

- [f Share](#)
- [Tweet](#)
- [in Share](#)
- [g+ Share](#)



Share

- [f](#)
- [Tweet](#)
- [in](#)
- [g+](#)



April 16, 2021

Dear Friends,

All month. National Poetry Month.

You say you don't like poetry? You say you don't understand poetry? That's okay. No need for understanding. Just let the words roll around in your mouth and enjoy the sounds. Love the words so much you want to eat them. Always read poetry aloud.

Ponder these words from [Wanda Coleman](#). Her story is important; she died in 2013 and these words could have been written today.

### **Notes of a Cultural Terrorist 2**

By Wanda Coleman

after the war the war begins the war goes on

i am a soldier. look at my boots  
soles worn from seeking work. from hours  
in unemployment lines

call me a civilian casualty

the war to feed children the war to clothe their backs  
the war to meet the rent the war to keep the gas tank full the  
war to end the calculated madness keeping the poor poor

what happens to a war deferred  
does it implode? does repressed aggression  
ravage the collective soul?

(there's rioting now. i see the blaze red smoke rising.  
the city burns. people are looting, taking things. all the  
excess denied them. crimes of possession. to have. without  
the onus of color or fear of rejection. children carry racks  
of clothes. women push shopping carts brimming with food.  
men flavor liquor stores and gunshops. but what we need is  
revolution. bloodless or otherwise. we must go deeper than  
lust gratified in one spontaneous torrid upsurge of rage)

i am a soldier. look at my hair  
fallen out under stress. the many hours  
unappreciated on the job. not even a decent chair

call me collateral damage

and when all the foreign battles are won  
will we who battle here at home  
have our day in democracy's sun?

(i am laying on the gurney in the hallway. there  
aren't enough beds. he's been here with me for hours and  
we came in last night. and they still haven't been able to  
tell us anything. they wanted money up front before they  
even talked to us. luckily we had assistance but still had to  
borrow from mama to make the cash co-payment. the pain is  
real bad and i'm thirsty. but they said not to drink anything/  
nothing by mouth. and we had to wait forever just to get this  
far. too many patients and not enough doctors)

i am a soldier. but my back is broke  
battling the paper i push all day. my hope  
is broke too. how do i love

call me politically correct

(we sat in the bar in the late afternoon trying to figure out

where all the men had gone. the ones that weren't dead or in jail. who loved women. the ones who weren't junkies weren't alcoholics weren't already married. the ones who love our color. and one sistuh took a tall swig and said she'd be satisfied if she lived to see her refrigerator full just once before she departs this planet)

what happens to a war deferred  
does it deep down into the skin a rash  
of discontent to erupt again and again?

i am a soldier. that i live is a lie  
no one stares' cuz no one cares. grasping  
for a nip of pleasure a toke of sanity

call me a victim of victims

(the cuff are tight. i can feel them rubbing against my wrists behind my back. we're taken out to the squad car in front of all the neighbors. the kids stare at us. they knew we were different all along. we didn't belong in this 'hood. he's angry. he wants to know who ratted. i can't feel anything but numb. they shove him into the back first and then i climb in behind him. it's a short drive to the precinct. we're broke. we'll have to borrow money for bail. we're about to find out who our real friends are)

whatevah you do  
don't look me too long in the eyes

### LINKS YOU MIGHT ENJOY

My husband, John, sent me [this article](#) and it sparked all kinds of synapses in my brain. First of all, I love color. I love the emotional connections we have to different colors and I love that this artist, Amanda Williams, made those connections larger than life. There are so many layers here. What are the colors of *your* childhood?

This is [hard and beautiful and hard](#).

He was going to be a neuroscientist and work in a lab. And then the beauty of neurology got hold of him. [Now he creates works of art that celebrate the beauty of the brain](#). His paintings are dedicated to the neuroscientists, psychologists, psychiatrists, neurologists, and neurosurgeons who explore the brain's beauty, mystery, and anatomy. More importantly, this work is dedicated to every last one of us who share this most precious possession that we are using even at this moment to read this sentence.

The NYTimes has created an [at-home playlist](#) for all of us to enjoy. I need/want to eat more greens and I want to support Asian-American businesses. I want [this](#) in my life because it will allow me to do both.

## UPCOMING CLASSES

### Hard Conversations: A Deep Dive Into Racism and Its Undoing (Starts April 29)

It is painfully clear how much work we have yet to do about racism. Please join me and Victor Lee Lewis for this five-week exploration of racism and its undoing. Come be a part of the solution as we unpack systemic racism, white privilege, the myth of colorblindness, and how to be a more effective ally. These courses continue to change minds and hearts, open new ways of thinking about this seemingly intractable problem, and provide somatic experiences that fundamentally change us. [Go here](#) for information.



### Write Where You Are: A Virtual Writing Retreat for Women (June 17-20, 2021)

I dearly love and miss my retreats, small gatherings of women whose urge toward self-expression thrills me. COVID took those retreats away from us in 2020 and now again in 2021, but we can write where we are! I am holding a small, 10-woman, writing retreat online on June 17-20, 2021. We will study together, we will write together, and we will laugh together over that weekend. We will explore in new ways, spending time out of doors and with color and poetry and short stories and each others' stories and much much more. It will be unexpected and fun and meaningful and I am very excited about it. [More detailed info is here.](#)

## FREE THINGS!

**FREE WRITING PROMPTS FOR 2021** - Do you want to get back to a consistent writing routine in the New Year? I am offering free writing prompts **every Monday-Friday** in 2021. If you'd like to receive them, you can do so in either of the following ways:

**By text:** Text "writing prompts" to me at 828-248-7513 to sign up for free. Your first prompt will arrive via text the day after you sign up (Monday - Friday).

**By email:** [Go here](#) to sign up for free. Your first prompt will arrive the day after you sign up (Monday - Friday). We added this method because some of you couldn't participate by text. I hope it is helpful!

I'll see you next Friday from my Orange Desk! Do something fun this coming week. Report back and tell me what you did.

Patti

Sent to: [\\_t.e.s.t\\_@example.com](mailto:_t.e.s.t_@example.com)

[Unsubscribe](#)

Patti Digh, LLC, 638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States

Email Marketing by ActiveCampaign