Spread

There have been words said about this thing... Disease, infection, outbreak, illness, plague

and spread.

We try to spread good cheer or

butter or

jam on fresh hot toast that will drip on your hand because you put on too much.

Wipe it off your hand, even off the counter with a finger, do that and eat that jam.

Lotion on dry cold hands in winter.

Hands open wide as we look at them with friends to see if we can do a greeting like Spock.

Arms to the sky on a delicious hot day, so open wide.

The clean sheets on the bed.

A difference in points.

Love and care too you know, in words and thoughts now. Let's also remember this word and use it for some better things

and spread spread the better things we need like:

butter, jam, hands, arms, love and care.