

## **Good-turn energy**

*(to accompany the Gallery of 'Community Champions during COVID'  
in the Senedd, November – December 2020)*

Stadium Wales is a land laid dark,  
yet a cauldron of potential...  
(though no band is due to play)

Amongst the empty seating,  
the echo of a crowd long-gone  
swells to chorus;  
and sparks of ancient kindness  
kindle thousands of tiny lights.

Such is the force in each benevolent act –  
the surreptitious voltage  
coursing through our land,

in prescription-fetching,  
neighbours-shopping;

the heart-to-heart sharing  
like an unprompted rose;

and the circuit completes,  
when we link arm-in-arm,  
from afar...

And as we relearn  
the new worlds of our former haunts,  
challenged by new maps,

despite the strangeness  
of virtual hugs,  
and the tedium  
of each temporary lockdown,

good turns still generate a jolt:  
– like touching the sun with a finger-tip! –  
and Wales shines on in their wake...

**Ifor ap Glyn**

**Bardd Cenedlaethol Cymru / National Poet of Wales**