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## HOW TO KNOW I AM A HUMAN

for the families in Ukraine

Under a sky deciding to be blue  
a yellow piece of plastic  
becomes trapped  
in a neighbour's fence.

When the world provides  
it can be a soil or a soul  
each brought in the silence  
between the shells the sea  
does not know, a shoreline  
of crimes and tidal sadness.

Here in the tiny body I live in  
only protest to a war is allowed  
to be a voice, who I can be now,  
one face in a mirror unbroken  
unable to smile or say hello,  
or be known by the family  
seeking some form of border  
holding a child, what was once a life  
two could share, husband and wife.