

All You All

by Ron Sanford

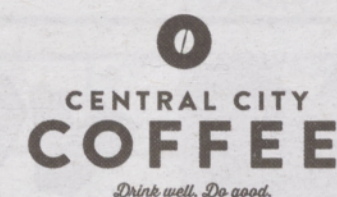
Fumbling for my meds, my mind's in a blur
 Try to set my mind on having meditation, time for
 A vacation, a retreat from routine. Use less. Recycle.
 Reuse. Don't waste. Be efficient with the little
 Strength I have left in my arms.
 There is no one to impress in my life right now
 Can I write my own ticket and somehow get by?
 A rendezvous, a respite from the grind. Be calm. Life is short.
 Rest up. Don't rush. Appreciate the good things like
 A cat nap, yogurt and fruit, fresh foods
 The free spirit, the social butterfly is back. Whew!
 Broken systems and people won't stop me
 I have a pulse. I can eat and drink. I can go potty.
 I can breathe free. Thanks to the help and guidance
 I've gotten outside of myself et al.
 I can be ME the best that I can be. Yeah!
 Thank you friends and family!
 You're the best!
 I'm off the street. Thank you all you all!

Tom

by Maddy Brown-Clark

Tom has left us
 He's walked out the door
 We won't get to hear him
 Sing live anymore
 His music was precious
 His music was great.
 I'm glad I enjoyed him
 Before it was too late
 My cousin who sang with him
 Held him so dear
 Yes, Tom enjoyed
 A magical career

Dedicated to Tom Petty



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centralcitycoffee.org [facebook.com/CentralCityCoffee](https://www.facebook.com/CentralCityCoffee) coffee@cccconcern.org

The Morning Star

by Daniel Cox

The silent night passes on
 To a bright dawn, to new hopes
 And a beginning, a fresh start
 Like the roar of a
 Muscle car, on its first start.



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