

Poetry Series

Stephanie J. DeMartino
- poems -

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Stephanie J. DeMartino(04/29/1969)

I grew up in Southbridge, Massachusetts but am originally from Boston. I always loved to write. I remember when I was around 8 or 9, I wrote this wacky story about a family of bunnies and their adventures. I was so proud of that story. I loved escaping into a story and finding out what happened next. I used to read during school and my Social Studies teacher would say to the class, if only Stephanie was as interested in her Social studies as she is with that book about horses.. Ya, well, I still maintained a B average so all was not lost. I began writing poetry more extensively after the death of my Mother as a way to help me cope with the grief of losing her and also of coping with not having my Father anymore either. He passed a week after my daughter was born. Talk about double shock. Have a baby, lose a parent. I'm surprised I didn't fall into a deep dark hole never to come out again. I have my daughters to thank for that. Kids really do keep you going.

I know what the pain of losing your Mom feels like. I tell people who haven't lost their Mom yet that they don't know the type of pain and what it feels like till it happens to them. It's indescribable. The words will come to me out of no where sometimes and I have to stop what I'm doing and scramble to write it all out. Afterwards, I read it back to my self and am amazed that I wrote that and feel a little better about it all but still wish she was here instead. The memories of our times together are what I hold onto the most. I pray I never forget them.

I'm your typical suburbanite with two kids, a mortgage, and a great guy for life. We're two swans paddling our way through life together. Weathering the storms and embracing the good times and holding on for as long as we can to them.

Someday, I would really love to have one of my poems published. Till then, I've found a home for them here.

Are You There?

Hello, are you there?
How am I supposed to look forward to each day?
How am I supposed to live and be happy?
You're not here with me
The pain of losing you still hurts too much since you've been gone
I can't shake it no matter what I try
I try to live for my children
Somehow that's not enough
Their happiness cannot shake this despair I feel
I try to walk it off
I walk and walk and walk
That doesn't help either
I try to focus on my work but that only works for a brief moment
Then I revert back to thinking of you
And the pain floods back throughout me
Because you're not here to make and share memories with me
You're not here
I want to stop being unhappy
Maybe I should think about taking medication
But will that make me forget how much I miss you?
I wonder sometimes what you were thinking knowing you were going to die
I know that's why you fought so hard not to leave
I think about how scared you must've been
Sometimes that's all I can think about
Watching you as you fought for each breath
You didn't want to leave
Even though everyone said you did
You wanted to stay
That's why I can't let go of the pain
Because I know how much you wanted to stay
Now you're gone, nothing is the same
I can't look forward to anything anymore
All I think about is everything ends
Everything ends
Maybe I need medication
Will it erase the pain of losing you?
Some days it's really hard to think of a reason to get up
Then I take a breath, get up, start moving, and do it all over again the next day
I just wish there was an easier way to shake this grief

I miss you every day
Will I ever see you again?
Because what hurts the most
Is not knowing the answer to that question
Is there such a thing as a wish come true?
I wish you could tell me where you are
Maybe then I could feel better
Because I want to know why we can't see people once they die and we can't talk
to people after they've died
What happens to them?
Besides having their bodies go into the ground, what happens to them?
No one seems to be able to answer that fully
No one
So I'll continue to ask
Are you there?
And maybe one day, you'll answer me

Stephanie J. DeMartino

As Long As You Remember

He said sadly, I have a hole in my heart
I said, I know
He said, It feels like a piece of me is missing
I said, Me too
He said, She'll never get to know my daughter
See her grow up like she did with yours
I said, She could be watching us still
He said, How do you know, how can you tell?
I said, You just have to believe
You have to believe that she can still see us
That she knows we always think about her
That way she'll be with us forever
As long as you remember
So tell your daughter about her
What she was like, the time she spent with us
How we grew up
Relive the memories with your children
Make them into a story
I know it's not the same
But it will help to ease your worry
It will help to heal your heart
As long as you remember her
You will never be apart

Stephanie J. DeMartino

For My Dad

It's been 10 years, where has the time gone?
This is so wrong
You should've been here to see us grow and live
Be part of family events that you used to love to attend and to give
Making it clear that you were there
No matter if other's liked what you had to say
Trying to sing at the top of your voice
After one too many but you just wanted to be heard
There were a lot of uptight people around
Telling you to be quiet and not make a scene
Poor them for trying to make you quiet
I miss the faces you used to make
I try to make them for the kids but mine aren't the same
I can't seem to make my face do what yours did
But I still try and tell the kids, your Grandpa used to make faces
To make us scared but I was never scared and laughed instead
Silly Daddy of mine
You held a soft spot in your heart for me
Your baby girl I could do no wrong
I miss your quick remarks and your wonderful smile
Never forgetting your kids so far away
Your thoughtfulness was always available whenever we came by
The music playing on the record player with the volume turned up high
And the smell of smoke from your cigar to comfort me and let me know you were
here
The smell is long gone now
Only a memory I hold dear
I wished we had more time
To see you and tell you how much we care
Instead of forgetting you and not wanting to hear
All of your opinions about how we should be
You were only trying to teach us as a parent will do
I know that because I'm a parent too
I wish you could be with me and the kids in these days of their lives
Watching them grow and seeing pieces of you in them come alive
I miss you so much still after all this time
I hope wherever you are you still remember me
I'll never forget you my silly Daddy
You will always be a part of me

Stephanie J. DeMartino

Friends

Friends could be your family, your companions, your childhood buddies or new ones that you make along the way
Your friends know you better than you know yourself
Friends don't care about the mistakes you make in life
They know that you're not perfect.
They never judge you or hold grudges against you
Friends are there when you need them day or night
Friends know how to listen when you need to talk, what to say to make you smile, and when to just be there when you need support
If you can count on one hand the number of friends you have then you are lucky
A friend is happiness, peace, love, sunshine, and salvation all rolled into one

Stephanie J. DeMartino

Greed

There once was a Man who asked and asked and asked his girlfriend for money
all the time

Each time he needed to buy this or that

His Girlfriend was killing herself working two jobs

Working hard to provide a life for her family

He on the other hand didn't see the reality of their situation

And kept asking for more money to spend

She kept warning him they would lose everything

Yet still he asked for more

Till one day there was no more

Because she was gone forever

Taking with her the only things she owned

Her two children

Driving far away from this Man who couldn't understand

She grew up knowing hard work equaled a good life

He grew up thinking everyone else owed him

She knew if she stayed with him she would never have

the life she wanted to have and she could not

bear to live the life she lived now any longer

So one day, she quietly left

And then he was sad

He realized that his selfishness had driven her and his

family away

And then he woke up

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Grief

We all grieve differently
Some grieve quietly
Solemn in their grief not wanting
To show their pain
While some are loud
Letting the pain out for all to see and then beginning
The long battle of healing
Some hold their grief in for so long
That eventually it eats at them
Causing them to misdirect it
In different ways unknowingly pointing
The pain of loss toward others not wanting of it or deserving
When instead they should be letting go and moving on

Grief is not a friend
For it makes one angry, sad, exhausted, and confused
Grief is an unwanted guest for it stays for a long, long, time
Seemingly never wanting to leave
Once in a while it will allow some peace but for only a brief time span
It would rather curl its black tentacles around and keep you in its grip forever

And then one day you realize you're starting to feel a little better
As the seasons change so do we
In time we shall heal
You start to get back into your routine and realize grief is finally

Packing up to end its long overstayed visit
For it was a long process this visit from grief
Each day gets a little better
Keep on moving
Stay busy
One day, Grief is finally gone
Until the next time it is required to visit again

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Hope

They say hope dies last
I believe this to be true
When I have nothing left to believe in
Hope gives me the courage to hold on
Giving me the strength that I didn't know I had
Hope picks me up so I can continue on
It fills me with its warmth
And encircles me with its safety
Keeping me strong in times of despair
And just when I think I'm all alone
In the end Hope will be there

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Inconsiderate

Twisted, OCD, Selfish, Inconsiderate being

Not caring about anyone else

Thinking only of yourself

Irresponsible, person you are

Shirking your responsibilities

Oh how I would love to erase you

You don't know how lucky you are right now

All you think about is your money and what you can spend it on

Never once understanding what we go through to survive

The bills have to be paid or else the lights get shut off

The oil runs out

Leaving us cold in the winter

But you don't care

So long as you get to spend your paycheck however you want

That's how you thrive

Not listening, not hearing, not wanting to know

Taking for granted all that I do

Not caring that there's not enough food

Why should you care? You don't have to

So long as someone else takes care of you

Takes care of the bills, buys the food

You'll continue to shirk what you should do

Never providing for us the way you ought to

Lazy Man living with me

I'm just about at the point of no more

I'm about to close the door

On our life together for I can't take much more

One day you're going to wake up alone

One day you're going to be without me

Keep being a stugatz

You'll see

Pretty soon there won't be anyone here for you to be stupid for

Because pretty soon we'll be gone

Leaving you alone to face reality

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Light

I walked into the tunnel today
It was dark throughout
I walked carefully
All the while
Holding my head up high
Looking straight ahead
Even though straight ahead
Held only darkness
For what seemed like eternity
Just as I thought
The dark would never end
A light appeared
I had reached the end
And walked out into the bright sunshine
And the Sun wrapped me in warmth
I had made it through

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Lost

As I sit here wondering what to do
I am reminded about the times I spent with you
You were always there to listen to me
But now you're gone and I have no one to talk to
I don't know what my direction is anymore
You were my guidance, my one solid port
Now, it's my turn to be the Guide
I don't know how to do this because I can't even guide myself
They are sucking my life away and all I want is to stay
But I feel I'm being pulled away
The person that I used to be isn't here anymore
She was a strong individual who knew how to think
and how to get things done
Now I have no thoughts and no clear process
It's all been taken away by everyone
I try to talk to you but I can't hear you
I just want to hear you
I just want to hear you
Just one more time
Talk to me and help me
Find my way back to me

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Mom And Me

We, together talking all the time about stuff in general
Always in sync never out of mind
Mom and me
Laughter, good times, we had the best
Always caring, helping, hardly stop to rest
Mom and me
Always finding sunshine in the clouds
Never doubting one another, proud to be
Mom and me
You loved the little things in life
I loved you for that
Talking about you keeps you here with me
Thank you for giving me the breathe of life
In remembering you
As it should be

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Moving Forward

Moving forward
Changing direction
Time to let go
Of all the pain
Moving forward
Looking up
No longer hurting
A new Chapter begun
Positivity is key
To Success
Moving forward
Confidence is found
Every day is
An Opportunity
It's time to shine
Break new ground
Moving forward
But never forget
Those that have left
Are gone forever
We hold them dear
To our hearts
They will always be remembered

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New Year

New Year
New chances
wipe the slate clean
No more worry
not for me
I have determination
I'm going to change my destiny
I made a plan
formed a new direction
I want more than nothing for my family
Watch out world
here I come
you're gonna love me
I will prove that I can succeed
Strength and wisdom will help to guide me
Positivity will take me
to where I want to be
I'm going to make it
Just wait and see

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Quiet

I sit here and wait
While the quiet waits with me
Wanting to know if that's all there is
Quietly waiting
Wondering could there have been more
And the quiet waits with me
Will I ever find out?
The questions keep coming
His careful words play over in my head
I ponder them ever so quietly
Wanting to understand
So I'll quietly wait
To see if his words remain true

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Remember Me

Remember me when you see a bird flying through the sky
Remember me listening to the cool water babbling in the brook nearby
Remember me in the laughter of a child
Remember me watching the clouds drift in the blue of the sky
Remember me always as time goes by

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Remember When....

Remember when you used to talk out loud about all you wanted to accomplish still?

You would say, I'm going to do this like this and I'm going to go there

I used to say jokingly, don't talk into the air, it annoys me

You would say to me, someday you'll miss me talking into the air

And then you would laugh

And then I would laugh and we would share the laugh together

I used to think that day would never get here

That you would always be here to talk out loud about everything you wanted to do

Today, as I sit here working, I'm thinking about the times you would talk into the air

Today, you're not here

You've been gone now seven years

I miss hearing you talk

I miss telling you not to talk into the air

I miss sharing the laughs with you

I miss you

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Searching For Salvation

I'm searching for Salvation
Have you seen it lately?
The saving from difficulty, danger, and evil
I don't think it's here with us anymore
Because our World is in turmoil here
Greed, jealousy, anger, rage, and war
That's all there is now
Enveloping this country in fear
No more kindness, caring, no more honesty
It's all about the ultimate reign

Politicians, Wall Street, and Oil Tycoons
Depicting what they think is fair
Power and Greed no matter what the cost
Not caring about the the people hurting financially
Or about the human loss
Terrorism, hatred, racism, and murder
Soaring gas prices, cost of oil by the barrel
Reaching ridiculous \$ amounts
Rules the day to day
Inflation from the domino effect
No more being able to afford to live
Recession has come to our land

What was once a great Country
Is all but lost as far as the eye can see
They've even found ways to destroy our personal freedom
and take away our Liberty

Salvation also used to feed the Family vein
But now even that isn't the same
Selfishness has taken over
The so called Family unit
Has taken a back seat to a new reality Fame
People are too busy to care
Shoving off what should be
Personal and quality time, with loved ones
For endless hours of work and shallow financial gain

Have you seen Salvation?
I'm not sure it exists any more
Even in religion it's hardly there
TV has capitalized on wealth for Evangelists
Making the message less sincere
Gloating in their power to capitalize on poor people's money
Raking in billions for their own enterprise
Not caring to share
Catholic Priests preying on innocent youth
Murdering the hopes and dreams of children forever
Satisfying their own needs without shame

Does Salvation still exist?
I really hope so
For if it has truly left
And there's no one left to care
To save us from the darkness that lies ahead
Then it won't matter anymore
Because those who have carelessly thrown it away
Will have succeeded in destroying
Everything we hold dear

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The Journey

He took her in his arms
She languished in his embrace
His kiss was as pure as a first snowflake
Of a first snowfall
She wanted this to last forever
Intertwined in time, they became one
Bound together
He knew he would never let her go
For each there would be no other
They were soulmates
Sent from up above
He took her hand in his
They turned, never hesitating
Embarking on a journey
Into everlasting love

Stephanie J. DeMartino

The Process Of Looking For A New Job

Here we go
Out and looking
Jobs, jobs, jobs
Which one is a right fit for me?
Send out the resumes
Shop for new clothes
Want to impress potential employers
Oh the fun it will be!

Sign up with several different temp agencies
Temping leads to permanent positions potentially
Flexibility also comes with temping
A plus for Moms working in today's business field
Don't settle for less than what you're worth
Say what you want to be paid per hr per year
This way there will be no room open for discrepancies
Don't put up with poor managers, or lousy bosses
You only live once and they don't rule your life
Show them nicely that and you will have earned respectability

Go on the interview
Sell, sell, sell yourself
Tell them why they should hire me
Answer the questions with short and direct answers
Show them what an asset you could be

Unemployment lasts for however long you let it
A day, a week, a month, a year, or more
It's your call
Just remember, you are what determines your job
You are the key to your success

While searching for your next job
Remember, only you can design your destiny
Make eye contact, be polite but direct, and most of all have a ball
The experience will then be easy

Stephanie J. DeMartino

Watching, Waiting, Hoping, Praying

Watching, Waiting, Hoping, Praying
Another breath per minute taken
Watching, Waiting, Hoping, Praying
Will this one be her last?
I sit there in the darkness
In the quiet I listen intently
I know what they've done to her
but all I can do now is try to protect and guide her till dawn
It used to be me that cried out to her to ease my pain
Now it's she who calls out to me to keep her here
Watching, Waiting, Hoping, Praying
Another breath per minute taken
Slowly the dawn creeps in and the night fades away
She opens her eyes and I am the first one she sees
She smiles
Another day has been granted

Author: Stephanie J. DeMartino

Stephanie J. DeMartino

What Are We Barbarians?

Why are some of us always willing to help others
while some of us are
more concerned with themselves?

Why are some of us always ready to answer the call
when called upon while others are more concerned
with the time it would take away from their own lives?

Why are some of us never judgemental while some of us
only judge and condemn?

Some of us know the answer and follow the right path
because once a long time ago we were asked a question
by our Father.

He looked at each of us and asked all of us,
'After all, what are we Barbarians? '

Some of us understood the question right away
and our answer was simple as we replied, 'No we are not'

While some of us struggled with the answer and picked apart the question and
tried to reply with a more complex answer to justify our
reasoning

And some of us still struggle with the answer today

Stephanie J. DeMartino

You Make Life Worth Living

You make life worth living
Let me explain
Before you
I was lost
Not knowing where to turn
Because of you
I have a solid direction
Loving you
Has made me shine
I can do anything
With you by my side
With you
I have found peace
Next to you
I am home

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You Would'Ve Been

You would have been 70 had you lived today
I would have bought you cake and came over to say
Happy Birthday Dad, you've come a long way!
You would have smiled at me and said something funny
Told me I looked just like my Mother and called me honey
Then you would have made me something to eat
Pasta, meatballs, sauce, and some sausage that's sweet
We would have driven to the Corner Market
You would've introduced me to your friends again
Because you always introduced me when I came to visit

You would've asked me about Shelly, Sue, and Laurie
How were they doing and were they fine?
I tried to tell them you asked all the time
Some didn't care or want to know
Their loss not mine

You remind me of Jay
He's so polite and loves his family
He shows off his wife and daughters to everyone
So proud is he
Just like you did with us
Always showing off your family

And then there's Larry
He reminds me of you with his quick wit and comedic remarks
Always trying to get a laugh
He makes your faces but you knew that
He likes to do it for the kids
Just like you did
He sounds just like you but you knew that too
Sometimes it sounds as if your in the room
You were always proud of him you just never told him so
All he remembers is the hard times you gave him
That's all he remembers of you
That's all he wants to know

I finally made the connection with the piano in the room
Elton John songs are your way of saying hi

Wherever you are
You're singing and dancing
Smiling, happy, high on a cloud
Shouting loudly to everyone you knew
That's my Dad
Always the Lug
Always forever young

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