

## Cast No Shadows

Ann Beretta

I sit here alone on another cold day and i look to my plate and  
I hope and  
I pray as I sink  
I fall to the bottle again it cuts to the quick and it breaks t  
he bones and  
I've played by the rules and I've broke a few but somethings go  
t to change  
I throw in the towel and the bottle breaks and I fall to the gr  
ound and your body quakes and nothing's going to change  
and I lay here broken by the wave and  
I cast no shadows where  
I lay and I'm bruised and beaten by the wind and I've lost all  
I have to give.