

Kindness

by Ron Sanford

"Random acts of kindness" is a cliché phrase
Helping another person is no accident
Sometimes the results are not immediate
A word to the wise, good advice, directions

If you can lend a hand, if you have an ear to hear
Join the human race, good job! You rock!
You'll have another gold star next to your name
In the eternal state
But for now paradise can wait. I still have a pulse,
I still have a mission, I still have a lot to give.

Just Getting Started

by Jaison

When I got to Portland it was only the start.
I made some new friends and we made some art
Patterns and designs with a machine I sew
Friends and family in a place I did not know
A future I could not have planned
Pen and paper I keep at hand
While everyday I proudly stand
Success is the best revenge
Victory loves preparation.

No matter how many times
I get knocked down
I will always pick myself back up
Today I have words.

Life sentences

by j.mccurdy

Honestly I think the bars we let our memories create
Are a far more effective cell
Than prisons ever housed

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