Writing Our Journey: Poems and Essays by Family Caregivers

Each meeting has a suggested prompt, or idea, for people to write about. Everyone is free to interpret that prompt however they’d like. Below is one of the prompts, followed by a sampling of what was written in response.

Please remember that each piece of writing belongs to the writer and, if quoted, must be credited to that writer.

Three adjectives to describe your child

Think of your child, then think of three adjectives to describe him/her. Don’t filter them! Just write down the first three that come to mind. Now find a way to describe why those are the three you chose.

- “Child of Mine”, by Gail Frizzell
- “Here Comes ‘Freakenstein’”, by Dorothy Ryan
- “The Point”, by Kathy Roberson
Child of Mine

Child of mine

You are

Vulnerable
  Defenseless and trusting,
  Your dreams go unexpressed
  Destined to another's whim?
  Peril or protection is your fate?

Sweetness
  Sunshine in your smile
  Radiant spirit charming all
  Face, luminous with inner light
  Your winsome wiles warm my days.

A Music Lover
  Joy filled notes brighten your face
  You dance in your heart
  Melody the heartbeat of your soul
  Composes the anthem of your life

© Gail Frizzell
Here Comes “Freakenstein”

Shunned  
in school

Abandoned  
at recess

She stalks  
the playground

Searching  
four-leafed clover

As if  
finding

One  
shamrock

Compensates  
losing

The game  
of friends.

© Dorothy Ryan
The Point

Radiant, her smile beckons,
across sharp reefs and shoals,
we make our way to her.

She stands straight,
waiting always
for others to clean,
polish, make her
presentable.
Left alone,
she would
keep standing,
waiting,
dimming,
disappearing.

Dependent
on us
she lives at risk,

of our busy lives,
our carelessness,
forgetfulness,
or worse,
our aging
weariness,
our insistent
need for ease.

She beams
with delight
when we arrive,
and for a moment
it is terrifyingly
clear how if ever
we lose sight of her
we will crash,
our hearts splintering
and breaking apart
against those
darkened shores.

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