

Stand Steady

It's peel off your scrubs, stumble in through the door
Step into the shower and scrub yourself raw
It's in at eleven, and back out at four
For there's work to be done for the living
Ye who toil on the border between life and death
You're fighting for those who are fighting for breath
It's a battle that takes until little is left
And it's fearful and seldom forgiving

*Stand steady, my friends, in the darkest of times
Our love will go with you as you hold the line
When the hardship is past, we as one will entwine
And we'll dance to a better world coming*

Behind gloves, behind masks, there's a courage that dwells
When you head off to work in a world gone to hell
Do the job you were trained for, and do it as well
As you can with the tools you've been given
Politicians and ministers promise to serve
And to give us relief that we need and deserve
If any among them had half of your nerve
They'd have done more and done it unbidden

Chorus

So hold on to hope, through exhaustion and fear
And we'll go safe to ground till you give the all clear
And when this is all over, we still will be here
In the bright shining light of the morning
When the bars are back open, we'll buy you a round
Lift our voices in song, raise the roof with the sound
And we'll join hands and dance till our feet shake the ground
To welcome the heroes returning

Chorus

Composed by: Alex Sturbaum

Appears on *Loomings*

This song was written during the 2020 COVID-19 pandemic. Health care and other essential workers were placed on the front lines of a battle with this deadly illness, and were denied everything from hazard pay to protective equipment. I wrote this song to convey love, admiration,

and support for my friends in health care, as well as my rage and frustration with the people who put them into that situation through callousness and incompetence.