

## Martin Luther

by Ron Sanford

When is civil disobedience right?  
When the system has totally failed  
Sometimes it is right to rebel

When you know you have been cheated  
When policies are straight from hell  
Sometimes it is right to rebel

When leaders are pathological liars  
When your parents hide behind a veil  
Sometimes it is right to rebel

When judges, cops and so-called doctors lie  
When their notes are used as a means to deny  
Sometimes it is right to rebel

When their fiscal responsibilities trump your rights  
When the money they have mismanaged is the most high  
When the letter is more important than the spirit of the law  
You know it is time to rebel  
To rebel like Martin Luther

## In Service of Sorrows

by Kenneth T. Nickell

There it is. The barrel to the temple or the needle to vein.  
One last shot of this. Better get it this time or this will just keep on forever.  
In recent weeks I've found a great deal of strength and compassion to get me going. Everyone is sick, drunk, angry. I have to be steady.  
They don't like that I walk in Grace. No they don't like me at all! I'll have to use that vulnerability.  
Can't show any weakness now. Flip it, help them anyways, as a gentleman should.  
This will all be over soon enough. Then one more murder or two and everyone around me turns into a monster.  
I was asked once not long ago what weapons I'd then take to war. I raised my pen and paper. That's what I have then.  
Well that and about six bucks.  
They need me there, they just can't stand that they will either refuse me completely or help me bring us back from the brink. I will stand here on this line. I will die here if need be. Serving the mad, poor, hungry, deviant, outbreak at ground one.  
Come on send me your sorrows I will serve you. I will not save you.

## My Anxiety

by Amy Garrigos

Anxiety is a real thing,  
Anxiety is a fear,  
Anxiety is an emotion,

That anybody can have!

We all feel it,  
We all fear it,  
We all sense it.

But some can get out of it!

I sit in the dark shaking and afraid of it  
I don't speak sometimes due to it,  
I have used substance to escape it,

But that's how I deal with it!

Don't judge my levels of anxiety,  
Don't judge how I cope with it,  
And please don't judge me!

Just learn to agree,  
We all have anxiety!



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