Poetry Series

Mike Hamill - poems -

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Mike Hamill()

MIKE HAMILL
THE BODYBUILDING POET

Bodybuilding and poetry form a unique union in the person of Mike Hamill. A member of Team USA Bodybuilding, having finished third in the World Championships, and a two time Masters Mr. Utah and Regional bodybuilding champion, Mike combines the artwork of sculpting ones body with the expressionism of ones soul. Mike has successfully blended these seemingly paradoxical worlds by shining a brilliant new light onto both.

Believing poetry contains the passion of life, Mike searches for ways to bring poetry off the written page and give it life. Striving artistically toward this goal, Mike turned his first published book of poetry, 'Simple Thoughts' into a successful stage play. He's also written a second poetic stage play entitled 'The Cycle of Life', has co-written and produced a poetic film entitled 'Reflections In The Mud', has produced a spoken word compact disc, 'A Father's Love Letters' with the goal of making it a Broadway style production, is currently working on a world tour of his successful performance poetry stage show "Off The Written Page" and has just started studio production of his next book of poetry "Thoughts About Us" to be produced in audio and standard book formats.

With the Grammy semi finalist nominated 'A Father's Love Letters' Mike shares insight into parenting as a full-time single father who raises his nine-year old daughter. 'A Father's Love Letters' provides a pathway for men to open up to their children and take a more active role in their lives while celebrating fatherhood. His creative efforts have been broadcast world wide via interviews on CNN.

Mike has hosted two television shows for Park City Television entitled, 'The Bodybuilding Poet Presents Passion and Youth' and 'The Bodybuilding Poet Presents an Evening of Poetry'. 'Passion and Youth' featured original poetry by the children of Park City and the surrounding areas. 'An Evening of Poetry' featured Mike's original poetry and that of adults from the Park City area. An internationally published fitness author, he also has appeared weekly on Park City's Channel 45 television station 'The Bodybuilding Poet's Training Tip of the Week' show, which is followed by Mike performing a piece of his poetry.

Mike has also appeared in numerous films, television shows and commercials. His films and commercials have been presented world-wide.

Raised in Ohio and now residing in Park City, Utah, Mike personifies the simplicity of the Midwest and the openness of the mountains in his writing and performances. By doing so, he brings a passion to his work that engulfs his audience in the moment, allowing them to bring their own passions to his poetry.

A Year Gone By

Has it really been a year gone by Watching the flame of The single candle on your cake you try I think back on the year gone by From hearing it's a girl To holding you in my arms I don't know who's grown more You or I I remember when your eyes first opened Wondering what it was you saw The first time you smiled I was wrapped around your finger A year gone by of late night feedings When I laid you to your mother's breast The times you needed changed The times you needed held The times you simply slept I remember them all through the blur Of the year gone by I remember when you first left your mother's breast When you first tried to touch you knew not what The first time you giggled Your shock when you first rolled over How quickly you learned to crawl and explore So many things you did I remember But my fondest memory of the year gone by Is how I've learned to give love And set aside myself For someone much more special than I... Has it really been a year gone by

NOTE*** This is from my CD A Father's Love Letters To listen to the CD please visit

As the lead single it comes with a music video viewable at

Almost Time

It's been a while since you were announced It's nearly time for you to arrive I'm about to see you enter into life A life I helped to create The time I've known about you Seems to have passed too quickly And now before I've realized it You're about to be born For it's almost time It's almost time to meet you To teach you what little I know And to learn far more from you Than you'll ever know Where have these last months gone I haven't had time to learn The many things I should I haven't had time to forget about myself For the sake of someone else My God, it's almost time To let go of these feelings I haven't yet understood To be flooded with new ones When I first see your face It's so strange and new To love someone so much That I haven't even met I can't say how your touch is going to feel Or how you will change my life I only know it's almost time It's almost time to try

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Already Nine

My oh my Where has the time gone It seems like only yesterday I was told you were mine And now here you are Already nine This birthday I have to miss But it makes me remember And say thank you God For having this little girl to kiss To hug and snuggle And watch as she grows From the little babe I once held in my hands To the girl I now hold in my arms One day soon You'll become a woman Leaving me with all these memories Of how special it is, and how lucky I am To be able To watch you grow

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And God Takes The Blame

Another senseless death

And God takes the blame

A young girl is stabbed

Left to bleed and die

In the arms of her love

While another curses His name

Another bomb explodes

And God takes the blame

Innocents are left to die

As villains take pride

Beaming in their glory

While heartaches curse His name

Another drunk walks away

And God takes the blame

A life in a tangled heap

Slips away lost

As a sober drunk asks what happened

While loved ones left behind

Sadly curse His name

So much loss and tragedy

While God takes the blame

People instantly cry out

Why'd You let this happen

As their hearts begin to doubt

Sadly the true villain walks

While so many curse His name

Not realizing while God takes the blame

The god of this world scoffs

Claiming victory in the pain he's caused

Taking glee in misplaced blame

While unnoticed he walks on

Hidden behind his veil

Enthralled in his little game

But hidden from his view

Time is nearly at hand

For God to make a stand

And all the things written long ago

Are about to truly be

For God is about to clear his name

Of all the misplaced blame

And You

The first time I looked into your eyes I knew my heart was gone The first time I held you in my hands I found new meaning to my life I've known you for three years I've watched you crawl And learn to walk Giggled as you learned to talk And you, you are my life And you, you are all life means to me When I'm, when I'm with you There's no place I'd rather be There's good times yet to come Sure to be a few bad ones in between Only sure thing is I'll be there for you As long as I'm alive No matter what you've said or done You'll have one sure place you can come You'll always have a place That you can call your home And you, you are my life And you, you are all life means to me When I'm, when I'm with you There's no place I'd rather be And you, you are my life And you, you are all life means to me You'll always have a place You can call your home

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Belief

Belief, what a strange and silly thing Changing from day to day Blown about on the wind Like the chirping that birds sing Changing like the weather From rain to sun to fear Brought on by the darken clouds Of a coming storm Changing like a beach front With each succeeding tide Like a canyons wall From the rivers flow So many beliefs Seem to come and go Depending on our travels And where we are in life Still it seems from time to time Something needs to stick A core needs to be established Held not within our hand By a fruitless grip But deep within our heart So when it's time to make a stand Our feet and heart hold firm To what we know is right Oh sure this view seems out of date Especially in today's new light But as time has always shown Even in the darkest dark Knowing what you believe Gets you through the night And knowing what you believe in Enables you to stand Instead of falling like a fool

Choices Chose

Men and the way we choose

To live our lives

With honor and deeds

Or mistrust and lies

Do we surround ourselves with truth

Build a foundation with roots

Or claim the mantra

With our misdeeds

It's only us we hurt

Do we believe

When we walk in another's eye

We'd best watch where we step

Or merely tread

Where only we can see

Out there lie

Many choices, many paths

We can plant good seed

Or live within our greed

We can walk through mud

And shed our blood

To lend a helping hand

Or we can walk around

Ignore the cries of what's right

Shut our ears to the wrong

Make the claim

We stand on hallowed ground

But when it ends

And all comes down

All men choose

Where they stand

It's a choice we make

Of our own

Dependent on

The heart within

What it bleeds out

When it comes face to face

With choices made

Along the path

We choose to walk

Discovery

Well, you finally did it Though you fussed and fought Kicking nearly every step of the way Once I turned you loose There was no holding you back Watching as you tore through the grass I saw you discover a new found freedom And declare a form of independence I knew right then and there That what had fell into your tiny little grasp Would never be let go I could see in those little eyes Just barely five years old A stronger burning fire Than I've seen in eyes ten times as old It was the first time I knew for sure My little girl would be all right No matter where life's path might lead For in that instant of discovery You did so much more Than learn to ride a bike You tasted what having freedom And independence brings to life

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First Day

Well, it's finally here Seems so funny I should say finally Cause to me, I can't believe it's time Though I know for you it's been so hard to wait But finally the wait is over And today is your first day of school This morning you awoke before I And I could see the excitement in your eyes For once I didn't have to prod To get you dressed brush your teeth and hair For once it was me moving much too slow As I walked you down to the bus Watched your smile as you stepped on I couldn't help but cry And think how silly it must've looked For tears to be running down a grown mans face As I watched the bus roll away I started thinking about your day And all the new things you'd get to do Your first lunch, your first recess Your first venture without me into a brand new world As the day went on it gave me time to think My God, you're growing up!!! Soon you'll be on your own With a family, a house, and all too soon you'll... But then the bus brought you home The grin on your face as you came running The way we fell over when you jumped into my arms The joy of your voice telling about your day All reminded me that, hey, we have so much time Until you grow up, so much to share along the way And that today was only Your first day

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First Told

I didn't seem quite old enough Barely more than a child myself When I was first told I didn't know quite what to say Hell, it didn't seem that long ago I used the words myself It didn't seem that long ago I called him daddy And there was a special lady I called my mom Now here I am Not yet sure of who I am About to be called the same myself Not knowing how to handle the feelings The joy, the amazement, the wonder of it all I never felt such a thing Never felt so, so unworthy Or had such a sweet song to sing As when I was first told How can one such as me Be blessed with someone like you It's something I'll wonder all my life It's a day I'll never forget When your mother First told me about you

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Help Me To Be

Looking down on the new born child Our Father gave to us I quickly looked to the years we have ahead And asked Him, help me to be The kind of father I should be Lead me through the restless night When our child lies awake And the times she'll need a change Be with me through her younger years And help me to calm her fears Give me the words to say When she comes for advice That I might lead her The straight and narrow way When I'm about to show my anger Over something she's said or done Please remind me Of all I've said and done against Your will And the love You show me still But most of all enable me To be a bright and shining light So when it comes time to choose Between what's wrong or right Our child will know And want to share In Your never ending love God, help me to be The kind of father I should be

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Here I Stand

Here I stand With no shoulder to cry on Staring into empty space At an unrecognizable face After feeling so much Why do I feel nothing now All I tried to do was laugh and play Tried to love and please Did everything I could So much more than was asked And yet, I failed Now I see you walking away While here I stand With no shoulder to cry on I hear your footsteps and fading voice The screams and the anger still attached What was it I did so wrong To make you feel so much Why do I feel nothing now And can't even reach out to touch I no longer feel my breath I no longer feel my heart I was just a child As I watch you walk away Why do I feel nothing now Why are we both left With no shoulder to cry on

NOTE*** Death should never be seen through the eyes of a child as you walk away... Child Abuse... let's stop it! Not tomorrow, not today, but now!!!

Here's The Thing

Here's the thing Doesn't matter what you say Or where you are We both know what was felt Though we'll never again add to We both know what was done What was shared What we'll miss Though ones will fade We'll both have memories Of what we did Even if they come and go When they reappear For a time we'll both know During the times One's just a shell The other's strength Will pull us through When one seems so far away The other will stay To bring them back As long as one has breath We'll not let the other down And if the breath Is not together lost The other will not say goodbye But be along soon So here's the thing That no matter what tomorrow brings Though what it is We cannot know Somewhere hidden there within Our love will always show

Hmmm

Really? Hmmm, So what you're saying Is covering up truth With well intentioned Though misguided facts Changes a lie from what it is Hmmm, By slapping goodwill On the face of deception Adding guilt to questions asked Throwing in things seemingly good That we all should do Changes a lie from what it is Hmmm, So by disregarding the truth Saying it's the spirit that counts Makes following and joining the lie An accepted worldwide truth Hmmm, By adding a name who often spoke Of the origin of lies We find changing His words Acceptable in our eyes For after all, we do so for Him Hmmm, Interesting... Wonder what He himself Would say and think Of how we rationalize Changing a lie from what it is

I Came To You

In my youth I came to you For love and warmth When I needed words That were strong and wise I came to you Now here I stand Facing your door one more time Oh how I need your strength To walk on through There's the couch Where you watched TV The kitchen's still in place Where you used to cook The rocker's still on the deck Where you'd just sit and look The pillow still has your imprint Where you used to sleep There's your clothes all lined up Waiting for you to give them grace Look at the pictures lining the hall With your smiling face I remember how I came to you With news of my wife and kids And how you used to smile Now I'm walking in this place That has your feel But not your smiling face Oh dear God How I need your strength Who will I come to now Now that you are gone I don't know how But wherever you are I'll still come to you In my time of need Oh dear God, I'll never forget How when I needed strength and wisdom

You were always there

And how I came to you

I Met Jesus Yesterday

I met Jesus yesterday Didn't recognize His face There was no long hair or beard Just a woman who said Looks like you could use a helping hand I met Jesus yesterday Didn't know who He was There were no miracles of wine Just an old man Who shared his time I met Jesus yesterday Could have sworn I was all alone No crowds were gathered there Just a child who seemed to care Offered up his bike So I wouldn't have to walk alone I met Jesus yesterday Never even said a prayer There were no wounds on his hands Just the scars of many years Written all across his face As the broken man gave me hope I met Jesus yesterday With no sermons on the mount You were the only one I saw As you gave your love to me Promised there you'd always be I keep meeting Jesus Though I never see His face It's hard to understand

I met Jesus yesterday

Or whatever I may need

How this Man I never see

A helping hand, shared time An offer not to walk alone

It just seems I always say....

Wherever there is love

Keeps showing up

A caring heart

I Want You To Know

If I should die tomorrow, I just want you to know Just how deeply you have touched my life And how much you mean to me To have been able to hold you during your first breaths To have been able to watch you As you've grown for these nine years Is the greatest thing I've ever done I was fortunate in my life For I got to see you learn to crawl, to walk, to talk To brush your teeth, even your hair I was there when you first two wheeled I was alive to hear you laugh so many times I was able to hold you when you cried I heard you read and learn to spell As I'd watch you sleep at night I knew I didn't always do things right There's so many things I could've done better I should've thanked God so many more times For blessing me with you I just want you to know I'm proud to be your dad And should a time come that I'm no longer here And you feel like you're alone and need a friend I want you to remember There's no space, time, life or death that can separate us I will always be your dad no matter where I am I will always do my best to help And you must always try to do your best To treat others like you and to be yourself Cause you, just being you Made my life so worth living

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It Just Seems

Hate to say it But I've got to admit Sometimes I look around And I just don't get it Don't know where it was or when But somewhere down the road We seem to have lost our way Used to be Father's stood firm Right alongside Mother's To keep families strong Didn't seem to be as many questions About what was right or wrong Used to be when a man Looked in the mirror He looked there straight Just like he spoke Now there seems to be A lot more mirrors filled with smoke Don't know, maybe it's just The small town in me But I just can't see This new enlightenment People throw about In my backwoods way It just seems like throwing out right So they can do no wrong They say the last forty years Have brought us so far True or not One thing can't be denied Lost somewhere in those forty years Were the hard fought values And lessons learned Of nearly two hundred years

Last Night

Last night we went to see a friend
Who has a little baby girl
And it makes me love you even more
The warmth, the smile in your eyes
The love dancing across your face
Makes me dream of the day
When that friend will come to see
You and me
And the little baby girl
We will make together

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Much Too Fast

Did I fall asleep and miss a part of your life You've grown so much, much too fast Was I so involved in day to day life That I simply didn't see you grow Wasn't it yesterday you took your first breaths And I heard the cries of your arrival Wasn't it yesterday you took your first steps And now, now listen to you talk Where have I been, what have I done How could I have missed Seeing how much you've grown Both the year just gone past And your growth, has happened much too fast Listening to you tell of your day gone by Of all your new found friends And all the things you did together And what you plan for tomorrow It's hard to believe you're just past four Seeing the person you've become How well you comprehend the things about you It makes me wonder How much you think I care And if you truly, truly know How much I've missed seeing you grow Seeing you today has made me realize That my struggles against everyday life Hold very little meaning If I don't take the time to look into your eyes For my life, like your growth Goes by, much too fast

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Nobody's Blame

I find it funny how we each blame Another for our woes Don't quite understand How it can be everybody's fault And nobody's blame How can anybody be right If everybody's wrong If it weren't for George If it wasn't for Bill If it weren't for Ron And what the hell Was Jimmy about We should've listened to Ted And forgot about Dick Now today we hear it's them to blame Countered with It's their own damn fault We hear so many promises made Yet so few are kept We see executives paid For jobs well done That were never done at all While those around them fall And yet, nobody's to blame But the other guy Just how was it And when did it come to pass That mirrors looked into Quit reflecting back what is there To those looking in When was it common sense left And a man looking himself in the eye No longer mattered Just so long

Mike Hamill

As standing near by

Was someone else to blame

Oh What Times

Oh what times we live in Where even the rich and famous Are reduced to trailer living All those good times When money was freely spent Aren't quite as free As they once were Oh what times we live in Where war, crime and poverty Are the kings that seem to reign Where people devalue themselves In an attempt to find something gained Oh what times we live in Where friend turns against friend So many ways to love Are constantly redefined Where people march the streets Proudly correcting what is right Oh what times we live in Where even Mother Nature Shows her violent wrath The winds of change Seem to be blowing strong All around curiosity builds As we all seek to find Where these winds will blow Running round in circles Jumping on each new thought Raising new questions of answers already bought Oh what times we live in Perhaps it's time we simply Should pay attention to A book written so very long ago That throughout all the many years Has always stood firm In its claim to know

Ole Shoebox

Hmm, a photograph

Two quarters and a dime

A half written note

A set of tags

A few keys and credit cards

Driver's license and I.D.

Surprising what fits

In an ole shoebox

A few clothes thrown together

Some well pressed

An old pair of sneakers

And well polished shoes

A mind full of memories

A room full of emptiness

No doubt the room

Will be filled again

The box handed over

And the memories lived

I'd just rather not

Be holding these tags

Through the silenced laughter

Echoes the days we knew

How with hair on fire

How high we flew

Larger than life

Now within my hands

In what I hold

So much more is told

Than a few items in a box

For what lies within

Is a life well lived

Cut much too short

For a greater cause

So surprising it is

What fits in an ole shoebox

I'd just rather not

Be holding these tags

And damn my friend

I so want you back

Shutting Down Arby's

Tonight, oh what a night it was

Nearly five hours spent

At a fast food restaurant

Laughing and talking our way through life

Who else but you and I

Could get kicked out

For shutting down Arby's

So folks could go home

We spoke of life

Of love lost and found

Of sex and dreams

The devil and Holy Ghost

We talked of beliefs

Work and foolish friends

Of places to travel

And goofy things we've done

We spoke of fantasies

And how people are

Of puppies, kittens and relatives

Of future goals and lost hopes

Integrity and the things people think about

We asked why people

Are the way they are

Remembered childhood moments and scary movies

Came to know each other

Just a little bit better

Laughed at our life

While we joked about

Shutting down Arby's

Such a unique distinction

To have done such a thing

But then again

It was time well spent

Between a father and daughter

And all I can say

For letting it be so

Is thank you God

NOTE*** May all father's have such a day. Happy Father's Day

Something To See

Wouldn't it be something to see To view the perfect love In every word I write But diamonds they can't all be Wouldn't it be something to see To walk through the rain Hand in hand and not get wet But sunny days don't always happen What if the clouds always opened up Wherever you walked And each step you took Made you forget the last Wouldn't it be something to see If smiles and hugs were always there And in the world There was nothing but care Ah, wouldn't it be something to see You and me living every day Just envisioned our own way Oh my God, if every word I spoke Said it just right We could live so happily With no more foolish pain Yes I agree Wouldn't it be something to see To view the perfect love you see Each time you look in the mirror But darling, it's just me And everybody knows Perfect, I'll never be

Take A Moment

So many times we fail to see Why we're able to live free We take for granted it's the way It's supposed to be Oh but there's millions of reasons why Lying in the bloodied ground We walk the backwoods And open fields of our hometown Never thinking about the price Of our feet walking on the grass and dirt Paid for in blood of the millions Who long ago passed this way Just so on this very day We can walk where we please As free as ever man has been We look around us But mostly see our own gripes We act as though Everything is owed us The world revolves around our needs Only one thing matters Just what we feel We deserve today But buried in the ground We think we own Are the stories told in blood Of why we're able to make our claim And walk as free men Through the backwoods and open fields Of our hometown So take a moment to kiss the ground Thank the millions Who came before us Just so on this very day We can walk Where we please

The Hand Poem

Hands...

My father's hands are very twisted They're strong and built with lots of muscles They've helped me learn So many things as I have grown

In my life
They have helped me learn
How to ride a bike
They've helped me defend myself when needed
And I have come to realize
That without his hands to guide me
Through this world
I would not make it

NOTE*** This is from my CD A Father's Love Letters To listen to the CD please visit

This was written by my daughter when she was nine. One of the many reasons it's great to be a parent :)

There Was Something

There was something in her eyes That said to me That what she was listening to Couldn't be heard And the words being spoken Couldn't be said There was something in the way She held her head That said to me She really wasn't where She appeared to be So I quietly whispered Would you care to take a walk She didn't question why Just quickly answered yes Held out her hand to take And I never said a thing We walked through the night Just listening to the stars We felt the warmth of passion Against the chill of night And never spoke a word For eyes, arms and lips Say so much more When the sun broke upon the day The grass told where we lay As time and years went by I saw her eyes again They were so much younger As they reflected back my smile There was nothing much to say In the way she held her head I just remembered how in the sun The grass showed where we lay

Things To Be Learned

They say that in life Each day brings things to be newly learned Today at age thirty, I found that to be true From none other than you Though you're just past four I'd just finished yelling Over some silly wrong I perceived you had done And like adults so many times do I only saw it from my point of view After I left the room I heard you crying When I returned, I found you in the corner On the floor sobbing When I asked what was wrong You said I really didn't want to know When I convinced you I did Boy, you really let me have it You said I didn't need to yell That you could understand I didn't have to scare you That you had feelings too That there are some things you didn't know Cause after all you were only four It was then I realized, that yes You are a person too And things don't always look the same From your point of view And that as we go through life, you just like I Have feelings, thoughts, things you don't understand And so much each day to be newly learned

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Tradegy And Disaster

There's a thing about disaster

Makes us act as we should

All working together

Differences aside

Something about when tragedy strikes

We all pull together

Thousands become one

Funny how hate fades away

And love doesn't hide

Hands are reached

And arms are held

Pasts are forgotten

Futures are gleaned

Comforts are given

And for such a short time

We go on freely living

Suppose the trick is

When all is repaired

Not forgetting the short time

As one we all cared

Take it back to our daily lives

Carry on with the trust

We all found a must

To make it through

Tragedies and disasters

That came calling on us

Oh if only our day to day

Were looked upon

As tragedy and disaster

So that hand in hand

And back to back

We put differences aside

And love didn't feel

Like it had to hide

Until tragedies and disaster

Come calling on us

Truth

Here's the thing Peer pressure, isolation and laughter Doesn't magically make wrong right Or change a lie into truth Just because so many Who are uninformed believe Doesn't turn fiction into fact Rewriting history doesn't make it true No matter how many times you try Doesn't matter if good people or fools Are leading the way If it's down the wrong path Doesn't matter if you say It's for the children and the poor If it's not the truth For only one thing Will set you free We can twist a man's words Into whatever we want When He's not around But when He once again Sets foot to ground Twisting is not so easily done But we did so with good intentions Will offer no excuse In the face of the Truth We too long ignored So does it matter If a few facts were off base And the Truth Just a bit embellished I wonder who among us Is bold enough to say A little white lie Isn't really so In the face of the Truth

Uncle Charlie's Friend

I was barely ten years old

When I heard the news

Couldn't quite comprehend

Why Marshall wasn't coming home

People said he was the best of them

My Uncle Charlie's friend

I can remember my Ma and Pop

All their friends crying out loud

The whole town coming out

For a man everybody loved

Sent off to a foreign land

Never coming home again

When Uncle Charlie came home

Used to sit on the porch

He and his drums playing a song

Damning the Viet Cong in Marshall's name

Used to look at him through the smoke

Watch him shake, the blunt of people's jokes

Seemed to have an unquenchable thirst

Twenty-two going past a hundred

What it was I never understood

Turned him into a piece of wood

Thirty years gone by

Seem to have a different view

As I look back on things I never knew

I see my Uncle Charlie's friend in a different light

No longer just a name

As I've watched some of my friends go

It's dawned on me why the whole town turned out

For Uncle Charlie's friend

The smoke has cleared, the thirst is gone

Only the echos of drums remain

On the porch of a house no longer there

My memory knows him as Marshall

What's left of the town

Speaks of him as the best of them

Though they haven't thought of him in years

The way and why he died, they haven't forgotten

It's only now I comprehend, the pain and grief

My Pa's brother and the whole town felt For my Uncle Charlie's, my Uncle Charlie's friend.

What A Drive

What a drive it's been A mile down the road How different life looks From here to there Half a mile away I saw people breaking their backs Trying to find their lives Where they lay ruined Yet here there's laughter With nothing amiss As though through innocence People are blind To a mile down the road A different race is being run Here people empty their pockets On drink, food and tea There they empty their houses Of all they possess Here we're involved in the chase Not for what has been lost But what might be won Not to say life doesn't go on Just doesn't seem right Here it moves fast While a mile down the road Nothing will last Knowing it's the way of the world That some will thrive While others merely survive Makes acceptance no easier Of what a drive it's been And that how life is viewed Depends solely upon From where it's been seen

Who Needs You Now

You have fought for your country

You have heard the calls of death

And felt the loss of blood

And now, no one hears or cares

About the tears you cry

You fought a fools war

Inspired by heroic deeds

Majestic words of honor and fame

From people who never knew your name

Many were those who fled

And endured behind their protest signs

But you, you fought the war

Lost your limbs and gained insight into reality

It was you who came back less than human

And now you stand alone at night

Lost and forgotten men

Tell me, tell me who needs you now

Where are the people

Who gave you hell

Where are the people

Who cried to bring you home

Who marched for your life

While you marched to your death

Where are the people

Who loved you when it was the thing to do

And fought for your cause

While you wondered what it was

As you watched your buddies fade away

Heroes and medals

Tell me, what does it all mean

Now that you stand alone at night

Lost and forgotten men

And tell me, tell me, who needs you now

Now that our memory fades

Of those who served and the reasons why

All we seem to do

Is stand aside and watch them die

And tell me Brothers

Who needs you now?

Without The Box

So, there you are Returned from fighting another mans war Heard you're quite the hero Good for you my friend Twenty years young Couldn't wait To kick some terrorist ass And so you did So very well indeed I hear Now you're back Nothing more to kick What are you to do with yourself Lying there as you are Look at all of us here To welcome you back Can you not hear the joy Can you not see the happiness Or is it all hidden behind the tears So here you are returned In a flawless uniform Lying there all smug and confident With a peaceful look Here you are returned Fresh off the plane In a nice tight package Here you are returned To never leave again Good to have you back my friend Only wish it could have been Without the box

You Were There

You, you were there for me You, you showed what life could be Though time was short Words were wise The love ran deep And you were there for me You played like a child When the time was right Knew when to cuddle And give some space Your eyes spoke in ways Words never could If I needed help I knew you always would And you, you were there for me You, you showed what life could be You never questioned why Yet always answered well Had a way of making me tell Getting me to face What I tried to hide You always knew What I felt inside Though it's harder now I know you still do Though you had to go And wherever you are Time will never erase That you, you were there for me The love ran deep Words were wise And you, you were there for me