

## *A Recovery Poem*

Don't feel disillusioned by where you are now

Everyone is going forward

It's meaningful

Your demons are your past

Every silent step is movement

What a beautiful story to share one day.

-By C.K.

## *A Bed Of Clouds*

I sleep in the clouds, dream in the sky,  
I'll keep dreaming as life passes me by,  
I think my dreams keep me sane,  
I dream of happiness, a life without pain,  
some people say I'm stuck in this place,  
and I'll never go anywhere,  
but in my dreams I've already been there,  
I know some day I'll have to wake up,  
but I feel the real world is more like a nightmare,  
I'm safe in my closed eye wonderland,  
this poem goes to all the dreamers that understand,  
no matter what they say...  
keep your dreams but don't dream your life away,

## Sober

Not drunk  
habitually temperate, esp. in the use of liquor  
quiet or sedate in demeanor: a serious, sober couple  
marked by seriousness, solemnity: a sober occasion  
subdued in tone, as color; not flashy or showy, as clothes  
free from excess, extravagance, or exaggeration: sober facts  
showing self-control: sober restraint  
sane or rational  
to make or become sober  
I can be sober from my addictions.  
LH.

## *While You Weren't Here*

While you weren't here  
I cried every night.  
A million tears fell,  
Still my heart wasn't right.

While you weren't here  
I did what I could,  
Hoping against hope  
My decisions were good.

While you weren't here  
I gained some in age.  
Things just went on  
And life turned a page.

While you weren't here  
I just tried to go on,  
Knowing what didn't kill me  
Would only make me strong.

While you weren't here  
A whole lot got changed.  
My life became different,  
My world rearranged.

While you weren't here  
I had to learn to be alone,  
To stand on my two feet,  
To make my own home

So that's where I am now,  
At this stage of my life,  
Still scared and alone,  
Still coping with strife.

And oh how I wish that  
Things could be different,  
That I could go back  
To a time in the past,

To a time before  
You weren't here.

## Relief

Relief  
I lost my job  
But I have a car and know I can work hard to find another  
Relief  
I lost my job  
But I will find a job that is more suited for me  
Relief  
I lost my job  
But I realize I am stronger for it  
Relief  
I lost my job

JM

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By -CK

## Loneliness

A sky full of grey, the clouds gathered together  
Here I lay, Yet again, with gloomy weather.  
Tears soft as pillows, I smile anyways.  
Underneath the willows, I make it through the day.

The clouds clear a while, I stare ahead,  
I let out a smile twas light as lead.  
It last a short time, peace seeping in,  
Nice was this climb, for its something to win  
A sky full of grey, the clouds gathered together,

Here I lay, Yet again, with gloomy weather.  
Thus was uncalled for the weather to come back,  
My heart ached for more, yet anymore it would crack  
again.

Written By Chloe C.  
( Shannon C.s Daughter)

## Be Mine

To you this may seem insane, that my heart races every time I  
hear your name.

When your smile is directed at me, everything around ceases to  
exist and you're all I see.

You're the kind of man who is good-looking and sweet, the one  
I have been hoping to meet.

But wrong place, wrong time, so for now you can't be mine.

That doesn't keep me from thinking about you too much, and  
dreaming about your touch.

I have tried to forget and move on to someone new, but they  
can never compare to you.

I would rather be secretly in love with someone I can't have at  
this time, because then I

Can still have hope that one day you can be mine.

Written by Shannon C.

## Remember

As I walk through life,  
I look at all I have done.  
I had wandered aimlessly,  
And wondered what I have become.

I have been through so much.  
It is amazing I made it through.  
Lessons I have learned.  
I am shocked I pulled through.

At times I wondered  
What life was all about.  
The trials experienced in life  
Can make all the good come out.

We try to make it day by day,  
Remembering what we were taught.  
Just remember some time to pray.

It is important;  
We need it every day.

Life can be short,  
Unexpected at that.  
We try to take its punches,  
Just hoping it won't break our back.

Remember who you are,  
Who you want to become.  
Everything will fall into place,  
When the time comes.

Don't forget I love you's  
Every chance you get.  
The time may be short.  
There is no time to regret.

Life can be exciting,  
As we all have found out,  
Eventful, even busy.  
There is no time to be left out.

Remember who you are  
And who you want to become.  
The time can be short.  
Don't leave things undone.

Remember your families,  
They are the only ones you've got  
To carry you in times of need.  
They cannot be bought.

Remember they love you,  
Either here or there.  
They will always be with us,  
Help for things to bear.