

Year - Out - Year - In



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Year-Out-Year-In-2021-2022

The year's almost over
2021
And 2022
Will soon have begun

My thoughts and my feelings
I've put down in verse
Everything good
And everything worse.

Bits and Pieces

I'm going to keep a diary
That's true. That's my plan
I'm going to keep a diary
To see who the hell I am.

I must write
Right now it's night
Almost 10pm
Write I must
When? When?
Now and always
Again and again.

Within me I feel lust
I feel that I may bust
I need Bruce next to me
He's kind and gentle as can be
And yet I must be free.

I must be free to write
I must be free to live
I must be free to take
I must be free to give.

I am kind of a little down
Gotta get over it
This covid thing has been getting to me

Wearing me down bit by bit.

So now I'm keeping a diary
Of this I'll never tire
And school is very helpful
I love it and I'll go higher

Higher and higher I'll go
To great things I plan to aspire
In the past I was held back
Not anymore and I will not tire

I will not put down my pen
I'll write and write and write
I will do some painting too
But it's mostly the writing that I will
pursue.

Don't want to stop now
But I will
Got stuff to do
Though writing's my thrill.

So right now
I'll say good night
Today I'll no more read
Today I'll no more write

Bruce

Bruce I love you
With all my heart
Don't know what else to say
Hope that we will never part
And that all good things come your way

Sometimes I feel
I don't treat you right
Please forgive me for what I do
I'll try very hard
To mend my ways
And be so happy that I'm with you.

Who Am I?

Who am I?

What am I?

To myself I must be true

I'm mother to my daughter

And partner to my friend

To treat them well I will do.

Onward

I decided to no longer dwell
On my bipolar hell
I may think of it and write
Or tell my therapist about my plight

But I'll talk about it in sum
Of all the progress I have won
Because if not I will see
That no one's holding me back but me

So onward, onward I will go
And reach the good times at last
And never, ever miss a beat
Because of my unhappy past.

In Charge

I'm in charge of what I do
It's up to me, not up to you
I'll be kind to my friends, it's true
But I still must do what I must do
And this is in the negative too
I will not do what I should not do
It's all about being kind
And using my God-given mind

I'll be kind to me
I'll be kind to you
And we'll be good friends
Forever true.

At Last

So much in happening in my life
I'll not ruin it by the past
My present and future are glorious
Life is better at last.

Gee Wizz

Gee wizz. Gee wizz

I must grow up

And face life

As it is

Gee wizz. Gee wizz

I'll grow up if I must

But part of me stays a child

Where there's so much good stuff.

Here I Am

Here I am

On the couch

I'll move forward at last

Here I am

On the couch

I'll not be a slave to my past

Sometimes I worry

Will things go right

But deep down I know

Sometimes I worry

Will thing go right

If not, I will make it so.

My Website

I have lots of stuff
To put on my site
And you can be sure that I will

I have lots of stuff
To put on my site
It may take time but I will.

My Uncle

My uncle died
But I must see
The death of him
Is not the death of me.

Life

Life has many twists and turns

This I must realize

Although life has many twists and turns

I must see it all with fresh eyes.

Writing

Now that I'm writing
Everything down
I'm feeling
Better and better

Now that I'm writing
Everything down
I feel better
With each letter.

Where Am I Going?

Where am I going?
I ask inside
“But it’s not the destination
It’s the ride”

There are bumps
As I knew there would be
But most of the time
The ride’s good to me

There were plenty of bumps
In the past
But that is over
At last! At last!

Hooray

Life is starting

To go my way

Hooray!

Hooray!

And Bruce

And Bruce is still
So sweet and kind
The most wonderful guy
A girl could find.

Much Better

Feel much better

Cause now I see

Another good day

Tomorrow will be

And also next month

In school I'll be.

Ho Ho Ho

Ho ho ho

To bed I go

Ah—to relax

And dream

Dream of peace

Dream of love

Dream of blessings

From God above.

All Our Blessings

I count my blessings
By the millions
What an awesome sum
And even when
Life is bad
From bad, good things can come

When I was young
I was on my own
And could be quite defiant
But because there was no one
To give me a hand
I learned to be self-reliant

When I was young
I found that life
Could be quite confusing
But now I see
That much of life
Can be quite amusing

But there are bad people
In this world
Who can be smart and clever
Do not let them
Invade your soul
And accept them—never

So let us all
Join hands and sing
A kind and gentle melody
Each tune may be different
The words may be too
But it will all be harmony.

Sometimes I Feel

Sometimes I feel
I'm on the spot
And just not happy
With what I've got

So I take a deep breath
And count to five
And then I'm happy
That I'm alive

Since I'm alive
I can pursue
Whatever I
Choose to do

And I'll move forward
By all means
And never ever
Give up on my dreams.

Dreams

I have dreams

I will pursue

Not just “will”

But today I do

And I will show

Others too

That mental illness need not stop
you

From what you want to do

Not just mental illness

But being older too

And even with arthritis

My dreams I pursue

You’ve got to figure out

What works for you

And even if it’s in baby steps

You are moving forward too

“Life is a journey

Not a destination”

And you are a part of

Your own creation.

Fundamentals

God gave you the fundamentals
Of what you can pursue
What you choose to do with them
Is up to you.

Life Is a Journey

Life is a journey
But where am I going?
Life is leading me somewhere
But where—there's no knowing

The path is winding
So ahead I can't see
What will it all lead to
I hope to find Me

And what is the goal
Of this endeavor?
It's creating Myself
Forever and ever.

Create Man

Did God create man?
I won't go so far
He gave us the tools
To create who we are.

Bipolar Brain

My bipolar brain
I cannot explain
But I need my meds
To keep me sane.

Hurdles

I'm so happy I'll be able to walk
With a wonderful walker just for
me
And I'll be able to overcome
A nasty disability

I have two disabilities now
Arthritis and bipolar 1
A lot of hurdles to jump over
And I'm jumping over every one

No one will stop me
From what I want to pursue
My life belongs to me
Not to you.

Three Strikes

I've got three strikes against me
But I'm NOT out
I'm older with arthritis and bipolar
1
And I'm still going strong
And having lots of fun.

Painting

I am now painting

That's what I do

I will go back to my writing

When the paintings are through.

Here I Am

Here I am
Kind of confused
So I'll sit down and write
Nothing to lose

I'll write and I'll write
What comes out of my pen
Then I'll read what I've written
Then do it again

I'll write down some stories
That I have heard
And stuff that I've been through
Word after word

I may write it in fiction
Poetry or prose
I'll put it all down on paper
Here goes—Here goes--.

Covid

Covid it is
Covid it be
A pain in the ass
For you and for me
And more than that
It can be deadly

You cannot make plans
Anymore
Because you don't know
What's in store
And more than that
Covid's worse than before

Thank goodness for phone
Internet and TV
They are truly blessings

For you and for me
And more than that
Zoom's great as can be

But so many people
Are not alive
Because of this virus
They did not survive
Although more than that
I'm glad I'm alive

And since I'm alive
I will pray
That this virus
We can keep away
And more than that
I have nothing to say.

Great Grandmother

My great grandmother said,
Very profound
“If you can’t go straight
You go around”

And I’ve been going
Around and around
Until this fortune
I have found—

To be faithful
As faithful can be
And to whom
I’ll be faithful to me

The moon at night
And each twinkling star
Says to be true
To whom you are

So I’ll spend my days
In pure delight
I’ll sing and I’ll paint
And forever, write.

Sometimes I Feel

Sometimes I feel like
I'm going nowhere
And going nowhere fast
Then I get
A grip on myself
I am somewhere at last

I'll be gentle and kind
To all that I meet
At the same time stand
On my own two feet
I'll do what I love
To make my life complete
And everything else
Will be a treat.

Issues

Why am I thinking
Of things that upset me
Why am I letting
These issues get me

It makes no sense
They are over and done
I should be kind to myself
And laugh and have fun

Plus the people who cause
All of my strife
Are no longer here now
They are out of my life

So the problem is me
And all of my thoughts
So I'll say to those thoughts
"Get lost. Get lost."

So lost they will be
With a punch and a sock
And then tell myself
"You rock. You rock."

“So Long”

I'll now say “so long”
To each one of you
Please, please enjoy
2022.

The End