promise during the quarantine  
although I lost my dear aunt back home  
Protection, safety, shelter, and food are what  
everyone needs  
Nine months of living with Corona and now  
Christmas is coming  
Goodbye, 2020  
Don't be too embarrassed  
it wasn't your fault  
plus I have been through worse**

**Rain rolls down my window and the neighbour's  
baby's still crying.**

**The delivery guy calls with a recorded delivery bill  
and all my dreams just aren't flying.**

**Your call comes through,  
asking what can I do.**

**Do you want to know what makes me happy?**

**Ask me how I am doing,  
sometimes be there for me.**

**Play a prank on me and, simply hold my hands.**

**Cook me a meal, spend some time with me**

**Make me laugh, and simply Hold my hands.**

**I miss the good old days when we use to go for a**

**walk together or listen to music**

**watch nonsense comedy sketch**

**wash dishes and sing together,**

**sometimes reading or**

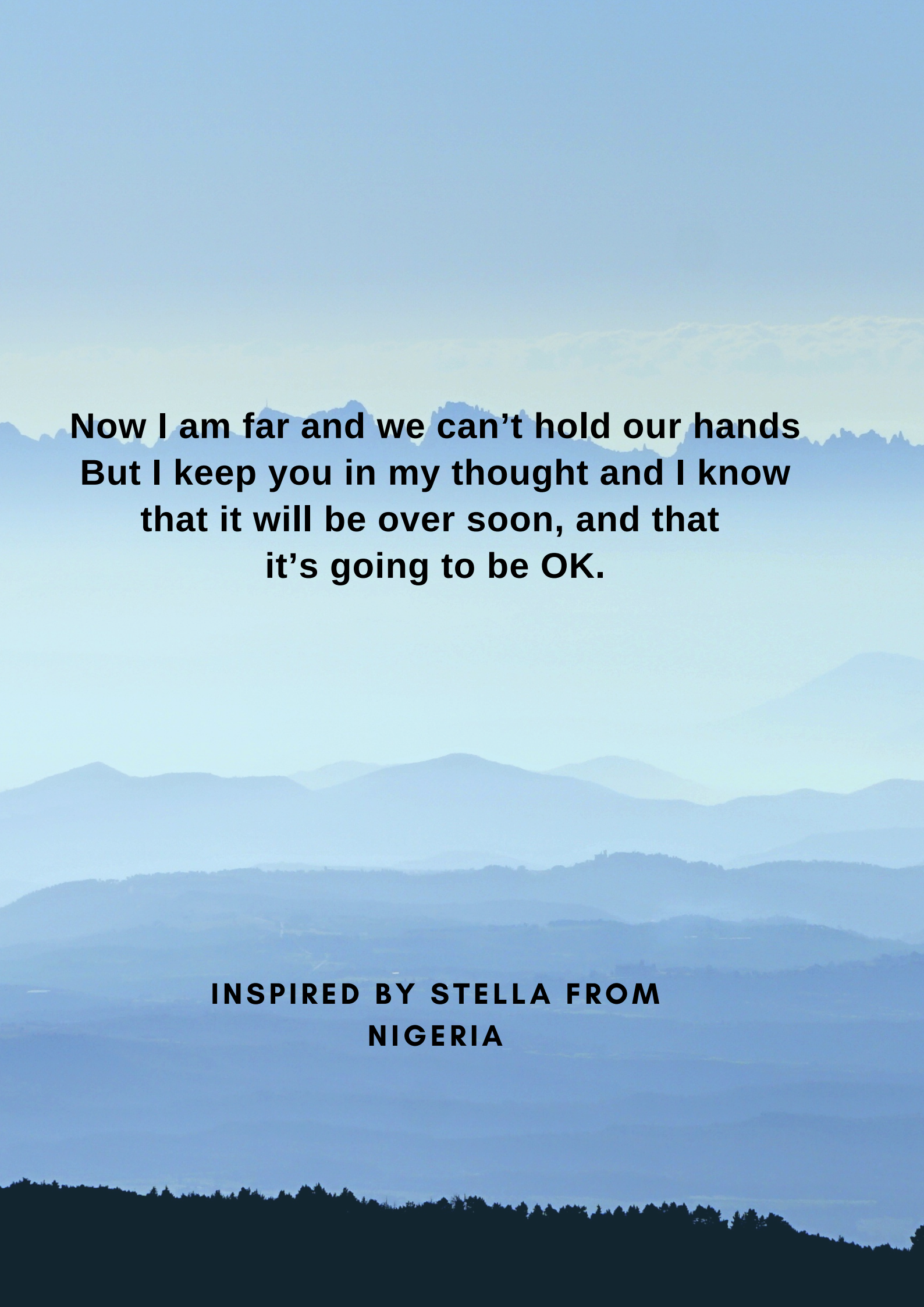
**visualising the future.**

**A random act of kindness, compassion, meditation**

**All those things that connected us together**

**Now seem like a mirage or a dream I had a long**

**time ago**



**Now I am far and we can't hold our hands  
But I keep you in my thought and I know  
that it will be over soon, and that  
it's going to be OK.**

**INSPIRED BY STELLA FROM  
NIGERIA**