

Poetry Series

Donna Secrest

- poems -

Publication Date:
2014

Publisher:
Poemhunter.com - The World's Poetry Archive

Donna Secrest()

Clickity clack the all too familiar sound of the tires hitting the pavement as I watch the yellow stripes go by, I silently wonder where we are headed once again as I sit beside my older brother in the back seat. I was 10 when I realized my life was a lot different than other kids. We moved a lot. As far I can recall I attended 19 schools by the time I was 15 and had been in 35 states. We were always the new kids at school sometimes only being there long enough to establish friendships then it was time to move. So out of necessity words and numbers soon became my friend, although I did not write my first poem until 1997 after my first psychotic episode, being diagnosed severe Bipolar 1 and being reborn. I write my poems for a few reasons personal therapy, to help others who might be going through something similar, mental health awareness and to share the word of God.

A Leaf's Life

Like a leaf drifting down a river

Beating against rocks one after another

Our life takes many turns each day

Sometimes getting banged up along the way

Until the next current comes to carry it farther

Or even sinking to the bottom where survival is harder

If we make the journeys end of this river bend

We become unique and have character

Dried by the suns ray

Tattered and torn all over

The winds carry it to a field of clover

And it will die where it lay

Donna Secrest

A Letter Of Love Sent Above

Like snowflakes falling from the sky my heart cries
I keep asking questions all the whys
Separated young never again to look into your eyes
We didn't get to say our goodbyes
And that I cannot allow
I pray you get this somehow
Because I know you're in heaven now
I will see you again this I vow
We are all together again
The five of us kin
It's not the same as back when
Because it should be 3 women and 3 men
You did not die in vain
Throughout all the pain
I learned there is no rainbow without the rain
I never got to tell you I love you my brother Shane

Donna Secrest

A Letter To Dad

Dear dad..

It feels like you are so far away. I cried today. I think about the days when I was little And you would make me giggle And we would play, I listened to everything you would say Ok maybe not the way mom gave me her ring The one you and grandpa made, I wear it so my love will never fade. Everyone is doing s been reelected like me and you knew he and Holly are having another baby We found Dustin Jennifer and Tracy I know dad its all so crazy. And I wish you could of met the Kern family We go and stay at Lois and Roys There's wave runners and other toys. And me and jody are really getting pretty tight. Uncle Frank? He's doing alright, Still surprised you and him never robbed a bank, Ol' wild bill. Ya know I hear that still. Steven, well she going to be a nurse, She's getting ready to graduate and in our family that's a first. Mom? She could be doing worse She married Joe I'm sure you know. Rick and Wendy are trying to get me to church But I wont go, I hardly ever show, I guess I will reap what I sow, Hey dad are the streets really yellow? Misty and the joneses? They got the house glad about that, Now I wish she would plant some roses. Tell aunt Sharon I gave Fran her hat, Took us forever to find where it was at. Chase and Cody thanks to Jody are doing well But I guess only time will tell. Jackie and Tyler and the baby lees? Growing like weeds And ember is so cute it would bring you to your knees. how can you say no to a Face like that. I know you understand along with uncle Jim I sure miss him. We use to watch the Jefferson's together You should have heard the laughter When the dog went over the balcony And the drives we took down to the him hi for me Well dad I could go on forever But then this wouldn't be a letter Im glad I wrote you it makes me feel better. We miss your silliness and all the fun, you always had a pun, I love them all, and whats a puddy ball? But my favorite one of all... kids are a bad invention, now im older and know there was no bad intention, send em to juvenile detention,, you were right dad, the things they put you through and all they do, and I know I did to... but I wouldnt change things.. you're the best dad and I hope you got your wings.. and when I see you we will dance again like we use to and you can give me a twirl
Always and forever, your monster girl

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A Prayer For Sanity

Is anyone who they want to be?
I know not me
I try to be what I want you to see
Calm and collectively
Hear my plea
Inside I'm a stormy sea
I pray for sanity
But there is no guarantee

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Alive In Christ

This is my journey, this is my walk, this is also my valley
I have felt fear many days of my life but I am free
Because he walks beside me
With his peace he removes all anxiety
For the pain of the world in my heart he gave me a deity
My comforter for eternity
He speaks to me but it is not always silently
He is the lord God almighty

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All My Father's Art In Heaven

He raises his voice to me
Corrects me constantly
He puts guilt on my heart
Even tho I try to do my part
Excuses' I have many
He doesn't have any
Why? you ask would I love him so?
What other kind of love would a Father show?

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Anxieties

When the wind blew

I thought I heard a voice or two

In a cloud with a grey hue

Take my hand or wonder through

The choice is up to you

Not many have walked in my shoe

Only a few

Then you will know that it is true

Out of my mouth the demons flew

The fear will brew

You won't know it Grew

But once you do

It's like nothing you ever knew

Cocktail of pills little and blue

Save my life make me brand new

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Confusion

were do i belong nothing fits like any song

i think its reality i could be wrong

delusion or conclusion

maybe its all illusion

you stand in disgust

judge me if you must

this is my life this is my journey

if you have the key then set me free

unlock the lock to my stumbling block

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Creation

There was light
But not at night
Day one went just right
Up above a sky
That makes you say oh my
Day two flew right by
Land and the sea, planted a tree
For you and me
All this just on day three
The stars sun and moon
So we could tell when it was noon or even June
With time in place day four went by all to soon
Dolphins, whales and stingrays
Eagles, hawks and blue jays
Day five the first breaths of all the days
All the animals of the land
Man and woman just as planned
Day six made by God's hand
A week invested
He rested
Day seven made Holy, commanded not suggested

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Disorders And Diseases

Like a video tape on rewind
It's what I see in my mind
A cure I hope they find
Distorted sounds,
And ghostly hounds
My head its playground
Slowed down speeds
In my mind is where it feeds
I can't care for my needs
My body freezes
Psychosis seizes
That's disorders and diseases

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Forgiveness

I bleed from the wound your blade made
And I wade through the pool of tears I shed
For all the years I bled
Battered and bruised
Left feeling used
Hold your tongue
Words can't help what you have done
Your time will come
For all the world to see
What you have done to me
For now we will let it be
As time passed too
I can forgive you
It's the best that I can do
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Heartbroken

Like petals plucked from a daisy

My tears fall like crazy

I can't see everything is hazy

He loves me he loves me not

It's all a lie everything we got

I knew it when we fought

My heart wilts

I put you up on stilts

Now my world tilts

It's too late

All there is, is hate

Could it be my fate?

A Poem and a rhyme

A dozen for a dime

Save your time

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I Was Told

I was told come out of my shell, I'm no turtle so go to hell, I can handle myself very well
I was told I was worthless and a mess, wonder who passed the test?
I was told I was stupid, let me be lucid or do I need to be more candid
I was told get a backbone, do I look prone? Get off your throne
I was told to get out of my comfort zone, watch your tone; I have one of my own
I was told I was difficult, at least I act like an adult, by the way that was an insult
I was told I would never amount to anything, I was all could be, but in all actuality I can move mountains and part the sea
I was told get some confidence, In my defense it all makes no sense
I was told revenge is best served cold here's yours tenfold I never loved you I wasn't very old
I was told no one would love me, can't you see? he's on one knee, asking me
I was told I was ill, it would be a steep hill, just take this pill
I was told it might take years to shed these fears and the voices that now fill my ears
I was told it would fade the games you played even the scars you made
I was told to thank those I owed, so thank you for all you sowed, because my cup has overflowed

Donna Secrest

Imagine

Imagine a man with no sin
Loving everyone even those who hate him
Born in a manger but free of anger
Raised the dead with the hands he broke bread
Nor does he worry or fret his Father hasn't let him down yet
Never a lie, no plank in his eye
Carried his own cross, his death their loss
Buried in a tomb a rock covered room
Rose again and took our sin
Clothed us in white and holds us tight
Sits in a throne on a cloud of his own
Until he returns to take us home

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It Is Written

Love is the greatest commandment it is written in the good book
people search the world for it every cranny every nook
but its inside you all you have to do is look

it is also written not to keep it within
Jesus had so much love he died for our sin
the more you love the more you win

it is written love your enemy
and yes even a bully
when you do you receive serenity

it is written love the lord your God
his plan is not flawed
you will spoil the child if you spare the rod

it is written when you love it shows you are a disciple
and we are liable
this is all written in the Bible

it is written once you love in this way the law has been fulfilled
don't worry you will be rewarded not billed
and its easy once you love God it is all instilled

Donna Secrest

Journey

Life's path through a forest of days

Not sure of my ways

Clouds that cover the sun's rays

A misty morning haze

A mossy maze

Babbling brooks that whisper your name

Waters that rush and never tame

If only I could put out the flame

Who's to blame? It's all the same

The weeping willows blossom in my sorrows

My tears their leaves tomorrow

The weaker I get the stronger they grow

Like my emotions their limbs swaying to and fro

Stumbling stones clutter the trail

Will my journey succeed or fail

Only time will tell

Donna Secrest

Lost Desires

desires she had one not many more than none
lost all hope but for that one
she longed for it to come
it doesn't mean much to some
he's her king not a fling
but her everything
he whistles she sings
they need a home she wants a ring
love a funny thing
she laughs more than she cries
life is wonderful now that he opened her eyes

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Love

Without love we become bitter, our hearts tend to wither, and our souls suffer
There is no laughter, No rainbows to chase after, No reason for the heart to beat
faster

without love there is fear. If only we would look in the mirror, We would find it's
always been here

Without love we forget how to love, it's what we need reminded of, by angels
from above

Take a look then another, if you cant love oneself, you cannot love your father
nor your mother

There would be no peace or serenity, no honesty, only war and rivalry

Without love we would not survive, no one alive would thrive

So again look within, deep beneath the skin, many say it would be a sin

The truth lies in the eyes of our reflection and never denies

Donna Secrest

Mixed Emotions

Did you ever...
Bang your head on the wall
Or Curl up in to a ball
Cry until tomorrow
Because of all the sorrow
Or Go insane
From all the pain
Could it feel any worse?
In all the universe
Did you ever...
Laugh until you cried
Or felt warm and fuzzy inside
Sing in the shower
Or yell I love you from the Eiffel tower
All because it felt good
Skip cause you could
Or put your arms out and around you twirled
Could things be any better in the entire world

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Oh Savior Of Mine

Genesis is where it begins and revelations is where it ends

Words were spoken but minds weren't open

Christ the token paid the price for hearts of ice, the ultimate sacrifice

Crucified on the cross is where he died, between two who stole and lied

He fulfilled his task, why father? He asked, he will be in heaven at last

Hear the woman cry and moan as they place the stone

I feel their pain as it was my own

Days passed, and prayers cast, he rose again full of love from within
He gladly took my sin

Glory be from you and me to him

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Our Love

Like the rain her tears glisten

As the slowly slide down her cheeks

Keeping beat with her heart, first the left then the right

And across her breast, like dew gliding off of a rose pedal in the
early morning light

Dancing over her thigh like stars twinkling in the night

Coming to rest in a pool at his feet

Into the ground it soaked out grew a mighty oak

With trunk that parts and leaves like hearts

An eternity tree a symbol of the love between you and me

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Rant

I'm in love with what might have been

In love with my expectations of us

What I thought is not

Will it live or rot

Is it real or is it sin

Time to look within

I prayed you would carry my pain

You nailed it to the floor

I can't lift the weight any more

Look down on me if you must

Because this is my fairytale of

Lust and angel dust

Serve what we deserve

I got yours in reserve

Respect or suspect

Either way baby the trust will rust

I'm in love with what might have been

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The Bipolar Bear

Two headed but not two faced

Hear my case

□

I seem to only walk in place

Me I'm Bi

myself and I

that's why I cry

Opposite poles

No one knows

just how it goes

But do not stand and stare at this bear

And act like you don't care

Offer your share with a prayer

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The Grey Veil

What if I told you I have been there?
You wonder where?
The distant stare
It's because I care
That my story I share
Deep thoughts
Seems in a web your caught
Wanting to be left alone to sit and rot
Living under a veil
In a dark and gloomy hell
I know it and I understand it well
But in time you will look back and tell
Salt in a wound will only burn
Once you're out you'll never return
But all the pain is worth everything you'll learn....

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The Way I Pray

In the morning before my feet hit the floor
I reach deep down to my core
And I pray Father in heaven my guarantor
Walk with me along the shore
Make sure it's safe for me, a place where I can soar
I pray dear lord throughout my day a continual out pour
Within my day long prayer are other prayers of soldiers in wars
From Baltimore to El Salvador
And prayers for little children not wanted any more
Or Things that just need accounted for
And for our flag they burned and tore
I pray about the shootings and the world's uproar
I ask for forgiveness because I swore
And that, I may pay for
It goes on and on, no it isn't a chore
For anything I have lost he can restore
And I pray soon he shall be knocking at my door...

Donna Secrest

Torn

A devastated heart

Heavy from the start

Evaporated dreams

Not meant for me it seems

Hope only a memory

It's my story

Laughter now a painful sound

I see no one as i look around

Denials been my friend

Probably be my end

In and out our lives like butterflies

Some die and some are born

Will i be forever torn?

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