

Winter Prayers

by Kareem Ali

Beyond the city's edge
The fiery seasons
Withdraw to Earth
From the distance of
Park benches
Pigeons take court
Over a kingdom of snow
They cannot hold
They soar into flight
While a few stray flakes still bloom
By nightfall
The birch bark trees have fallen
Their thorny crowns of ice grieve
Out near the skirts of blue sky
Nuns arrive
Whispering their words
Without prayers.

Dead Men Don't Bleed

by Mr. Man

My thoughts...
Cold, hot, happy, sad, love, hate
Too much for me to process.
Behind the quiet weather eyes
Is a cranium buzzing like a hornets' nest.
My left hand like an unsuspecting camper.
The wrist hopping back and forth.
The strings that move the pen,
A swarm of knowledge falling on deaf ears.
So much inside,
So much to offer,
My wallet is inferior,
By my paper and pen match the rest of the world
(Imports from China-s)
The word of a poor man are dismissed,
Anonymous thoughts echo through the sands of time.
I wonder who wrote that, they ask.
His words build a palace where thoughts dwell
As he sits on a throne of concrete.
If I can still bleed, I must be alive.

On Writing

by Michelle Parks

I think that as living beings,
Humanity has a built-in urge to create
And writing has been a way of expressing and communicating
That which we have witnessed to ourselves via senses,
Since it was invented.
I guess I figure that truth is an important aspect of the living experience
And also writing provides a method of process for the intellect to find meaning and understanding.
Having had an education and being fortunate enough to recall that on a daily basis,
I write because I am proud of myself – still.
The action of converting thought to language to symbol is,
Perhaps, not a right, but recognition.
A way of mirroring oneself and also reflecting about causality and goodness.
Logically, it is a valuable aspect of civilization and to enact my past by continuing to be insistent
in my "all-about-it-ed-ness," is kind of rad because...
Ya'know, it helps me and it keeps the Earth going as well as creates knowledge or emotion...
It is a physical action, which is something tangible and worthwhile.
Because I said so.



Welcome

... to the
health care you
know and trust.

Working in partnership with providers,
community health centers and social service
agencies to serve people on the Oregon
Health Plan, Health Share is building a more
accessible and coordinated care system
throughout the Tri County area.

**Together we are
health
share**

503-416-8090 | www.healthshareoregon.org

f t

Health Share of Oregon

**alberta co op
grocery**

small carts
big hearts



good.local.food
1500 ne alberta st.
albertagrocery.coop
503 287 4333
open to all 9am- 10pm daily



**Portland
HomeGal
.com**

Kristina Wright | Real Estate Agent
Bellmoore Realty
503/479.5764
Kristina@PortlandHomeGal.com
"Like" on Facebook @ Portland Home Gal

- a knowledgeable marketer
- with a designer's eye
- a professional photographer
- and a responsive agent

R REALTOR
All wrapped into one person

