

**LOTS OF JOY**

Poems galore  
A short story too  
Lots of joy  
From me to you.

**CITY LIGHTS**

When I was young  
City lights called me  
Now that I'm old  
I sit under a tree.

**VERY SAD**

It's very, very, very sad  
To see how much of life's gone bad  
All the fighting, all the fuss  
There is a better way for us  
We must rise above the fray  
And show that there's a better way  
Respect each other—you and me  
Whether or not we agree  
All of us need love—it's true  
So let's give out the love that's due  
Love and respect we all deserve  
From all who follow and all who serve.

**SERENDIPITY**

Serendipity!

What a tripity!

Things are great now

And how! And how!

I persisted. I persisted

I resisted. I resisted

So things came my way

Hooray! Hooray!

That's what I say

Hooray! Hooray!

And all because I never gave up

So now I have the golden cup

Yay! Yay!

Things went my way

And all because I never gave up

So now I have

The golden cup

From it I drink wine so fine

And now I feel sublime, sublime

From it I drink wine so fine

And now I feel sublime, sublime.

**I LIE IN BED**

I lie in bed  
Thoughts cross my brain  
I cannot sleep  
I think I've gone insane.  
I hope I'm not insane  
But in my brain  
Thoughts do go on  
That can drive me insane  
Why destroy today?  
Why destroy tomorrow?  
With all those thoughts  
That cause anger and sorrow  
But if I meet you  
I will smile so true  
I will smile because I'm happy  
Happy to greet you.

**JUDGEMENT**

You are judged  
By the company you keep  
Does that make you smile  
Or does that make you weep?

**I NEED**

I need to write

I need to paint

To be who I am

Not who I ain't

For years I tried

Tried to fit in

Managed a smile

Thought I was a sin

But now I want

Want to just be

The person I am

Just want to be me

Want to take courses

Learn all I can

But not to change me

But to be who I am

Don't know if

That makes sense or not

But here I am world

Here's what you've got.

**QUIET DAY**

Today I stayed in  
No one did I see  
Spoke on the phone  
Was a quiet day for me  
Did a few things  
In the house  
And I was quiet  
As quiet as a mouse.

**GO TO HELL**

Here I am  
Well, well, well  
And if you don't like me  
Just go to hell  
And when you are down there  
What will you see?  
You'll see lots of you  
But never a me.

**MOOD SWINGS**

You don't like me

I'm not stable, it's true

I have bipolar disorder

What can I do?

With all the mood swings

I'm depressed or I'm mad

Why are you laughing

I'm feeling so sad

Why do you laugh

When I feel upset?

I hope this is not

As good as it will get

But now there's medication

I'm better at last

And now the mood swings

Are a thing of the past

And now a new life

I am starting, it's true

And with some very lovely friends

Happiness we'll pursue.

**AIR QUALITY**

Well, well, well

Go to hell

That is—the air quality

It's not doing so well

Maybe I ought

To exercise but

With this air quality

I'd be a nut

At first I wanted to eat

To eat, to eat, but then

I realized my brain really wanted good air

So I stopped the eating then.

Well, well, well

Go to hell

That is—the air quality

It's not doing so well.

**WHAT DO I DO?**

To paint or to write

What do I do?

Or just think and think and think

And just think things through?

I think I'll take things easy

I'm on a staycation small

I'll relax and I'll be a winner

And the winner will take all

So now I shall write

Of whatever comes into my head

Of anything I can think of

Of anything that was said

Enough of the rhyme

I shall stop it at last

And act of the present and future

Going there from the past.

**BLUE TRUCK**

I see a blue truck  
Truck rhymes with fuck  
So what do I see?  
A fucking blue truck  
Sometimes I wonder  
What people think of me  
But they're not thinking of me at all  
Just their own dear selves, you see  
I think of me  
I think of me a lot  
I've got to think of me  
Cause I'm all I have got.

**I WANT TO WRITE A STORY**

I want to write a story  
A story of love and glory  
Or maybe of defeat  
Defeat may be all I meet.

**NO MATTER WHAT**

No matter what  
Is done or said  
The best place to be at night  
Is sleeping in bed.

**INTELLIGENCE**

Intelligence is fine  
Makes life interesting it's true  
But it doesn't define character  
Character is what you do.  
I'd rather spend my life  
With unintelligent women and men  
Than with intelligent hypocrites  
Don't want any of them.

**WHY CONCERN MYSELF**

Why concern myself  
With things that I have not  
Instead I'll keep loving  
The things that I have got.

**MEMORIES**

Memories. Memories  
Memories galore  
Some from now  
Some from before  
Memories. Memories  
Memories of me and you  
Delightful thoughts  
The whole day through.

**OH MY**

Oh my

What do I do?

Sometimes I feel

Wiped out and through

Oh my

What do I say?

Why do I feel

This way? This way?

Oh my

I'll keep going on

Cause nothing is here for me

If I am gone

Oh my

That may be true

But what do I do

If I feel so blue?

Oh my

I'll tell you what's true

Each day I'll give me

A fun thing to do

Oh my

When I'm wiped out and through

I still will feel happy

With a fun thing to do.

**SOMETIMES I WONDER**

Sometimes I wonder—  
Who am I?  
Where am I going?  
What's in store for me?  
But I realize  
It's all up to me  
Who I am  
Where I am going  
What's in store for me.

**FEELING HAPPINESS**

It's not enough to travel  
The whole world through  
The best of it all  
Is all inside you  
The paintings I paint  
And the poems I write  
Keep me on track  
And in pure delight.  
I will try to make others  
Feel delight too  
And feel a feeling of happiness  
Through and through.

**ME**

Who am I?

What will I be?

Where am I going?

Well it's all up to me

I can travel far

I can travel wide

But the best of it all

Is who I am inside

And to my friends and myself

True I will be

And that's who I am

And glad to be me.

**JOURNEY**

Does God punish us  
For what we do or don't do?  
Or do we punish ourselves?  
Which one is true?  
When we do something good  
Does God we please too?  
Or do we please ourselves?  
Which one is true?  
When we go to heaven  
Does God let us inside?  
Or do we open the door  
To where we'll reside?  
And what about  
Our time here on Earth?  
Is it us or God  
Who judges our worth?  
And if we are bad  
Then what will be?  
And the door that goes to heaven  
Will it be locked for you and me?

And if it is  
Where will we go?  
Does God then send us  
To go down below?  
Life is a journey  
And death's a journey too  
But is it free will for us?  
Or is it destiny for me and you?  
And if it's destiny  
Why should God be mad  
If we pursue  
Something that is bad?  
You know what I think?  
We should not make such a fuss  
And lead a life of happiness  
And what is good for us  
Lead a life of happiness  
And help others too  
And lead a life that you and I  
Are thankful to pursue.

**RETIRE**

Retire. Retire

Retire is not for me

I want to be productive

Productive is what I'll be.

**I'M TIRED**

I'm tired

I'm beat

Just want to rest

Just want to eat

Hope that I

Don't stay this lax

But now it feels good

Just to relax

Time to think

Time to dream

Time to wonder

If things are what they seem

I'll get back

In the groove very soon

Now I'm taking

A honeymoon.

**THE PAIN**

The pain. The pain  
From what I think  
Of days gone by  
And things that stink  
It's in my brain  
In indelible ink  
And no matter what  
They just won't blink  
However. However  
This I'll say  
About the thoughts  
That don't go away  
There are good things  
In my life today  
Good things that bad events  
Have brought my way  
And if nothing else  
From these events I've earned  
What have I earned?  
Good lessons learned  
And happily  
I love me today  
And all these events  
Helped shape me this way.

**OVERWHELMED**

Overwhelmed. Overwhelmed

Overwhelmed is me

Trying, trying too hard—oh gee

So why don't I just be me, be me

I'll be me

And try to see

Who I really am

And want to be

I'll do what's good

And not what I should

I'll do a lot

But not more than I could

So I will be

And I will relax

And in good time

I'll accomplish the max.

**WELL WELL**

Well. Well  
Go to hell  
Why did I buy  
All that you sell?  
I had a life  
Of frustration and pain  
Of little sunshine  
But storms and rain  
After you were gone  
I was able to sense more  
The sun is now shining  
On me and whom I adore  
I'm very happy  
I feel joyful and free  
I love my new life  
And I'm glad to be me.

**MY FRIEND AND MY LOVER**

I lie next to you  
And feel your warm glow  
Your caresses and kisses  
Are all I need to know  
You listen to my wishes  
And to my tales of woe  
You are my friend and my lover  
May our lives forever flow.

**BANG! BANG!**

Bang! Bang!

I kill you

Bang! Bang!

I kill me too

I hate you

I hate me

Bang! Bang!

That's how it will be

There's no way

We can go on

I don't care

Who is gone

I don't care

Cause no one loves me

And I'll kill you

One, two, three

And if no one

Sells a gun to me

I'll just hang you

From a tree.

**POTENTIAL**

Haven't reached

My potential, it's true

More to go

More to do.

**BRIGHT, BRIGHT STAR**

There's a bright, bright star  
Shining in the sky  
We are moving toward it  
And we'll get there bye and bye  
There are many setbacks  
But that is our plan  
And if we fall we'll rise again  
Cause we can. We can. We can.

**CHORES**

Sometimes we have to be joyful  
And forget about each chore  
And stick them all in the closet  
And shut the closet door  
And just don't think about them  
Cause they won't go away  
And when you're ready, you'll open the door  
And "here we are" they'll say.

**COLLECT THE STONES**

I'll collect the stones

They throw at me

And build me a castle

By the sea

At night I'll feel

The cool night air

And hear the waves

Breaking in the sea air

All day I'll hum me

A peaceful song

I'm at one with God and nature

Where I belong

Those who are with me

I'll love them well

And prepare food for them

Where I dwell

We'll eat the fruit

Eat cake and bread

And when we are tired

We'll go to bed

We'll sing, we'll laugh

We'll dance all day

And we'll be successful

Cause we know how to play

We'll read, we'll write

We'll draw, we'll paint

And be who we are

And not who we ain't

And people will know us

And admire us too

Cause we know how to live

We and you

We know how to live

We know how to love

And count all our blessings

From God above.

**ROUND THE WHEELS GO**

Round and round

Round the wheels go

Taking us somewhere

We don't know

Taking us somewhere

Very fast

Will they ever stop

At last?

May they take us

Far, far away

Away from the violence

Of everyday

Away from the craziness

We see on TV

To a peaceful place

For you and for me

To a peaceful place

For peace at last

And the wheels keep going

Very fast

Please take us to peace

To peace and love too

May we love one another

We and you.

## THE COMPANY YOU KEEP

“You are judged by the company you keep.”

That’s what Dad keeps saying to me now that I’m 13 years old and in 8<sup>th</sup> grade.

I just wish people would like me. The kids don’t like me. The teachers don’t like me. My parents don’t like me.

My mother won’t hug me anymore. When I hug her she won’t hug me back. She just says—

“What are you doing that for?”

Or “you yelled at me this morning. Now you’re doing this?”

And the kids call me names and push me down the stairs. And the teachers don’t care.

So now I’m all alone. No I’m not all alone. I have God. God will always love me and I will always love God.

“You are judged by the company you keep.”

What company? I do have Suzi. I hang with Suzi. She’s OK I guess. I go to Girl Scout meetings. I hang with some kids there.

But nobody likes me. The kids I hang with are OK. They don’t like me. They don’t not like me. But nobody likes me.

But God likes me. God loves me. I hope to go to heaven when I die. Will they let me in? Am I good enough?

“You are judged by the company you keep.”

## THE END

I end this little book

With all that I have written

With hopes that you enjoyed it

Like a purring kitten.