Blood reflections

Li·ba·tion: an act of pouring a liquid as a sacrifice (Merriam-Webster)

It was our ritual
   every Monday at 2.
She would start by asking
   How have you been feeling?
Pretty good, I’d say. You?
   while sitting in the chair.
Same old same old, she’d smile
   while rolling up my sleeve.

Next, the rhythmic cleansing
   with rubbing alcohol
followed by the tying
   of the blue tourniquet
then her donning of gloves
   that matched her purple scrubs
and the incantation
   Little poke—and the poke.

Each week it was the same
   until my last treatment
when from the used needle
   on the way to the bin
a single drop of blood
   onto the spotless tile
a heartfelt libation
   for those not so lucky.

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