

ONE

America

When in the course of human experience
It becomes necessary to explore
To declare that we are free
From all doubt
Of who we know ourselves to be

Tired huddled masses wait
For passage through the Golden Gate
To bayou banks and crowded streets
To Big Apple, orchard trees
To screaming lights of sin-cities
To canyons deep and waters tall

Fall
On your knees
Await your fateful call

Lady Liberty opens her eyes
Gallantly streaming
Music to our ears
In tongues we'll never recognize
On welcome mats, frayed, undone
In the homes of bravest ones

One nation
Divisible only by our own
Rainbow flags of freedom fly
In loving color
Across our spacious sky

Land betrayed by hopes and dreams
Ravaged by the angry seas
Eagle flies with wounded wing
By the shark fin dome of majesty
To thee I sing

Run

I'm a heart pounding, pavement slapping, sweat dripping warrior.

I'm a city cruising, hill scaling, 'hood viewing wanderer.

I'm a hard breathing, bike racing, sidewalk tripping trooper.

I'm a dog chasing, stroller dodging, pothole jumping voyager.

I'm a junkie, jonesin' for endorphins and electrolytes.

Tired.

Free.

Hot.

Bare.

Wet.

Sore.

Happy.

Strong.

Alive.

I'm alive.

Shelter

I'm four years old.
Four years of watching dad hit mom.

My birthday was yesterday!
No doll or bicycle. Happy? Birthday.

Look at my new coat.
Because you didn't come here with one.

I can do a somersault.
Your whole life is a somersault.

I'm tired.
Aren't we all?

Sorry

Apologies are simply admissions
To pardon
Wrongs (or rights)
Lies (or truths)
Losses (or gains)

I'm (not) sorry
Why we say what we don't mean
Will forever be a mystery
How we lie for what we missed
When all along we could see

I'm (not) sorry
For breaking your heart
While you broke my soul

I'm (not) sorry
For not saying goodbye
You were already long gone

I'm sorry
For taking so long to find
Myself
Him
And the missing pieces
That finally fit
To absolve it all

Dignity

Let me go
Before the machines make me stay
As the parts give out and the pieces give up
Death has a distinct smell
A way of permeating the skin and crawling around
Leaving traces of waste, regret, grief

Let me exhale
Before my breath goes cold
As the body slows
And the mind trails away
We fade behind our eyes
Closing time
For all to enter or exit

Let me fly
Before I am grounded forever
As the leaves wither and fall
And the snow coats the yard
No more buds, no more flowers
Growth reversed, stopped for all of time