



# The Truth of Change

December 2012

This zine was produced at Elizabeth House as part of Writers in the Community, a program run jointly by the Quebec Writers' Federation and The Centre for Literacy.

Thanks to writer-facilitator Dale Matthews

We acknowledge the support of the Canada Council for the Arts, which last year invested \$154 million to bring the arts to Canadians throughout the country.



**The Centre for Literacy of Quebec**  
Le centre d'alphabétisation du Québec



**Canada Council  
for the Arts**

**Conseil des Arts  
du Canada**

## **Life**

Life is like a spider  
every road is like a leg  
We shun the one that is long and black  
Like a widow in her dread

Revenge is like a cockroach  
it creeps on you from behind  
If you don't turn to crush it  
it will nibble at your mind.

Fear is like a scorpion  
don't let it get too close  
If you're bitten by its stinger  
it will fill you with some woes

Hope is a beautiful butterfly  
wrapped up in a cocoon  
A loving metamorphosis  
will free it one day soon.

Amanda Widawski

## **The Girl**

(girl holding wire fence, photograph by Dorothea Lange 1939)

As she looked down on herself,  
I can see the pain she endures  
I can smell the fear of life,  
The fear to live,  
Isolated by love,  
Can't speak  
Can't Breathe  
Lost in a world of Uncertainty  
For ever Mis under stood.

Nelica A.T. Scott

## **The Crossing Over**

*Child and her mother, Waputo, Yakima Valley, Washington 1939,  
photograph by Dorothea Lange*

Is it me?  
What should I do?  
They don't grasp it!  
Pain, Anger, Love, Pride,  
They think they know me  
They say I'm crazy,  
In this faze,  
Not sure what's happening,  
Trying to accept  
the things I can't change  
Missing you,  
Your presence,  
Your grace  
Not sure how to live  
Am I in denial?  
I hope they know I will miss them.  
See you on the other side.

Nelica A.T. Scott

## **The Way of Life**

*Imogen & Twinka, photograph by Judy Dater*

The Pride I have,  
Can't not comprehend to the Joy I endure.  
The sleepless nights,  
The Many exorcists of fluids  
The Hours in Pain,  
The formation of the skin  
The ups & the downs.  
So Tiny & helpless  
Destined to be great Every touch,  
Every Smile,  
Makes it all worth  
A Daily Reminder  
THAT  
I Earned My Stripes

Nelica A.T. Scott

*Saturday Night Special: Denial 2, photograph by Fiona*

1.

I know I am the best looking, coolest person in this family.  
I love to stand out so people don't think I'm freaks like them.  
I'm perfect cause I don't have to wear glasses.  
I can't believe he's topless and I have to wear this boring dress.  
I wear this cocky look so people don't know how sad I am.

2.

I see a very unhappy family.  
I see a family that doesn't like each other.  
I think this father needs a shirt.  
I see a family with different personalities that probably clash.  
I see a girl that thinks she is all that.  
I see a father that probably drinks too much at night --  
he doesn't pay attention to his family.  
I see a boy that doesn't know where he fits in.  
I see a girl that wishes she was anywhere but here.

Kate Borg

**Saturday Night Special**

*Saturday Night Special: Denial 2, photograph by Fiona*

can't run away  
I have to stay  
I am stuck in the ground  
can't run away  
an odd moment between us all  
they don't know I feel or talk at all  
the man with no shirt looks like a drunk  
he abuses the family so they don't talk  
the girl hides her feelings she cuts herself  
when no ones looking the other two are  
really shy and they feel hurt inside  
I listen to all and see everything  
people come to talk to me  
does anyone remember I exist  
I'M THE TREE!!  
LISTEN TO ME!!

Amanda Widawski

## **Cold Day**

*Two Sisters, painting by Paul Vincent Gauguin*

A darkness is brewing, unraveling pain  
how could this happen again and again  
I never knew this world to be so cruel  
All these children alone  
It's hard to live, without a doubt  
without giving hope to children in need  
two sisters as alone as can be  
fire brewing in our hearts  
helping people in need.

Amanda Widawski

## **Black, Blue and Red Everywhere**

Blackness is all I know  
blue is what I feel  
Red blood drips from my face.

Why did you leave us? Now life is so hard.  
I grew up without you. You left when I was 9 months.

Because of you I was beaten, raped and  
Starved. Why did you have to leave me? Why?

Black, Blue and Red is what I feel when  
I think of you.

Black, Blue and Red everywhere  
Blackness is all I know  
Blue is what I feel  
Red drips from my face

Natasha Desmarais

## **The Transformation**

Being none existent.  
Too small & fragile.  
Growing day by day.  
Inch by inch.  
In Darkness I wait.  
Then, I saw the light.  
It was a glorious light.  
Adjusting to change,  
Difficult at times  
Step by step  
Touch, Listen, Understanding.  
Then, with each passing time,  
Feelings aroused  
A Unique Mind & Soul.  
One's True Self  
No longer Wondering.  
The Joy that pushes me  
Day by Day.  
All for Her.  
I can be me  
The Best me  
Nurture, love, protect,  
Care, Respect.  
My Light in a Dark Cave.  
Together we can be.  
Who am I  
I am me

Nelica A.T. Scott

## **Mermaid**

As I woke to find I couldn't breathe, I looked around to find out Why?  
I looked down to see I no longer had legs.  
I saw I was near water, I slowly slithered into the water.  
All of a sudden I could breathe and could move fast through the water.  
I had such speed with what replaced my legs.  
I had an underwater kingdom to explore. I couldn't wait.  
As I swam around I saw fish and sharks, and for some reason  
I could communicate with them.  
I keep wondering how and why I ended up this way. I couldn't complain,  
it's what I always wanted.  
I finally saw someone like me and asked if they knew how I became what I did.  
They said there is a good witch that grants people their deepest darkest desires.  
He said the only way you can become human again is to fall in love with a  
human.  
I asked if I had to?  
He said no you could always fall in love with me and stay here forever.  
That is when I awoke from the best dream ever.

Kate Borg

## **Baby**

Awake in the morning  
I start to cry  
The bars are blocking me  
I wonder why  
everyone else walks tall and free  
everyone except me  
I am trapped  
an angel comes to pick me up  
and I get a kiss  
I am loved for all around  
I'm not allowed to touch the ground  
As I shut my eyes again  
the angel stares at me  
and holds me till I fall asleep  
Who could that angel be?  
None other than Mommy

Amanda Widawski



## Beautiful Babies

Boys  
Girls  
Happy  
Angry

Every baby is different  
Beautiful Babies  
Girls are priceless  
And Boys are too

Babies  
Happy  
And  
Angry  
Not every baby is the same

Pink  
Blue  
Angry  
Sad too

Every baby is different  
Pink  
And Blue  
Angry when not given what wanted  
Blue when not loved too  
Babies

Natasha Desmarais

## **Happiness**

Happiness all the time everyday  
Tears of Joy  
Laughter  
Smiles  
Happiness every day and all the time  
When I am with you!  
Tears of Joy when you came into my life  
Laughter of Love when you Smile  
Smiles when I look into you Beautiful eyes.

Happiness

Tears of Joy  
Laughter  
Smiles.

Natasha Desmarais

## **Where Do I Come From?**

I'm from a city called Toronto, Ontario Canada.  
It's the one place in the world I hate more than anything.  
It brought about the bad side of me. It brings  
about the bad side of everyone sadly.  
People don't care about people, they only  
care about personal gain.

I remember the smells of piss and vomit  
from all the drunk homeless people. I remember  
the yellow mushy snow. I remember the crazy  
colours from all the ravers downtown. Then  
the boring bland colours of all the boring  
business men and women.

The lights were always bright cause they were  
trying to be New York. You couldn't really see  
the stars cause the lights were always  
on.

I played with my mom's friend's kids. They always put us together, thinking we would be fine while they went off and drank, then they puked.

I couldn't play with my toys unless I was by my mother's side, was so scared of being left behind.

My cousins were like my brother and sister cause our parents drank together, so we were always together.

I went to church on Christmas while I was up north with my grandparents. I did love it there, peaceful country. Their dogs always protected me when scary animals were near me. I do remember camping each year with my cousins and aunt and mom. They were some of my best and worst years. I went to a sleepaway camp as a kid but something bad happened each year. Yet it's still one of my favorite places.

The only thing I was every truly scared of was being alone. I always seemed to go to bed alone and wake up alone. I don't know if I ever really trusted anyone. They all seemed to hurt me.

Things have changed so much. I left the cold vile place where everything went wrong. I now have the world's best son, and finally believe I have a reason to live. No more depression, no more tears, no more cuts, no more drugs. Only smiles and being the best mother ever.

Kate Borg

## **Miracle**

Floating around in a marvelous mind.  
Filled with Ideas & beautiful designs.  
A Cry for Help,  
A Tender Voice  
True & pure, filled with love  
I could not ignore  
As I ventured off to the unknown.  
A little girl lost with no Home.  
The wretched clothing  
The pain in her eyes  
Unbearable!  
Not wanting Riches  
Not wanting Gold  
Not wanting shoes  
Not even a Home  
Of All the things,  
I could be.  
Mother, she cried.  
I need you be.  
The sadness I felt  
Too much to speak.  
A, mother, A House.  
Now they can rest in peace.

Nelica A.T. Scott

## Love

ouch the pain  
I'm hurting again  
love where?  
I see knives, and blood  
Where oh where is the love?  
pins and needles up ad down my spine  
hurting in pain from your lies  
I never knew you to be so cruel  
Walk out, Turn  
I say goodbye  
you cry why?  
Don't go, I'll change  
but everything remains the same  
I Love you I do!  
I even love you too!  
but all the pain I feel inside  
only gets pushed aside  
Everytime you say a lie  
you don't know how I feel inside  
it's over I'm gone  
I walk out the door  
I LOVE YOU, I LOVE YOU  
He screams more  
In the end love conquers all  
I come home to bed  
And it happens again

Amanda Widawski

## My Isle

As fresh as the sea  
As Rough as the Oceans  
The Smell of flowers.  
The adventures into the Forest.  
Sun, Rain, Sun, Hot, Cool  
All these felt upon my skin.  
Bright & effervescent  
The sounds of flip flops  
The flow of dress & skirts  
Morning Calm & Clear  
Mid-day Hot & Bright  
Evening Mellow & Cool  
Looking up at the many Stars  
The moon I can almost touch.  
The 24 of 26 cousins I love dearly.  
My NaNa I miss truly  
Lucky may he R.I.P. my Best friend a girl could have  
The long Sundays, Praising my God.  
The walks on the mountains tall & strong.  
By Black & White Sandy Beaches, the warmth of the Sea.  
The Fresh Water Upon my skin.  
But those two...  
The two who should of been there forever.  
Looked into my eyes and hurt me  
That Man,  
That Man I looked up to, I wish I could kill you.  
But I leave you in God's hands.  
Noone else, I only Trust myself.  
Change: I left

Nelica A.T. Scott

## **True Pain**

Curse you, I hope you Burn in Hell, You two  
Having always to look & watch my back  
It all started.  
My innocence, my beauty,  
I guess that's why they couldn't stay away from me.  
I trusted you. But you betrayed me.  
I cant sleep  
Can't eat  
Felt like I could not Breathe.  
Paralyzed for eternity.  
Pulling me down Ripping me apart  
Tearing me open  
Scratching my insides  
Die, Die, Just Die  
That Man  
You came so sweet, a Father to me,  
My Real Dad & I not so close.  
At first was happy.  
Then you showed your true colours.  
He would wait till she left.  
Told me to hush, just be a good girl that I am.  
Don' move he said  
And I listen  
Fearful not for mine but my mother's life  
I obeyed and it was the same two all over again  
6-15 was the hardest years of my life, But I'm strong now.  
TOUCH MY CHILD & I KILL YOU DEAD  
NO REGRETS

Nelica A.T. Scott

## **I Wonder**

how many drinks did she have tonight?  
Did she even come home?  
Did she pass out in her puke again?  
Did she hit me again while drunk?  
Did she yell so hard the cops were called again?  
I wonder if one day she will die from  
drinking too much?  
I wonder if she ever got raped cause  
she was always drunk in clubs?  
I wonder why she started to drink?  
I wonder if she would of stayed sober  
if she never had me?  
I wonder, I wonder, I wonder?

Kate Borg

## **Song**

Don't cry my princess  
Momma is here to keep you safe  
To take all your bad dreams away  
Don't cry my princess  
Everything will be just fine  
Don't cry my princess  
Momma is here...  
Don't cry...  
Don't cry...  
I love you, momma's princess  
Don't cry...

Natasha Desmarais



The day you walked into my life was what I thought was the best day in my life. I thought I found my best friend and soul mate. You understood me so well. You made me smile while I was in the shadows. We grew to be the best of friends, till we figured out we liked each other. We became so madly in love so fast. Till the day I first found out you cheated on me. I couldn't believe it. It killed me so much. I couldn't breathe, I couldn't think straight. I ended up spiraling hard downhill. I did everything I shouldn't have, I just didn't want to be. The day you wanted me back I jumped at it, I was so in love. It didn't last long. I ended up watching you date my cousin, my good friends, all well I stayed alone and sad. I was scared to move on to try loving again it always ended up badly. We stayed friends for awhile till we lost touch. You showed up at my door with your G/F one day. I took you in cause I felt bad. She ended up having your first kid. Then she left. I thought we were going to get back together. We fucked, only for you to date the younger girl the next day. That girl left you too, then ended up killing herself years later. I ran away to Montreal, thinking I would finally get over you. I got played hardcore here. You came back into my life. I let you come down. We ended up getting pregnant. I lost it 2 months in. That broke us up again. Then a couple months later you came back. I moved you in. We fought a lot, and I drank too much. I ended up in the hospital for cutting too deep. I kicked you out the day I found out that you were going to bath houses and sleeping with men. You did me wrong again. We stopped talking again. Then I heard you were living a block away dating the one girl I hated so much. Then you contacted me. I was weak and still in love with you. I took you in the day she kicked you out. We ended up pregnant again. You ended up leaving me a couple days later. You went to her. I thought I lost the baby. We stopped talking till the day he was born. Then you asked for me back. I said yes, but tested you. Then I found out you were still with her the whole time. I felt so stupid. Everyone told me how you would never change. Even your family begged me not to take you back. Jude has given me the strength to finally get over you and never take your lying cheating ass back. I'm done and a better person for the pain you caused me.

Kate Borg

## **Pain in my Ass**

You stabbed me in the back  
said everything would be fine  
Why do you lie? Why?  
Why say I love you?  
Now it's just a word  
It's been said so many times  
and I have heard it all before  
Why do I cry?  
Why do you lie?  
try to fix it Why?  
You broke my heart again and again  
It may have been done to you  
You should know how it feels  
don't hurt someone who loves you deeply  
and will always be by your side  
Why won't you make time?  
I feel like the weight is all on me  
how did that come to be  
I Love you, you I Love you, I love you  
and...  
YOU STAB ME IN THE BACK!

Amanda Widawski

## **My noisy brother**

I have a little brother  
he's smaller than me  
hasn't been any quiet  
since he came to be  
screaming, crying  
all the time  
they have no time for me  
my very noisy brother  
he is only 3

Amanda Widawski

## **Shivers**

I keep you warm when you go to sleep  
When using me you don't make a peep  
You take me everywhere you go  
and keep you quiet for the road  
When you accidentally leave me behind  
knowing you will start to cry  
Mommy tries to come and find me  
When she does we see you smile  
and we go to sleep  
and feel all better

Amanda Widawski

## **Language of Love**

There are so many ways to say I love you  
I love you. Je t'aime  
Ane ohevet atta, te amo  
is that enough?  
What does it mean?  
the language of love  
from High above.  
How many of us feel the love?  
What is the symbol of the white dove?  
do you cry? Why?  
Can love solve it all?  
Has the thought of money, cars, and houses taken over?  
I'm not sure the love is felt all over  
Would you try to find your love?  
Yet there are still so many ways to say I love you  
Does it mean anything anymore?  
Do you care?  
Have you felt the love?  
Is it just a word?  
Your boyfriend, family?  
What does love mean to you?  
is it an emotional rollercoaster?  
do you follow your heart?

Amanda Widawski

## Villanelle

Look into my eye, tell me what you see  
Nothing more than what I am  
My life's a song, like a symphony

It hits me hard. It's reality  
Why? Why Sam?  
Look into my eyes, tell me what you see

My life's a curse, it brings me to my knees  
Knocked me over, like a Ram  
My life's a song, like a symphony

The hatred I feel, as I write in my Diary  
You chopped me up, Dice and Sliced like ham  
Look into my eyes, Tell me what you see

Run away, Let me be, flee flee  
Oh, No Oh No Damn  
My life's a song, like a symphony

Days go by I see no company  
I am what I am  
Look into my eyes, Tell me what you see  
My life's a song, like a symphony.

Nelica A.T. Scott

## Haiku

1.

Feelings of the hot sun beaming bright  
Raining Pouring down hard  
Blooming Beautiful Red Roses

2.

Strawberries  
Oh So  
Red and Sweet

3.

Swimming in the Bright blue Sea  
Yellow Sun Beaming Bright  
Sweet fishes Swimming all Night

4.

Swimming in the Bright Blue Ocean  
Yellow Bananas are Delicious  
Monkeys are funny.

Natasha Desmarais

### **A Wish**

Star of lightening  
a wish appears  
world peace

### **The Beach**

Foot prints on the sand  
Cool fresh air upon my face  
jump in and relax

### **Spring Water**

Harvest Moon  
Buckets awaiting  
Sparkling water

### **monkeys**

Swinging monkeys on a tree  
eating bananas  
looking out on sea

Nelica A.T. Scott

## **Winter Day**

footprints on the ground  
knowing it's cold, cold day  
let's stay out and play

## **Clean**

So mom can stay calm  
I help out around the house  
I'd rather be gone

## **Monkey Trouble**

eating bananas  
purple monkey in a tree  
looking down on me

Amanda Widawski

## **Haiku**

1.

Jude is amazing  
His smile lights up the whole sky  
Thanks for being you

2

Being a mother  
Is one of the best jobs around.  
I get to watch you grow

Kate Borg

## **Jude**

I am like an angel when I fall asleep  
When I do I don't make a peep  
When I awake for goodness sake  
I'm Jude in a mood  
The only person that can make me happy  
really quick and very snappy  
Is my mommy who I love very much  
She could never lose her touch  
As I get older I won't show it  
but I love you so much and you know it.

Amanda Widawski

## **My Darling Jamie**

When I awake I see your eyes  
Sometimes it makes me want to cry  
I Love you Jamie with all my heart  
We shall never be apart  
I wish you all the best in Health  
always remember to share the wealth  
Mommy & Daddy love you so  
We will never let you go  
a fight, a struggle as time goes by  
but we will never say goodbye  
Our love for you will never fade  
It will never go away

We love you Jamie.

Love, Mommy & Daddy

Amanda Widawski



## **Cough Cough!**

She didn't get Tina sick  
It was Jamie, it was Jamie!!  
Now he's all better  
he was under the weather  
he got everybody sick  
Natasha, Paul, Alexa  
Holly and Mommy too  
We did not know what to do  
so we were quarantined in our rooms  
waited on hand and foot  
never took advantage  
the shape we were in  
It's cuz the staff love us  
with all their hearts  
Hollie and Alexa don't want to leave at all  
Imma lock you in there till you tell me how old U are  
She's going to miss all the trouble we cause

Amanda Widawski

## **Yummy Goodies**

I want that cake.  
Dark Chocolate melt in your mouth cake.  
That Cake looks good.  
I want to devour that cake.  
Then I'm gonna get fat off that cake  
Than I'm gonna get lazy off that cake.  
Oh...  
Cookies...  
I want some cookies  
Chocolate chip cookies  
Yummy goodies  
Love my cookies

Nelica A.T. Scott

## **The Beginning**

Me...  
The Old Me...  
The Defeated, tired, Reckless me  
The Height of the smoke  
The Blurr of the Love drug  
The intoxicated nights  
The smell of sweat  
Fun times?  
Overload...  
Too much to bear  
Then I died..  
I came back  
As pure as I could be  
The best me.  
Death is only the beginning.

Nelica A.T. Scott

## **Rosie**

Never had the chance to say goodbye  
I believe I was only five  
Looking back  
I see you setting the table and putting us to sleep  
The last night I saw you  
when you babysat me  
I still remember all the fun we used to have  
We love you  
You will always be in our hearts  
my darling Rosie  
One day we will see each other again.

Amanda Widawski

## **Brooke**

April 02 2012 was the day they came  
Garbage everywhere  
Dirty dishes all over  
on the floor

April 02 2012 was the day  
you left

Feces on the floor  
Dirty dishes  
Garbage everywhere

Should have never let it get this way

April 02 2012 is the day they came  
to take you away

Garbage  
Feces  
Dirty dishes  
Hazard Danger  
April.  
I'm sorry and I miss you.

Natasha Desmarais

## **Tears from above**

I am running and running  
You can't catch me  
Goodbye!  
Not tonight  
I'm leaving  
I can't take all that shit you put me through  
I am gone tonight  
As I run out the door and say goodbye  
you can stand there and cry  
but it's not going to change my mind  
I just want to say goodbye  
so don't cry

Amanda Widawski

## **I'm sorry**

I'm a mother of three  
I have one daughter  
I'm sorry I was not strong enough  
So innocent...  
To feel you moved  
Wondering what you would become  
Voices in my head...  
But not my Own.  
A life of regret I live  
I'm Sorry  
See you Both Later or Sooner  
They say it's for the best  
I was only 15.  
I have your Sister  
They say it's for the Best  
I ask what about the Rest  
I Love You Both  
I'm sorry  
Love: Mom

Nelica A.T. Scott

## **Cross our Fingers**

December 21st 2012, today is the  
day, the day you come home with us.

Counting down  
the seconds.  
the minutes.  
the hours.

December 21st will be the greatest  
day of our lives  
When we will always have each other

December 21st

Counting down every  
second.

minute.  
hour.

December 21st 2012, today is the  
day, the day you come home with us.

The day I get you back  
will feel like I won the lottery.

December 21st 2012 is the day  
seconds.  
minutes.  
hours.

I can not wait till that day  
When we will always have each other

December.

Natasha Desmarais

## **The Day**

Come into my life looking so cute. Why oh Why? We started dating, things were all right at that time. We continued with the relationship. Stupid me. I didn't know you were a cheat. Things then got tough and difficult. I was pregnant with our son and we fought a lot. You beat me everyday. I got tired and gave up on you. I thought you were my everything until you kicked me in my knees. That's the day I said goodbye. I was 4 months pregnant. That was the best day of my life.

Natasha Desmarais

## **The Next Chapter**

Dec. 14th I will be walking through Elizabeth House doors for the last time as a client. I am moving home to live with my son's father's family. This is one of the best, but also scariest days of my life. I have spent 6 months of my life here. Some of my favorite moments and worst moments happened here. I know I'll be taking a lot of stuff I learned from here on to the next chapter of my life. I thank every staff and client I met here, for both the good and bad memories. You each have helped me try and become a better person and wonderful mother. I know I will be keeping in contact with Nelica and Nyé, they really truly became part of my family. Thank you everyone for preparing me for this next chapter. I respect each and every one of you for different reasons. Good-bye and I will miss you dearly.

Kate Borg

## **Gold**

Bees work very hard  
To produce their nectar  
But it makes Paul Vincent sick

A.S.

## **Comfort**

I'd love to cuddle with you  
In a lacey duvet  
Of bubbles and lather

A.S.

## **In the dark**

Someday, a dark silhouette will creep into your light  
Putting a shadow on you, like a black veil on a widow's face

You try reaching for a torch lamp, a candle, anything  
But the saving light is coming rare as you get drowned  
Slowly, by the shadows

And then, when hope is almost turned into a fugitive  
A soft and strong hand grabs and pulls you  
To a place of warmth and well-being

There, everything is peaceful, green and blue  
The best foods grow at your feet  
The sun caresses your skin  
And every sound around  
Creates a symphony of serenity  
Helping you catch your breath back

A.S.

## **Metamorphosis**

As a cold breeze pulls me from my home  
Away from my friends and all my loved ones  
I float and twirl in a crimson spiral  
And land in your hand as you stare in wonder

Keep me between your fingers for I need a little warmth  
Before the snow comes and buries all my world

A.S.

## **The bush**

Seriously? All this hair is getting on my nerves!  
I'm trying to eat this wonderful, delicious chocolate  
But the crumbs keep sticking to the furry piece above my lip

It itches and stings her perfect skin  
As I try to kiss her goodbye  
And keeps growing back no matter what

Unless I shave and then the poem will be over  
Boo hoo! the end.

A.S.



## **Yin and Yang**

Rattled by spiders  
Cherished, cocooned in warmth  
Cherie – maternal, safe, protected  
Hunger – Waif, size 0, sick beauty celebrated  
Opposed, stubborn, challenging  
Heard, respected, understood

Tina Pallotta

## **Unfinished**

Writing, moving, not sure what to write right now!  
Just letting the pencil slide and squeak across the page.  
Pausing to think of the next line.  
Power line, landing, delicately  
Claws grasp, release, grasp, release  
Jump, free fall, faster, diving

Paul Vincent

**E.H.**

*Try to love the questions themselves  
Like locked rooms and like books written in a foreign language*

(Rainer Maria Rilke)

As you move from house to house  
Entering and opening doors and ignoring others  
Swing from vine to vine  
Letting go of one safety for another possibility

Is it exciting or stressful, a reward or a mistake?  
You are where you are and this is something  
Plus or minus, be proud.  
Record your presence.  
Scream from buildings  
Write your name on the walls

Rest assured that no one else  
Can write their name in the same spot that you did  
Be proud that you are where you are.

Paul Vincent

1.

Oh silly haiku  
You are making me crazy  
I wish you were done

2.

The orange is round  
But round is not an orange  
Complicated fruit

3.

If Remy's cake would  
Eat cake it would eat itself  
Cannibalism

4.

### **Alexa in the emergency room**

Alexa and eggs  
Are like oil and water, but  
Chocolate is fine

Paul Vincent

## **M.A.**

Heart beating, breath halting, eyes darting at any movement. She is too close. Will I be able to move in time? My hands try to casually remove sharps from the table. Does she notice? She does. Her anger increases. She has the right. I would be mad too.

Broken promises, expectations unmet. I sense movement. Eyes focus. Too slow. All is a blur. I only see the cereal box as it hits the ground. My head stings. Room falls silent.

The anger begins to grow. Stomach bubbles rising and rising. Tense muscles. I am annoyed. First reaction is punitive. Remove all privileges. No community time. No computer time. Special restricted program. The individual is removed. I remove myself. I stop. Breathe .stop. breathe. Think. Annoyance fades. Understanding returns. Soon I will be called to process the issue. We will discuss. We will listen. We will laugh. Until the next time...

Paul Vincent