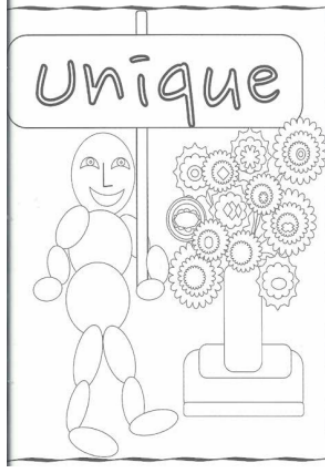


HOMELESS IN PARADISE

November 10, 2017

Column #161

In Their Own Words - Part 2



COLOR YOURSELF UNIQUE AND HELP HEAL AMERICA!

By Wanda Sue Parrott

BELLYACHING over America's political morass since the presidential election a year ago this week? If yes, try coloring for the sake of the country and for your own good!

Coloring is a popular practice among therapists whose adult patients find peace, serenity, and hope by sitting quietly and transferring emotions to paper in various hues of the rainbow.

In the wake of recent mass shootings around the U.S., as the nation contemplates the question of whether to impeach #45 by invoking Amendment 25, the question arises:

Could coloring have assuaged the horrific rage that caused mass massacres of both victims and the shooters?

Stroking One's Inner Child With Love

Coloring stirs your unique individual inner child and arouses the still, small self from within, so-- like the mythical Phoenix—you rise from the ashes of personal or political fallout and are renewed.

It's an inexpensive activity you can perform at home, with an adult friend or child, or even in a Bible study group of seniors at church, in community centers or in sewing circles.

Or throw a coloring party at Thanksgiving time, playing after-dinner coloring games while you enjoy pumpkin pie with family and friends.

While coloring yourself unique, you can help revise American history by also writing your own story, as Missouri poet Faye Adams suggests in this Facebook message she posted last week:

Please, Tell Your Story

By Faye Adams

“Tell your story! Every living being has a story.

Your story is unique. You are the only one who can tell it, because you are the one who is living it. If you don't tell it, it will be forever lost the moment you step into the afterlife.

Not a writer? Don't let that stop you.

Get a good mini-recorder, one you can hold in your hand, and tell it. . . to the recorder.

Perhaps, after you are gone, someone in your family will do it for you. Put a label on the recorder and tell your family about it.

Eventually, someone will step forward to unlock the past and get your story on paper, online or in a Kindle for everyone in your family to read.

Think your stuff is not interesting enough to be recorded? Don't believe it!

Do you know how many people I've heard say, “I wish I'd asked Mom, or Grandma, or Uncle Harry more questions? Please, tell your story!”

Register Your Signature Poem

Amy Kitchener, my mentor and muse since 1973, instructed my late partner Al Baker and me to establish a Signature Poem Registry so poets could record the poems by which they wish to be remembered. Here is Faye's poem from the registry:

I Believe God Invented Dancing

By Faye Adams

*Know why I think this way? Watch the tall grass sway.
Have you noticed leaves, gaily responding to the breeze;
spied robin's "bob and run," searching for wiggle worm,
or dolphin's graceful glide, with his companion beside?*

*Trace a monarch's pirouette, before it comes to rest
on a dandelion's fluff, still clinging to its ruff.
Even stars of the night shimmy and bounce in my sight;
there's no earthly reason why, in abandon, should not I
throw caution to the wind, cut myself loose, twirl and spin,
raise my arms in ardent praise, for glorious dance-filled days!*

To visit the Registry of Signature Poems, please go to our website and scroll far down the Home Page until you see “Signature Poems” listed. Click on it. <http://www.amykitchenerfdn.org/>

Try Writing With Friends

Kathy Whilden, who co-founded Friends of Homeless Women with Father Michael Reid and Marian Penn in 2012, has been leading an OLLI writing group with Roxane Buck for the last decade. She says, “We meet monthly at various outdoor places.”

Kathy, Michael and Marian also founded “Writing with Friends” for women without adequate shelter or secure housing, which meets at Monterey Public Library, 625 Pacific St., Monterey, 10:30 a.m. to noon.

Kathy says, “Our last writing group meeting is Thursday, November 16. We have had a few women without shelter come to write with us, and they have been wonderful and creative and open. We need to look at the class to see how we can improve it to attract women to this group. The class is open to women who have housing insecurity or without housing. We are not sure where we are going with this.”

For more information, contact Kathy Whilden at wildini@aol.com.

As to coloring books, they’re available from some dollar stores, pharmacies, local specialty, gift, and book shops, and online. The sample page above, for you to use to color your unique self, is from *Color Me Happy!* by VJ Schultz at <http://vjschultz-author.me>.

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Photo of coloring page from *Color Me Happy* by VJ Schultz, provided by author; used for educational/illustrative purposes only; no copyright infringement intended. Contact Wanda Sue Parrott at amykitchenerfdn@hotmail.com or leave a message with The Yodel Poet at 831-899-5887.

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