

Untitled

by Doug Hamilton

It seems there is a civil war
 A brewin'
 I don't know if it will do any
 Improvin'
 It seems to do a lot of
 Hurtin'
 Which the news loves to be
 Showin'
 Maybe what we are really
 Needin'
 Is a lot more
 Lovin'
 And a lot more
 Listenin'
 So we can stop all this
 Hatin'
 And be a lot more
 Open...

Shapes In The Clouds (Living With Fibromyalgia)

by Brent Zapushek

Alone in this pain.
 as I live my life.
 No one can see.
 How I feel inside.

I can't move like the wind now.
 But I am still strong.
 What's wrong lives within me.
 I am in here all along.

Inside I am writhing.
 All filled up with pain.
 I can't sleep all night.
 I am going insane.

No I can't go anymore.
 To a place with no pain.
 Still parts inside me.
 Love to walk in the rain.

All I can think of.
 When it gets too much.
 Is dying and ending.
 I am sore to the touch.

I love to walk in the dark.
 Maybe some time hold hands.
 Some time while there's time.
 Maybe walk in the sand.

I feel much colder.
 Or warmer than you.
 There is no control.
 What my body must do.

I would love to go hiking.
 Maybe ride a trail.
 Soon I won't be able.
 My legs they will fail.

My mind doesn't work.
 Like I thought it would be.
 This thing takes my thoughts.
 And my memories from me.

Then I will hope that.
 Then someone will take.
 Me out to a field.
 Then help me lay.

So you see I am scared now.
 Like never before.
 And that's not all.
 My legs don't work anymore.

Maybe lay down beside me.
 As I say out loud.
 Hey look it's an Angel.
 All the shapes in the clouds.

I did run and climb.
 Man I rode so fast.
 One time I did 50.
 Kids in cars saw me pass.

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