

Grief

Emilia Adkinson

Grief doesn't just show up the day they die.

It shows up in the morning,
when you can barely remember their voice.

It shows up on a Tuesday,
when they aren't there to take you to the library.

It shows up on your birthday,
when you realize they won't be calling you.

It shows up when you're switching through channels,
and their favorite show is on.

It shows up on your wedding day,
when they aren't there to walk you down the aisle.

It shows up in aisle eight of the grocery store,
where their favorite snacks are.

It shows up on sleepless nights,
when you wonder if you will ever be okay again.

It shows up on holidays,
when they aren't in their favorite chair smiling.

It shows up when their favorite song comes on,
and they aren't there to sing along with you.

Grief doesn't just show up the day they die,
It shows up unexpectedly, everywhere.
But it is never invited.

Emilia Rose Adkinson is a junior majoring in English at UND. She is working towards her certificates in both creative writing and editing and publishing, with the hopes of being an author or a publisher. She is originally from South Carolina, and she spends her free time reading, doing puzzles, and facetimeing her family. She loves journaling and writing, and hopes to touch people with her work.