

#NPM21

**Our Here and Now** by Marty Gervais

A lone tree has rooted itself  
in rocks and soil along the Detroit River  
fearing nothing though cold river water  
rushes to consume it, overwhelm it  
— it is alone and weary but stubborn and fearless  
never once giving in, giving up

**#NPM21**

**To Survive** by Mary Ann Mulhern

**On my river-walk**

**I see a goose**

**Wing broken and torn**

**A duck with a damaged bill**

**They survive wind, ice and snow**

**We will too**

**#NPM21**

**Candles** by Art Williams

In each candle we find light.

In each candle we find hope...

When the match goes to the wick, our breath takes a  
pause.

Is it lit? Is it? It is!

There is light.

We breathe again.

**#NPM21**

**Alive** by Mary Anne Fenton

**Close your eyes**

**Breathe, Breathe**

**The gentle wind on your face**

**The swish of the water**

**The haha of the seagull**

**You're alive, you're alive**

#NPM21

**The Sunshower** by Nick Hildenbrand

The sunshower follows,  
estranged in the coast of black turret mill,  
drift-white angel's nest,  
the passenger seat of El's car -  
and Detroit River opens her child mouth  
to lap the mana sowing.  
with sun-basked sailboat balanced on her offing lip.

**#NPM21**

**Home Away From Home** by C. Frank Doyle

**My home away from home,  
Windsor, Ontario, Canada  
at college, if only for a year.**

**Once a young duckling,  
Now a beautiful swan,  
Each season of the year!**

**#NPM21**

# Effervescent Utterances

by Cyndi Shepley

The human psyche propels us to continue our solidarity together as one people.

The links of our chain remain solid and intact.



#NPM21

The Tower / Le Château by / par Madeleine LeBlanc

I felt so big at the start  
but the taller the tower  
the harder they fall  
we started out small  
built ourselves up together  
this time we won't fall apart

Je me sentais si grand au début  
mais le château le plus haut  
va tomber ainsi plus fort  
on commence petit encore  
et on reconstruit de nouveau  
ensemble on ne sera pas vaincu



**#NPM21**

**Piano Man** by Anastasia Kulaga

In the start of life, the boy began small  
jumping odd notes, he did not feel tall  
he began with sharp sounds, with some falls  
by the end, he could stroll  
but he did get through it all

**#NPM21**

## **Hope / L'Espoir by / par Rebecca Brydon**

**Sometimes when life will get rough  
And challenges trample you,  
Know that progress will be tough,  
But facing fears will push through.  
Hope will always find a way,  
We just need to believe today.**

**Parfois quand la vie devient difficile  
Et l'ensemble des défis nous fatigue,  
Sachons que le progrès n'est pas facile,  
Mais en surmontant nos peurs, on navigue.  
L'espoir trouvera toujours un moyen,  
Nous avons simplement à croire à demain.**

#NPM21

The Earth's Revolution by Serafina Piasentin  
Each turn of the Earth heralds change;  
Black is scribbled across the light,  
Snow suffocates the golden grains, yet  
Each revolution is a fight that ends  
With the Sun breaking through and  
Among the melt, a sprig of green.

#NPM21

Light by Heather Reid

There is a light at the end of the tunnel.

It is only in darkness we see the stars

Only in darkness we can find beauty amongst the most  
mundane.

We will find light at the end of the tunnel once again, but  
for now

We lean on each other, and learn to create our own light.

#NPM21

**Dark Light** by Robin Wilds

don't you know

the moon can't find you

when it's loud

Turn off the lights

or you'll scare the silence away

#NPM21

Imagination Is Key by Maria Ceglie  
And there it was, a little mockingbird  
confined  
inside four scintillating walls crashing.  
O does its tender heart want  
to play, instead it's left astray.  
All it needs is the key to be unfettered.



**#NPM21**

**I CHOOSE** by Liz Santos

**I Choose to be heard & seen and not silenced & invisible**

**I Choose to laugh and not cry**

**I Choose to get up and not fall**

**I Choose to be strong and not weak**

**I Choose to live life and not just survive it**



#NPM21

one day at a time by Heidy Schumacher  
no use to stomp my foot -- nor scowl  
in the face of COVID's plunder  
so i bake cookies to surprise my friends  
call greatly missed great-grand kids  
tell them stories of their parents' youth  
then lose myself in the magic of books

**#NPM21**

**Rising from the Wreckage** by Abby Coutinho  
Deserted grocery store aisles  
And the virtual void blurring our smiles,  
Our voices will not be muffled by pain.  
The cries of resolve echoing in our souls,  
Prove we are not defined by the hurricane  
But rather how we strive to repair the holes.

**#NPM21**

**WAYFINDING** by Mark Laliberte

Life's wild zigzags can flutter hearts,  
putting on a show no one asked for.

As the world transforms, we sharpen  
for change, look for new ways to make  
a good map. Let harmony wander in —  
you have a lot of ground to cover.

**#NPM21**

**we are not alone by Vanessa Shields  
we learn how to love around the virus  
our tender missings cling to butterfly wings  
traveling between hearts fluttering news  
of loss and joy on the curve of resilient  
connections it is difficult & painful to  
grieve alone but we are not alone in our grief**

#NPM21

People with different fortunes by Nora Gorges

But you,  
you're powerful.  
Be the knife  
that cuts through  
the night wind.

**#NPM21**

**The strength of opening the  
close directions** by Angelo Yousif

**I've seen those highs and lows**

**it was hard to know where I should go.**

**My achievements ran away from each other,  
like a child running away from his mother.**



**#NPM21**

**What's Next?**

by Christine Paris

**What do you want to create**

**how do you want to emerge from these times?**

**If you can dream, you can create it!**

**What is next for you?**



**#NPM21**

# Ungiven

by Stephen Pender

Grief is love ungiven, a remainder of light,  
a giving of giving, an unfinished was.

#NPM21

**Need for Nature** by Heather McCardell

Sunlight dapples the well-trodden path  
my mask the saviour of skin, kept warm.

Birds sing on branches before  
flitting away from the scramble of squirrels  
and a deer grazes on fresh shoots.

Nature has never been sweeter.

#NPM21

**What the World Wants** by Rebekah Voegeli

The world got a little quieter,  
but maybe it wanted us to listen  
to the sounds gone so long unnoticed.

The world got a little darker,  
but maybe it wanted us to look  
for the light in ourselves, in each other.

**#NPM21**

**In Quarantine** by Peter Hrastovec

The days break down,  
the light shifting in and out,  
the scene changes heralded  
by a chorus of birds  
riding the wind.

#NPM21

At the Riverside by Mackenzie Gagnier

At the riverside we watch  
those ever-rushing currents  
and envy their unbound surge;  
but still, they remind us of how  
that relieving crest is within our reach—  
the hopeful never freeze

#NPM21

**The World is Forever** by Andre Narbonne

Among the statues in Odette Park students on summer stipend toothbrush Detroit off bronze elephants. A five-year-old walks her grandfather. I think the world is forever as I hear her explaining everything.

#NPM21

**Recuperate** by Michael Lee

Resilience is an attribute held by few people  
Because those who stand tall don't expect to fall  
But until they are knocked down  
Only then do they realize  
How easy it is to stay down  
And how tough it is to get back up



#NPM21

**Tales of a Hero** by Emmy Longmoore

We get lost, then beaten,  
Then torn apart

We're at a loss for words

Like a story that doesn't start.

We've all got a story to tell

Every day with a new chapter as well.

**#NPM21**

**Resilience** by Wafaa El-Tawil

**Serene and self confident**

**Pandemic warriors**

**Rise like a Phoenix from the ashes**

**Invincible tenacity, their motto**

**Near their hearts, they etched “resilience”**

**God bless our heroes**

#NPM21

**New Observations** by Victoria Hecnar

I have been paying attention to things that I was once too busy to notice.

The way sun glitters on fresh snow,  
the song a bird performs,  
the taste of air following rainfall—  
and how they were here all along.

**#NPM21**

**City of Voices** by Marie Groundwater-Pottle

**Every day a new chance  
to find a way forward  
in a city, not built with brick,  
but with the voices of people  
who keep saying, “We can do it –  
We have done it before!”**

#NPM21

# The Lonely Light

by Derek Deneau

To live is to spit each drop of potential  
you possess at a universe telling you “Give up.”  
and in this way sign your name  
on the face of creation,  
gently murmur back “Never.”

#NPM21

**Still Standing** by Deborah Koko

I'm still standing  
limping, but still walking  
you can tear me apart, but my value won't waver  
step all over me, but I'll come back stronger  
you've made me realize  
that I'm shakeable...

**#NPM21**

**PUSH!** by Celeste Kurcz

**Push! Push!**

**Breathe.**

**Inhale into the new.**

**Exhale the fragility this storm has made us feel.**

**We are here.**

**Standing steadfast, together.**



**#NPM21**

**Swing and a Miss by Bradley Erdelyan**

**Give me everything you've got  
Just don't spare the kitchen sink,  
I've endured a hurricane of a thousand fires  
And tamed a tsunami with an icy kiss,  
So step up to the plate, darling  
All that noise is just a swing and a miss**

#NPM21

**when the mist clears** by Aryan Bhati

Like the old shadows stained in memory  
like the leaves that dance in the early spring breeze,  
I leave my heart to fight on in silence  
I leave it to battle strong winds to endure pain and fear,  
for only when the mist clears,  
and the stars come out to shine will I know deep down inside,  
who am I.

**#NPM21**

**Transformations** by Samantha Badaoa

make confetti from old scars  
turn aching memories into thread  
that binds you to all that there is  
all that there was  
all that there can be  
is hope

**#NPM21**

**I Am a Mirror** by Mariam Habana

**I am a sister, a daughter, a niece.**

**I am a lion, a dove, a rock.**

**Each person helped me unlock  
a part of me that couldn't talk.**

**I am a mirror.**

**A reflection of each person.**

**#NPM21**

# Eyes Open

by Joanne Laforet

Coat hat mittens outside I go

Smell the crisp cold air, feel the wind

Open my eyes

To all the good that surrounds Me

**#NPM21**

**Resilience** by Angelica Lachance-Friedl

With the ink still drying  
on our marriage certificate,  
cancer reared its ugly head.  
Cancer didn't stop fighting  
when the world stopped turning,  
but neither did we.

#NPM21

**Silence** by Brandon Cormier

Silence comes in layers;  
the fading seconds in between songs when the bus shifts  
and the body moves to street-bump tempos,

Silence comes in layers;  
The creaking echoes collect the weight of every story  
replaying itself behind darting glances.



#NPM21

# White Widow

by Julienne Rousseau

Locked up inside hidden lips with my purpose amplifier unplugged

Virus lurking inside my world like a white whale tormented with rage

Looking out my window I see desolate streets so I open windows and put myself out there

Travelled virtually everywhere and face to face with interior landscapes I never dreamed of knowing

Inside this remote space isolated but safe from the virus, I find myself going viral

Like a busy Latrodectus spinning a world wide web, I will flourish

**#NPM21**

**It's Always the Last Place U Look by Wade Quenneville**

**It's Always the Last Place U Look**

**That Missing Sock,**

**Those Missing Keys**

**The Strength Inside U that's Hidden**

**Until it's a Time of Need**

**It's Always the Last Place U Look**

#NPM21

**Flowers** by Samantha Badaoa

may flowers grow from our throats  
their roots buried deep in bodies  
meant to live, to ripen, to sprout  
history from holy mouths  
despite darkness  
may the world make bouquets of us all

**#NPM21**

**Resilience** by Kai Kristoff

**Resilience is  
starting over  
after you lose your rough draft**

**after you wake up late**

#NPM21

To Hope by Sara Scarfone

When bricks crush my chest

I've learned to breathe

When there is no colour

I've learned to paint

When all seems hopeless

I've learned to hope

**#NPM21**

**Patience** by Julian Villafuerte

**A new season will come and breathe life  
In our vineyard and our garden of roses  
And invigorate us, the gardeners,  
Who nurture this City of Roses  
And who tomorrow will find it in bloom,  
Flourishing, diversifying.**



**#NPM21**

**Change** by Alex McCall

**We're resilient creatures, we've survived a flood**

**Our resilient nature, gets us out of the mud**

**The world is ever changing and our resilience doesn't budge**

**Maybe we stop the fighting and learn to love and hug**

**So, we wouldn't have to be such awful resilient thugs**

**But that is just a dream, one I'm dreaming of**

#NPM21

**Solitude** by Robin Wilds

Pond ice

thaws back to itself

in the sun

as I

thaw back to myself

in Solitude

**#NPM21**

# Purity of Line

by MA | DE

Happiness is ours to make or unmake,  
polished glass  
or sculpted clay, only as smooth  
as the hands are steady.

#NPM21

this kind of resilience by Vanessa Shields  
the truth is that this kind of resilience  
with its treacherous wavering uncertainty  
calls for a strength that speaks a different  
language – it is beyond the individual mouth  
it comes from witnessing the land – swallowing  
the wisdom of its waiting – it is the trees for the forest

#NPM21

embracing by Vanessa Shields

M walks down the hallway

her anxiety reaches me first – a fist into my sternum

she folds into my collarbone, weeping

there are no words to describe the losses

so we let them seep into the silence –

give grief a space in our embrace

#NPM21

the shape of distance by Vanessa Shields

Resilience changes the shape of distance.

It echoes voices across time zones & thrusts

Love over WiFi like laughter over skin. In

this redirection of sharing, our intimacy

reaches through the mask beyond the body.

It hears the flurry of hope as fight song.



#NPM21

resilience assumes togetherness by Vanessa Shields

You can assume that I've lost someone I love.

You can assume that I am afraid. Oh yes, you can assume I've snot-cried in a heap on the floor.

You can assume I've felt similar devastations.

In the togetherness of resilience, you can assume that I am smiling under this mask.

**#NPM21**

**Slowdown** by Christine Paris

**Between our thoughts, we find peace.**

**Between our inhale and exhale, calm resides.**

**Between obligations, we rest and find wellness.**

**Between expectations, Serenity is born.**

**And once peace, calm, wellness, Serenity is fully embodied, THAT is when we create a better world!**

#NPM21

Higher Ground by Peter Hrastovec

you stand on higher ground

here where the road begins

here where the humble arrive

alone unsettled

from here they leave

self-assured united

#NPM21

Random by Peter Hrastovec

The “best before” date expired,  
this stale, usable self waits,  
anticipates, breathes.

More useful than useless,  
more reliable than reliant.

Hashtag: “glasshalffull”.

#NPM21

Hope for the Future by Victoria Hecnar

Amid these times of solitude and loneliness  
I reminisce about moments of sheer bliss.  
I think about how fortunate we are to have  
joyous moments to look forward to.  
In my life where nothing else mattered,  
experience was living and who I was with.

#NPM21

Untitled by Laurie Smith

rain clouds the afternoon  
yet we all aspire to the brightness  
of begonias, impatiens  
drawing us out from social isolation.  
this is a smile we share  
with our eyes.



**#NPM21**

**In These Days** by Christopher L.M.

**In these days –**

**He fights for breath, while she breathes easier.**

**She craves connection, while he welcomes the pause.**

**Some shoulder burdens, while others turn away.**

**The best of times. The worst of times.**

**We stand. We fall. We fight. We live. We hope.**