

A Poem of Love and Mercy

by Sam al-Jondi

Me, and you, and something new
To do away with hate, and all that is blue
To share laughter, and together have a stew

In a place where love grew
A paradise where birds flew

You, me, him and her too.
Are we up to it, can we be the happy few
To claim it all, and all that is due
To be Captain America, to be the crew
To lead humanity and see it through

In middle life

by Sonia French

there is so much I remember
days of great joy and happiness
days of deep sorrow and depression
days of adventure
In middle life
I've too been blessed
with other memories forgotten.



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