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All at Once I Fall

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Beatrice Woods

All at Once I Fall

At once in the prime
of my life,
now I am old

At once in the full bloom
of youth,
now I am withered

Once,
I knew what it was
to love

To touch the cool
of another's
skin

Once,
I knew in an instant,
almost without knowing

How to move
my body in time
with another's

At once,
all at once,
I fell

As if from a great height
into middle-age
old-age decrepit-age

All the years
left wrinkles on my skin
as they brushed by

All at once,
I die.