

These are from the book “Renewal: A Collection of 43 Poems” by Flora Williams, Arolf Publisher, 3815 Gate Road, Lafayette, Indiana 47909, 2007.

Jesus, O Rescue Us by Flora Williams © 2004 (34)

Jesus, O rescue us
From the terrors of our life.

Jesus, O rescue us
From our pain and strife.

Jesus, O rescue us
So we may see more clearly.

Jesus, O Rescue us
So we may love more dearly.

Jesus, O rescue us
So we may serve more fully.

Asking God by Flora Williams © 2006 (13)

I ask the Lord to bless me on my way.
He gives energy for each rough day.
For life trials, He promises me,
“Fear not for I am with thee.” (Isaiah 43:2, 5)

Jesus, you say, “Ask for anything in your name.” (John 14:14)

But what is blessed in your Name?
Strength today to serve with sustenance?
Creativity in showing my care?
Loving my enemies?
Doing good for the ungrateful?
Greeting the stranger?
Continue building when others scorn?
Serving with courage and peace?

Brother James, you say, “You do not have because you do not ask.” (James 4:2)

Can I pray for myself? For forgiveness? For the evil ones to forgive?

But God, “I can’t pray. My heart is cold. My body too tired. I don’t know what to say.”

Brother Paul, you say, “The Spirit prays for you, with sighs and groans too great for words.”
(Romans 8:26-27)

I wonder, “God, what will I receive?”
Food for today and hope for tomorrow,

Energy for breaking the cocoon
To fly - be beautiful, be brave, and be free.

Savior of Suffering by Flora Williams (20)

My heart is wounded and broken.
Rejection from others is unspoken.
My body is torn and twisted with pain.
My mind is angry and disillusioned.
My whole being does suffer.

I hear the news about here and abroad.
I mourn for those I know and those in other lands.
Conscience is warped seeing injustice and doing nothing.
I cry out with critical proclamations.
My grieving greatly expands.

The pain of loss is too much to bear:
Loss of children from war, illnesses, accidents, drugs, and disobedience;
Loss of sweetheart love from unfaithfulness, selfishness, and meanness;
Loss of mission from negative, anti-forces;
Loss of limb, mind and other incapacities.

My body is wounded and broken.
I need replacement parts.
Now I search and move carefully
Just to reposition comfortably.
Thankful for a moment without pain.

I lie in my bed of tears.
I am numb with many hurts,
Closing my eyes to escape,
I sink in life's alarms.

I fear the terrors of the night.
I feel the arrows of the day.
I crawl in the valley of shadows.
I stumble searching for the Light.

I ask, "Where is the God who cares?"
I cry, "Where is God for casting our burdens?"
I pray, "Where is the Lord who reassures?"
I shout, "Where is the Lord who rescues from despair?"
I beg, "How do I get out of this hopeless pit?"

I cease thinking, stop asking, forget praying.
Heart, soul, mind, and strength are too tired

From grieving, too disturbed from confusion.
 Then I hear a still small voice whisper,
 "They that wait upon the Lord will renew their strength."
 And God meets me in my suffering, face to Face.

Weary with mourning, I wait ...
 Joy comes in the morning Light,
 With a faint song in my heart,
 With a glimpse of an angel,
 A flickering candle in the dark,
 A spark of Holy Energy and
 Warmth of Divine Reality.

I can breathe, although slowly.
 I can walk, although feebly.
 I can rejoice, although not fully.
 God stretched out His hand –
 I took it while I was suffering.

I Lost a Part of Me by Flora Williams © 2006 (31)

I lost a part of me –
 A death of a special friend
 A devastating divorce
 Lost employment and purpose
 Loss of a bodily limb

I lost a part of me
 I mourn its existence
 Here with me constantly
 Is the memory of what was
 But never again will be

I lost a part of me
 It is gone forever
 I mourn the loss
 I will never be the same
 Changed or stuck forever

I lost a part of me
 But I gained humility
 Along with anger
 I gained wisdom
 Along with incapacity

I lost a part of me
 No longer perfectly able
 Never was able perfectly
 Just limping along
 The whole day long

I lost a part of me
 But it easier to repair
 Than an inward scar
 Than a broken heart
 Than trust in one I sought

I lost a part of me
 Some say there went dignity
 My pride is that I survived
 But those who scorn and sneer
 Do not see the beauty inside of me
 (Do not see the pain and suffering either)

I lost a part of me
 But I gained appreciation
 Thankfulness for other parts
 Parts working together
 In harmony, overlooking the loss

I lost a part of me
 Turn now to remaining parts
 Waiting for me to care
 Check on them for repair
 Thank them for being a part

I lost a part of me
 Other parts come to the rescue
 My heart is stronger to move
 My mind clever to work smarter
 Muscles have new avenues

I lost a part of me
 But gained choices:
 Will the past determine my day or
 Will the future determine my day?
 Let the lost be lost or
 Keep the lost in bitter memories?

I lost a part of me
 Now I am more than I was
 My heart more understanding
 My mind more shrewd and wise
 Strength shifting from one part to another

I lost a part of me
 Increase in connections are more
 Connections with others less than whole
 Connections with the Great Transformer
 Connections with currents in my soul

I lost a part of me
 Then I became disabled
 But I gained creativity
 Power for new mobility
 Operating while missing a part

I lost a part of me
 Turn on the ignition
 Crank up the shaft
 Step on the new gas
 This body is going to last

I lost a part of me
 While new goals to pursue
 Exploring new possibilities
 By prayer, practice, persistence
 I can gain a new whole too

I lost a part of me
 Getting in touch with my heart
 I've more courage than thought
 Getting in touch with my mind
 More capacity to imagine than taught

I lost a part of me
 While new skills to develop
 New unknown paths to view
 New territories to conquer
 Through valleys to the table (Psalm 23)

I lost a part of me
 Cutting all my losses
 Counting blessings one by one
 It surprises me
 What the Lord has done

I lost a part of me
 Thank you heart, soul, mind and strength
 You are my life parts to make me whole
 Cosmic Energy flows through to you
 You have power within to surge anew

I lost a part of me
 New functions to behold
 I'm differently-abled
 Rejoice! I'm God-abled!



I lost a part of me
But I gained eternity
Rejoice! I'm not alone
Love and power propel me

Returning Good for Evil: Table Tennis Match

by Flora Williams © 2006 (6)

(Psalm 34:14, 37:27, 1 Peter 3:9, Romans 12-21)

My heart is full of love for
Spouse, children, co-workers, and enemies.
Ping pong! It matches the pain they bring.

My mind is full of gifts they give.
Ping pong! It matches bad memories of cruel words said.

My soul is sympathetic to their plight.
Ping pong! It matches terrors felt in the night.

My strength is renewed from the Spirit's indwelling.
Ping pong! It matches pain from stones they were throwing.

My voice is firm, soft and low as humbly in love reply.
Ping pong! It matches the loud, high-pitched discouraging words they apply.

When you remember the hurts, the wrongs, the cruelty,
Remember Jesus gives grace and truth, give them freely.
Try switching to remembering gifts given, what learned.
Ping pong! Your heart can rejoice rather returning what they earned.
