

OCTOBER AFTER RAIN

Margaret Bennett

Daughter although you've barely
 stepped into your twenty first year,
 it is certain –
 we share the same inheritance.
 You also have fallen then followed
 the inner voice that shouts, *No more*.
 While you sit on the bed's edge,
 head bent forward, your hair
 a curtain half drawn across
 the unique features of your face,
 let me offer you my open
 hand and heart.
 Here is what I want to say:
 I know it rained all morning.
 I know the last colours of autumn
 fell into disarray amongst
 brown leaves. But despite this
 dragged-under loss and bare branches,
 I know that beyond these mesh
 covered windows the sun
 has emerged. It is a misty globe
 reaching noon in a clearing sky.
 And for now the sun is enough.

Margaret Bennett works as a peer support provider in a psychiatric outpatient clinic. She has lived with bipolar illness for 35 years. "When I found out MUMJ was accepting poetry about mental illness, I felt compelled to write a poem from the viewpoint of a mother. After my daughter was hospitalized and diagnosed, I wanted to offer her hope."

FOR SANITY'S SAKE

Kevin Tregunno

Although my eyes cannot see beyond this distance
 And silence is all that I can hear my soul does not
 Falter, not even as my heart lies in fear.

For my courage resides in an honesty
 that no distance or silence could break.
 Even in the face of insanity I wrote this Poem
 for sanity's sake.

Kevin Tregunno (age 29) has found therapeutic value in writing since being diagnosed with schizophrenia in 1999. He currently works at an early intervention program for psychosis as a peer support worker.