

Poetry Series

sheniqua lowery
- poems -

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sheniqua lowery(august,6th,1990)

Today i feel special, because i longing to sponser a child from world vision to help and today 1/14/2010 was the day i decieded to do that. today i am happy to sponser a little girl named suellen from brasil who is three and needed love and help for her community. Please do not steal any infomation to talk more message me. for more updates visit my website soon in februaray 2010 for updates on me and my sponser child and family.

2009/Accomplishments

What i want to accomplish this year.

1. Be able to go to bates.
2. Get a job.
3. Start own youtube show with sisters.
4. Stay true to myself and others.
5. Have good grades.
6. Be me and only me.
7. Get a passport.
8. Get a diploma.
9. See my brother.
10. Keep my dreams alive.

sheniqua lowery

2010

you have the world in the palm of your hands you say!

Listen to your heart, it leads you in the right direction

2010 is coming.

You need to learn all you can to be successful

2010 is coming.

Don't let people tell you, you're not worth it.

2010 is coming.

Cause all you have to do is try.

2010 is coming.

You do your best you will make it far.

2010 is coming.

It's not too late, start now! start right now

2010 is coming soon.

sheniqua lowery

4 Years Gone

ITS BEEN FOUR YEARS TALKING AND 4 YEARS FORGETTING, SO I ASK MYSELF
WHERE DO WE GO FROM THERE? ? ? :]

sheniqua lowery

Blog Come Join

i have a blog there im making if u wanna join just go to the site i would love to have ppl to talk to and no i dont have kids but i love helping ppl with there troubles i am the one to talk to i love everyone =]

sheniqua lowery

Dont Push Me

EVERYONE MAKES MISTAKES
AND EVERYONE HAS THEIR DAYSSS
SPECIALLY ME: (
THANK YOOH TISHANA FOR COMING BACK INTO MY LIFE
YOOH #1 BEST FRIEND: D

sheniqua lowery

Every Moment You Are Here

every moment you are here gives me something to smile about every moment
you are here you make me laugh
and every moment that you are here i cry for i know ill be your child for every
moment of your entire life.

sheniqua lowery

Facing Reality!

Reality, Reality, Reality! ! mmm funny word or is it? ? :)

I am gonna be turning 19yrs old soon and i am very happy but before i turn 19yrs old i am gonna be living on my own with a special roommate and have the time of my life going through with it. I am going to keep going to school and being me, i am a person who doesnt change for people ill change for myself. I came along ways with all my hard work and effort to become a better me. Iv been let down, put down, maybe even worse from the *parents* but it all doesnt matter anymore wheather their in my life or not because life doesnt stop for nobody he keeps moving like the earth moves around all year long, really it does if yooh look close the clouds rotate as well :) . I been looking for myself for along time and still am, i am very shy, quiet, and stick to myself most of the time, its just that its me and i dont want to miss anything important in my life wheather its marragie, kids, or a very good friendship. If i was to die right now i would look at it as if i just saved someone's life or helping out someone because in the end i really did help someone out and that *person* is ME! ! ! . Yes, Yes, Yes me iv helped myself out by coming into the world not knowing what to except from people, by growing to a maturity level i am comfortable with to where i can be myself and not let it bother me. Life takes time and effort and if you always on the go and not paying attention yooh will miss what you always wanted. REALITY! ;) . For the first time in 18yrs i feel that i am able to move on and be a better person for i am only one person.

Im Blessed! ! :)

America Here I Come!

The little girl that was sitting in the conference 2 1/2 years ago now has become something of herself.

Well how i put it. I am my own HERO! : (

sheniqua lowery

Fear

The only thing you should fear is yourself and how you will be able to make it in this crazy world, let alone survive it.

Don't let News scare you because only you can scare yourself no matter how bad they may take it it's never worse then dying.

If it were my day to die i take it and go on through the gates because i know i will be accepted no matter how i look.

I am a believer and so should yooh.

My fear is of heights but i accomplished that by climbing the i.e.r rock in seattle a couple of years ago.

God kept me safe and i held on till the top and rang the bell.

I felt alive.

God Bless Yall :)

sheniqua lowery

Hmmm

if you look at my writings you see they are not poems really their more creative writings, but people must like them i get lots of rating and views.
more poems coming soon: D

sheniqua lowery

I Am Still Alive

It was 2007 a very cruel and heartbreaking year for me when i left my home and it all was lost to parents who didn't care as much as i did.

It's 2008 and im stuck in a place i don't know nothing about and it's all to new to me, someone help me im scared.

It's late 2008 i left that place of rudness and found love at trafton street.

It's 2009 and i made a family of my own, one i can stick to and say i love you to, one were i can arugue with and forgive and forget, one i can hug and kiss. one were i can be myself and feel bliss.

It's 2010 a new year with them, turning 20 being me, getting accepted and moving on with my life, i am trying that is all that matters. Iv made it this far and my past is haunting me but i won't let it bother me. I have self esteem, i have what it takes, i have people believing in me. Now it's time to believe in myself and head towards the future where at the end of the road there they are my FAMILY.

The Johnson family.

I love you guys 2008-present

December 19 2008

Im alive! :)

Don't say never, go out a build your own nest, your not alone :)

sheniqua lowery

I Love My Life Ay Ay Ay ;) I Mean My Sibs :) Ay Ay Ay

My life is sooo good and i love life
i really love my siblings
they are so awsome and fun to be around
they make me laugh and mad
and what every other emotions there are in the emotion book hahaha. When i came in shy i was quiet and not talkitive and im sooo like non stop talking oh wait thats my other sister but i talk alot too hahahaha.

I love my sister jalesa because she is so funny and sweet and loves me alot and we talk to each other alot because we cool like dat.

I love my brother v he is steady being a king of all kings and is funny even though we are not close he still keeps me laughing and wanting to fight, But i love him alot because he is apart of the family and hey what can i say i grew on him alot, He's awsome like dat. I Love Yooh V :)

I love my baby sister pookie she is very wonderful and sweet and she is so funny and loves to take pictures and dance, she is truely amaznig and wonderful edtion to the johnson family, she keeps everybody laughing even in hard times, She will be my baby sister forever. I Love Yooh Pookie :)

I love my baby brother jj he is so funny and a bad butt and is always in trouble, but he is sweet at times and i love him to the fullest even though he is very annoying, But what little kid isnt so jj i will love you till you leave hahaaaha no no im kiddin.

I Will Always Love Yooh Jj :)

What can a girl say she loves her family and sibs and that aint gonna change wheater people go or come they here for life.

-Sheniqua Lowery-
:)

sheniqua lowery

I Love You Mommy

There is a woman named katrina johnson
and she is very important person in my life
she helped me follow my dreams
and be a better person to myself
and others around me :)

She makes me believe i can achieve this and that without letting me down, there are times when i seem like i don't care but i do, over periods of time in my life at one point in time i had low self esteem now that its 2009 im yapping my gums and cant stop it, Its funny how you wake up and dont get a have a nice day at school or a see ya later from your real parents but when you get to hear it from somebody that's not blood it feels my heart with joy even getting helped with homework or just being up when you come through the door with smiles on faces and getting hugs is always a pleasure, now that i know where i belong i will not repeat will not let this love of a family slip away for i am where i am now because god can make as many plans as he wants because he is god and he can keep making them plans for people in life, Here i am 2009 and still going strong with a family of wonderful heart filling people and alot of siblings to hang and talk and argue and cry with to be funny and tell on each other to go places to see the world to see where we were coming from. :)

This is my life, My house, My Home, My Mommy :)
Ms. Katrina Johnson!
ILOVEYOOH MOMMA :)

sheniqua lowery

I Love You Sister

There is someone
that is really awesome in my life
at this period of time
and will always be and her name is shanece johnson
she is the sweetest person youoh will ever meet she makes everything okay in life
to be able to laugh and smile and to talk about anything and not be afraid to let
all my feelings out to her, When she ask to hang i always say yes unless i am
gone because bonding with a special person like her is very fun and fun yay
because she is a very cool person, We may fight and may be mean or not talk for
awhile but bonds wont be broking because in a relationship like this one it wont
ever be broken or died off because we fight, Alot of people fight and make up or
break up and get back togehter in a world of alot of troubled crimes and more we
will make it with a stong bond and laughter with abilities to be able to show one
another a diffrent side and to be able to fly above are haters and are fears to be
able to smile at each other and giggle when nothing is funny, We always will be
sisters even if we arent blood because youoh the closest thing to a big sister that
iv ever had and youoh make every minute worth my while and when youoh leave ill
be heartbroken but i know youoh wont be far for youoh will be in my heart forever
and next door maybe hahaahhaa :) Shanece johnson-wilson dont ever change
for youoh are who youoh are and nobody can change that only youoh and always
follow youoh heart youoh are blessed with a beautiful heart and soul.

I Love Youoh Shanece :)

I Do! ! ! ! ! ! ! !

sheniqua lowery

I Miss The Way You Touch Me

I miss your sweet words
whispered softly in my ears
I miss our long discussions
That would sometimes end in tears
I miss the passion we shared
in the heat of the night.
I miss the way you touch me
I miss the way you hugged me
I miss the way you kissed me.
And most of all,
I miss the way you loved me.

sheniqua lowery

I Pledge

I pledge to be loyal to everyone and to myself and to stick to what i know not think.

I plaedge to be the best i can be to my ablities.

And i pledge to be all i can be ;)

sheniqua lowery

Im Gonna Get There Guys! !

Sheniqua Lowery

August,06,1990

When I came into foster care a lot of things changed. Oh boy! A lot has changed. Like my schools, teachers, friends, family, it's a different world then before. I am so use to being independent and going a lot of places by myself, especially being alone. But now I feel loved and cared for by people that aren't my parents. That's so sad if your parents have other people take care of you because they can't handle the responsibility of you. When I came here a lot of people asked. "Where is your dad, can I come over and hang" I would look at them and say "umm I am a foster child, I don't know if you can come over and hang out". It felt so emotional to say that.

But it was also good at the same time because I got out of a bad place into a good one before it was too late. It's a struggle everyday to be in foster care and not getting to see my parents. Mostly, I love my dad more because he's been there for me and my brother since day one. He raised us until we were sixteen, then the CPS workers came and that's the last time we saw each other again. Hey momma has to have love too. Because even though she wasn't there, she was there emotionally. There were phone conversations that often did not happen because my mom & dad fought a lot. They were fighting over who gets custody of us kids.

I have overcome a lot of things like emotions, physical, mental issues since I have been here. When I went into a foster home and laid my head down to rest without noise. I just cried and you ask why I cried is because so much left behind hurt me a lot.

The photos, memories, laughter, independence, sibs, family, and my pets it just made me think why I am here when I already know the answer to the question. I am happy to be alive and well fed and actually get awards and smiles and hugs from my family, when I get good grades. Today I am a better person as I get to vote for presidents and get to do a lot of things now that I am 18yrs old. I make good grades and don't let anyone come in my way of learning, I also look forward to going to a good collage and sticking it out cause I'm not a foster child, I'm me, I'm family in my foster home. To them I'm Sheniqua Lowery, not just a kid from a foster home.

Sincerely,

Sheniqua lowery

sheniqua lowery

Im Here, Can You Hear Me, I Made It! (:

Hey there, my name is Sheniqua Lowery. I go to Henry Foss high school, I am currently 18yrs of age, and I was born August,06,1990 in Seattle Washington at Harborview hospital at 6: 00am. I've been to several schools in Washington State in my early years. I love school, I try my best at the school work that is given to me.

When I was a little girl I wanted to be a lot of things as a grown up. I thought of being a horse trainer, singer, dancer, writer, author, nurse, game maker. But my dream goal is to be a photographer because it inspires me a lot in what you can find in a photo. Not only is it a picture, it tells a lot about the person or object that's in the photo.

I want to attend Cornish College of the Arts. I have been interest in the college since I wanted to become a singer. I haven't been on a tour to see the campus. I am looking forward to getting good grades and a high GPA so it can be possible for me to attend the four year college in Seattle, WA. My GPA is close to a 4.0. I have been looking into some photography classes in my area in Tacoma, WA. If I successfully graduate from Cornish with a major in photography, I would like to own my own photography business. I would also want to pursue managing my own photography website so my customers can check their prints and make orders for which prints they want.

Thank you for reading and taking time out of your busy schedule to read it.

sheniqua lowery

It Feels Great!

it feels great to get on and hear good words from people and i am blessed to have my poem friends, you all make a difference.

Now let's go show some others how well mannered we are :)

I give shout out to all my friends on in my friend's list.

I may not write nothing meaningful to others but my friends sure seem to care and love them so please feel free to stick around for more of my writings cause this is my life im living it not you: D

[mood: Confident]

sheniqua lowery

Iv Seen You

IV KNOWN YOOH ALL MY LIFE
IV SEEN YOOH ONCE OR TWICE
IVE TALK TO YOOH NEVER:]

sheniqua lowery

Larrisa

i love u so much ur my world and my boo u make everything okay in life and im so glad ur here u make my life complete and without u i dont kno where i be because larissa ur the bestest friend i ever had and nothing gonna change not even me :)

sheniqua lowery

Let Me Talk!

Whether i type about my life or my dreams.
i am getting somewhere
Weather you look me up or not.
I am who i am, please don't change me
Weather i type about my hardships, don't forget me.
or or weather i close my eyes and open them
and i am still here.
My body's not, i went to heaven.
Weather this don't make sense it made sense to me
Because i am the one who's living to write.

sheniqua lowery

Life

when life is going on around u
time stands still
but when u come back
u never know wat u get
till ur gone! ! !

sheniqua lowery

Life It's Self Alone Is Hard

The months are long and seem like years and it's almost here my 18th birthday I am so happy. But I am sad that it is here it is like omg wats gonna happen it's like I know im gonna stay till 21 but years are like months and they go by really fast and when it comes to 21yrs old im gonna be like life has really begun and it will tear me up inside that ill cry but like a lot of people say this isn't a fairy tale it's reality no wonder everybody says u need to check your self and get a reality check hahahaha crazy huh I know all make it out in the world because hey I am gonna half too. When it comes to the day where I walk out the door from the johnsons house to my own little world I am gonna look back at all I did and just look at them and say. Thank you for all your support your hardwork and dedication towards me and others and while im sitting on the last seat in the back of the PT I am gonna think to my self

Life it's Self Alone Is Hard

But im gonna make it

Cause it's my destiny! !

-Sheniqua Lowery-

sheniqua lowery

Love Haterz

yoooh know how it is when someone just doesn't accept yoooh for yoooh so yoooh just go about your buisness, but me i love my haterz they keep me strong and wise and heading towards my future ;) only one person is hating, *not saying any names*

sheniqua lowery

Missing You Daddy

hey daddy its me your princess
i member the times we shared laughing and hanging out
till the one january morning it all just fell down the road and left the house
empty it was cold and wet and all i could think of was you when you smiled u
brighten my day and when u laughed u made me chuckle and all i can think
about today is you but i know i gotta move on with my life and you move on with
yours because for now im do me and i know when the day comes ill be in the
park relaxing and ill see a strong and healthy man walking by and ill say daddy
daddy i missed you and hug u tight like you have been gone for years but daddy
right abut now im missing you: (

sheniqua lowery

Mommy

mommy i love you
mommy your great
mommy i am glad
mommy u have my back
mommy ur my backbone
mommy member me
mommy i am ur world
mommy ur nice to me
mommy i love you
-sheniqua lowery-

sheniqua lowery

My Bitter Sweet Sixteen

oh wow when i hit that age it just seem like yessss i am growing older but when that happy day camn to me and i was sitting on the front steps waiting for people to arrive i knew that no one was gonna come because of my dad's addiction so i sat there thinking that i can't live my life like this no longer or something might end up happening so i knew wat i had to do now i am healthy&stong and i am moving on.....

sheniqua lowery

My Ex Markus

he's the light to my sun and everythang else

he's the water to my sea

he's my moon

he's my shining armor

he is him and i love him!

sheniqua lowery

My Message To Obama :)

Obama your doing great with are world!

the world as seen it all and you have made us a better world. only if you could stay with us forever we wouldn't fail nomore and fight. you are truley blessed to be with us. god is with you and your family: D

love, sheniqua

please be careful and keep doing what you doing because without you we would be nothing but world of disaster. It's people like you that make a diffrence and a world like us that makes us whole! :) i cant wait to be able to meet you one day.

sheniqua lowery

Never Give Up

Dont give up on me because i am a failure.

Dont give up on me because you think i am not good enough.

And

Dont give up on me because i have dreams to follow and you dont.

Just dont give up on me, ill make it i know i can. :)

sheniqua lowery

Never Know

you never know how u do in till u get that someone in your life that you cant forget about.

like love its all true and all new to me
when he walks with you thru the park
all you think about is him and you
its really something
but sometimes
you never know
who that person is
till you open ur mouth and say something
intill then you might as well say;]

i never knew you!

sheniqua lowery

She Is Special :)

WHERE EVERY WE GO SHE IS RIGHT THERE
WHERE EVERY WE SEE A SMILE SHE IS RIGHT THERE
AND WHEN EVERY I CRY SHE IS RIGHT THERE
BUT WHEN I DIED SHE WAS THERE TOO :)

sheniqua lowery

She's Home Now

There was a girl named sheniqua lashay lowery
Who lived in a apartment all her life with her father and her younger brother
William jr
She had a life like an average girl
She had toys and books and a great education
She loved school when she was young and had friends, never was she shy once
till she got of age and went her own way
I mean at age 8 she was independent and carried on adult independence like
cleaning and doing dishes and chores like no other it was tough on her but she
made it through the wire and she should be proud of herself.
But she was not all she ever wanted was a family like she saw on TV whenever
she had the chance to turn one on
She just always daydreamed about how life would be with a nice family with
some pets and lot of siblings around to laugh, play, cry, and pray
She couldn't ask for nothing else then that.

Then when she came of age at the tender age of 16yrs old.
She was living with her father William sr and lived an a military base homes that
where section 8
She was turned around from being non shy to shy and quiet
She just was hurt inside to have to be a grown up
When she was just a teenager
She always cooked and always cleaned
I mean you have to its life
But to not get to have friends and pets to keep it got lonely
All her life she knew her father did drugs but never told a soul till now
You ask why I didn't tell someone early
She really doesn't know
She wanted to be able to have slumber parties and cool birthday parties without
her father being high and strung out on crack almost every night and day
She couldn't bare to see her father in this situation
So one early morning she heard her father out side yelling at her brother William
Jr saying "what boy go to school"
She looked out her window to see her father have a gun and quickly called the
police on him and at the moment in time of all her 16yrs of living
She didn't want to be in that place nomore
Yes place she no longer called it a home of her own
When the police showed up they talked with him
And yes he was strung out on crack and they still didn't do anything about it

which made me so scared

Like oh my gosh is he gonna hit me what's going to help happen to me

So after they talked the police took me and my brother to school

I cried all the way to school that day and couldn't focus so she just left to the consular

Who never was there that very day?

So she had no other choice but to go back to her classes.

1 month later

January 12,2007

We where in a DSHS office for my brother William Jr for a contact order against my father

So half my family and my brother are all sitting around a round table talking about what is gonna happen to my brother

But then when it neared the end of the meeting

She poured her soul out about how life was and how life shoulda been for her

Everyone was shocked and she was in tears

And that was the end of that meeting

The little girl that was tearing up inside me was now out and suffering

The pain and the sorrow

The brother and the sister

Where sitting in a office little room till they got into a stabled home

Then they found somewhere for them to go

They went to a agency called tuffs which at first was like

What is this it's small

But it was nice

But something all never forget is that day

That the girl and her brother were spilt apart from each other

And she was sad

While all that happened she went to this home

In Tacoma, WA where she rarely liked

Cause the rules where so strict

That's because she was used to being independent and on her own

But she loved the outdoors over where she was and just liked to walk around and smell the nice air and think a lot about the past and what had happened

A couple months later she was removed from that home

Because of a fight she had had with the foster mother

And they put her in a home with 8 other people which were like wow at first lots of people

Then she thought to her self

Wow I always wanted a big family to love me

Let's go check this place out

As she walked up four steps to the house of the Johnsons

She thought to her self
Cool nice house
She sat there and just thought this is the right place for me
She has been here for 2 yrs now and is so grateful to be here
She loves it and she loves her new family who adore her and she adores them
right back
She'll always have a past but she'll never have a chance like this again
Well you know why silly because you only live once you know
She loves them so much there her life
She is glad to know that someone out there loves her
Which are the Johnsons?
And I am sure others out there love her too
But overall this is her family
And she can proudly say she is now
Official a Johnson yay
But she'll always be William henny sr and robin wade's little baby girl
I never thought in millon years that I'd have a family of my own and a house to
come home too.
Thank You Johnsons! ! !

-Sheniqua Lashay Lowery-
1990-present

sheniqua lowery

Sky's The Limit

No Matter How Far You Go Sky's The Limit, Just Don't Waste It.

sheniqua lowery

Sweet 18;]/Grown Now

oh wow im 18 now and its so cool
i mean im grown now
sike not that grown
i dont feel no diffrent
im happy to share this info
with my friends
and i love everyone
i been thru hell and back
and im never gonna burn inside again
im grown now! ! ! ! ! ! ! ! ! !

sheniqua lowery

The Recession Is Heartbreaking

What is it in the world of America

sometimes we sit here and act like everything's okay and it's not so we now got obama as president which is a big move for the whole nation or half of us and no, no i am not trying to choice sides nor neither am i really on one, i mean yeah i am loving obama and everything but it doesnt take one man to change the world it takes a nation to make a positive change in the world.

How do yooh think we got in recssion anyways? ?

I cant answer because i really don't know, but i am heartbroken to see that there are alot of people getting cut or fired or losing houses and money because of this.

But we all know this will be over soon or later and when it is don't think that it is that we dont have to pitch in to do something because we still are one and as one we need to stick together and makes a change not a diffrence a change that we will stick to for we will always be United States Of America :)

Written By: Sheniqua Lowery

sheniqua lowery

Tishana (Best Friend)

She's a best friend i never had
She's not quick to judge and always on her A game.
She's never thinks i am wrong and she lets me speck my mind.
She's the person you can tell anything to no matter how you look or what race
you are she's there for you.
She's really special and been through so much she should get an award.
Nobody could replace her for she's my best friend.

I Love Yooh! Tishana: D

I am on your side

So is God!

sheniqua lowery