PATIENT VOICES

Every quarter, *The Solve ME/CFS Chronicle* features the creativity and talent of the ME/CFS community. In this edition, we are exploring the extraordinary poetry from members of our community.

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**The Guilt of ME**

*by Bill Clayton*

When the beast descends we know the score
Strength and hope go through the floor
We’ve all been on this road before
Another day of guilt

Want to take my part in life
Want to spend some time with wife
Want to cause no further strife
Another day of guilt

Said I’d try and meet with friends
Missed out last time, so make amends
Woke up to pain, a common trend
Another day of guilt

Everyone else is doing stuff
I just can’t seem to help enough
Again I’m feeling just too rough
Another day of guilt

Want to plan a day away
Family time, a bit of play
Woke with head saying not today
Another day of guilt

We may tell others how we feel
How symptoms bring us all to heel
We talk of fog, of how it’s real
We rarely talk of guilt

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**Hope**

*by Chris Garcia*

Remember, the buoyancy in life
is found in our enchanted dreams,
joyful wishes, and silent prayers.

All create infinite seas of luminous hope. Throughout life we float on hope.

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**News and Updates**

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