

Poetry Series

Donna Saphier
- poems -

Publication Date:

2019

Publisher:

Poemhunter.com - The World's Poetry Archive

Donna Saphier(02/07/1968)

My name is Donna Lisa
I was born in sixty eight
All the people born that year
They say are really great

Very clever people
In lots of kinds of ways
People tend to listen to us
And hear what one does say

I'm pretty good at writing
But I cannot do maths
When I get a sum wrong
That's when people get they're laughs

I'm not an ugly person
But I ain't no beauty queen
I'm always doing housework
So it's very rare I'm clean

I try to keep my hair nice
I do the best I can
When it's full and greasy
" Well" I just look like a man

You won't see me in dresses
Dresses aren't my scene
It's normally just black leggings
But most of all it's Jean's

I'm also not a shoe person
I like to wear my boots
But that is when I go out
When I dare to leave my root's

Today my hair is greasy and dull
It matches with my face
I am very boring
I do like my own space

I'm 48 years young
But nobody can tell
Well what I think about my age
Is I wear it pretty well xx

Love to write, still learning and happy to be here xx

I love to write poetry, I have been writing from a young age, and would like to learn more from this site, thank-you for having me xx? ?

Aching All Over

I feel so down, I feel so sad
Everthing in my life is bad
I hate today, I hate tomorrow
Because my heart is full with sorrow

I'm very lonely, I'm so depressed
I sit in my pyjama's, I don't get dressed
I really have let myself go
And I just want this pain to go

I'm so fed-up, I've had enough
I'm finding life really tough
I ache all over every day
I hate it, it won't go away

The doctor hasn't got a clue
Of the pain that I am going through
I'm hurting and I cannot cope
I just sit in all day and mope

What can I do my life's on hold
It's arthritis now I'm told
I cannot bend, I cannot kneel
The pain it feel's so surreal

Please someone help me I'm giving in
This aching pain is gonna win
I've had enough, can't take much more
I wish I was like I was before

Now I'll take myself to bed
My body feel's like it's made of lead
I need my sleep, I need my rest
Especially if I want to look my best

I'll carry on hiding this pain inside
No one see's the tears I've cried
I, m happy go lucky, so people say
But I can't carry on pretending this way

No more does morphine kill the pain
So miserable, I will remain

Donna Saphier

Addict

When you are happy, you wear a smile
But that's not with you all the while
You sometimes cry. you're often sad
The life you've had was pretty bad

Tired body, messed up head
It is a wonder that you're not dead
But you chose drugs and that lifestyle
Now it's with you all the while

In the morning when you wake
Drugs is what you have to take
All day long that's what you need
You are an addict, Yes indeed

You still can change the way you think
Before you do begin to sink
I will help you kick cocaine
Just stop before you go insane

Ill stay beside you at your side
And wipe those tears that you have cried
Every single step of the way
Do this for us, I hope and pray

I want to see that smiling face
Knowing you have won the race
I'm here for you, today, forever
I know deep down you're smart and clever

You smile at me
And hold my hand
And whisper yes I understand

Donna Saphier

Addiction

Addiction's not a nice thing
It takes you by surprise
You'll hurt the closest to you
By filling them with lies
It seems that you'll do anything
Just to get your (STUFF) ,
Then once you've had your fill of it
You decide that's not enough
So once again you're off outside
To see what you can sort
Stealing becomes the main thing
Till the day that you get caught
Then up in court
You're going down
And (YES) you will do (TIME)
A well known fact of drug abuse
Drugs depend on crime.

Donna Saphier

Age Knocked On My Door

My head is in a real bad state
My memory is running late
I feel like I am going mad
My eyesight now is really bad
My teeth have now come to an end
Impossible to ever mend
My confidence has been destroyed
Through all the things I once enjoyed
My body's slowly packing up
I'm full of broken veins
My bones which now need oiling
Are filled with aches and pains
Gravity has got a grip
The lines are clearly showing
Tash and beard have just appeared
Facial hair is growing
My hair is thin
My eyes are dim
My ears no longer hear
It's time to face reality
Old age is finally here
All I seem to do these days
Is sit and watch the telly
Which makes it easy to explain
This rather fat round belly
My body's slowly dying
Still I try to look my best
There ain't no harm in trying
As I face eternal rest
I used to be afraid of death
But now I'm not so sure
It's something I've accepted
Since age knocked on my door.

Donna Saphier

Alcohol

We all like to have a drink
Some of us like plenty
Some of us can stop at one
Some drink the bottle empty
I have friends who like a drink
But they can take or leave it
It's horrible what drink can do
To see it's to believe it
It slowly eats away at you
It takes you bit by bit
Your body knows it needs a drink
And you know you can't quit
When alcohol has got a grip
It's so hard to control
First it takes your livelihood
Then it takes your soul
It's evil, it don't give a damn
It just wants you to drink
Next time you have one in your hand
Just stop my friend and THINK.

Donna Saphier

Alcohol 1

We all like to have a drink
Some of us like plenty
Some of us can stop at one
Some drink the bottle empty
I have friends who like a drink
But they could take or leave it
It's horrible what drink can do
To see it's, to believe it
It slowly eats away at you
It takes you bit by bit
Your body knows it needs a drink
And you know, you can't quit
When alcohol has got a grip
It's so hard to control
First it takes your livelihood
Then it takes your soul
It's evil, it don't give a damn
It just wants you to drink
Next time you have one in your hand
Just STOP my friend, and THINK.

Donna Saphier

Alcoholism

Today I sat all alone
Tired but wide awake
I was quietly crying to myself
But felt a sudden shake
I wasn't sure if I was tired
Or just in need of drink
But suddenly it worried me
It made me stop and think
My body was crying out for help
I was ignorant, I know
But these things we let happen
When we let our bodies go
We only have one chance in life
Of which we're all aware
So love your body tenderly
For it needs your loving care.

Donna Saphier

Angel

Dear sir can you help me, I'm falling apart
Someone I love has broken my heart
What can I do to stop feeling sick
I need to do something, pretty quick

But sir I don't know, what can I do
he's been messing around, he's been untrue
But I still love him, I need him so
He's been sleeping around, I obviously didn't know

Do you think you could help me, I'm asking you please
As I slowly began to get down on my knees
He said "young lady"; don't you ever do that
Don't get down on your knee's for the sake of that pratt

If he's messed around, then let him go
He can't think much of you, you know
You're a good looking girl, pull yourself together
Don't let him see you like this, not ever

He'll be sorry one day, just wait and see
He'll come looking for you, and you won't be free
But mister, please mister, I'm a walking disgrace
Who would want to look at my miserable face

I'm so unhappy and feeling down
I think I need to move out of this town
Don't be silly girl, you can't run away
Please believe these words that I say

It won't be long now, you'll be back on your feet
With open arms, someone knew, you'll greet
You again will be happy once more
When you've picked yourself, up off the floor

A wonderful gentleman you shall meet
You'll forever be happy and back on your feet
The man started to fade, I thought it was my eyes
It must of been an angel, in disguise

Further and further and further away
The man had virtually gone away
I'd had a nice talk with an angel today
I must remember what he had to say

I must be so lucky, what should I do
But shout to the mister, a great big thank-you
I spoke to an angel, I wonder why me
An angel for me, that I even could see

His hair was white and so were his shoes
And in his top pocket, he had some tissue's
Thank-you dear angel you've made me see sense
You've also built up my confidence

I'm feeling ok now
I'm feeling just fine
Thank-you oh thank-you
Dear angel of mine

Donna Saphier

Arguing

My relationship is breaking
There's too much going on
Too many fucking tantrums
And no way are they fun

I can't put up with this much more
I'm at the end of my tether
And no way on this fucking earth
Should we ever be together

He has his little mood swings
And tantrums in full blow
But when I got with him
These things I didn't know

But now they're happening every day
And I can't take much more
I feel I'm being so dragged down
I'm almost on the floor

I don't know what I'm gonna do
Or what I'm gonna say
But I am gonna end it
Cause we're heading the right way

So anytime, it will be soon
Cause I have had enough
And if he doesn't like it
Well that is fucking tough

Donna Saphier

Be Prepared

I'm absolutely shattered
But I just can't get to sleep
Every time I lay my head
I just begin to weep

I think of all my loved ones
Who has sadly passed away
I lay and have a chat with them
Before I start to pray

I pray to god above
To give them all my love
I then speak to the angels
who surround us all with love

I wonder where we go to
When we're on the other side
Do we start a new life
Or does God have to decide

I'm sending my love to my mother
Who passed aged fifty-seven
She was such a beautiful woman
I know she dwells in heaven

Then my dearly loved brother
Who passed age forty-four
I find it hard to understand
I won't see him anymore

Also my loving father
Who passed age sixty-eight
He was such a rum one
In fact, he was just great

The hardest for me was my husband
Which broke my heart in two
He passed at fifty-seven
And I didn't know what to do

To all of us who are still living
enjoy every single day
Cause you'll never know when the time will come
For you to be called away

Tell your nearest and dearest you love them
Make all your dreams come true
Spend most of your time together
Any time death could happen to you

Don't go to bed on an argument
For you could be the sorry one
When you wake up in the morning
And somebody close has gone

Prepare for the unexpected
Be honest, be faithful, be true
Then if the unexpected happens
You'll be strong enough to pull through

Donna Saphier

Beauty Within

My reflection glares back at me
This woman has such dignity
Those big brown eyes
That smiling face
All the expressions
In a different place
Beauty is within the eye of the beholder
Even though this face is older
Radiant, so soft and gleaming
See how I'm just truly beaming
Character lines that show I'm alive
Chunky cheeks to say I thrive
This face of beauty has no end
I hope that you can comprehend
It's my face that's got me through
I am beautiful
Yes that's true.

Donna Saphier

Blind Date

We met one night
It was raining and cold
You must meet up
We both were told

We loved each other
At first sight
I never believed
That could be right

He held my hand
And kissed my head
I don't recall
Many words being said

We held each other
All night long
Now ten months on
Were still going strong

We are so happy
Were doing great
He's not only my lover
He's my best mate

Donna Saphier

Blueberry

Today I'm feeling
Happy and merry
Cause it's my birthday
And I love Blueberry

Blueberry came on top of my cake
I'll tell you it's real, no-way is it fake
The candles were burning, I need to blow out
Then everybody can give me a shout

I blew and I blew
And I Blueberry hard
LOL
Where's my birthday card

Donna Saphier

Brain Fog

My head it feels so misty
And I can't comprehend
That things just don't feel right
This brain fog I can't mend

I can't remember nothing
My head always feels numb
I just can't do anything
I can't get nothing done

I forget all my appointments
And things I have to do
My head feels dim all the time
It's like I've got the flu

I forget I've turned the cooker on
I forget all that I'm doing
I go and put the kettle on
Then forget that I am brewing

This Brain Fog it is scary
And no-one understands
I can't remember nothing
All the things that I have panned

I'm slowly coping with it
But it's hard sometimes to cope
My memory it is failing me
And I don't see no hope.

Donna Saphier

Brother

Brother you were special
You lived life to the full
For us to see you sober
Would be unusual
But we all loved you dearly
No matter what you did
You wouldn't have been our brother
If you didn't ask for a quid
All of us who loved you
Loved you most sincere
But instead of choosing those you love
You chose the killer beer
Your life's not been an easy road
And we do understand
That all the hopes and dreams you had
Did not go quite as planned
At the young age of forty four
You finally fell asleep
Precious memories we have of you
They're ours for us to keep.

Donna Saphier

Busy Me

7am the alarm is ringing
Into the shower I'm dancing and singing
Wash my poppy and wash my pits
Then around and under my enormous bits

I shave my legs until they are smooth
Still getting down with the music groove
I jump out of the shower and into my room
Knowing I've got to go to work soon

I put on my shoe
I can only find one
Now I don't know where
The other has gone

I'm gonna be late
Oh I've not done my hair
I'm getting frustrated
And nobody cares

I'm all in a muddle
I'm out of the door
Straight into a puddle
Can't take anymore

I think that I am gonna call in sick
My boss will think I am taking the mick
Oh what a morning, what a disaster
These carry on mornings, I need to master

No more rushing
I'm taking my time
I need to sort out
This messed up life of mine.

Donna Saphier

Cancer

You sat and watched the sun go down
But on your face you wore a frown
You sat, you cried, you felt the pain
You lost your wife, life's not the same
She was only young, and full of life
You couldn't have wished for a better wife
But soon she would lose all her weight
We all know cancer doesn't wait
She lost her hair, she was so thin
The cancer now begins to win
She fought so hard, she wanted to stay
But slowly the cancer would take her away
You looked in her eyes, you felt her pain
Your life would never be the same
The doctor said she's not got long
You played to her, your wedding song
And there in your arms she passed away
The sun was shining, such a glorious day
the funeral came, you felt sad and grey
But your wife wouldn't want you to feel this way
You sat in your garden and watched the sun rise
You felt nothing but the tears in your eyes
you will miss her so much
But your pain will ease
You hope someday
They can cure this disease
You carry on with your life
And you try your best
But you'll never forget
Your wife who's at rest
Good Night, God Bless

To your lovely wife

Now your must be strong

And proceed with your life. X

Can't Sleep

I lay awake most every night
After releasing all my stress
And I think and realise
My life's an awful mess

I listen to my heartbeat
As it bangs inside of me
It's like it's trying to say
please stop hurting me

My eyes are straining in the dark
As I stare right into space
Thinking about everything
From bills to the human race

My stomach's making noises
My legs are twitching too
But it's dark and late you see
There's not much I can do

I lie thinking endlessly
Of loved one's that have gone
And in the silence of the night
My demons they do come

They tell me I'm a bad girl
And I should be asleep
Go to sleep they say to me
As I begin to weep

Hours have passed, I'm still awake
My thoughts, they drive me mad
They say I'm not a good girl
And that I am always bad

I clench my eyes, I try to sleep
And make my mind switch off
But that is just so difficult
As I say enough is enough

While the world is fast asleep
My mind is playing games
Everything that has gone wrong
It's me that my brain blames

Now the world is waking
I can hear the birds are singing
I try to close my eyes so tight
But they burn and they are stinging

I feel the tiredness begin to creep
I hear the church bells ringing
I'm nodding now, I start to sleep
While people they start singing

I fall asleep, the world's awake
My life I am just missing
Then suddenly someone wakes me
At my lips they're gently kissing

I say I've been awake all night
While the worlds been fast asleep
And then I just drift off away
To a sleep that's calm deep.

Donna Saphier

Cemetery

I'm going to the cemetery
I'm gonna sit and chill
It's peaceful in the cemetery
Quiet, calm and still

I visit my mum's grave
I place some flower's there
I tell her that I miss her
And that I do still care

I polish up her gravestone
Until it's gleaming bright
I do it so it clashes
At night with the moonlight

She has a heart-shaped headstone
She did deserve the best
She was always smiling
I hope she is at rest

I miss you, my dear mum
I miss you all the time
And you forever will remain
In this heart of mine

Donna Saphier

Chance

Life's a game of chances
I took my chance with you
I've never been so happy
I guess dreams do come true
You're my knight in shining armour
You're as gentle as the breeze
I think I fell in love that day
I was numb from head to knees
Firstly there was no-one
I was dying deep inside
Suddenly from nowhere
You're around me like the tide
You've changed my life dramatically
All my hurt has disappeared
Now I see such happiness
Instead of all I feared.

Donna Saphier

Christine

I'm Fifty Two and feel real old
My life is just a mess
Constant memories in my head
That make me just feel stressed

But I am trying very hard
To get my life on track
And I am also frightened
Of the drink that I will lack

Drink helps me numb out all my pain
It helps me to forget
But drink also made me do things
Some things I do regret

I thought I would attend some groups
And myself I'd hopefully find
But things still carry on and hurt
I'm going out of my mind

Detox is around the corner
And I just cannot wait
To get in there and do my time
Forget my Stella crate

Drink has ruined all my life
Things just fell apart
But this is my beginning
For me a brand new start

The life that I have gone through
The things that I have seen
Please remember after all
I'm just a human being.

Donna Saphier

Come Back To Me

I can't do anything
Nothing but cry
Why did you leave
Why did you die

I feel you are selfish
Left me all alone
In this horrible world
I do nothing but moan

I want to be with you
But where are you now
Could it be possible
I wish I knew how

My heart has been broken
Do you know how that feels
Will you come back to me
If I click my heels

I feel I am dead too
I'm empty inside
With all of this upset
And tears I have cried

Please my love
I am begging you please
To come back home
So my pain will ease

I need you, I love you
I'm falling apart
Even the doctor
Can't mend my heart

I'll wait in the dark
So that no-one can see
And you then can make
Your way back to me

Love is forever
And so it shall be
I'm crying and waiting
So desperately

So come home tonight
And all is forgiven
I cannot rest here
Whilst you are in heaven

I'm hollow, I'm broken
I can't take any more
So I'm waiting for you
Please just walk through that door

Reunite, live happily
How it used to be
The good old day's
Just you and me

Donna Saphier

Dad

My Dad was a man's man
Proud until the end
We are all so upset
His life's come to an end
He didn't want to leave us
He did not want to go
But we all go eventually
Why? I do not know
He really loved his family
They meant the world to him
He would nod and smile at them
And give that cheeky grin
He wouldn't ask for a penny
He wouldn't ask for a thing
He fell in love with someone
She was his everything
Dad we're gonna miss you
And we're sending you our love
We wish you peace and happiness
As you rest with God above.

Sunrise 24/2/39

Sunset 29/6/06

Donna Saphier

Dear John

We've had great times and sad times
You've stuck by me through thick and thin
But there's something I need to tell you
I've been keeping it deep within

I don't really know how to say this
That's why I've written it down
My darling I am leaving you
There is somebody else I've found

It's not that I do not love you
It's not that I do not care
It's just that I've met another man
And not telling you wouldn't be fair

I've been seeing him now for a few months
He's brought happiness to my heart
I've really fell in love with him
And I did do right from the start

I'm sorry for falling in love again
But that's just the way it goes
He's even asked me to marry him
He got down on one knee and proposed

I haven't given him an answer yet
So please will you set me free
I've been unfaithful, I've been untrue
With him is where I want to be

Forgive me, I didn't want to hurt you
And I don't want you dear to be sad
You can always look back and remember
At all the good times that we had

I hope you can understand me
I hope you know just how I feel
I wish I could tell you I'm joking
But I'm sorry that this is for real

I'm sorry I couldn't say this face to face
And I don't want to hurt your pride
And since I have written this letter
I've done nothing but cried and cried

I know I'm being a coward
I couldn't look you in the eye
This was the only way I knew how
To say that I'll miss you, Goodbye

Donna Saphier

Dear Mr Alcohol

I was young when we first met
I thought you were the best
We spent every day together
And we never stopped to rest

We had a great relationship
No-one could drag us down
Stayed up all night partying
The first love I had found

I forgot about my other friends
You were my Number One
I loved you unconditionally
My love for you, you'd won

But then as I got older
I said we'd have a break
But I was weak and vulnerable
My heart would surely break

Then you made me spend my money
You stopped me paying bills
Then I lost my family
And I started taking pills

Then I found I had no friends
I'd lost them all through you
I thought you were my best friend
Now I know what thought can do

I need you more, than you need me
Thought we always would be friends
You don't care what you've done to me
And on you I now depend

You slowly watched me dying
You watched me fall apart
Is this the end of our relationship

Now that you've broke my heart

I feel my body dying

But it still cries out for you

Thank-you Mr Alcohol

For what you've put me through.

Donna Saphier

Donna

Absolutely DELIGHTFUL every single day
Always got her chin up and doesn't have much to say

OUTSTANDING is her dress sense, she always looks real neat
The men just hang around her, they are falling at her feet

Roundabout NOON she makes a plan
For all the men to meet her

Then she can pick the NICEST
Who sure is glad to greet her

Then AFTERWARDS they go for lunch
Desert was just pure kissing

DONNA is a lovely woman
And sure has nothing missing.

Donna Saphier

Donna And Geoff

My name is Donna
And I love Geoff
I love him more
With every breath

The thing's he does
The thing's he say's
Geoff is special
In many ways

He make's me happy
He make's me smile
I've been with him
For quite a while

But every day
My love grows strong
I know it's with him
That I belong

I now look forward
To every day
And it's thank's to him
I feel this way xx

Donna Saphier

Don't Be Sad

Don't be sad
You heard them say
Today is gonna
Be your day

Throw away your cares
Become so free
Be the way
You always wanted to be

Run naked through
The wind and tree's
Don't worry
If anybody sees

Let your hair down
Just be wild
Even act just like
A child

Don't be sad
Don't be upset
No one want's
Their eyeball's wet

Chill be happy
Live your life
Forget the worry
And the strife

Be free just like
Were meant to be
Don't be sad
Do this for me

Do this for me

Donna Saphier

Don't Go

Today's the day I realise
The love has gone from in your eyes
Please don't hurt me
Please don't go
The pain you'll cause
You'll never know
I know I cannot take much more
Please pick my heart up off the floor
Only you can stop this pain
Stop this messing with my brain
I need you always by my side
To keep you, I have tried and tried
Hearts don't break, I've heard them say
But that's not true, I now can say
But if you leave, what will I do
I'll sit and cry and wait for you
Please don't hurt me, stay a while
You'll make me happy
I'll wear a smile
But you don't love me anymore
So I'll leave my heart down on the floor
Broken, crumbled, smashed apart
That's how you've left my unloved heart

Donna Saphier

Don't Put Me Down

Stop calling me names
Don't make me feel small
Is there nobody else
That you could call

The name calling please has got to stop
You always go right over the top
I may be no beauty queen or Marilyn Monroe
But every day you make me feel low

Miserable, ugly and I'm a waste of space
You're gonna get someone to take my place
You're hurtful, you're nasty, you're dragging me down
And you wonder why I always wear a frown

We can't carry on like this
I'm asking you to stop
You say I am so big
And that soon I'm gonna pop

You do it in front of family and friends
It stops right now, this is where it ends
You look at me and laugh like I'm some big joke
I hope that one day, on your words, you choke

You're no oil painting or James Dean
Now promise you're gonna stop being mean
You're supposed to love me, you're supposed to care
So stop calling me names, tread careful, beware

Donna Saphier

Down

I just want to be happy
Just like I used to be
Everything in my life
Was taken suddenly
I hate the world today
It took my life away
I am very miserable
As I go from day to day
I don't know what I did so wrong
To end up in this state
Everything I used to love
I've now began to hate
I must of been a bad girl
Somewhere down the line
Then god he just decided
To take everything that's mine
I don't know who to cry to
I don't know what to say
My life is not worth living
Since god took my heart away.

Donna Saphier

Drinking

I have been in that place
I know how it feels
It's not really fair
The cards that god deals
A bottle of rum nearly every day
It turned my skin from white to grey
I was always sick
I never felt well
On a scruffy settee
Is where I fell
Surrounded by bottle's
And trash everywhere
I just wasn't bothered
I just didn't care
I'd wake up with a man
And not know his name
Or how we got there
And who was to blame
I'd never remember
A thing that I'd done
But the night before
It would have been fun
I would look like a tramp
Then go out on the street
Walk into my sister's
Who'd look down at their feet
I didn't have any friends
I swapped them for drink
My head was messed up
My brain couldn't think
When I had no money
Well that was the worst
It use to feel like
My head's gonna burst
Shaking and aching
Just feeling unwell
I'd run out of jewellery
And things I could sell
No more was I living

Existing more like
Trying to get
My bottle each night
I was slowly dying
But didn't understand
I just wanted to have
A drink in my hand
Once I got my drink
I was as happy as could be
But tomorrow's drink
Would be bothering me
Start all over again
The same old thing
Hoping someone comes
To us drinkers and brings
Cans of lager
Bottles of beer
Then we'd all be drunk
With nothing to fear
I would lay down my head
Wherever I could
On a park bench
Or in a dark wood
I hated myself
I hated me
I'd wake up in hospital
Not cured but free
From this tormented life
I hated so much
I would ring my family
They'd get back in touch
They were willing to give me
Just one more try
If I promised them
That I would stay dry
I would promise and mean
Every word that I've said
They said if I failed
They'd leave me for dead
Yes it happened
I did but fail
Once again I'm off the rails

No-one to turn to
I'm such a sad case
And now I'm too tired
Can't keep up with the race
My liver is damaged
My pancreas too
There's just one thing
I have to do
Stay dry and recover
It will take time
For me to control
This life of mine

Donna Saphier

Drugs And Alcohol

I'm an alcoholic, and it's driving me in-Insane
I'm sick of waking up each day
And suffering the pain
Pins and needles, shakes and vomit
Are with me all the time
I keep trying very hard
To kick this habit of mine
I know I've done it once before
I gave the beer a miss
But had another substitute
And that was Billy Wizz
But then I tried to give up that
Then turned straight back to drink
And now I'm hooked on both of them
My brain can hardly think
Most people say they understand
But I don't think they do
It's an awful thing to go through
And I wouldn't wish it on you
Say No to drink, and No to drugs
You be the one who's wise
It took me quite a long time
To finally realise
That I'm an addict, I'm not proud
In-fact I'm quite ashamed
So I'm not gonna sign this poem
I dont wish to be named...

Donna Saphier

Dying Came First

Why did you leave me
I can't comprehend
You've broken my heart
And I know it won't mend

You've left me alone
I'm falling apart
Please, someone, help me
Mend my broken heart

But Dying came first
You just went out of my life
Now I have to live with
All the trouble and strife

I thought that you loved me
I thought that you cared
I will never forget
All the love that we shared

I'm not feeling great
I am now at my worst
You upped and you left me
Cause dying came first

Donna Saphier

Empty

I can't live without you
It's tearing me apart
Hollow is my head
Empty is my heart
My eyes are always crying
But nobody can see
No-one knows the damage
That has built inside of me
My body is always cold
It just can't absorb heat
I don't know how my blood flows
From my head down to my feet
My heart has just stopped pumping
And I just can't go on
Please can someone help me
Before i too am gone

Donna Saphier

Fags

I light a cig, I take a drag
I suck so hard upon my fag
I feel my cheeks sinking in
And all the smoke I'm inhaling

I feel the smoke go deep inside
Finding places where it can hide
My lungs they must be brown and black
Just like my teeth which have brown plaque

My tongue is furry like a rug
People can smell it when they give me a hug
Nicotine nostrils I have got
My nose holds soot instead of snot

I don't know why I even smoke
Non-smokers must think I'm a joke
I blow smoke rings, act like a clown
My lips aren't pink, they're dirty brown

I smell like an ashtray everyday
I notice people turn away
I smell of smoke, it makes me choke
Smoking really is a joke

I can't say that it tastes so good
It's deep inside, it's in my blood
My face always looks brown or beige
If I give up now I'll reach old age

All these things through having a drag
Who in the right mind would smoke a fag

Next time I take a drag on a fag

I'll make sure it isn't lit

It's damaging every part of me

And it's doing it bit by bit?

Donna Saphier

Falling

Help me I'm falling
I've got no control
Deeper and deeper
Is becoming the hole
There's nothing to grab
Know here to hold
If I don't get a grip
Then I've nothing I'm told

Everything's crumbling
I'm falling apart
This recently happened
When god broke my heart
I'm empty, I'm lost
I just have no hope
Since losing my loved one
I just cannot cope

They say time's a healer
But I cannot see
How anything can take
This pain that's in me
I think I'll keep falling
And see where I land
I just do not know
What God has next planned

I'm hurting, I'm screaming
I'm crying out loud
My head's in a bubble
Like some sort of cloud
I'm desperate, I'm needy
I need some advice
I can't take much more
'No' I'm paying the price

I need to lie down now
My head's in a spin
My life is in trouble

And I need to win
So help me I'm falling
Down deep in this hole
Where I follow my heart
And my broken up soul

I'll try to be strong
As I go on through life
Even though I feel
I've been stabbed with a knife
I'm gonna keep crying
It eases the pain
Hoping and praying
We'll meet up again.

Donna Saphier

Fartitious

Early one morning
I had a nice milk shake
Then an hour later
I was sat on an earthquake

My bum just kept on bubbling
To a stage I couldn't control
Anything and everything
Was coming outta my hole

I tried to keep on chatting
Thinking no-one else could hear
But they kept coming long and fast
And I thought, Oh my dear

I kept laughing louder
Hoping to disguise
I think that people knew I smelt
By looking in my eyes

Farting can be funny
If you all do it together
But when you do it on your own
It really ain't so clever

When I cough, or when I bend
They're really quite tremendous
Cause they're not small and sweet ones
They're really quite horrendous

I don't feel very well
I've got bad pains in my belly
I'm not surprised, the size of these
Some really are quite smelly

I'm gonna stand in the toilet
Until my wind is finished
Cause if I stay here any longer
You all will be diminished

I've been farting all day long
When will this please stop
My belly is so swollen
And I feel I'm gonna pop

If you're out and about farting
Keep a smile upon your face
Cause they'll come out whenever they want
Anytime, anywhere, anyplace.

Donna Saphier

Fatty

I'm sitting in my living-room
I'm bored out of my head
It's Sunday morning 8am
It's time that I was fed
I've had a bowl of cornflakes
And now I'm feeling fat
Weighing in at 13 stone
I'm fat and that is that
My belly's really big now
I cannot see my feet
I need someone to slap my face
And tell me not to eat
Please call me whatever
And say I look a state
I'll just pretend that I don't care
And say I'm feeling great
I'm out of breath, can't climb the stairs
I know that no-one really cares
It's down to me to lose some weight
Then maybe soon I'll get a date
I'll say goodbye to my fat bum
My boobs, and my belly too
But they say that big is beautiful
So what am i to do.

Donna Saphier

Fed Up

I'm feeling quite fed-up today
I'm not sure what to do
I'm sick of watching telly
Couldn't stand another brew
I'm sick of friggin smoking
Cause smokings all I do
I just don't feel like anything
Let's have another brew
I sip my tea so slowly
Trying to occupy my brain
Looking out the window
I'm staring at the rain
I love it when it's raining
And when it's windy too
I quite like the winter time
There's nothing much to do
I'm gonna go to bed now
Cause it is very boring
'Buyer Nite' see ya soon
When I've finished snoring.

Donna Saphier

Feeling Low

I wish someone could understand
What goes on in my head
The life I live now wasn't planned
And I wish that I was dead

I don't know what I'm doing here
Or what my purpose is
I only know that I am low
And I can't cope with this

I'm not putting on paper
What's wrong with me today
I'm just having awful thoughts
And I wish they'd go away

I am just existing
In this mighty place
Can't you tell that I'm not well
By looking at my face

When I talk to god tonight
I'll ask can I go home
I'm scared, I'm cold, I'm giving up
And I'm always on my own

I'm not gonna do something stupid
I'm not gonna fall apart
It's just that there's this aching
And it's right inside my heart

I hope that I sleep well tonight
I hope that I'm ok
But then when tomorrow comes
Well, it's just another day

Donna Saphier

Fibromyalgia

My body is full of aches and pains
And I can hardly walk
But when I try to say I'm ill
No-one lets me talk

I ache so bad, I cannot move
The pain it hurts me badly
But no-one understands I'm sure
It goes unnoticed, sadly

Fibromyalgia hurts me so
Sometimes I don't like living
My Doctor prescribes nothing
And is doubtful into giving

People just don't understand
This illness I'm enduring
Because they cannot see it
When I speak they think I'm boring

I'm really hurting most of the time
And I am clearly in pain
But Fibromyalgia doesn't stop
Me from going in-sane

I feel alone like no-one cares
And I'm always depending
This Fibromyalgia is such a disease
I'm afraid it's never ending

I still plod on as best I can
Fighting through the pain
Since I am riddled with this disease
Life will never be the same.

Donna Saphier

For Mum On Mothers Day

Mothers day comes once a year
And yet again another tear
I loved you mum, you were just great
Not just a mum, a special mate

You taught us good manners
And how to behave
I think of these things
While I stand by your grave

You used to play skipping and football each day
Kids would knock on your door for you to play
You loved everybody, you were such good fun
And I was so proud to call you my mum

You'd light up a room with your beautiful smile
That's something you carried with you all the while
You never did frown or pull a face
You were smart, you were clever, and you walked with such grace

I miss you dear mum
I miss you a lot
You are far too precious
To be forgot

But I stand by your grave
Shedding a tear
You now have been gone
Another year

You were so special
To me you're the best
And I grant you
Eternal rest

Donna Saphier

Fucked Off18+

I'm sick of fucking arguing
We do it all the time
I don't need all this right now
In this life of mine

I'm so fed-up, I've had enough
I feel like fucking going
This relationship's a sham
The cracks are clearly showing

Silly fucking arguments
Every fucking day
I wish I didn't live here
Cause I would be on my way

I don't know how much I can take
Before I seriously end it
Then I definitely won't even try
To ever fucking mend it

Donna Saphier

Growing Old

I'm slowly getting older
I'm just falling apart
Every time I take a step
I also do a fart

I cannot see so clear no more
My eyesight, it is shocking
I also need a walking stick
Because my knees are knocking

My teeth are in the bathroom
Soaking in a cup
I know I've not got long now
Before my time is up

I also have some tweezers
To pull hair from my nose
I've now got hairy fingers
And also hairy toes

I don't always use a walking stick
I mostly hobble around
I still go to the shops
I am not yet house-bound

They say you should age gracefully
But not before your time
I think I'm coping pretty well
With this body of mine

I've got road maps on my feet
And dark veins down my legs
What use to be my breast
Are now like two fried eggs

My face rests on my chest
And my chest rests on my knees
Gravity is dragging me
Can someone help me please

Now that I am older
And I look back where I've been
I'm surprised that I'm still standing
All the things that I have seen

I'm feeling pretty tired now
It's time for me to rest
I really need my beauty sleep
So I can always look my best.

Donna Saphier

Happy Days

When I was young
I had no sense
And such a lack
Of confidence
I used to play
With all the boys
I didn't have a doll
Or girlie toys
When I reached
My early teens
I was lad mad
Or so it seems
They'd knock upon
My mother's door
Or shout through the letterbox
'We want more'
I used to cry
It made me sad
But I just couldn't help it
I was bad
Girls used to call me
The local bike
But I'd tell them
To take a hike
As I got older
The worse I got
A man everyday
I had a lot
I'd bed them all
Only one per day
I even made
Some of them pay
When I reached my thirties
I still hadn't settled down
My body now is aching
And I'm permanently lay down
Then at the age of forty
I still had lots of men
I would have no confidence

If it hadn't of been
For them
I don't care what people think
In-fact I do not mind
I'm not hurting anybody
I think I'm very kind
Now at the age of forty four
My tits and fanny
Are on the floor
I haven't got many
Men left now
But I've managed this long
And I don't know how
Even when I reach
Seventy five
Well that's if I
Am still alive
I'll have a man friend
To tend to my needs
I don't think at that age
We'll be planting seeds
My life's been good
It's been just great
I've never had to
Masturbate
Thanks
To all you men out there
You did me good
And I didn't care
You loved me in
Your own special ways
When I look back
Oh happy days.

Donna Saphier

Happy To Be Here

Happy to be here
My life now with you
I love every minute
You're honest and true

My luck has been changing
Everything is just right
We've now met each other
Our future is bright

You've been down on one knee
And were soon to be wed
I'm gonna get married
"Never again" I once said

I love you, I'm happy
With you, I shall stay
And I just cannot wait
Until my wedding day

Donna Saphier

Haunted By My Past

Today I sat and thought of my past
It was very exciting, but I'm glad it didn't last
I had all sorts of things going on
I slept with some men, but couldn't name one
I was always cheating and messing around
I fell in love with every man I found
But now I feel pain and I'm so full of shame
I treated my life, like it was a game
I didn't care for no-one
I was selfish and mean
I would flirt with the men
Just to keep them keen
I would never go home
I would stay out all night
Boozing and partying, the occasional fight
I was quite cruel and ignorant too
But when you are young, you don't care, do you
I'm now full of guilt, and it's not very nice
And now I have found that I'm paying the price
It just goes to show, when you're young, you don't care
I know I'm not the only one out there
Please forgive me, I now know I was wrong
I just hope that I can move on and be strong
I'm not the same person that I used to be
I'm older, but live with the memory
I am a changed person, forget what I did
I'll just try to remember, I was only a kid.

Donna Saphier

Heaven

I wonder when my numbers up
How I am going to die
I'm not so scared of dying
It's if and when and why

Will I go up to heaven
How will I get there
Do the angels come and get me
Or do I meet them there

I have so many questions
But no one seems to know
What is on the other side
If that's where we all go

Everybody's going there
It's something we must face
Do we all have numbers
Or is it some kind of race

When I get to heaven
I know what I will do
I'll ask an angel for a ride
And I'll come tell all of you

Exactly what does happen
Exactly where we go
Then each and every one of us
Won't be afraid to go

Donna Saphier

Help

I'm so fed-up, I can't be strong
I don't know how to get along
I feel drained, I'm so worn out
Tell me what my life's about

I can't go on, I don't feel well
Don't know if anyone can tell
I'm sick and tired of all the stress
My life is such a total mess

I need some help but scared to ask
I hide behind this lonely mask
People do care and help me around
But that doesn't stop me feeling down

I'm very upset how my life is today
I never thought I would end up this way

But now that it's happened, I struggle to find
A way to mend my poorly mind
I'm so unhappy, I'm so ill too
I just don't know what I can do

Donna Saphier

Help The Aged

The little old lady lived all alone
No-one to talk to and no-one to phone
She's cold and she's shaking
Her fire's on low
She's all wrapped up
In an old worn out throw
Holes in her slippers
Her toes peeping through
Meals on wheels
A small bowl of stew
Mail on the floor
But she's too cold to move
A cut on her knee
That needs to be soothed
Where are her family
Where are her friends
Please someone help her
It's on us she depends
We can't leave her lonely
We can't leave her blue
There must be someone
Who knows what to do
This poor old lady
Just stuck in her chair
She's giving up slowly
But she's not aware
So check on your elders
Make sure they're alright
Make sure that they
Are wrapped up at night
look after your elders
They are people too
Their lives depend
On the things people do
It could be your mother
Or somebody's gran
C'mon let's do this
We know that we can.

Donna Saphier

Hollow

You know the feeling
Empty inside
The feeling you get
When somebody's died

That's how my heart feels
Every day
Since the day god took
My world away

They say be happy
You need to move on
But it's not that easy
When you lose someone

Someone who meant the world to you
Somebody close, someone you knew
You shared your secrets
You shared your hearts

My entire world
Has been blown apart
They were your day
They were your night

Everything always
Turned out right
You miss them dearly
You can't explain

This feeling of loss
This kind of pain
I can't move on
No-one can see

The damage inside
This has done to me

I'm breaking, I'm crumbling
I'm falling apart

Please someone help me
To mend my heart
I don't see no laughter
Or happiness or fun

No more gorgeous days
No kisses, no sun
That has all gone now
Please what can I do

I'm not strong enough
To ever pull through
I miss you my darling
I love you my friend

I'm empty, and hollow
My heart cannot mend
So no, I can't move on
No I cannot cope

No will, no way

No heart, no hope.

Donna Saphier

How Can I Love You

How can I love you
I can't love myself
My pride is long gone
It was knocked off the shelf

I'm trying so hard
To love you, I am
It's so very hard
When I'm ugly, not glam

I hate myself
I'm so insecure
My heart is locked
I can't open the door

I've been used abused
For a very long time
It hurts so deep
That I'll never be fine

I'm struggling so hard
To open my heart
I'm so very scared
It'll get torn apart

How can I love you
When I don't love me
This hurt runs so deep
That I'll never be free

I'm gonna try to love you
But please do take care
Of this wounded heart
That I'm so scared to share

Go gentle, go steady
I really am trying
To love you so much
But my heart just keeps dying

I think we should go
Our separate ways
Cause my heart just can't take it
And I live in a daze

I am so sorry
I cannot live you
My heart is frightened
And I am too

So go on your way
Just leave me alone
I'll sit here and die
And hope God takes me home

How can I love you
That just cannot be
My life is a mess
And I'll never be free

I don't know which way
My life is heading
So goodbye for now
And my future I'm dreading

Donna Saphier

Hurt

You know I love you very much
Why have you broke my heart
You said at the beginning
That we'd never ever part
I knew I shouldn't of trusted you
I knew my heart you'd break
I know now this relationship
Was just one bad mistake
Get going if you're leaving
Don't just hang around
There was absolute silence
No you couldn't hear a sound
Slowly he raised from his chair
And headed for the door
He turned and said I'm sorry
I just looked down at the floor
He slammed the door behind him
And I fell to my knees
I noticed on the sideboard
That he'd left his front door keys
Now I know he won't be back
He's really gone for good
I didn't think he'd walk away
But obviously he would
He had another woman
And he didn't have no shame
He's left me with the suffering
And all the friggin pain.

Donna Saphier

Husband

Where did you go
When you left that day
Do you know I'm still crying
Do you know I still pray
The last words you said
Were please hold my hand
Then what happened next
I just don't understand
You just went to sleep
But where did you go
I've been crying and waiting
And missing you so
You weren't ready to go
I remember you said
That it's gonna be years
Before you were dead
We had plans for our future
We had plans for today
I still can't believe
That you've gone away
I miss you each minute
Of everyday
Are you not allowed back
If I ask and I pray
I'll forget about my future
I'll live in the past
And then my dear husband
Forever we'll last
I love you so much
I would give up my life
Then we'll always remain
Husband and wife x

Donna Saphier

Husband 1

The light from the candle
Filled the whole room
Which calms me during
My doom and gloom

My life's stood still
Since you passed away
I now no longer
Want to pray

Why do we hurt
If God does care
He's took my husband
That's not fair

I'm sick of crying everyday
It's just not right to feel this way
I'm pleading with the universe
To put my life into reverse

Just to hold you one more time
Feel your heartbeat next to mine
But that won't happen, I've had enough
This life is hard, the road is tough

Please, please someone hear my plea
I want my loved one back with me
I cannot manage, I miss him so
I want the whole wide world to know

I need him now, I miss his touch

I love my husband very much

Donna Saphier

I Don't Want To Grow Old

Little grey hairs
Are starting to show
I'm a bit confused
Why I feel so low

Veins in my face
That look like a map
Every five minutes
I'm taking a nap

Wrinkles now show
On my neck and my face
My body no longer
Can keep up with the pace

I've got hair up my nose
And hair in my ears
That was always one of
My worst fears

I think dementia is creeping in
So now I forget cause I'm letting it win
Help me with ageing
I'm scared to grow old

My skin is so thin
So I'm always cold
I don't want to grow old
I just want to be me

And never to die
See eternity
So please someone help me
To delay this process

Because once I was
The one with the mostest

Can keep up with the pace

Donna Saphier

I Love My Valentine

Love me, please
just make me smile
I need you darling
All the while

Make love to me
Make me whine
I need good loving
All the time

Hold me tight
Squeeze me too
I just love
the things you do

I need you now
I love you so
Don't be shy
Our love will grow

Me and you
Are doing fine
I'm just so happy
You are mine

I love you, it's easy
I can't let you go
I love you my darling
I just want you to know

That we will be happy
No matter what
And I really appreciate
All that I've got

Donna Saphier

I Love You My Dear Daughter

You are a special daughter
I love you everyday
I am very sorry
That things haven't gone your way

You know this is a cruel world
And I would like to say
That you are just the world to me
I still love you everyday

The pain that you have gone through
Is with me all the time
And I am very proud to say
That you, daughter are mine

We've been through some hard times
And we are very strong
That's why God made you my daughter
And we have that special bond

I'll love you till forever
So please don't you forget
That all these things that have happened
I truly do regret

In years to come, when I am gone
Just read this little verse
Remember that you are my world
In-fact my universe

I love you my dear daughter
I'll love you till forever
You are a special woman
Smart and very clever

I'll finish now I've got to go
But I'll be there all the while
So you keep looking beautiful
And always wear a smile

I love you my dear daughter
I'll love you till the end
You're the best thing that has happened
My daughter and my friend. X

Donna Saphier

I Miss You

I written a letter to my partner today
This is exactly what I had to say
I know I'm not young
And attractive as she
But please my love
Please don't leave me

I'll make you happy
Please don't go
You were packing your things
I was hurting so
You looked straight through me
When you said goodbye

Without a single
Tear in your eye
You closed the door and went on your way
I fell to my knees
And stayed there all day
I saw you and her

Out walking today
You didn't bother
To look my way
You were far too busy
Laughing and kissing
Something that I am
Desperately missing
Holding hands, strolling along
You probably sing to her
Our song
How could you hurt me
I'm lost and I'm broken
Since the day you left
We still haven't spoken
I can't cope, I can't survive
I need you to make me
Feel alive
Please come home

I won't mention her name
It's driving me mad
I'm going in-sane
If you do not reply
To this letter
I know then your life
Must be much better
Just remember I love you
More than words can say
I know that she can't possibly
Ever feel this way
Sooner or later
You'll come down from cloud nine
You'll see her love's
Not as strong as mine
Maybe you might realise
Then what you've done
When this affair
Is no longer fun
I love you so, with all my heart
I'm not the same now we're apart
Please I love you
Can't you see
It really should be
You and me
Please don't take your time to think
Come back tonight
We'll have a drink
We'll talk this through
We'll talk all night
I want to know if you're alright
Is she washing your socks
Ironing your shirts
To put this in writing
It really hurts
The house is empty
Cold and bare
Since you decided
To live around there
Please come home
I'm falling apart
You've knocked my crown

And broken my heart.

Donna Saphier

I Want To Go Home

I am so fed up tonight
I'm sat here on my own
My partner is crashed out in bed
And I've got no one to phone

Sometime's I feel like crying
Cause my life is so depressing
I don't do anything in the day
I've even now stopped dressing

My life is very boring
It's the same old every day
I don't know what to do no more
And I don't like to feel this way

I don't tell people how I'm feeling
They're not interested anyway
So I do not bother speaking
Cause I'm scared of what to say

But really I'm so sad inside
And no one understands
They think I have an easy life
As though all this was planned

Well that is so untrue
My life's a living hell
My brain is very poorly
And my body's not too well

I'm sick of medication
At all times of the day
I just wish I was happy
If it was for just one day

I'm so fed up, what can I do
To live a life, just like you
Maybe one day that will happen, and I'll be at my best
But until that happen's, I'll just sit here and rest

I'm sorry for being so miserable
To everyone concerned
I've always got a frown on my face
My smile may not return

Next time you see me moping
Please just leave me alone
I'm quietly praying and hoping
Maybe God will take me home

Donna Saphier

Ice

Two little boys
Would play on the ice
The lake was frozen over
The day was quite nice

They skated with friends
They were playing games
Having good fun
Calling out names

One little boy
Skated off on his own
No-one could find him
When time to go home

Friends called at his house
Some run for his mum
Explaining to her
They'd been having some fun

Mum runs to the lake
Screaming out for her son
It was getting dark
Her son didn't come

She run's for help
All aids by her side
Looking for her son
With her eyes open wide

No-one could find him
Oh where could he be
Then one of the aids
Shout's there's something I see

It was a blue jacket
And a dark pair of jeans
He said to the mother
You know what this means

Under the ice
Was a young little boy
Cold and lifeless
Like a youngster's left toy

Please can you help me
The man turned and
I'm sorry young mother
Your poor boy has died

They pulled him out
As they broken the ice
The poor little boy
Didn't look very nice

Mother fell to her knees
As she clutched her son tight
This was a disaster
Such a terrible night

The ambulance came
They pronounced him dead
The mother was heart broke
But not much was said

The moral of the story
Don't skate on thin ice
The outcome doesn't always
Turn out very nice

Pray for Peter
He's now laid to rest
His family are not coping
But they're trying their best

Goodnight, God bless
Sleep tight little one
Look down on your mother
She misses you son xx

Impress Me

I met you one day
You were chatty and funny
You said don't call me babe
You must call me honey

I said what's the difference
Does it really matter
He said I like you
And you, I will flatter

You were kissing my face
And making me smirk
You were trying to make
This friendship work

You'd won me already
But I needed impressing
You kept telling me jokes
And we carried on messing

You said you are mine
And I love you so
I got all embarrassed
And I wanted to go

But you were so lovely
Cute and kind
Actually
You were blowing my mind

I fell in love with you
There on the spot
You picked me up
And was squeezing my butt

We both were laughing
We rolled on the floor
He was impressing me
More and more

He kissed my lips
I tingled all over
He said let's do it
And rolled me over

He climbed on my back
We were at it like rabbits
I said I hope this
Becomes one of your habits

We laughed and joked
All the way through it
This man was for me
And my heart just knew it

Make sure you are happy
With the man of your dreams
Good life, good sex
Well you know what I mean

Don't judge someone
Just by their face
Look inside
It's a much better place

Donna Saphier

It's Raining

It's raining again
Oh where's my coat
With all this rain
I'll need a boat

The rain falls down
I love it so
What a beautiful
Steady flow

I Throw my umbrella
Out to the side
It's like them all
In heaven have cried

It hits my face
I feel pure peace
It's like teardrops
From those deceased

I tilt my head
It soaks my hair
I feel angels
Almost everywhere

This beautiful feeling
Out in the rain
Does something to me
I can't explain

But every time
The rain does fall
I go outside
And stand so tall

It's the angels
Sending love
From them
And all who dwell above.

Donna Saphier

Kissing

As we softly touch each other
The feeling's so divine
I look into your eyes
And I know your lips want mine

Your lips are red and pouting
I feel the urge to kiss
I know I cannot mess this up
It's something I can't miss

I've got goosebump's on my body
I'm tingling everywhere
C'mon please just kiss me
As I'm lying, waiting there

Your face has come so close now
I feel your hot sweet breath
You're teasing me so much now
And I feel worthlessness

Your lips touch mine so slowly
They are beautiful and wet
You kiss me oh so gently
The best kiss I've had yet

As we kiss each other
My body is all shaking
You kissed me oh so beautiful
You have left my body aching

You do not make love to me
I don't feel anything missing
Things are much more sensual
As you'll find out when you're kissing

Donna Saphier

Leaving

You've met another woman
Now you're packing up your stuff
You told me you are leaving me
Because you've had enough

Don't do this I cried to you
You're gonna break my heart
What about our family
We're gonna fall apart

You said that she's much younger
And she's very good in bed
That made me feel worthless
I could feel my face turn red

You said she makes you happy
And you feel like a new man
You said you're gonna marry her
If she says that you can

You looked like an excited child
As you we're happily packing
I turned and looked you in the eye
And said you're face needs smacking

You still looked very happy
Happy cause you're leaving
I hated myself for feeling this way
But I wished that you'd stop breathing

When you we're done, you looked and said
I'm sorry that we're over
You're shirt half open, Jean's rolled up
Like some sort of Casanova

Oh no, you didn't have no shame
You we're as proud as proud can be
Splashing on your aftershave
Whilst looking down on me

When you were finally going
I pulled myself together
I said if you walk through that door
You don't come back here ever

You did, you walked out through that door
You clearly didn't care
The family have stood by me
And I'm so glad they were there

I've heard you've planned your big day
You're such a big old fool
The reason you have done all this
Is cause you let your penis rule

I hope you'll both be happy

Believe me it won't last

Her future is just beginning

But you've got only past.

Donna Saphier

Let The Past Go

Once upon a time, there was a woman so sad
She thought everything in her life was bad
She's such a nice woman with so much to give
But her past would torment her and she didn't want to live
She has lots of regrets when she looks back
But that can't be changed and that is that
She had slept around, she had been untrue
She had done most thing's that you shouldn't do
She was hurting so much, she was wriggled with guilt
What a bad reputation, she had built
Her name has been dragged right through the mud
Things she does now, she tries to do good
But the shame it shows upon her face
Her family think she is a walking disgrace
What could she do to put this right
She was crying, and helpless, and had run out of fight
She spoke to her friends, she asked their advice
They said what you've done, your now paying the price
But this will pass, because life goes on
And people also, will tend to move on
What hurt's you today, makes you stronger tomorrow
Forget your past as it only brings sorrow
Head up, stay strong, force a smile and move on
Because you know worrying won't change the outcome
Nobodies perfect, not no-one I know
So come on it's time to let your past go.

Donna Saphier

Let's Be Together

I knew the day I met you
That this was sure forever
My dreams were coming true
C'mon let's be together

Let's have some fun and smile
like other lover's often do
I need you all the while
You know that this is true

I love you more than words can say
You mean the world to me
Loving everything you do
You make me so happy

All that I am asking
Is for you to just be mine
We can make this happen
Will you be my Valentine.

Donna Saphier

Lilo Lil

I've always been an easy woman
Wherever I would go
All the men would wait for me
Because they love me so

I like to show my knickers
And give them all a thrill
So in the end they all began
To call me Lilo Lil

You'll always find me on my back
Or spread across a table
It doesn't matter where I am
As long as I am able

I stand outside the local shops
I meet a man out there
I quickly whip my T-shirt off
And let him grope my pair

I've always had a thing for men
They get me so excited
But I make sure they do not touch
Unless they've been invited

I love to be in men's company
They make me feel protected
And never, ever, once have I
Ever been rejected

Me and men just get on fine
We have and always will
So will you all remember me
The shameless Lilo Lil.

Donna Saphier

Lonely

The wind was blowing
It was bitterly cold
I felt so lonely
With no-one to hold
But I sit by the fire
And hear it's roar
Then I don't feel the cold no more

It's raining, it's pouring
The wind is on form
It sounds like it's blowing
A mighty storm
The rain is hard
Against the window panes
Crashing and thrashing, playing it's games

The sky is dark and very dull
It makes me feel so miserable
Now raging and roaring
I feel a bit scared
Looking outside, through the window I stared
Go away storm I began to say
Please I am frightened, please go away

The storm passed by
But the rain lingered on
I wish that I just had someone
To hold me, to love me, to keep me warm
And won't let me come to any harm
I'm lonely, I'm lost, but what can I do
But sit here alone, and hope to pull through

I'm in a dark place
And it's pulling me down
How much longer
Can I hang around
There must be someone
Out there for me
Please come and find me I need to be free

I'll sit by my window
And hope and pray
For someone to love me
And take me away
If you don't come today
Then maybe tomorrow
I'll sit here and wait, and drown in my sorrow.

Donna Saphier

Lonely And Scared

I sat, I shivered
The night was cold
My skin is so thin
Because I'm growing old

I sit by the fire
In the dark of the night
I have no electric
So that means no light

I have no family
No-one one to care
Nobody to wash me
Or comb my hair

I'm lonely, I'm sad
But I just carry on
My husband has passed
He's a long time gone

I'm feeble, I'm weak
But I try to be strong
I don't think that I
Have got very long

So I'll sit and shiver
In the cold of the night
And just hope that I
Will be alright

I don't like being lonely
Just all by myself
What if I die
Cause I'm not in good health

How long would I be here
Before I'm discovered
I'm just like a baby
I need to be mothered

I'm scared, so scared
To die all alone
And nobody finds me
Till I'm skin and bone

I am very lonely
But what can I do
I suppose I'll just wait
Till my days are through

I don't want to die
No I don't want to go
It could be tomorrow
But I'll never know

I wish I had family
But now it's too late
My life's nearly over
But it has been great

I'm gonna wrap up now
In my blanket so tight
And try to get some sleep
In the cold of the night.

Donna Saphier

Looking For Love

I'm slow in my mind
Most of the time
I'm looking for you
But they say love is blind

Don't keep on walking
Just stop where you are
And I'll keep on looking
You can't be too far

I'm looking for love
In every direction
I need someone close
I need some affection

When I do find you
I'll hold you so tight
I'll squeeze you real hard
With all of my might

Once that I have you
I won't let you go
I'll tell you I love you
And I need you so

So please someone out there
I'm looking for you
Stop still, stay there
My love is so true

They say there is someone
For everyone
I'm looking for love
Because I don't have none

Donna Saphier

Loss Of A Husband

When I lost my husband
I lost myself completely
I couldn't understand
That no longer would he greet me
I'm empty in my mind
Please someone help me find
A little peice and happiness
That I have left behind
My heart is badly broken
And I'm trying to understand
Why God called for my husband
When we had a future planned
Why do I have to hurt so much
Why suffer all this Pain
I know now that my husband's gone
I'll never be the same
I really need some answers
I really need to know
He can't just disappear
No he just can't go
Because I really love him
And I need him so
But yes he has left me
He has gone away
I've not been the same
Ever since that day
My heart feels hollow
My head feels sad
I never imagined
I'd feel this bad
Please come back
I miss you so
I'm so confused
Why you had to go
I've spoken that I'm broken
But no-one can hear
As I wipe away
Yet another year
I wait all alone

Each day and each night
Waiting for someone
To make things alright
It's not going to happen
It's not meant to be
He only exists now
In my memory.

Donna Saphier

Make Love To Me

I'm lying here so vulnerable
Hoping you will take thee
You're breathing hot upon my neck
Please go on, make love to me

I'm getting hot and bothered
As you slowly kiss my lips
I feel my body moving
As you hold onto my hips

Your breath is hot and sweet
I feel myself unwind
Your kisses soft and gentle
You begin to blow my mind

Then you enter slowly
You're passionate and caring
Underneath the covers
I am vacant and I'm daring

You make love to me slowly
You're beautiful and sweet
I'm loving every minute
I am hot from head to feet

It was lovely while it lasted
I hope for some more soon
Your love has took me passed the clouds
I'm living on the moon

I'm sorry I don't know your name
But thank you oh so dearly
You are welcome anytime
Your Donna, Yours Sincerely

Donna Saphier

Male's

Some were black
Some were white
I gave it all
With all my might

I liked them young
I liked them old
Big or small
Warm or cold

Some were tanned
Some were pale
Most were ugly
Some were frail

Many handsome
Some with lines
Nevertheless
I had good times

YES I speak
About the man
Of the male
I am a fan

I had them here
I had them there
I had them almost
EVERYWHERE

But I can say
I'm not ashamed
Of divorces, break-ups
I've been blamed

But I am happy
Can't you see
I've had them all
Inside of me

Donna Saphier

Me

My name is Donna
I'm forty-five
I don't like walking
I love to drive

I keep myself to myself
I'm a bit of a bore
Don't come knocking
Cause I ignore

I don't know what day it is
Or what I've been doing
I hate going shopping
Cause I don't like queuing

I sleep all day long
But stay up all night
I normally chew off
More than I can bite

My health is not good
It does get me down
My teeth have now gone
From yellow to brown

I stay in my pyjama's
I do not get dressed
Most of the time
You will find I am stressed

I don't have much luck
Something always goes wrong
So I stay at home
That's where I belong

The telly's so boring
It bore's me to tears
I do not like spider's
That's one of my fears

I've put on some weight
Now I'm rather fat
I really am not
Happy with that

some day's I am lonely
Fed-up and depressed
I always get seen
When I don't look my best

I won't like tomorrow
Cause I don't like today
Nobody listens
When I have my say

So now that you know
All about me
I'm pretty messed up
As you probably can see

I'm drugged up on meds
All of the time
But I wouldn't want your life
I'd rather have mine

Donna Saphier

Me And Wizz

I'm gonna take some drugs now
Because they make me high
And when I'm high I'm happy
Cause I feel like I can fly
I forget about my illness
I forget about my pain
And I can just get on with things
My life I can regain
Drugs lift me in spirit
My mood is low no more
I'm up and busy all the time
I'm no longer a bore
They say that drugs aren't good for you
But I would disagree
Because I am very miserable
Without my wizz in me.

Donna Saphier

Me, Myself And I

My head is in a fuzzy state
My legs don't work particularly great
My knee's they ache, feel like I've fell
I also have no sense of smell

My hair is dyed, It's just a mess
I wish my weight was a little less
I have got missing one big toe
I had a clot, so it had to go

I also now need to wear glasses
The time fly's by, it quickly passes
My legs feel like they've run a race
In fact, I'm just a big disgrace

I smoke too much, I do not drink (occasionally)
My brain is mashed, can hardly think
My elbow's hurt all night long
Every part of me has something wrong

I'm going deaf, I'm going blind
Life it has been so unkind
I grow my nails but they just break
I have my own boob's, they are not fake

I have a few freckles and a few brown moles
I do not have any face potholes
I broke my ribs, they still are sore
Should I go on, oh what a bore

There's not much more that I can say
Oh yes my hair is going grey
I'm so fed-up, I've had enough
In fact, I've had it pretty tough

Even now I fall and stumble
As part of me begins to crumble
I'm sleepy now, it's time for bed
So f**k it now I'll sleep instead

Donna Saphier

Medication

I wake up early in the morning
I yawn and rub my eyes
I stretch my body slowly
As I begin to rise
Straight into the kitchen
I make a cup of tea
Then I sort my tablets out
And look what's on TV
I sit my body slowly
I light a cigarette
My body's aching badly
Soaking wet with sweat
Then my eyes start closing
Cause the meds are kicking in
I want to stay awake today
But morphine's gonna win
Dinner time has come around
I have to go to bed
Cause I can't stay awake no more
I'm holding up my head
I won't wake up till tea time
When the day has gone
Then take more medication
Wishing I had none
I'll stay awake till 8ish
Then tablets once again
It's such a vicious circle
And it's driving me insane
So now I've missed a complete day
lay flat out in my bed
With this routine I have to do
I might as well be dead.

Donna Saphier

Men

I havn't had a quiet life
In-fact its been quite busy
When I think back to how it was
It sends me kinda dizzy

I have had a lot of men
Of which I can recall
I could name most of them
But could not name them all

Alan, Steve, Wayne and Mark
Jimmy, John and Jack
Edward, Tony, Geoff and Lee
Have had me on my back

Colin, Gary, Paul and Neil
Ian, Chris and Scotty
I have had each one of them
Some ugly and quite grotty

Some were big, some were small
Some were long and fatter
But I didn't mind the shape or size
In-fact that didn't matter

Short or tall, young or old
Ginger, bald or hairy
I just want all the world to know
I ain't no Virgin Mary

Donna Saphier

Mr Amphetamine

We got on great
When we first met
Higher than high
We would get

I'd never met
no-one like you
You made me feel good
Through and through

We'd stay awake
For nights and days
I was living
In a total daze

My confidence shot through the roof
I just loved everyday
You made me very happy
But now that's all gone away

Now I have no money
No longer are you my friend
I thought that our relationship
Was one that wouldn't end

Now I really need you
Your nowhere to be seen
Now that you have wrecked my life
And made my body scream

You've made me very ill you know
You've made my teeth go bad
Now I've had a confidence knock
I'm depressed and always sad

Paranoia's really bad
It's driving me in-sane
But at this moment i'd give anything
To have you in my life again

I'm now under a psycho
I see him every week
You've turned me into someone strange
And I now feel like a freak

I only weigh five stone now
My stomach's shrunk so small
I thought I'd always be happy
You said I'd never fall

You use to treat me good at first
But then you wrecked my head
I need to have you one more time
Cause soon I will be dead

Still I thank you for the good times
The places we have been
But you didn't tell me I would die
Thank-you, Amphetimine

Donna Saphier

Ms Amphetamine

I'm addicted to Amphetamine
I need it all the time
It makes me feel quite happy
Yes, it makes me feel just fine
I take it in the morning
I take it at the night
But I'm not trying to say
Amphetamine's alright
It causes palpitations
It also makes you sweat
It makes you very paranoid
And it gets you into debt
It makes you not feel hungry
So you do not eat food
It messes with your mind
It changes your whole mood
It messes with your sex life
Especially the man
Who can't get an erection
But when he does, he can
Amphetamine's make you change your mind
And you can't make a decision
Your head it does get quite confused
It's always on a mission
The paranoia gets really bad
The sweating and the shaking
When you come down, you're sure to find
Your body extremely aching
I don't know why I take it
I'm stupid, yes I know
I take it so I motivate
Otherwise I'm just too slow
Amphetamine's illegal
But it helps me to get by
And also there's another thing
It leaves your mouth so dry
I have abused amphetamine's
And now I'm hooked for sure
I can't just take a tiny bit

I now need more and more.

Donna Saphier

My Dad 1

The best friend I have ever had
Was my one and only special dad
When I was young he looked so big
His fingers were stained where he held his cig

But my Dad was the best
He was big and bold
Kid's shouldn't be heard
I was always told

He took us camping
he tried his best
I can still remember
His old string vest

He didn't have much money
But we always did cope
He made the best swing
Out of little bit's of rope

As I got older
He became my best friend
I could talk to him
For hours on end

He was my best buddy
And I loved him so
He taught me to respect
As he watched me grow

Now I am older
The tables have turned
As I try to remember
All that I have learned

I now care for my dad
He's become so weak
He hasn't got the breath
And he struggles to speak

I can see he's in pain
He tries hard not to show it
But cancer will win
I'm scared, but I know it

I feel so helpless
As he waste's away
I just sit by his side
Day after day

Then one sunny evening
At the end of June (2006)
He passed away
In his own front room

I kissed his head
And I said goodbye
I know that he wouldn't
Want me to cry

I touched his face
I felt every line
The Dad that I loved
Had served his time

His eyes were closed
His skin was pale
My poor old Dad
Felt cold and frail

He's now off to heaven
To unite with my mum
And we'll meet again
When my day does come

Sleep tight
I'll love you always and forever
Loving you always
Forgetting you never

R.I.P

Donna Saphier

My Diet

I am on the large side
So I'm gonna lose some weight
Cause I am not so happy
And myself I really hate

I'll have a banana milkshake
And a great big juicy pear
Cause I just want to lose some weight
And I don't really care where

I'm fourteen stone five
Now that is big for me
And I don't even know yet
What I'm gonna eat for tea

A weight watcher's meal
They don't taste very good
I would live on nothing
But I don't think I could

Chocolate is so tempting
Creams cakes they are too
But I just cannot have them
So what am I to do

I've never been this weight before
It really get's me down
And I am really so upset
I'm the biggest girl in town

I'll have another milkshake
And another pear
But I just can't live on that
But I must lose weight somewhere

My belly it is massive
My boobs are quite large too
My legs and arms are big
Every part of me has grew

Can someone please help me
Cause I don't know what to do
They say that big is beautiful
But I don't believe that's true

So I'll just stick to my milkshakes
And my juicy pears
It's down to me to lose some weight
It seems nobody cares

So when I'm down to ten stone
I'll write and let you know
Just how well I'm doing
And no longer do I grow

Donna Saphier

My Life

My life has not been easy
In-fact it ain't been much
But those who have been in my life
Have felt my loving touch

Most of them have loved me
I have loved them too
I hope whoever's reading this
That one of them was you

We like to have life easy
But that's not meant to be
We all do have our hard times
Just lately that's been me

I know that life goes on
And there's nothing we can do
But make it so much easier
Helping other's to get through

I don't know why I'm writing this
I've only just woke up
But something deep inside of me
Is saying please stand up

Most of the time I sit and cry
But that is nothing new
I think now it's a habit
When I've got nothing to do

I'm so lucky to be here
And drinking as I do
I might not even see next year
The drink I'm going through

All the time I tell myself
That I should give up drinking
It blocks out all past memories
And helps me to stop thinking

Anyone who likes a drink
I know just how you feel
God bless to all alcoholics
I hope that time will heal

Anyway I must now leave
I must be on my way
Goodnight my friends, I love you all
Until another day.

Donna Saphier

My Life 1

Sometime's it's hard and I can't cope
I seem to feel there's just no hope
My head is wrecked, can't take much more
What the hell am I here for

My life is just a total mess
Will I survive, well that's a guess
I don't like myself no more
My body hurt's, it's oh so sore

To ease the pain, I have a drink
And that feels good, no need to think
I now live in a complete daze
I'm sure there must be easier way's

I hope that soon I will be strong
Back on top where I belong

Donna Saphier

My Lovely Bernedoodle

My lovely Bernedoodle
I love with all my heart
And since the day I got him
We have never been apart

He follows me around the house
Licking at my legs
And when I hang the washing out
He fetches me the pegs

He loves to sit at the window
And watch the children play
My lovely Bernedoodle
Always does obey

When it's time for walkies
He jumps and leaps so high
I hate it when I go out
He doesn't like goodbye

He's happiest at dinner time
He licks his lovely lips
But he's put on a little weight
It's showing around his hips

When I go to bed at night
I can't get near my lover
Because my Bernedoodle
Will slip inside the cover

He gets right in the middle
And just snuggles right in
I love my Bernedoodle
I couldn't be without him

They say a dog is a man's best friend
And Oh how that's so true
If anything should happen to him
I don't know what I'd do

He's a really gorgeous Doodle
And I'll never let him down
I couldn't imagine life without him
Who would love me when I'm down

But were happy now together
He is my bestest friend
And I will love him dearly
Right until the very end.

Donna Saphier

My Man

When he left, he took my heart
He knew that I would fall apart
I need him and I love him so
I did not want my man to go

I knew it was her down the road
Believe me 'yes' I had been told
Twelve months it had been going on
He used to say, I was the one

He'd packed his case and said goodbye
And I'm still asking questions why?
I gave him all the love I could
I loved him like a good wife should

What I did wrong, I'll never know
To make the man I love just go
The woman was the local ride
My crown was knocked, so was my pride

But I won't beg him to come back
In-fact I'd almost helped him pack
But love is blind, and I couldn't see
That he loved her, he didn't love me

I'm coping now, I'm getting strong
It still hasn't really been that long
Now I've heard they'll soon be wed
She'll repeat the words that I once said

But life is life, I'll forgive him never

And I'll always love my man forever.

Donna Saphier

My Mother

When my mother passed away
It broke me into pieces
The pain it does get easier
But it never ceases
My mum was such a lady
Proud in every way
She would do most anything
Just to make your day
She was only tiny
Slim but very smart
I never thought she'd pass away
Cause we never were apart
I watched her dying slowly
There was nothing I could do
I couldn't bear to watch her die
The pain that she went through
She was always smiling
Nothing got her down
Well she put on a very tough face
And she deserved a crown
Her name should be in writing
High up in the sky
All lit up by shining stars
To stop the passers by
I know now she's an angel
Loving, caring, true
If anything should happen to you
She would look after you
I'd love to hold her tight
And tell her how I feel
She'd tell me not to cry or grieve
And that I soon would heal
Goodbye my dearest mother
My mother and my friend
You were the best I've ever known
Right until the end
Sleep tight and rest
We'll meet up soon
My mother was the best

I know she's not in pain no more
She's peaceful and at rest

R.I.P

Donna Saphier

My Mum

My mum was very special
She meant the world to me
I know I'll never see her face
Smiling back at me

I just want to hold her
And tell her how I feel
I just miss her so much
Does the hurting ever heal

I wish she was back in my life
Now that I am bigger
She would be so proud of me
And say I've got her figure

I love you mum
I miss you so
I know you didn't
Want to go

I know you'll be with the angels
Cause you were an angel too
Everything you ever did
Was loving, honest and true

I'm so glad you were my mother
I love to speak your name
And ever since you left me
Life has ever been the same

Goodnight mum, please sleep so tight
I'll love you till forever
You are always in my thoughts
And I'll forget you never X

Donna Saphier

My Sister

If I had to describe you
Here's what I would say
You're lovely, kind and caring
In every single way

You put me in my place
When I am in the wrong
I wish that I could be like you
Confident and strong

You're a very special sister
I love you with all my heart
And when you come to visit me
I don't want us to part

You're always there when I need you
And lot's of the time I do
Thank you for being my sister
I'm very lucky to have you

You're there for everyone's needs
You're always out to please
Thing's that you do for me
What nobody else sees

You're straight and you are genuine
You are not false at all
I know that you'd be there for me
If I should happen to fall

I want you on a pedestal
Cause that's where you should be
Standing proud and tall
And you'd still find time for me

Donna Saphier

My So Called Lover 18+

He once was my lover
Or so you could say
I knew all along
He was possibly gay

When he was erect
He didn't grow an inch
When he was inside me
It didn't make me flinch

He took off his trousers
One day up the stairs
There wasn't any penis
Just two great big pear's

As he bent over
TO pick up his slippers
I couldn't help noticing
Lot's of small nipper's

He'd been sleeping around
But what I didn't know
It was with the man
Who was living below

He had been climbing
Onto his back
Bending him over
And poking his jack

How could he do this
What about me
I bet I've got nipper's
I best look and see

As I bent down
To check out my fudge
My so-called lover
Gave me such a nudge

As I fell over
And hit the floor
My so-called lover
Ran out of the door

I thought I'd been itching
Around my cave
I thought I'd been itching
Cause I'd had a shave

I couldn't quite tell
But I thought I had nipper's
I jumped into my shoes
From out of my slipper's

I ran downstairs
To the flat below
My so-called lover
Was giving a blow

I stood there in shock
My brain couldn't think
These two shady men
Both gave me a wink

I ran to the doctor's
I was so full of shame
I wanted to die
When he called out my name

Oh, doctor, I cried
I think I've got nippers
The doctor came at me
With his electric clippers

He shaved me all over
And said I was clean
I thanked him so much
He could see I was keen

I went back to my place

And got in the shower
I stayed in there
For about an hour

I then got in to
My nice clean bed
I needed to rest
My confused head

I never did see
That bastard again
He didn't care
He had no shame

So next time you're out
And you meet a chap
Make sure that you
Don't sit on his lap

He may be good looking
But just be aware
He may just have lodgers
In his pubic hair

Donna Saphier

My Tablets

My daily routine is tablets
I take them all the time
But I haven't got a clue
What's wrong with this body of mine

I don't care to think why I take them
In fact, I do not know
I just know at certain time's
My tablets have to go

Tablets in the morning
Tablets too at lunch
I don't take one or two
I take quite a large bunch

Tablet's at tea-time
And also at night
They must be doing something
Because I'm feeling alright

Taking all these tablets
Really get's me down
I never do look happy
I always wear a frown

If I stop taking all these pills
I'm curious to see
What was going to happen
And would it frighten me

I started on a low dose
Now there's so much more
What if I don't take them
Would I end up on the floor

I'm scared to know what's wrong with me
And the doctor's not too sure
I just know there's a lot of pain
And I don't want to know any more

So still I take my tablets
If they're gonna keep me well
But I don't know how long for
And the doctor just won't tell

Donna Saphier

Night

We lay beneath the tree all night
Just me and him and the moonlight
I felt so safe and so in love
Watching the moon and the stars above

The river beside us run very deep
This night forever I will keep
I couldn't wish for anything more
Than this lovely night, with the man I adore

Not one of us did speak a word
The night was the only sound we heard
This peaceful time is our's to keep
While the rest of the world is fast asleep

We stayed all night till dawn broke through
I could feel the damp of the morning dew
The birds were whistling high in the tree's
My hair was blowing in the cool fresh breeze

We got up to leave, we strolled hand in hand
Looking around at the beautiful land
I love the world and the life I've got
And the littlist things, they mean a lot

Donna Saphier

Off The Drink

I'm a clean girl now, been dry for two years
No more hangovers, no more drunken tears
No more shaking and no being sick
No more outsider's taking the Mick
No pins and needle's and withdrawal fits
I can now admit, I was falling to bits
No more dry mouth, no more banging head
No more am I spending all day in bed
No more fighting I've had my fair share
No cigarette dimps stuck in my hair
No more brown fingers through smoking old dimps
I'm not hanging around with that fella that limps
I don't have to borrow every day for a drink
I don't have to tell my brain how to think
I now go to sleep in a nice cosy bed
I once didn't care where I laid my head
No more waking up to a stranger beside me
Hoping and praying that he hadn't tried me
No more fighting and coming off worse
No more forgetting where I'd left my purse
But now I'm awake and I love every day
I praise myself for feeling this way
But my head may be clear
And I still live in fear
Of the road to hell
That knows me so well

Donna Saphier

Ouch

Ouch most is my favourite word
I say it all the time
Whilst walking into door frames
I'm sure I'm going blind

I also walk into the wall
I'm sure I've something missing
I bang my head and look around
It looks like we've been kissing

But worst of all that big brown table
Sitting in my front room
I'm sure it's there waiting for me
To bring me to my doom

Ouch that table hurts so much
It waits for my little toe
And when I catch it frequently
The whole wide world will know

It hurts so much, it makes me sick
I scream and cry and whine
Why do I always have to bang
This little toe of mine

I may be big, I may be strong
And I sure let everyone know
But I am such a weakling
When I catch my baby toe.

Donna Saphier

Paranoia (Drugs)

Everybody is whispering
It's making me confused
I don't know if I'm going mad
Or it's the drugs that I've just used
I haven't been to bed for days
I'm always wide awake
My body don't know what to do
And my bones do really ache
I have become so paranoid
Suspicious and alert
I accuse my partne of cheating
Because I'm scared of getting hurt
My brain is playing games with me
I'm unsure what to believe
If I don't stop accusing
Then my partner's gonna leave
I keep on seeing shadows
They are everywhere I go
My body craves for sleep
I should go to bed, I know
Paranoia has grown
I no longer feel alone
I feel somebody is watching me
Through the camera on my phone
It's finally taken over
And I'm not feeling great
I think it's time I seen a shrink
To fix my mental state.

Donna Saphier

Please Don't Go

Please tell me what's the matter with you
You criticize everything I do
Were starting to argue about silly things
An atmosphere is what you bring

You're shouting at me all day long
And I don't know what I've done wrong
You call me names, you put me down
You say I always wear a frown

Well I'm not daft, I can see the signs
I know there's someone else this time
I know now I am in your way
If you don't want me, then please just say

I don't like the person you are being
Because there's someone else you're seeing
I know you hate me at this time
And you no longer want to be mine

I might be older and not as fit
But that doesn't mean that I'm a twit
You don't want for nothing, I do everything
It's me who wears our wedding ring

If you want out, just let me know
But not without a fight, you know
I do love you very much
I know you've lost that loving touch

If you leave me, then I will break
Cause when you go, my heart you'll take
I wouldn't know how to love another
Please choose me and not the other

He turned and walked right through the door
And I just fell straight to the floor
He broke my heart and knocked my crown
Everything came tumbling down

I hurt more now, by the day
Since my husband walked away
I've had enough, I'm giving in
I want so much to be with him

Donna Saphier

Poor Me

I feel down, don't feel to good
Should I go out, don't think I could
My legs are tired, my eyes can't see
What the hell is wrong with me
I think I'll just sit here and think
And pour myself another drink
But every time I try to stand
Back in my seat is where I land
So I'll stay here it's for the best
My body know's it's time for rest

Donna Saphier

Poorly Brain

Should I get dressed, what can I wear
Nothing seems to fit
I'm so fed-up and quite stressed out
You see, that this is it

I talk to myself all day long
I think I'm going mad
My brain is pretty poorly
In-fact it's pretty sad

I used to be an addict
It's played havoc with my brain
And I am quite upset you see
I'll never be the same

It really is quite scary
What a fool I've been
All the damage I have caused
Obviously went unseen

When I go to bed at night
I cry myself to sleep
Scared of what is going on
The damage run's so deep

So when I'm in my bed tonight
Confessing all my sins
I hope God answers sweetly
And says every loser wins.

Donna Saphier

Rainy Night In Manchester 18+

We stopped at the woods
On a cold rainy night
Besides the river
But out of sight

We sat, we drank
The rain poured down
There wasn't a single
Soul around

He caressed my shoulders
He rubbed them slow
Then around to my breast
He did go

What were we doing
Outside in the rain
But I rode him so hard
And I had no shame

Sat on top
With my head thrown back
Riding so wild
So he'd empty his sack

But I wanted more
The rain turned me on
It felt so different
With this man named John

He licked round my navel
Then down to my pleat
He said your vagina's
So small and so neat

He slipped in a finger
And I started to moan
He asked me for anal
And I gave out a groan

The rain on my body
Was cool and divine
As he rode from behind
I knew this man was mine

The orgasm was great
It felt big and so strange
Out in the woods
Not a soul in range

I loved it so much
That I asked for more
We were rolling about
In the mud on the floor

The rain dropped down my nose
And landed on my lip
As I sucked on his cock
Just teasing the tip

We had a great night
Passion in the rain
I've never had sex since
That felt quite the same

The experience was lovely
Everything felt right
On that lovely time
In the rain at night.

Donna Saphier

Recovering

When I was young
I was easily led
Alcohol daily
I was fed

As I got older
I just couldn't stop
The doctor said I
Very soon would drop

I don't need to drink now everyday
I've conquered that at last
But every now and again
I still need to have a blast

I'm now a binge drinker
Which makes me so ill
I don't know why I am
Doing it still

I hate alcohol and I find it so hard
To give up altogether
Sometimes I seem to stop and think
About my poor old liver

I lost my Mum and Brother too
To the awful demon drink
I thought that, that would make me stop
But it only made me think

I'm still in recovery
But bingeing still
I do need help
And always will

It's such a nasty awful thing
And it truly wrecked my head
But I am thankful I'm still here
When really I should be dead.

Donna Saphier

Red Shoes

With my dark dressy suit
And my legs naturally bare
My friends say, Red Shoes
Wear them if you dare

I dress pretty boring
Always black and white
But my sexy Red Shoes
Are what I wear at night

They turn on the men
Some women too
That's why I stick to red
Cause I know what they do

They make me feel seductive
And feel sexy too
This is all that happens
When I wear the perfect shoe

But late at night I slip them off
When the world is fast asleep
I pop my shoes back in their box
They're mine for sure to keep.

Donna Saphier

Saved By A Teacup

I hide beneath my teacup
It's the place I go to think
People think a teacup
Is something that holds drink

But to me mine is so special
Just for when I want to hide
This is where I chillout
When the tea leaves have all dried

I think in here and safe I feel
When the world just seems so unreal
It is china, I'd like to say
It stops all things that come my way

In the teacup I like to think
You probably think I need a shrink
My teacup is a larger size
So you can't see tears in my eyes

It's quiet in here and oh so dry

Until my leaking eyes do cry.

Donna Saphier

Selfish

I really feel like getting off
I know that sounds unfair
But what's the point of being here
When no-one seems to care
I have been loved most of my life
But that was long ago
Now the feeling doesn't exist
Believe me I should know
I don't love no-one no more
And that includes myself
I am just a waste of time
And messing up my health
There are people who can't walk or talk
And would give their world to be
A person who could have the world
Not selfish just like me
I know I should be grateful
For the things that I do own
But I think I would be happier
If I was left alone
For the people who do love me
I'll always love you too
If I can't help myself
Then I really couldn't help you
I'm not a nasty person
And I do have a good heart
Don't be upset if I do go
We'll never be apart
Remember me for what I was
In my younger days
I'll love you all forever
As we go our separate ways.

Donna Saphier

She-He 18+

I met a mad man
His name was rick
He asked me for sex
But he had no dick

So we talked for a while
I was under his spell
So we gave it a try
And all didn't go well

He did climb on top
We tried top and tail
But still no penis
On that we did fail

He let me look closely
To see what was there
No erect penis
Just lots of dark hair

I noticed a slit
He then said I'm a girl
My head was messed up
I was all in a whirl

I said, Oh My God
As I gave him a shiner
And said you've no penis
Just a big large vagina

He said my name's Alice
As he gave me a smile
I got up and got dressed
And then ran a mile

So just be careful of this man called Rick
He's really a woman and trying to trick
Ladies like me who love a good rigger
o watch for the hard faced, cheeky, bugger.

Donna Saphier

Silly Girl

One day I went out and got drunk as a skunk
I ended up copping with a bit of a punk
He was having a party back at his flat
I said I am coming and that is that

A few of us went back, it seemed ok
I knew that I would be here for the day
I fell asleep on a scruffy bed
I really just needed to rest my head

When I woke up, there's a man at my side
What are you doing in here I cried
He said I thought you gave me the eye
I said I don't think so, now don't you tell lies

He said I've not touched you, I was watching you sleep
I screamed now get out, you friggin creep
My top was still neat and so was my skirt
So I let him off cause I'm a bit of a flirt

I went back down stair's to carry on drinking
They were taking drugs, which I took without thinking
I was having such fun I didn't realise
Till someone said, look at the size of your eye's

Then I noticed I had gone blood red
I had a sought of rush to my head
My heart was pounding, I began to fear
I thought the end was very near

I was screaming and shouting
but no-one could hear
Can somebody please
Get me out of here

The noise was unbearable
Too bright were the lights
I knew by this time now
That something weren't right

I collapsed on the floor
Till the ambulance came
And all I could hear was
Someone asking my name

When I came around
The following day
My eyes were dark
My skin was grey

Next time I decide
To have a drink
I'm going to stop
Take time to think

My face is still red
I've got buzzing in my head
I lay here in bed
Thinking I should be dead

Donna Saphier

Sleeping Around

Sleeping around was my game
I earned myself a real bad name
But I didn't care or give a damn
As I skipped around from man to man

My life was great, each day a date
I couldn't couldn't ask for more
Every date became a mate
And I continued to get more

Life couldn't get much better, I'd say
A different man every day
I could even take my pick
I had a favourite, that was Mick

I carried on with my every day life
Avoiding Mick's suspecting wife
I couldn't tell you how many I've had
I've had the occasional boy/lad

I am quite proud of the life I've led
And of all the men I've had in bed
All it was about was having fun
Maybe you're husband, maybe you're son

What's done is done, I ain't no nun
I didn't hold a gun to anyone
Well that's my past, it was good while it last
The time goes by so very fast

Dedicated to all those men
I love you now, and I loved you then
Now it's time to say goodbye
I've a permanent sparkle in my eye

Donna Saphier

Smile

Someone told me to always smile
Even if only for a while
You show the world
That you don't care
If that smile
Is all you wear
Your face will glow
Your eyes will shine
Tell everyone
You feel just fine
Smile it makes
Your confidence grow
You may be sad
But who will know
Your life may be dim
Dark and dull
But just smile
It makes you beautiful

Donna Saphier

Smoking

I smoke when I rise
I smoke when I drink
I smoke after eating
I smoke when I think
I smoke in the car
I smoke in the street
I smoke in the bath
I smoke 200 a week
I smoke when I'm bored
I smoke when I'm sad
I smoke when I'm angry
I smoke when I'm glad
I smoke other people's
I smoke anything
Smoke, smoke, smoke
Has become my living.

Donna Saphier

Snowing

It's snowing, it's snowing
Lets run outside
Build a snowman
I screamed and cried

I ran in the garden
But started to slip
The floor was so icy
I did a back flip

So building poor Frosty
Just didn't stand a chance
For I was so cold
That I started to dance

I ran back inside
Without breaking my neck
I didn't build a snowman
But, hey, what the heck

I'll have a log wait now
For snow on the floor
But I promise a snowman
Right next to my door.

Donna Saphier

Still Of The Night

Come to see me in the still of the night
Just to see you would make me feel right
Long time gone now, your presence is missed
It's been many years since we last kissed

Come to see me in the still of the night
Show me something, a ray of light
I need to know that you live on
And tell you, you're still number one

Come to see me in the still of the night
Are you that star that's shining bright
I still am yours, and will always be
From now until eternity

I miss you darling
I'm just not right
Please come and see me
In the still of the night X

Donna Saphier

Stop Calling Me

You call me miserable
You call me fat
You call me ugly
I can deal with that

You call me lazy
You call me old
You say I make
Your blood run cold

Why are you with me
I don't comprehend
You're driving me
Around the bend

Why do you do this
I do not know
I think it's time
That you did go

You would be lost without me
Cause I do everything, you see
You can not even make a brew
Or cook a pan of home made stew

You cannot iron
You cannot wash
I'm the one
Who makes you posh

Well I don't want you anymore
It's time you went out through that door
Now take your stuff
And don't come back

It about time you
Were on your Jack
No more name calling
Or putting me down

Or making me
Always wear a frown
I'm sick to death
I'm up to here

Now get your stuff

You're outta here

Donna Saphier

Stuck In A Bubble

Everywhere you look is grey
You don't know how you feel
You walk about this big wide world
And none of it seems real

You don't look at the people
You just look straight ahead
When they try to speak to you
You don't hear what they've said

Your mind is blank
You live in a cloud
If they want your attention
They must speak loud

You take life with ease
You just plod along
You don't watch T.V
But you like the odd song

You're carefree, but clumsy
You live in a dream
Sometimes you don't like it
That's when you want to scream

This bubble you're trapped in
Just won't seem to pop
This empty place you live in
Just won't seem to stop

You simply don't care
You can't make up your mind
You really are pleasant
Quite soft, also kind

You've been floating about
In this bubble so long
You feel alright
But you know that it's wrong

You can't face reality
You're scared to come out
You don't understand
What this world's all about

You can't make decisions
You cannot debate
If you have confrontation
Well that, you just hate

You feel people look down on you
They make you feel small
So you stay in your bubble
Where you feel nothing at all

You're not very happy
Quite miserable you're told
You feel quite weak
When you should be quite bold

Maybe just one day
This bubble will burst
Then you can live free
Instead of under this curse

But now until then
You'll stay where you're stuck
You feel quite safe
But you're stuck in a rutt

One day at a time
That's what you must do
Until this bubble bursts
And you can break through.

Donna Saphier

Take Me Home

Sitting and waiting
For what I don't know
I've nothing to do
And I've nowhere to go
I don't have no friends
My family are dead
I've nothing to live for
I just live in dread
Take me away from this horrible time
I'm fed-up, it's boring, seems nothing is mine
I can't handle life
I can't take anymore
I feel I've been crushed
Deep down into the floor
I cannot move forward
There's a wall in my way
And when I look back
All my past is just grey
I'm stuck, I'm stranded
I can't carry on
I wish I wasn't here
I want to be gone
Will god come and take me
If I ask him 'please'
Will he forgive me
If I'm down on my knees
I want to go home now
Can't take anymore
My body is broken
Right down to the core
So God take me home
Where I'll be at peace
Then the pain that I have
Will eventually cease
I'm sorry for going
I'm a coward I know
But please just forgive me
As I needed to go.

The Crafty Old Woman

The old woman walked passed
In a dirty old coat
It was scruffy and smelly
In need of a soak

Odd shoes on her feet
And hole's in her sock's
I think she was crying
She'd had a few knocks

Her brown leather bag
Which was falling apart
With her lifelong possessions
Held close to her heart

Where did she come from
Where was she heading
Her feet looked so sore
She was carefully treading

I followed the woman
For an hour or two
To see if there's anything
I could do

Where was she going
I wanted to see
I couldn't leave her like that
That wouldn't be me

She walked down a lane
Which led to a farm
I knew then that she
Was staying in a barn

I caught up with the woman
She pushed me away
I stood there quite shocked
Didn't know what to say

I just want to help you
Are you alright
She clung on to her bag
With all her might

I don't want your help
She shouted at me
I'm alright, I'm fine
Now just let me be

She entered the barn
I followed her in
A scruffy old mattress
A drink in a tin

You can't stay here
Please tell me what's wrong
She said that this
Is where she belonged

She'd had an affair
She had messed up her life
Her husband no more
Wants her as his wife

So here I will stay
It's just for a while
She sat on her bed
And gave a small smile

I said I would visit
The same time tomorrow
She asked me if I
Could give her a borrow

I gave her some money
Then went on my way
I knew the barn
Is where she would stay

The following morning

When I got to the barn
There was no-one there
It was quiet and calm

The woman had left
She had gone on her way
Look out for this woman
She's all dressed in grey

I found out that she
Does this every day
She's clever and crafty
And continues to prey

What an awful way
To make a living
On people like us
Who is always giving

If you see this woman
Don't fall into her trap
She has it planned out
You'll be next on her map

Donna Saphier

The Door

As I head towards the steps
My heart begins to flutter
I'm scared just who might open the door
I know that I will stutter

Step one and my heart does race
As I take another pace
Quite lovely is the scene
Brown and red and green

Step two I'm finally at the door
The curtain starts to wave
There's someone stood behind it
I want to dig my grave

I tap upon the wooden door
My heart is badly shaking
As I stand there terrified
In my boots I'm quaking

A lovely little old lady
Peeps behind the curtain
I'm sure I'll be ok now
In-fact I sure am certain

She opens the door slowly
She asks me who I am
I tell her all my details
Then say you are my Gran

She welcomes me with open arms
I squeeze and hold her tight
Loving her so dearly
It feels so warm and right

I go inside, we sit and chat
Until dawn does break
Me meeting my loving Gran
Was never a mistake

Happy now together
That is how we'll stay
I'm never going to leave her side
Until my dying day.

Donna Saphier

The Large Penis

We waited for the all-night train
The all-night train that never came
We had to walk from Blackpool to Manchester
We had lots of fun and lots of laughter

When we got home
We went straight to bed
With backs that were aching
And legs felt like lead

We got up the next day
We both couldn't move
So we put on some music
And got into the groove

Dancing and shaking
Swinging our hips
Holding each other
Touching lips

I wiggled my bottom
He jumped on my back
He aimed his banana
It was touching my crack

I said I was loving it
Which made him move more
We both ended up
Crashing down to the floor

He rolled me over
And tickled my Pitts
My nipples were hard
So he nibbled my tits

I said that's enough
I need to cleaning
His eyes were so wide
And his face was beaming

We got up right away
And we started to clean
He was a good lad
If you know what I mean

He didn't start moaning
He wasn't really fussy
He said that later
He would play with my pussy

We had a great day
In love and content
When we went to bed
I was lay in a tent

His erection so large
He couldn't wait to get going
So I parted my legs
He was growing and growing

We tried so hard
To get his penis in
But it ain't gonna happen
My vagina did win

He said I thought that
Bigger was better
I can't get it in
But it's made you wetter

I said just leave it
You can do it later
But he was something
What a great masturbator

After he'd finished
We both tried to sleep
I could hear him quietly
Starting to weep

I said what's the matter

He cried out loud
My dick is too big
Yes I should be proud

I said big is not better
It's just an old saying
You can learn to train it
It will start obeying

I said C'mon baby
I wrapped him in my arms
He continued to kiss me
And show me his charms

You see it's not true boys
You don't need to be large
Women are not here
To take a barge

Seven inches is perfectly fine
Depending how many she's had down the line
So look after your pecker, treat it with care
Enter the cave, if you dare

Big or small, long or wide
If you take your time it will go inside
Always, always look after your tool
You know when it's standing you always look cool

Penis's rule
They'll go on forever
And your woman will love it
What size, whatever

Donna Saphier

The Pain

I'm sick of going to the Doctors
I go there everyday
I tell him I'm in agony
And the pain wont go away

It makes me ache all over
From my head down to my toes
But he just gives me painkillers
And the pain just never goes

Fibromyalgia is it's name
And I'm trying to learn more
It causes pain all over
But my Doctor will ignore

He says try to do some exercise
But my joints are aching sore
I can't walk a hundred yards
Spend more time on the floor

The pain it is continuous
I fight it everyday
And when I try to tell people
They say to me, No-Way

Suppose I'll have to carry on
Always feeling crappy
But I am strong and wear a smile
Whilst deep down I'm unhappy.

Donna Saphier

The Young Drinker

What day is it
You ask yourself
Surrounded by bottle's
And utter filth

You drink some more
You don't feel well
You're sat where you landed
When you fell

You're shaking and shivering
Feeling cold
Don't drink anymore
You have been told

But you can't help it
Till you feel well
You drink and feel
Your liver swell

If you could help yourself
You would
But it's so hard
When you don't feel good

So drink and drink
Is what you know best
you put your body
To the test

Unconsciously, you drift away
Nobody would expect this day
You do not wake
You don't come around

Your parent's
Place you in the ground
It's hard to die
When you're so young

At your funeral
Your songs were sung
Your broken parent's
are full of grief

Your death
Is quite beyond belief
It's such a shame
Oh what a waste

It's not your fault
You lost the race
Sleep tight in heaven
Your life is through

You did what you thought
You had to do
Your life is over
Your time is up

And all because
You liked to sup
You never did learn
You found it hard

Then, God, he dealt you
The final card
Goodnight, god bless
My good true friend

But this is it

It is the end

Donna Saphier

To Love Again

Your life has changed
It feels so good
Whats love?
You never understood

You gave your heart
He didn't feel the same
He has broken yours
Left you in pain

You've met someone
There is no more rain
Whats it like
To love again

You feel so happy
Overjoyed
Your heart no longer
Feel's annoyed

You've fallen in love
There's no more pain
Tell me what's it like
To love again

Donna Saphier

Too Posh To Fart

My name is Ed
I'm cool and smart
I've got trapped wind
But I don't fart
I have to protect my perfect image
I knew I shouldn't of ate that spinach
My stomach isn't feeling right
I'm holding together my cheeks so tight
My bum is twitching all the time
I need to rid this wind of mine
I'll find some place to let it go
But where and when
I just don't know
It's coming slowly
It's sneaking out
I'm glad that there's no-one about
Now it's forcing it's way through
What am I supposed to do
I'm too smart and clean to fart
But from my body
It must depart
POW it blew right out of my Jack
It wasn't shy, it didn't hold back
It was really loud
I wanted to die
Never again will I eat spinach pie
I tried to run
To get away
From the big loud fart
That ruined my day.

Donna Saphier

Toothpick

I'm out at every party
Everything's going great
But I'm full up and bloated
With the food that I just ate

I'm sat here quietly
My fingers I'm licking
But stuck in my teeth
Is a big piece of chicken

This piece of chicken
Is knocking me sick
I can't find nothing
To do the trick

Then on the table
I spot a toothpick
I dig out the chicken
But didn't it flick

Right off the end
It flew through the air
It hit a woman
And boy did she care

I ran and ran
I was ever so quick
Leaving behind
The wooden toothpick.

Donna Saphier

Trapped Inside Me

Help me, please help me
Im locked inside
This shell of a body
is where I hide
I want to get out
I want to be free
Please someone help me
I'm locked inside me
I watch through the eyes
Of my deep depressed shell
I'm shouting and crying
But no-one can tell
I'm screaming, and shouting
What's this all about
Please someone help me
I want to get out
I'm living a life
That's depressing as hell
Looking out through the eyes
Of this broken down shell
I use to be happy
I use to be free
I'm trapped in this shell
And no-one can see
It's dark and it's dull
I can't stand how I feel
I want to be me
I want to be real
But I'm trapped in this shell
And no-one can tell
I'm tired of being ill
I just want to be well
Look deep in my eyes
You'll be able to see
A lovely young woman
That used to be me.

Donna Saphier

Travel

My legs were slowly shaking
As I headed for the door
My heart was banging loudly
My jaw down on the floor

Luggage in my left hand
Passport in my right
Going to the airport
And I ain't feeling right

Terrified of aeroplanes
What am I gonna do
But this is something I can't miss
If I want to be with you

Walking through the airport
I started feeling weak
My lips were gently trembling
And I could barely speak

I look out through the window
And see this massive plane
What am I doing to myself
I'm sure I've gone insane

I sit down on the aeroplane
Safety belt locked tight
Engine's started roaring
This gives me such a fright

Up above the big white clouds
I kinda felt quite good
I thought I'd travel all the time
If I knew that I could

When it was finally over
And I stepped out onto earth
Everything was beautiful
Sun and sea and surf

The aeroplane experience
Is one that I will treasure
Travelling strangely through the sky
Will stay with me forever

Donna Saphier

Uninvited Guest

I've got a cough, I'm feeling rough
I'm coughing up some awful stuff
I feel it heavy on my chest
This nasty uninvited guest
I cough it up I spit it out
I've got the flu without a doubt
My lips are chapped, my nose is red
My sense of smell and taste are dead
I blow my nose it blocks my ears
My big brown eyes are streaming tears
I'm cold, I'm weak, what can I do
To get rid of this awful flu
Beechams, lemsips, Vicks I try
But they just help me to get by
I think my bed is where I should be
I'll lay and sweat this thing from me
Hopefully I will shift this flu
There's not much more that I can do
Just lay and rest, I think that's best
To rid the uninvited guest.

Donna Saphier

Valentine, Valentine

Dear Valentine, Valentine
I am so glad
That you're a good person
The best I have had

You're cool, you're kind
And I love you so
I've vwritten this poem
To let you know

I love you, I want you
You make me so proud
I'd love to shout
This out to a crowd

You're mine, you are great
I know we will last
A future together
We don't need a past

I'm grateful, delighted
That I have found you
You're honest, you're faithful
And love you, I do

Thank-you so much
For all that you do
The future now is
Just me and you

I'll love you forever
You know that is true
This special love
Between me and you

Let's always be honest
This we can do
Then that way it'll be
Just me and you

You are the best
You're my number one
We'll be together
Till our time is done.

Donna Saphier

Vascular Disease

Would you really like to know
About my pain that strives to grow
It comes on slowly
It makes me shake
This really awful, nasty ache
I try to explain this horrible pain
That hurts so much
That I ache in the brain
I really am scared of this awful disease
I'm crying so much
I hope no-one see's
Please someone help me
I feel like a fool
I'm shaking and aching
But playing It cool
I'm feeling so low
Because of this pain
This awful thing that I can't explain
I feel so helpless, alone and sad
I can't live with this pain
It's driving me mad
People don't listen
They don't understand
That me and pain don't go hand in hand
My body is wriggled
With this awful disease
Please someone help me
I'm begging you please

Donna Saphier

What Happened To Me

I used to be so happy
Seems like many years ago
Out and about everyday
Always some place to go
My friends thought I was crazy
I was, I must agree
Game for a laugh all the time
'Yes' that sure was me
I've made mistakes, like we all do
Virtually, most of the time
I could be a normal girl
I thought the world was mine
Party-time almost every night
I thought I was the best
Stayed out nearly every night
I didn't stop to rest
Always center of attention
All the eyes on me
But I was still a nice girl
I was lead so easily
Lots of drinking in those days
And lots of late, late nights
Thought I knew most everything
But off more than I could bite
Now I'm older, I can't move
My body's in so much pain
I know now that my body is ruined
And will never be the same
I can hardly stand or walk to far
The pain is so intense
I can't believe I caused all this
And at my own expense
Drinking, smoking, lifestyle
All these things I've done
I never thought all these things
Would have such an outcome
The pain is never ending
My body's oh so sore
I'm absolutely knackered

At the age of forty four.

Donna Saphier

When I Became A Widow

When I became a widow
I felt so on my own
Scared, shocked and shaking
I was hurt and felt alone

My world just died around me
I didn't know how to feel
My mind was such a scrambled mess
And nothing did feel real

My husband was a special man
Well, special he was to me
My heart had finally broken
And nobody could see

He was a very strong man
His death came far too soon
I look for his face often
In the pictures in the moon

My life changed over night
This pain will never cease
It's all my inner feelings
That I now have to release

When I became a widow
My whole life passed me by
I have no point in living
I have no need to try

If we could be together
Just like we used to be
Everyday would be priceless
To once more, have him, with me

I loved him when he was living
I love him still in death
And the only thing I wish for
Is to take my own last breath.

Donna Saphier

When We Die

When we are dead
We do not die
It's up to heaven
We do fly
Our loved one's greet us
At the gates
That's where they all
Sit down and wait
We do reunite
We do get back together
Back with our loved one's
This time forever
So when we die
Don't have no fear
It's angels voices
You will hear
As long as you've been
Good and true
Then someone special
Waits for you xx

Donna Saphier

Where Are You

I lay in my back garden
I looked up to the sky
I was looking for my loved one's
With teardrops in my eye
I wonder where they've gone to
Or why they had to leave
Do they live on somewhere else
Oh what should I believe
I saw some faces in the moon
I don't know who they were
I couldn't clearly make them out
They were a little blur
When I die, I want to know
Will we reunite
If I knew that would happen
Then I would go tonight
I really miss my loved one's
I feel so all alone
I wish that everyone of them
Could make their way back home
The night was dark an peaceful
I hope they're resting well
Because as far as I'm concerned
The sky is where they dwell.

Donna Saphier

Where Are You Going

Where are you going
I don't understand
You said you would stop
If I gave you a hand

I've helped you recover
Got you out of debt
Don't you do something
You're gonna regret

Back on the drugs
How foolish are you
You're being so stupid
Do you know I hurt too

Why have you done this
I'm really upset
I remember the time
When we both had a bet

But you've let me down
Still, I'm by your side
But it's drugs or me
So you better decide

I'm here to help you
But you need to be strong
It's not drugs you need
It's with me you belong

So please, sort your head out
It's hard this not knowing
So I'll ask you once more
Where are you going

Donna Saphier

Why

Why did you have to hurt me
Why did you have to leave
I'm forty-five and on my own
This I can't believe

You run around, you messed about
You thought you'd never get caught out
Well now you've broken my heart in two
What do you have to say, absolutely nothing
You just want to go and play

Well good-luck to you honey
You are both as bad as each other
You can now walk hand in hand
No more undercover

I'm not gonna cry or beg you, please
Or even get down on my knee's
You've made your choice, now go ahead
You can sleep each night now, in her bed

Thank you, dear, for nothing
You can now just walk away
I no longer want you near me
And I've nothing more to say

Donna Saphier

Working Class Girl

Life is a bitch
And it ain't pretty
Living in a cold
Run down city

Polluted air
With cars and planes
Living on top
Of dirty drains

Bins overflowing
My health is bad
And this makes me feel
Pretty sad

Just cause I am
Working Class
People treat me
Like I'm an ass

Scraping benefits
Cause I'm not well
Living life
In this run down hell

Abused and treated
Like a whore
Not just like
The girl next door

My life's been shit
But I'll proudly say
I'm gonna make it
Anyway

I've wrote a book
It's doing well
Ex alcoholic
Can't you tell

Used and thrown
From pillar to post
That's just me
Not sure about most

Now I suffer
All over pain
It hurts so much
Drives me in-sane

I'd just like to say
Life's a bitch it ain't pretty
From a girl who comes from
A run down city.

Donna Saphier

X Drinker

I use to be a drinker
I put myself to shame
However did I get
Caught up in this game
I didn't care when I'd had a drink
What other people use to think
I'd drink all day from dusk till dawn
All my jewelry I did pawn
I'd do anything to get a drink
I never even stopped to think
What a mess, oh what a state
But I just thought that I was great
Used, abused and pushed around
Treated like a whore
I thought the men we're all my friends
I'm sure you know the score
Constantly I would think
How to get, my next drink
I'd steel, I'd rob, do anything
To satisfy my thirst
I never had a penny
In my ripped and tatty purse
I slept wherever I did fall
Drunken men would touch and maul
But still I didn't really care
As long as I knew drink was there
I can't recall many things
That happened in my drunken stupor
Vodka, Cider, larger, Rum
And lots of Tennant's Super
I would drink most anything
That was passed my way
I used to think, I'm gonna die
Every other day
One day my doctor told me
That I have got to stop
He said it won't be long now
Your body will just drop
That was three years ago

And I haven't touched a drop
When I look back into my past
The drinking, the partying, the men
It makes me cringe, it makes me sick
I know that won't happen again
I now live my life to the full
I enjoy every single day
I never thought that I could live
Just one long sober day
But now I'm fine
Leave the past behind
Look forward to what lies ahead
I just know if I carried on
That I'd certainly be dead.

Donna Saphier

You Said You'd Never Die On Me

This world is such an empty place
Without you being in it
It would be great to have you back
If only for a minute

I really don't know what to do
Or how that I should cope
Losing you has broke my heart
And I've just got no hope

You said you'd never die on me
You said I could go first
You said that you'd soon follow
But now I'm left off worse

I cannot handle life alone
I don't know what to do
Life was just so easy
When I was beside you

Please come back I need you
I'm praying every day
But nothing seems to happen
Since you were called away

I love you to the moon and stars
I'll always want you near
Because you mean the world to me
Oh please come back my dear.

Donna Saphier