

# We have been training for this

Don't listen to them  
The voices that say  
you will be able to work  
At home  
The same way you work  
At your cubical  
In your office  
Safe in the walls of infrastructure  
Built around you  
Brick and mortar that divides  
The privileged  
From the heroes  
Who are just now being called  
Essential  
Because this has changed us  
Will continue to change us  
But we have trained for this  
We who know the power of a we  
We who will not let the fists of  
policy  
Beat the faces of the invisible  
We know how to link arms across  
this city  
We have implanted ourselves in  
this city

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On the streets  
In the high rises  
On the 5th floor  
We have been training for this  
And this is not a drill  
This is another battle in this long  
war  
To shake off the individual  
To cement ourselves in  
community  
To protect those who make our  
lives  
What they are  
Without a living wage  
Without sick days  
Without retirement  
Without acknowledgement  
we are sounding the alarm  
Business as usual is done  
Normal was never normal  
We are activating  
In all the ways we know how  
And in some ways we have never  
dreamed  
And we will be weary

And we will ache  
For the people we can  
not save  
And for time we can  
not recoup  
And we are allowed  
To bend a little  
Because we don't break  
To rest a little  
Because we give more than we  
take  
To pause a little  
Hope a little  
And be human a lot  
We will lend each other strength  
Lend each other peace  
We will lend each other love  
So we can return to the trenches  
We will find our way out of this  
Through this  
Together  
Leading with love  
  
Because we have been training  
for this

