

**“Hope & Wonder”**

by Zaire Wilson

I spent a little over a week in the hospital with whom most  
People would refer to as “the nut jobs”  
It’s funny to me...  
“The nut jobs” were some of the most kind hearted people  
I’ve ever met  
Never quick to judge  
Hearts full of love  
The native americans believe that a mental illness is a sign  
Of a seer being born  
Shaman  
The medicine man/woman of the tribe

I stepped out of the building barefoot  
(The staff lost my shoes)  
My first breath of fresh air filled me with even more positivity  
Than the rigorously scheduled therapy groups I attended  
Major Depression held a veil over my eyes that manifested  
The “definite” nihilism of life as we knew it  
So why wait to leave?  
At least that’s how I used to see things  
To find joy in the simple things of life is amazing  
I had the time of my life stocking shelves this morning  
I met a homeless man on my cigarette break  
He had it all, then lost it but he was still able to smile

**“My World is Not Dark”**

by Susan Meyer

My world is not dark  
It is simply lit by a different light than yours  
True I cannot fully understand your world  
But can you even begin to imagine mine

**“OUTLIVING MYSELF”**

by Irwin Dunsky

To outlive my own  
Insecure self righteous chatter  
Only required not dying  
And 25 years of working on myself

While on my path to liberation  
I questioned many things  
Why do I always have to keep working?  
Why can't I just cruise for a while?

On my journey to self realization  
I met other brothers and sisters  
Looking for the same thing I was  
We all spoke a common language

For all the books I read and years of therapy  
All the introspective work I've done  
What was the prize or gift that came my way  
Then I realized it, I'd been given a new pair of glasses

**“Testimony”**

by Barbara Mitchell

Born into a world unwanted by a human  
But wanted By a God. Adopted into a  
family of Love from a family I grew  
up into hoping it would just  
pass by. Father of pain, father who’s angry and  
love, But as time went by I accepted  
a father in heaven as my Lord and  
Savior from above.

He guided me through fear, guided me  
through sorrow and anger, with my  
heart filled with hate and I all  
of the sudden I had to create  
coping mechanisms through  
my symptoms and triggers.

People came and gone in my life, But  
my father from earth died who  
caused a lot of symptoms and  
strife.

Freedom and my eyes opened wide.

The sun shined Brite.

No longer do I have to be angry  
and sad and put up my  
defense mechanism and put  
up a fight. God saved my  
Life.

**“The Gift of Love”**

by Cathy Christenson

As I sit here looking back,  
I often wonder what I lacked.  
I thought and I thought,  
until I didn't have a thought.  
You see, every problem I had,  
every trouble I went through,  
while may have imp acted my life,  
Was the very thing that helped me to grow.  
There were many, many silent days  
when my lips never moved.  
Then something suddenly came to me  
and imp  
acted my whole life from there.  
A new life was going to be born,  
an Aunt I was to become.  
It was the thought of being an Aunt  
that made me want to live, again.  
No more suicidal thoughts,  
the sadness slowly dissipated.  
As I grew from there,  
my days were so much brighter.  
For having been an Aunt  
has helped me to become quite a fighter.  
As I sit here thinking back to those days long ago,  
I know that God was on my side keeping me in mind.  
He gave me all those times,  
good and bad there were.  
Every lesson I learned,  
every problem eventually solved.  
Every person I came across,  
either friend or stranger from afar.  
Everything was sent from way up above,  
for everything was sent with a whole lot of love.