

# Home Invasion

Category: Poems

written by Laura Grace Weldon | July 13, 2018

**Laura Grace Weldon ~**

Get out my green mug, round as a pregnant belly.  
Casually pour grounds in the filter  
despite monitoring devices warning  
of an intruder's presence.  
Act normally. Breathe deeply.

Let the cosmic swirl of cream in hot coffee  
remind me how small one lifetime is  
in an infinite universe. Remember  
the Vedas say God's playfulness is expressed  
through perpetual creation and dissolution.

Quell fear. Be peace.  
Ignore creaks and groans as intruder  
inches closer. Pretend  
the future is a given,  
as it was before  
the diagnosis.

## **About the poet:**

Laura Grace Weldon is the author of a poetry collection, [Tending](#), and has a book of essays due out soon. She has written poetry with nursing-home residents, used poetry to teach conflict resolution and painted poems on beehives, although her work appears in more customary places such as *Neurology*, [Verse Daily](#), [J Journal](#), [the penmen review](#), [Literary Mama](#), *Christian Science Monitor*, [Mom Egg Review](#) and *Pudding House*. Her website is [lauragraceweldon.com](#).

## **About the poem:**

"Our most ordinary days seem unremarkable until we can no longer take them for granted."

## **Poetry editors:**

Johanna Shapiro and Judy Schaefer