

**“CHALLENGES”**

by William Bergeron

CHALLENGES ARE A WAY OF LIFE – NO CHALLENGES NO LIFE-  
CHALLENGES ARE WHAT MAKES U- MOLDS U- SCULPTS U –  
YOUR THOUGHTS – YOUR BEHAVIORS – YOUR ACTIONS –  
WHO YOU TRULY ARE – TAKE EVERY CHALLENGE TO THE  
BEST OF YOUR ABILITIES AND BE RESPECTED FOR WHO YOU ARE!

CHALLENGES

GETTING UP IN THE MORNING

WALKING ON THE MOON

BELIEVING IN YOUR SELF

PLEASE BE MOTIVATED !!!

THE CHALLENGE IN IN YOUR SELF !!!

**“From Aphrodite to Artemis: A Sister Healed”**

By Victoria Gray Palmer

Wild mane flowing  
Sun-kissed bronze and worshipped  
Desired by all except myself  
Deficient in my love

Jealous laughter spreads  
A disease of hate and mockery  
Pressure to be prized  
Praise for my physique

Flickering eyes of bluest flame  
Dewy lips of rosebud hips  
Enchant the fickle masses  
Imprison me, Aphrodite

Losing myself in torturous grief  
A swan that cannot swim  
Desperate cries of lasting pain  
Soothed only by sweet nectar

Beautifully superficial world  
So cold and terrifyingly lonely  
The real me unknown, unloved  
End nears, my poison, my friend

Yet the moon beckons  
Its silver smile protects  
An unmistakable gleam of arrows  
Signals me to fight

Artemis, my sister, your voice  
Louder than the beasts you tame  
Pierces the binding darkness  
Awakening my shackled soul

Lush forests flood  
Soar with joyful birdsong  
Untethered horses run  
Sleek, bold, uninhibited

*NAMI NJ Expressive Arts - Poetry Showcase - November 2015*

My spirit ignites anew  
Nature embraces me  
Your love, my strength  
My will, my savior

Like doves through the fields  
We fly, sisters, side-by-side

**“Nature’s Gifts”**

by Leslie Price

There are angels in our midst  
That we know do exist  
They spread their joy throughout the land  
And help us to understand that there is a God.

The brilliance of the sun  
That gives off light  
Stars in the deepest blue of the night,  
The moon with its different phases  
Bring out the heavens that lie above.

Fireflies light up the skies with their glow  
Butterflies beautify the atmosphere  
As their journeys and colors flow  
The trees that help us breathe  
The air that we cannot see

All these things we live and learn  
Are the nature of God’s earth that’s everlasting.

**“Spring!!!”**

by Michele Zaccone

There are clear skies,  
that shine in your eyes.

The weather so nice,  
that I think I’ll make some ice (cubes).

The winter has finally gone away.

Bring our your light coats,  
so you can feed the goats.

Smell the fresh air,  
so you can eat a pear.

Pick some flowers,  
and get some power.

Take a walk,  
and just talk.

Enjoy the spring

And SING! ☺

**“UNCOMFORTABLE IN MY SKIN”**

by Larry Schiller

Childhood was chaotic, embarrassed to show my face.  
Will I survive? Need to get out of this place.

No place feels safe, especially when at home;  
always searching for something, my soul needs to roam.

At school I was an outsider, just never quite fit in.  
Was I from another planet? Always uncomfortable in my skin.

Work was no better. coworkers had me paranoid.  
Looking for satisfaction but only finding the void.

Relationships weren't stable, usually hit or miss.  
I react with anger and seem to fight more than kiss.

Not sure I could go on, if you ever leave me.  
Sometimes I hate you but alone I can't be.

I have many goals and talents but put them on a shelf.  
Returned to the Psych. Hospital again I sabotaged myself.

Compliments scare me yet attention I do seek.  
Negative thoughts get obsessive when anxieties at its peak.

They tell me to relax. They tell me just to breathe.  
I feel like a broken care shoes engine is about to seize.

My self-image leaves me empty, my mood more than sad.  
If I believe it's someone else's fault you'll see me really mad.

The ups and down are endless. They are really a drain.  
I would do anything to stop this emotional pain.

I'm ready for Psychotherapy. The best is D.B.T.  
Also improving my nutrition, taking St. John's Wort and Omega-3.