Poetry Series

STEPHANIE MCGRATH

- poems -

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A heart

A heart can only know the true meaning of love when it lose it
And when it has it, it doesn’t know what to do with it
When you have love you can get though anything
Without it life is like a constant bee sting

The heart knows who it loves it chooses not the brain
It’s a powerful organ and when you get let down it complains
The heart is the most important part of your body
Without it you are just absolutely nothing

The heart knows no wrong till wrongs are done
The heart tells you when and where love has begun
The heart is the passion which contains the feelings of lust
But always knows when its is time for real love
The most precious gift that I know of!
STEPHANIE MCGRATH

ADAM

You’re my every thing

What would I do without you?

You accepted me for me

Helping me along the steady stream

Helping me

Be a good person

I couldn’t wish for much more

And if I need you always open the door

Show me the write path

Teach me right from wrong

You are the perfect ending to my hearts song

I love you more and more each day

Never ever go away

STEPHANIE MCGRATH

Alcohol

Its drains my body

Drains my life

Wrecks my dreams

Makes me fight

Hurts my family

Makes me hurt my friends

Torn dreams and hopes

Stupid mistakes

Bad heart aches

Makes me do things I don’t want to

Makes me hurt you

Makes me feel bad

Makes me wake up sad

Makes me feel suicidal

Makes me sick and depressed

Makes me want to give drink a rest

Alcohol ruins my life

Pushes people away

When I need them to stay

Alcohol is my problem what else can I say

STEPHANIE MCGRATH

Born with a gift

I wasn’t the smartest in the class

Never was and knew I never would be

I just hated being me

Could never talk to express myself

Was always worried about my health

Never did I think that I would be born with a gift

One of expression not one like this

A gift to write and speak though pen

I wrote my first when I was about 10

I knew this was the best part of me

Being able to write about everything I seen

Never haven to speak to feel

Just writing it down and people knowing what I’d mean

Never did I think I would be born with a gift

STEPHANIE MCGRATH

CAN I KEEP YOU :)

I loved you since the day we met

I have done things I will always regret

But can I keep you?

Spend each day by your side

No more feelings can I hide

Can I keep you?

Never walk away

Always love and always stay

Can I keep you?

Promise me the key to your heart

Make nothing tear us apart

Can I keep you?

Never leave me alone

Your heart is my home

Can I keep you?

Battle each storm

Keep each other warm

Can I keep you?

Can we grow old together?

Tell me that I complete you

Can I keep you?

STEPHANIE MCGRATH

Comfort eating

Eating or feelings

Not telling ones or feelings

Eat away or pains and sorrows

Eating like there is no tomorrows

Eating or fears and wreaking or dreams

Eating helps or so it seems

Thinking that food can fill the space

Never thinking of how much life we waste

Just comfort eating

Never having time for dreaming

Always wanting the big gap to fill

But no that no matter how much we eat it never will

The hole still remains

We can never fix the pains

By comfort eating

STEPHANIE MCGRATH

dead heat

Dead heat leaves me breathless
Hot sweaty restless

Sun blaring in the sky
The heat is nice but I want to cry

Feeling dry all the time
No brain power to make things rhyme

The heat is nice but only a little
It makes my body feel like my bones are brittle

It makes me feel tired and weak
Makes me feel drained incomplete

Makes me want to see a dropp of rain
I would need to appreciate it as it I might not see it again

STEPHANIE MCGRATH

depression

Down and out no one can help you not even your self

Thoughts of death

Tears for no reason

People you’re hurting worried there leaving

Thought of sad things that happened Or you did

make you worse

Every thing you think of hurts

Thoughts of going without goodbye

Tears that never ever dry

A common cold for mental health

Always feeling by your self

Depression is its own lesson

Doctors say you can’t have it at a certain age

And what makes it worse it don’t go away

You’re too young to be treated

Feel like your never needed

thats depression

STEPHANIE MCGRATH

DO I OR DON'T I

I want you in my arms

i want you for life

sometimes i think am i thinking right?

i need you or do i don't i

i won't leave you won't in i

i love you or i leave you

do i or dont i

just stay or walk away

your hear do i want you gone

when your gone will i want you

do we really belong

do i love you or do i need you

would i cry if you were gone forever

do i think we are meant to

be do i or dont i

want us to be together

do i or dont in i

want you forever?

STEPHANIE MCGRATH

drink in wits out

Party nights

Drink in wit out

People always fucking about

People roar and people shout

Drink in wits out

Fights and nights of disaster

Every one running around plastered

Acting the fucking bastards

Drinks in wits out

People always mouthing off

No one thinks before they speak

People slapping each others cheeks

Drinks in wits out

STEPHANIE MCGRATH

FAKE SMILES

Sometimes we smile to hide a tear

Sometimes we laugh not to show fear

Sometimes we smile to make people not see

How unhappy we really can be

Sometimes we smile to hide or true intentions

Sometimes we send people through in the wrong direction

When we fake or smiles we lye to ourselves

No one can see we are calling for help

Sometimes we smile to make people feel better

Sometime we smile but are always under the weather

Sometime we cry through or hidden smiles

No one sees or inner child

Sometimes we smile but want to cry

Fake smiles aren’t worth the while.

STEPHANIE MCGRATH

FLOWERS

A flower can describe so many things

The winter summer autumn and springs

The beauty of love the softness in touch

The colors they come in mean so much

Pink, red white yellow orange

All have a different meaning

Each flower gives you a different feeling

Red is the sign of passion

White is the sign of freedom

I love the flowers they have so much meaning

They change just like the seasons

They are scented and beautiful for so many reasons

My favorite flower has to be the white Rose

It’s a symbol of peace and love that grows

A symbol of freedom of every lasting love

The color white also symbolizes a dove

A special gift sent from above

STEPHANIE MCGRATH

FRIENDSHIP

Friendship is the key to a happy life

People who care and make things alright

Help you when you’re feeling down

Pick you up when no one else is around

Be there to bring a smile to your face

Make you feel good and in life give you a place

Help you get over losses of ex-boyfriends

Make you feel needed when its you who needs them

Friendship is one of the most important things in life

Friends and there always for life you can call them day or night

Friends are loyal keep your biggest secrets share your deepest fears

They never say goodbye Wipe away all of your tears

Share your dreams laughs and cries

Always have time to spend with you

Forgive you no matter what you seem to do

Speak highly of you treat you as a part of the family

And no matter where life takes you there they will be

STEPHANIE MCGRATH

HAVE YOU EVER?

Have you ever lay upon the grounds

Making pictures from the whitest clouds

Laughing and joking with your friends

Making pictures and not wanting the days to ends

Have you every lay out in the night

Watching the stars shining so bright

Trying to figure what they mean

Were they come from and how long it’s been

Have you ever wondering why the sun shines like it does

Have you ever wondered if there’s a god

Have you ever wondered why grass is green?

And why the skies are blue

All of these things I love to do!

STEPHANIE MCGRATH

Hoping for forgiveness

Thinking about things I have done wrong in the past
Things I said and did for a laugh

Hurting a loved one
Just for a bit of fun

Doing wrongs instead of rights
My memories haunt me day and night

Just sitting today hoping for forgiveness

STEPHANIE MCGRATH

I always think about you

I always think about you in the morning when I wake

Before I lye down to rest

In my dreams you’re the best

Every breathe I take I always think of you

And what you might be doing and what we like to do

When we are even together I always think about you

And when we are apart I can’t get you out of my head

When I am lying waking in my bed

I always think about you and nothing else in stead

I always think about you

Morning noon and night you are always in my mind

No matter what I do

I always think about you

STEPHANIE MCGRATH

I AM LIKE……..

I am like a bird when I feel high
I am like a bee when I sting people cry

I am like a rose soft to the touch
I am a like child who my parents love so much

I am a sister a few girl’s best friends
I am a girlfriend someone hear to make amends

I am a like horse running free in the wind

I am like the stream flowing steady in life
Trying to make all my wrongs right

I am like a tree tall and proud
I am express full and white like a cloud

I am a woman making her path in life
I am like a dolphin free and special

I am a person I am exceptional or intellectually gifted
I am person who can help people feel lifted

I am a person just like you and writing poetry is what I love to do! !

STEPHANIE MCGRATH

I don’t mean to

I don’t mean to hurt you

Or make you feel low

I just write how I feel and I am sorry as you know

I just need to express how I feel

But I love you very much

And appreciate your every touch

I just feel alone sometimes

And I am sorry it was on my mind

I hope you know how much you mean to me

And I hope I don’t feel like that again

I just felt that way and why I cannot explain

I know you love me I know you do

And I don’t mean to hurt you by what I do

I hope you can forgive me

I don’t mean to hurt you honestly I don’t

And I promise I wont do it again I wont

STEPHANIE MCGRATH

I love you so much it hurts

I love you so much it hurts

Its hurts but in a good way

I love you more each and every day

And I hope you'll never go away

Life without you is not worth living

And for you all my love I am giving

I hope we say together forever

Promise to leave me never

I love you so much it hurts

It hurts but in a good way

Never leave me I hope and pray

Promise me you'll always stay

STEPHANIE MCGRATH

If you go I will miss you

I hope you get your own home

For freedom and space

If you go I will miss you

I will hardly see you

And won’t know what to do

If you go I will miss you

I hope that god is on your side for a home

But if you go most times I will be alone

If you go I will miss you

When I need a hug or a talk

Or want to spend time with you or take a walk

If you go I will miss you

It won’t be the same as it is now

I don’t mean to sound like a hateful cow

But if you go I will miss you

STEPHANIE MCGRATH

LIVING IN THE PAST

People who live in there past can never move forward

People who dawn on what happened days weeks or months ago

Need to learn to forgive and let go

It helps you as a person live and grow

Every body deserves a second chance in life

To try and put things right

Living in the past stop people for living for the present

They are missing out on the good things in life

Learn to forgive someday people will get it right

In life the hardest thing to do is say sorry and let go

Let people try again and learn from what they know

Living in the past is somewhere you should never go!

STEPHANIE MCGRATH

Love has found me at last

Love came looking for me

It found me when I needed it

And each day it grew a bit

It was fun and crazy

A feeling I never had before amazing

Butterflies in my tummy all the time

Finally love finally it was mine

Each day it got bigger and bigger

It took over my heart

Right from the start

Now I and the person I love will never be apart

He owns my heart

Love has found me

Finally at last to share the tears

Smiles and laughs

love has found me at last

STEPHANIE MCGRATH

Marriage

Bells are sounding

The feeling of love is surrounding

God is blessing a couple as one

The best of their lives has now just begun

To realize that you have finally found the one

To declare your love before god

And right every one of your wrongs

Helping life move along

Showing people they were wrong

A symbol of joy and happiness

To let people know you are truly bless

With the one and only and simply the best

The love that never seems to die

The people who will hug you for the rest of your life

Your husband or your wife

The best of feelings marriage has the deepest meanings

The feeling of never having to be alone

The feeling that your heart has a home

The feeling of peace someone to grow old with

And spend the rest of your days

This is what a wedding says

STEPHANIE MCGRATH

Me and what I like

I like the stars in the darkest skies

I like the flowers in the wild

I love the leaves that fall in autumn from the tree

I think it’s there colors that amaze me!

I love to think back on old times

And write poems that mostly rhymes

I love to read things with meanings

I love writing poetry to express my feelings.

I like to dance even though I am not that good

My most fav thing to eat has to be Chinese food

I like to laugh and joke around

I like listening to Celion Dion I love the way she sounds

I like spending time with people I care about

I also love going out

There is nothing really special about me

But I am happy and it’s the best way to be.

STEPHANIE MCGRATH

MY FRIEND

She is tall in discise
with big blue eyes
her hair hangs down her back
her fav thing to do is relax
she loves to dance
she is the disco queen
her friend is Leah with a captial L
and when she walks past you there is a lovely smell
her name has eleven letters what can it spell it is
nicola mullen
dose her name ring a bell

STEPHANIE MCGRATH

MY GRANDA MR FISHERMAN

My Granda was a fisherman and boy was he good
he taught my father and his brothers about the wood
he showed them all the greatest spots and taught them alot

and you want to see the size of the fish he always caught
they were 12pounds in weight and 3 foot in length
when my granda was younger boy did he have strenght

he was a great fisherman the best who was known and for all this his
effords will be shown it is passed down through the family

from father to his sun and all the McGrath fishers have come out

number 1

STEPHANIE MCGRATH

MY VIEW

The world is like a cloud we fly upon

The bird is a tune of a lovely song

A montain is a hill we lay upon

A tree is a home where creatures belong

and a home is the place for me

look around and see what you see

The world is like a garden waiting to be grown

The grass is like a green waiting to be moan

The animals are my friends waiting to meet me

The world is so lovely

WHAT DO YOU SEE?

STEPHANIE MCGRATH

never do i want to be lonely

Sometimes i worry about ending up alone
having no one to love or to call my own
having nobody to hug or nobody to kiss
and having no one to make memories with and no one to miss
no one to grow old with no one to have a family with
no one to hold on long cold nights
no one to share secrets with or no one to fight
no one to make up with if we fall out
will i have some one i have my doubts
when i am grey and old who can i hold
when i want to talk no one will be there to listen
will i be lonely and wonder who should i be missing
no one to cuddle and tuck me in
never do i want to be lonely
STEPHANIE MCGRATH

NO PERFECT DAY (MY GRANNY)

People see me smiling but few have seen me cry

for no one knows how much I love you just you and I

If I could rap my arms around you and bring you back again

love would take the place of pain

you mean so very much to me there is nothing i can say

except living life without you

there is no perfect day

STEPHANIE MCGRATH

Not as lucky as i am

There are people in life less fortunate than me

I should be grateful and stead of being a pain

All I do in life is always complain

I should be thankful for my health

My very home and the most of all for not being by myself

I should be happy with every thing I have

Instead of wining and always being sad

I should be nice and try harder in life

As people don’t get what I do which is not right

I have a job and a roof over my head

Some people don’t even have a bed

I have a family who really care

Which is priceless and I don’t think of burdens other people bare

I wouldn’t say I am very well off

But it’s about time I was thankful for what I’ve got

STEPHANIE MCGRATH

Open your eyes

Open your eyes to the truth behind a person

Look and see the inner beauty and who could really be there

Fake it till you really care

Never make fun of people or stare

Living in a small town every one knows every body’s name

But they don’t know everybody which is a shame

Open your eyes and see what’s really there

And always try to understand and care

As you don’t know who why what or when!

What happened to the people you are looking at

Think before you speak

Each person is beautiful and unique

Open your eyes and see what’s really

Then know a person and you will soon care

STEPHANIE MCGRATH

Pray for my uncle

Pray for him in his hopes and despairs

He is not well and every one cares

He is drifting in and out of spasms

And we all realize what could or might happen

Pray for my uncle

He is not well and in and out of hospitals

I am asking you now to read for him the gospels

The hope for miracles and the hope for health

So he can be well and back to his own self

Pray for my uncle

Lying fading in the bed

The only thing left is prayers

The doctors and pain in our hearts

Pray for my uncle so he doesn’t depart

Pray for my uncle.

STEPHANIE MCGRATH

Sleeping your life away

You board me you sleep all day

Lye there sleeping your life away

Just sleep sleep sleep

Oh I almost forgot you also just eat and eat

You never seem to have anything different in your day

Just lye there sleeping, sleeping your life away

You never seem to care and try and break the routine

Never want to come out of your room

Your boar me never pay much attention ignore me

But say you love and adore me

All you do is lye in your bed

Sleeping your life away

STEPHANIE MCGRATH

Suicide

Sometimes there is reason

sometimes there is none

when you ask for help sometimes no-one is home

when you think but don't speak no one can hear

when you cry and cry and no one is near

when you think its over and reach for a rope

when you want to die never give up hope

when you reach for the pills

think of who else you are going to kill

when you think of reason why

think of reasons why not

i know its hard but i also have had all of these thoughts

STEPHANIE MCGRATH

THE FAILING POET

Once there was a poet inspired by everything

Now she has no dreams left to sing

No woes left to woe

No tears left to cry about

The failing poet is down and out

She tries to write but no words come to her mind

Except what was and move on for what can be

The failing poet has gone and I know who she was

She was me

STEPHANIE MCGRATH

Think about what is right with the world.

What is write in this world we live in

People never know when to shut up of give in

Pain and suffering is never heard about

People dying and others living them out

Think about what is right with the world

People getting giving away little baby boy and girl

People starving to death

Not having enough to get medical help

People crying for help everyday

No one hears them and the tears don’t go away

Think about what is right with the world

Not every one gets to attend a school

Not every one has a proper meal to eat

Not every one has shoes upon there feet

Think about what is right with the world

There were 6.5 billion people on the world in 2006

And 100 are poor and sick

20 % don’t even have water

Think about what is right in the world.

STEPHANIE MCGRATH

Watching the clock

Sitting at work tick tock

Tick tock

Watching the clock

Waiting for home time to arrive

Never knowing how long the day will feel

Feels like days and days to me

I sit and work and wait dying to get up and walk out the gate

Typing all day waiting for home time to come my way

Counting the minutes the second’s ands hours to go bye

The day drags long and time never seems to fly

I just hate always watching the clock

Tick tock

Tick tock

STEPHANIE MCGRATH

What is a poem?

A poem is form of expression

Away to express depression

A way your form relaxation

A tear wrote on paper

A heart ache you can look back on later

A sad time when you felt alone

A happy time you shared with people at home

A smile to lighting your day

A easy way for you to pray

A memory you won’t forget

About a person you loved or met

A happy day that when by

A piece of writing that can make you cry

A poem is a form of expression

STEPHANIE MCGRATH

WISHING I WERE YOU

Some days I sit thinking I wish I were you

Some one any one but me

Does any one understand how I feel?

Sometimes I wonder is your life better than mine

Are you happier on the inside?

You look better on the outside!

Will I ever be happy with just being me?

Why can’t I change and be who I want to be

Is there a better life out there for me

Every day is a battle to get up from bed

And look around at every one else’s happy heads

I sit wishing I was you or some one

Anyone but me.

STEPHANIE MCGRATH