

Alcohol

By Eileen Steenweg

When in the depths of hurt,
I approach you as my lover.
When all the sparkling lights go dim,
I'm in your amniotic swim.
When others hurt my soul,
you assure me I am whole.
When others love me not,
you keep me warm and hot.
When in the glass I spy
the fulminating terror
You open up the clouds and skies,
until the sadness ebbs and dies.
But buried with my doleful sighs,
are the price of your deceptive lies.

CAREGIVER

By Chris J. Kulkowsky

The chairs sat by the side of the stream's side
And we heard a piano playing into the ears of the forest:
We had talked long time and now the morning was negligibly here.
Whistling isn't it? That oldtime beckoning of childhood
And I've found no note that corresponds to this emotion.

So half-angel, half-human being,
Speaker of my language, I'll leave
And send that poesy letter wherever you may be.
Don't forget, I liked the evening and you've taught me much, my friend.

Light And Shadow (Completely And Absolutely Free)

By Matthew Menechella

There are two parts of my mind
They are brothers named Shadow and Light
Shadow is tricky and malevolent
Light is honest and benign
Though they are brothers
The both of them are constantly at war
Over my emotions
Over my feelings
Over my very being
I used to think
That there was no way to quell
The fires of their war
Burning inside of me
As I sat quietly screaming in my head
The torture that I was put through
On behalf of these two warring brothers
Words cannot begin to describe
After Twenty-Eight long and grueling years
Being the slave to a war not of my own choosing
I decided something had to be done
Treatment and therapy was my answer
So I threw myself
Into a world that until this point
I never understood
That I never even knew I had a need for
That world is the world of healing
Healing the grievous wounds handed to me
By the torturous brothers Light and Shadow
Through treatment
As well as prayer and medication
I have sat the brothers down
And calmly asked them to sign a truce
They finally agreed
And after years of torment and disgust
With them as well as myself
I have become a healing and happy individual
With this in mind
I can finally say
I am the one thing I have longed to be
Completely and absolutely free

Untitled

By Kirstin Hurdle

As the caterpillar fights to survive
We as people have to live. We fight
everyday from getting up in the morning
to facing life challenges. On a coin it announces in God We Trust despite
our challenges our Faith has to pull or push us through. We are not weak we are
strong and smart we need a chance to show our many talents. I have to believe in myself and so
do you.

Untitled
By Lucy Rosenberg

So my journey begins with reflection on a note to myself written not so long ago...

“In a hole with black clouds above smothering the light out of who I used to be.
No passion fills my heart; only anxiety and emptiness.”

I take a slow, grateful pause...

Through the grace of God, I am no longer dying in that space.

Living has taken root.

With each imprint I leave on my newly discovered path,
I am gently reminded that I do deserve to be happy.

I am worthy of the most abundant love.

Depression is my diagnosis but will never define who I *am*.

I *am* a devoted wife, nurturing mother, supportive daughter, caring sister, kind aunt, faithful friend, loyal employee and lawful citizen with all the wonderful flaws that make it that much richer.

So much to discover from this unknown territory since I've finally decided to take the road less familiar to me.

My destination, well, that remains a puzzle and is no longer what I long for.

Because the journey is the living part, the part that I want to cherish and mindfully experience before today becomes just a blurry vision tomorrow.

I want to smell cold winter air while it's available.

I want to touch a freshly sprung silky tulip in early spring.

I want to feel the ocean waves on my toes as they sink into the drenched sand on a hot summer's day.

I want to taste a crisp Gala apple plucked from the tree at a harvest festival.

I want to worry when it is necessary to worry, but not before I take in all the beauty life has to give me right now, right here, if only for just today....