

Poetry Series

Catherine Hendry

- poems -

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Catherine Hendry(7.7.1969)

I started writing many, MANY years ago... I can't tell you how many pieces I have! I have written on napkins, walls, on my bathroom mirror with Sharpies (alcohol and peroxide wipes perm. ink right away) , any and everywhere. I have assisted with the writing of songs, raps ANY and EVERY thing! I am 44 (and a half c :) and I don't see me stopping writing for as long as my hands work! I have never married and have NO kids... I've always believes DOGS were easier /BETTER than kids! lol TRUE STORY though! I write about anything, everything and something nothing, which I 'turn into' SOMETHING! It is cathartic, soothing, calming and a GREAT way to get frustration out or even just controlled! If I can make even 1 person smile, think harder, cry, whatever, then my words are worth more than ANY amount of money!

... I Can't Write Anymore...

My word mojo is gone
Thoughts unable to form more than one sentence at a time
No matter the millions swirling in my head
I can't write anymore...
My depression isn't just in my mind
My depression has claimed my heart as well
Regardless of the smile on my face
I can't write anymore...
Gone are the poems, quotes, odes and songs
Drawing a blank, I can't even imagine a paragraph
The tears soaking my paper and pillows
I can't write anymore...
I am so empty inside with nothing to fill the void
Missing the contentment of my conscience
I try to hold on to every letter, hoping to make one word
I can't write anymore...
WORDS are my only constant
I love them and can't live without them
Though it appears, I just may have to
I can't write anymore...
My feelings ever so raw
My love has never been enough
Dying one cell at a time, love escapes through my every pore
I can't write anymore...
~CLH~

Catherine Hendry

20 Buttons

Dressed all in black
Silver buttons down her back
20 silver buttons each with a meaning,
so, we will start from the very beginning...

She has never been loved as much as she has loved
She always picked men who punched and shoved
She is void of emotion, lacking self-worth
She wanted a child though she never gave birth
She trusted people, paying for it at a fast pace
She is so beautiful, but only sees ugly in her own face
She saw good in everyone but no one knew she existed
She tried and tried and finally relented
She went through a phase of abusing drugs
She didn't know how to accept loving hugs
She finally met someone she really liked
She felt for the first time ever, her heart rate spiked
She was offered the moon and promptly accepted
She didn't even notice when she began being rejected
She was sold a dream, that was just a lie in plain sight
She tried to hide in the shadows of broad daylight
She cried and cried, a river of tears
She wishes she could deny the hatred she hears
She finally discovers her one and only way out
She found it most important to learn what SHE WAS ALL ABOUT!

Catherine Hendry

A Day In My World...

The sun shines everyday,
The birds harmonize sweet melodies,
Everyone gives away smiles for free, just because!
Everyone says, please and thank you,
Hatred is that which we walk upon,
Love is that which we find strength in!
Sunrise rainbows and purple sunsets,
Beautiful and blessed are the memories,
Unforgettable, priceless and unbelievable,
MY "Dream Life" ...
Are you JEALOUS? !

Catherine Hendry

A Life Time Of Love

I have loved you through most of my life ...
I shared with you,
I adored you,
I gave you every bit of me ...
oddly, I always knew it was a one-way street,
me for you, you for you and that's just how it was ...
But the place you hold in my heart is ENORMOUS!
if I could have, I would have, gathered ALL the stars in the heavens
and handed them to you one by one ...
as far as I was concerned,
YOU hung the moon ...

and

YOU lit the sun ...
Alas, our paths did not stay parallel ...
you went left,
i went right,
i was day and you were night ...
i cried dry tears into wet pillows
hoping, wishing, craving ...
for YOU to feel the same and to marvel at the amazement,
of this incredible love ...
reluctantly accepting the reality ...
you and me would never be "WE"
it took time, faith and will - power,
but I came through the dense thickness ...
and I realized, it was BEST FOR ME ...
i will love you forever,
I will cherish the time we shared,
what you have ALWAYS meant to me, will NEVER change ...

YET ...

I evolved from you,
I gained appreciation of you,
I relish the memories of experiencing you ...
I loved you then,
I love you now,

I will love you forever ...
Past, present and future ...

I ADMIT I WAS FULL OF GUILT and YOU were MY SIN!

Catherine Hendry

A Meaningful Relationship...

ALL she has ever wanted, was for a man to feel about her the way she felt about him, but, AT THE SAME TIME! ! Why does it have to be so freakin' complicated? She doesn't want ANYTHING MORE than what she gives ...

she doesn't need money, shelter, food ... ALL she asks for is respect, admiration, honesty (honesty cubed) and she craves the challenge of intellectual conversation.

Alas, these things have seemed to elude her ... she doesn't understand ...

is she asking for TOO much? The whole concept makes men jittery and stuff! she simply WANTS a MAN who is articulate, deep, confident and most of all, one who will LOVE her -- love her outright without stipulations! ! she has never married and never had kids, (she's always PREFERRED dogs?) ...

At 44yrs., she doesn't drink, after 32 years, she no longer smokes, she doesn't do drugs, she's been celibate for 10 YRS. (NOT a "casual sex" person) ...

someone please tell her what it is, if you see what she's doing wrong! ! she has even found herself going out of her "comfort zone" and doing what "he" wanted, even if she wasn't into it.

And she is NOT the type of person that does that!

Catherine Hendry

A Poem For Siblings...

I came into this world with 5 sisters and 3 brothers
I suffered with the loss of two brothers and I was devastated
Then I realized I had lost one of my sisters
AND my only living brother...
Understand, both of them are alive and well
But, I still yearn for them to be a part of my life
It took me a long time to even realize it and once I did
WOW... I can't comprehend why or how,
I honestly do not know what I did to make these two people dislike me
I ask, 'Is it because I grew up with my Mother and NOT with OUR Father? '
'Is it because I didn't graduate college? '
'Is it because I can't measure up to these two financially? '
'Are they embarrassed or ashamed of/by me? '
WHY? What have I done? What do I need to do?
I just want my sister and brother to be a part of my life
That is all, just acknowledge who I am, acknowledge ME as your sister
I can't grasp the answers to these questions...
I can say, I have never asked for anything from either
WAIT! Let me be honest, I DID ask my sister for ANY amount of money
But it was for a medical reason... to help save my life
(1 or 2 hundred dollars so I could get medical attention... I asked only once and
didn't receive anything)
Why and HOW does one dislike a sibling so much, that they can't even say 'Merry
Christmas'?
Or when I call I am hurried off the phone, making me feel unimportant
How does a person live their entire life disliking their sibling, their SISTER...
WHAT IS THE REASON?
I can't answer that question... because I don't know the answer
Am I such a terrible person? Have I stolen something from either of them?
Am I not pretty enough, rich enough, educated enough...
Am I unclaimed because of my medical issues? Because, I didn't cause them
My health is nothing I did to myself, I strive to be well and I work hard at it
I don't want pity, sympathy or ANYTHING...
I just want my FAMILY!

Catherine Hendry

All Or Nothing

She gives her all,
ALL the time.
She expects nothing in return...
Because she's never gotten anything.
She believes every word he says,
In her eyes he can do no wrong.
She cries herself to sleep thinking of her blight,
Once again, he didn't come home last night.
She doesn't ask why or where he was...
Those questions get answered with slaps and shoves!
Kicks, cuss words and unbelievable pain...
It's imperative she have his dinner ready & hot,
But he throws it away, saying "I liked it, NOT!"
She feels so weak and SHE IS...
Because she continues,
To open the door for him ...
But she won't let God in!

Catherine Hendry

Almost Perfection...

I AM IN LOVE WITH YOU!

loving you
caring about you
trusting you
admiring you ...

I AM IN LOVE WITH YOU!

having faith in you
depending upon you
needing you
missing you ...

I AM IN LOVE WITH YOU!

appreciating you
believing in you
praying for you
cherishing you ...

I AM IN LOVE WITH YOU!

realizing
understanding,
absorbing
resigning ...

I AM IN LOVE WITH YOU!

honoring you
desiring you
comprehending you
amazing you

I AM IN LOVE WITH YOU!

Catherine Hendry

An Open Letter To My Best Friend Shannan

Girl, from the first time we met, it seemed like we had known each Other our entire lifetimes! Best friends! You are there whenever I Need you! You and ONLY YOU know the exact words to calm me down, fire Me up, and make me laugh so hard my ribs break and my face cramps From laughing! We, have SEEN drama (way to damn much) , though we try To steer clear of all the bitchassness and bullshit! Every now and Again SOMEONE slips it in ... but we just shew it away! Life is soo Short and crowded, busy and rushed! Even if we don't talk for a day Or 2, we ALWAYS pick up right back where we left off.. WITH OUT Fail! You are an amazing person, a devoted loving wife, a Mother like None other, and you embrace your perfect imperfections and I LOVE THAT ABOUT YOU! ! ! God desired for YOU to be this way, A PHENOMENAL WOMAN! You are strong, driven, loving, determined ... attributes I can Only pray for You so are optimistic, upbeat, you can always bring Out the very best in Anyone! I am honored and privileged to have you In my life! You have an infectious laugh and a smile SO bright, YOU Could give the moon a break! I love you "Momma" ... God created you Just for me! And I will FOREVER thank Him for that! We are BEST FRIENDS! But, more than that, WE are sisters in life, in Christ and Everyday left in between! xoxo

Catherine Hendry

An Open Letter To Susan Hall-My Sister In Life/Christ

I'm just finding out, the importance of Susan ... within MY life ...
She recognized the missing piece of my puzzle and immediately
KNEW her mission ... it was ME! She shared with me,
Freely offering her knowledge
Wanting NOTHING in return, but asking only ONE "favor"...
'LISTEN', she says ... JUST LISTEN ... (that's the word of the week)
Open up and let HIM in ... God is ALWAYS right and ALWAYS there ...
We don't "FIND" God, for He is never lost!
Susan rescued my faith and rescued me ... She reiterated the beautiful and
glorious power of GOD ... Her devotion is paramount ...
Her conviction is true and DEEP ... I pray for the same amount of trust and
absolute complexity YOU, God, allow and compel HER with to speak... She made
me CRAVE more ... she prayed over me and the power of her words, YOUR
WORDS ... are UNdeniable, electric, graceful, and VERY real At first, YES I can
admit I was scared ... Not new territory - but REexploring what I've ALWAYS
known ... She assured me it was "normal", The unknown is always scary. And at
that one defining moment,
I felt the numbness being lifted - I was no longer blind,
My heart cleared and relaxed my mind!
The honesty of her words, of God's words, settled within me ...
I experienced a sudden and powerful, overwhelming BLISS ...
She was HIS vehicle into my soul ... He is NEVER wrong ...
HE has a plan for everyone and everything...
And HIS plan, was for this amazing woman to bring me HOME; back to HIM,
because I had strayed - though not intentionally, I didn't even realize, that
nonetheless, I'd lost my way ...
The incredible strength of Susan's convictions ...
The beauty of her devotion ... the depth of her love for HIM!
For YOU GOD! She NEVER hesitated, never gave it a second thought ...
As YOUR soldier, she was given a task ... And she executed it Flawlessly, with
exact precision in her own glorious, beautiful, Relentless, passion ... and she
succeeded! !
I can NEVER forget what she's done for me, ALL in YOUR name, in the name of
God, she reminded me of YOUR GREATNESS!
The unselfishness, the love, the unconditional acceptance the life changing,
UNabridged gospel ...
When touched by HIS hand and you REALLY FEEL it ... Simply put, it's something
like nothing else! ! It is mine, and as long as I WELCOME it - It is mine forever!
Thank you God for this incredible soldier/woman/friend Susan Hall! ... My sister in

Christ! If not for her, who knows how far I'd fall! P.S. Susan (LadyBug) Hall ... I love you, respect you, admire you, I am in awe of you ... And I have but ONE request ... PLEASE ... do not EVER leave my life! God bless us ALL ... and I can say that now ... Because I understand & cherish the knowledge of what that TRULY means! THANK YOU! !

Catherine Hendry

Barbara's Poem...

A TRUE Angel of God
- - - - -

Sister Barbra was a beautiful LADY, one of great honor and dignity ...
She was the strength of the foundation for family
Everything she did in life she did according to God's direction! FIRST and FOREMOST!
God FIRST, then her family, then she made sure to touch others with the word of God, Our Father
Ms. Barbra was THE reason I spent most of MY formative years in Church. She was a gracious lady,
a lady so many could've and should've learned SO much from
She was an amazing wife to Mr. Owen for 55yrs., an INCREDIBLE mother and faithful friend.
She was never one to judge, curse, or talk down to anyone...
she LIVED by the Bible and carried out God's will to the best of her ability... ALWAYS!
She was a God fearing, Christian woman ...
Nothing but love and good will in her heart!
Though she has ascended to take her anointed place
God called home this angel, because her mission was complete
I hope we can all find comfort, solace and peace knowing
Sister/Ms. Barbra/'Booger'/Momma/Grandma is resting on a cloud lined in silver and walking streets of gold
Though gone from her physical self
SHE will NEVER leave our hearts and minds
A truly great woman is now FREE!
She isn't alone ... but she is FREE!
FREE from our worlds pains
FREE from her pains
Thank you God for this AMAZING, SPECIAL Lady

Catherine Hendry

Be Strong

Be strong
Stand tall
Reach for the sky
Grab a star!

Believe in the power
You possess...
It's your faith
Within your heart
That makes you DIFFERENT!

Perfectly IMperfect
Happy with who you are
Because God made you in His image
HE made you, so trust who you are!

Always believe in yourself
Heed His words now,
And your future will be filled with ...
SPIRITUAL WEALTH...

PRICELESS!

Catherine Hendry

Because Of You...

My brain is crowded with unspoken words
My heart is full of unrequited love
My body is overwhelmed, consumed by you ...
My hands are filled with the softness of your gentleness.
I want so much more, though unsure if I could handle it
You amaze me. You excite me. You entice me. You scare me.
And I crave more ... more ... more ...

Catherine Hendry

Being The Parent Of An Addict...

Being a parent of an ADDICT is ... being there through the Cravings, the withdrawals and the thievery. Being a parent of An ADDICT means that You LOVE that person which YOU created, Just NOT more than you love THEIR children, YOUR OTHER Children or anyone else. You constantly Lose sleep because of The fear of a dreaded phone call, saying, "Ma'am, this is Officer John and ... WAIT FOR IT ... your child is in jail, or Even Worse, DEAD ..."

YOU comfort your grandkids from their nightmares and have to Explain where Mommy is ...

You HAVE risked your own life, for your child without a second Thought and YOU would surely die to save your grandkids, if You ever had to.

Being a parent of an ADDICT ... IS a burden

It's loving somebody who CAN'T love you back

IT'S ... frustrating, exhausting, scary, annoying, embarrassing, Sickening..

Regardless, you LOVE your child, the ADDICT, wholeheartedly And... FOR ETERNITY!

Catherine Hendry

Best Friends... With Myself?

What is it?
How can I help?
I fight losing interest in caring,
I ask questions I already know the answer to ...
How long do YOU think I should wait ...?
For you to be honest ... not with me,
more importantly, with yourself ...
SEE,
I LOVE YOU ...
Afraid I love YOU more than you do...
Your mouth asks advice,
Your heart craves love,
Your mind seeks stability,
but your actions show a lack of interest in ANY of the above ...
YOU have to love YOU ...
Before you can love or anyone else can love you ...
On the regular you deny it all
The secrets ... the reality ... the twists and turns
The fact is YOU harbor this shame ...
Dishonesty is its name ...
But ONLY YOU have to deal with it
I love you and I'm always the same ...
I've never left, anytime you've called, I ALWAYS came ...
You push so hard, shoving me away ...
It feels like you could care less if I stay ...
You place blame upon me like 10,000 pounds
I'm tired and you don't care or notice ...
Accusing ME of being underhanded, us going rounds
I see your secrets ...
I fight your lies ...
I reach for you on a daily ...
Yet sadly, you withdraw, hiding within a disguise ...
Taking with you MY heart and love ...
I just want my friend back ...
But I feel like my knowledge of her is at best ... slack ...
In an attempt to "keep your cover",
You say I love you less, with no respect
or, I love 1 more or better than the other ...
You KNOW that isn't true ...

Is there a difference between another and you?
YES ... as there should be!
Separate friends, different loves ...
Though the other's never lied to me ...
So, your description is crooked, one sided at best ...
SO ... WHY AM I WRITING ...
If YOU don't give a damn about any of the rest?

(Do me a favor ... close your eyes, take a deep breath ... envision you and your
best friend ... ASK:
Has that friend ever left you out in the cold? Has that friend EVER let go?
I question, who has lied to whom and WHY? It wasn't me ...
Regardless, WHO'S always there when times are craziest, low or high?
... my point exactly ...
So next time you call, don't be shocked, if you don't hear HI ...
YES, I DO love you, and with everything in me ...
You are my best friend ...
But I can't allow you to destroy yourself, our friendship AND me!

Catherine Hendry

Comfortable In My Skin

My beauty comes from within ...

It shows through my smile, ever so bright,
It shows in my curves, ones I happen to like-
It is the depth of my character,
It is the strength of my morals-
It is my 5ft. of cuteness,
It is the way my hair curls ...
It is my loyalty to those I love,
It is my faith in HIM above-
It is the honesty I command and demand
It is my confidence in being alone,
NOT lonely, Just because I don't "have a man" ...

My beauty comes from within ...
And these are just ten reasons,
I will always shine, from the beginning to the end!

Catherine Hendry

De' Ja' Vous'

I made a U-turn
I RAN back to you
I trusted my heart
Deep down, I KNEW you had no shame or guilt
That was ALL me
I, came back
I, chose to stay
Honestly believing...
ONE DAY...
ONE DAY he will change...
ONE DAY he will love me!
I was wrong, ONCE AGAIN, I was wrong...

Catherine Hendry

Depth Of Dark...

She travels down a dark tunnel into a large cavern
It opens up to an underground lagoon...
Only there was no water... not here anyway
It was filled with fire, bile and day old food
There is only one way in and it's the same way out
The exit is painful, scary and horrid
O what to do, what to do?
She is me and this is MY story
The tunnel was my throat
The cavern my stomach
Such as it is, I have a disease
Total Digestive Tract Paralysis
And I wouldn't wish it upon anyone!
To eat today what I ate last night,
No easy feat, but I MUST fight!
If you don't get it, eating is NOT conducive to my well being
My body rejects food, I can go without eating for a week or even 2
I can't help it, change it or even a dream of it going away!
I'm a recovering bulimic for 30 years! So, I KNOW what that's like
And I KNOW, this ain't it...
Everyday I ask, pray and beg God for help, to make this stop
Alas, I feel as though, maybe I'm not asking right
I have been suffering from this for about 15 years or so
It actually has it's own category: IDIOPATHIC
Meaning: NO known cause, NO known cure!
It's ugly, embarrassing, humiliating
It's gross, difficult to explain, even harder to understand
It's annoying & a burden - not just to me but everyone around me
I'm told, 'God never gives you more than you can handle...'
I wonder if I'm just not close enough to the top of His list...
But, I am tired...physically, mentally and emotionally...
I am simply exhausted...Sadly, THIS is my existence...
THIS is MY LIFE!

Catherine Hendry

Don'T Cry When You Get What You What You Ask For

You are so typical of someone who lacks HEART! You care about no one or nothing BUT YOU! Yet you sob, "NO ONE CARES" ... your daily cry, you push away anyone who has cared ... So I find it difficult to sympathize! You can't go around hurting everyone then wonder WHY they retaliate! So, maybe you should try to think before you speak, don't ask for something if you don't really want it, and NEVER expect more back than what you give out!

Catherine Hendry

Fire Of Day...

The sun is shining, burning my brain...
Clouds float slowly, fattened with rain...
I don't want to get up...
My Blankets call my name, not fully awake
Yet, I am writing just the same!
WHAT A LIFE...

Catherine Hendry

Friendship?

Friendship

- - - - -

We have shared so many years! Our "friendship" is something I've always felt proud of, appreciated and believed it would last our lifetimes ... But, in the past few years, it has become PAINFULLY clear, things have changed ...

YOUR priorities: (1) ABSOLUTELY your son
(2) what YOU want
(3) work; tiring, but not like it's 12hrs. a day
(4) your "man" and his wants/needs
(5) ANYthing/ANYone BUT ME!

MY priorities: (1) ABSOLUTELY my Mother
(2) YOU and YOUR son
(3) other friends
(4) my family
(5) my health

Do you notice the difference? Do you see where this going?
I have always been a phone call away ... many times I have gone WAY out of my way to do for you ... for NO other reason but to make you smile, so you could feel/see the LOVE I have for you ... to prove to you I would do anything just to see your face full of joy and to SHOW YOU ... what a "BEST FRIENDSHIP" is really about ...

It is, doing something for nothing

It is, rushing to you WHENEVER you call and say "I NEED YOU! !"

It is, understanding and respecting your friends heart and feelings

It is, having each other's back (regardless if right/wrong)

It is, UNconditional, acceptance no matter what

It is, loving you and all your perfect imperfections

It is, giving back that which you receive It is, understanding NONE of these things are materialistic

It is, realizing that the person you call "best friend", is the one who will be by your side and has been with you through ALL the good, bad, ugly and everything inbetween ... THE ONE who would never let you down

It is, about getting/giving support, love, admiration, encouragement

It is, trusting that God paired you 2 for a reason and never allowing anything to become more important ...

I LOVE YOU WITH ALL MY HEART ... but I can't continue with this "one-way" friendship ... It's breaking my heart and tearing me apart but no one should ever have to accept "half of a friendship" ...

~~ME~~

Catherine Hendry

Give In... Give Up... Give Myself...

I gave you every bit of me
filled each and every pore of me,
with YOU...
after 10 LONELY years...
I can STILL smell the pungent sweetness of your sweat
I still crave the complexity of your simplicity...
I just couldn't measure up
I felt unwhole and unsure
leaving me to question if I was ever good enough...
good enough for YOU, that is...
I tried SO hard
I did any and everything
to be who you wanted
to be the woman that made you complete
unfortunately I was never enough...
if we had but one breath left to take
I'd give mine to you,
so you could have 2...
if you needed a drop of blood
I'd give you every ounce I had...
I have loved you so much and for so long
sadly, my love for you, was far greater than than my love for myself

Catherine Hendry

Go Away... Leave Me

We've been here before, should've known I was STILL too good for you
From our last day till right now, I found I never needed anyone
I had me and I was as good as it got
or so I thought ...
Then onemo'gin, YOU rudely invade my life,
Uninvited, unwelcome and me uninterested ...
You offered me every star in the heavens
You'd hand them to me one by one, "'cuz u got it like that"
For a brief moment, I felt it ... I felt my wall weakening, my heart racing ...
STOP! I CAN'T! THIS ISN'T GONNA HAPPEN! !
I garner the strength to retain my composure
I contain you and your bullshit, I restrain my feelings
Saving, NOT sharing, my pain laced tears ...
But guess what, I can admit my mistakes, I actually cherish them
My mistakes are just memories I've made
And I protect what is mine no matter the cost
With hands of steel and a heart of gold
I took a deep breath in ... exhaled ... regained my focus
Steady once again ... now, let the end begin ...
How silly of me, you could never love anyone
No one but yourself anyway ... you smug bastard
I deserve better than the best - I refuse to accept anything less
I am beautiful inside and out, top to bottom, tips to toes
You can ONLY DREAM of you and me, AS "WE" ...
YOUR own false hope, because that dream will never be
I refuse to give in, give up or back down
I am an AMAZING WOMAN!
You might shake me, but you will NEVER BREAK ME!
I ALWAYS knew I was too good for you ...
The first words out of your mouth, were LIES with snakes eyes
Please, don't insult either of us by trying to reason
You were positive you could MAKE me love you!
You wanted me to share ALL of me with YOU ...
Not this time, true I appreciate my mistakes, but I don't repeat them...
I have earned this glorious, well-deserved respect for myself
And I refuse to let it be misused ... by ANYONE!
Yes even you, hell, ESPECIALLY you!

(Yea, watch my ass as I'm leaving ... throwin' up 2)

Catherine Hendry

God.. Good And Great

God is good, God is great
HE carried that massive cross
Regardless of the surrounding hate ...
And HE did it to prove to us ...
HE IS worth the wait!
He bled, He cried and He died;
So HE would be there
To open the gilded gate.
For when "THAT TIME" comes,
You can rest in peace,
Knowing your blessed fate!

Catherine Hendry

God's Gift Of True Love

Whenever she looks at him,
She gets a twinkle in her eye,
Whenever she smiles at him her face shines,
Brighter than all the stars in the sky!
Whenever she holds his hand,
She squeezes it a little tighter,
Whenever she hugs him,
She pulls him closer and holds on a little longer!
Whenever she thinks of him,
She thanks God for blessing her life,
With the ultimate gift,
She thanks Him for her HUSBAND (and all they joined with) !
Whenever he looks at her,
He marvels at her beauty,
Whenever he smiles at her,
He smiles uncontrollably from ear to ear!
Whenever he holds her hand,
He prays he'll never have to let go,
Whenever he hugs her,
He pulls her closer and holds on a little longer!
Whenever he thinks of her,
He thanks God for blessing his life with the ultimate gift,
He thanks Him for his AMAZING wife!
God's true gift ...
EVERLASTING, TRUE LOVE!

Written by C. Hendry ESPECIALLY for:
Mr.& Mrs. J. Rushing

Catherine Hendry

Goodmorning

The sun is on fire
So rudely invading my sleep
Unforgiving and relentless
Crowding my beautiful darkness
Forcing prisms of whitelight
Down my throat, in a vain attempt
To persuade me to join the day ...

Catherine Hendry

Gp Poem

GP short

duration of sickness
measured in breaths
silent whispers
quiet deaths
fighting a monster
enemy unseen
GP is a nightmare
life resembling a DREAM
future unsure
time's not a friend
i ask God 'WHY'...
as the end closes in
~CLH~

Catherine Hendry

Happy With Myself

HAPPY with ME ... FINALLY comfortable in my own skin!

Though it has taken me MOST of my life, it's FINALLY happened!

I am elated and yet sad a bit ... I know soo many who would love to Experience this feeling ... I am just happy to see, I FINALLY I MADE IT! I didn't do it alone, but I DID do it! ~~kudos to me~~

Yet ... I KNOW it could be all different in the morning!

Catherine Hendry

Helping Others...

I deal with my issues alone
I CHOOSE to help others FIRST!
More often than not, I suffer in silence...
But I do what I do at my own volition,
Without any expectation,
Without any acknowledgement
I am NOW learning, how little I truly matter...
No matter what, my heart remains open
That little crack has finally broken
I am but ONE and there is only so much I can do...
If I could part seas,
If I could move mountains...
That still wouldn't make a difference
I just wouldn't be enough

Catherine Hendry

Heroin... My Version... (To Cc)

H = Horrid

E = Evil

R = Relentless

O = Overdose

I = Infected Injection

N = NONdiscriminatory

Catherine Hendry

I Know

I KNOW I am strong
I am a fighter
I endure pain
I rebuke hate
I live with doubt
I cry dry tears
I feel no love
I dream of peace
I hide from myself
I KNOW I am lost from within
I beg for help
I seek serenity
I am accused of dishonesty
I pray for a cure
I long for acceptance
I live, feeling dead
I search for the end
I want a life, without pain, without doubt, without frowns
I want a life FULL of the goodness of God
I want a life FULL of the strength of faith
~CLH~

Catherine Hendry

I Love You Ma'...

I've believed ALL my life my Mom was a SUPER HERO! And now as I sit here ... it NAILS ME!

She is NOT impervious! She DOES have "flaws"! She IS NOT GOING TO LIVE FOREVER! !

WHY I am JUST NOW realizing this? ... And at 44 (and a half) no less!
But what can I do? But be the best daughter I can be.. I owe MY EVERYTHING to my Mom! My entire life ... my sanity, sobriety, lifes choices, WHO I AM! ... EVERYTHING! !

There is NOTHING I wouldn't do! Yet there is NOTHING I can do! It isn't up to ME ... It is all God's will! YES! I am scared ... the mere idea of living my life and NOT HAVING MY MOTHER IN IT ... I WILL cease to exist!

My Mother is the 1 and ONLY reason, I am still here! Therefore, I cannot imagine being here without her!
I LOVE YOU Ma'!

Catherine Hendry

Just One Day... Am I Asking Too Much?

I want one day ...
?all to myself
?named after me
?planned by me
?available to ONLY me!
I'd be able to invite others to join me
?BUT THEY ARE MERELY GUESTS
?welcome until I say go ...
Wait ... I want one day ... EACH MONTH
?and every month's "day"
?would be a different theme
?a different color
?no 2 days would be alike ...
EXCEPT ...
?THIS ONE DAY IS MINE ALL MINE! !
?FOREVER AND ALWAYS ...
?However & whenever I WANT IT!

Catherine Hendry

Kind Words

Beautiful
Morning
Amazing
Honest
Loyal
Hugs
Sweet
Caring
Empowered
Cuddle
Strong
Pretty
Funny
Devoted
Committed
Loving
Inseparable
Protective
Respectable
Respectful
Funny
Adore
Joy
Appreciate
Crave
Desire
Kissing
Smiling
Hearts
Sweet
Tears
Touch
Tempt
Encompass
Satisfy
Believe
Hope...
(add-ons welcomed)

Knowing Denial

I KNOW I am strong
I am a fighter
I endure pain
I rebuke hate
I live with doubt
I cry dry tears
I feel no love
I dream of peace
I hide from myself
I KNOW I am lost from within
I beg for help
I seek serenity
I am accused of dishonesty
I pray for a cure
I long for acceptance
I live, feeling dead
I search for the end
I want a life, without pain, without doubt, without frowns
I want a life FULL of the goodness of God
I want a life FULL of the strength of faith
~CLH~

Catherine Hendry

Little To No Effort... It Matters Not

I love you with all my heart
But you can't or won't reciprocate
I do whatever I can think of, just to make you smile
I would walk 1000 miles
With a simple wish to see one of your smiles
I try SO hard, maybe TOO hard, to prove I care about your feelings
But you only show me the same façade as you show everyone
I do not feel as though I even matter... seriously
Material things do NOT 'show or prove' love
That comes from the words you speak,
Doing things for NOTHING, sharing your heart and...
Expecting nothing in return for what you do...

Catherine Hendry

Lonely In Love

Stay away from lovers who only want you in parts,
Legs open. Mouth closed. Beauty-full. Mind empty.
Silence is a good look on you...
No wonder your smile is their favorite feature.
Beware of them. Of lovers who love your lips but loathe your voice
Their kisses come with possibilities of cutting your tongue away.

Catherine Hendry

Love Makes Me Sigh...

a new sun
brings more fun
smiles placed just so
secret hiding places to go
love fills the heart
chocolate candies melt apart
amused and confused
mind spins, thoughts being reused
happy and sad
WHY THE HELL AM I SO MAD? !
YOU SHOULD KNOW, YOU DID IT...
belittled my emotions
trampled my toes
tears falling gently
my heart weighs one thousand pounds
yet it floats silently, down to the cold ground
~~sigh~~

Catherine Hendry

Love Sick...

Tear stained face,
Love sick heart,
Displaced anger,
Unforgiving thoughts,
Do you even know?
Do you even care?
When we met it was great and new,
When you left, my whole split into two!
No respect, No remorse,
UNdeniable love, UNfathomable pain,
It didn't have to be this way!
This was all your doing, But I ask ONE thing...
WAS THIS YOUR PRECONCEIVED PLAN?

Catherine Hendry

Love... Actually

I need to feel love
I need a real love
Not a shallow, weak love
But a deep love
The, "I can't breathe without you" love
Not a fake, casual love
But a fulfilled love
The, "My heart beats only for you" love
I want to love love
I want forever love
I want your love

Catherine Hendry

Loveless

I want
I need
I feel ...
I like love
I deserve love
I LOVE LOVE! ... but I can't find love...

Catherine Hendry

Marriage

Beth, my sister and Scott now becoming my brother, makes this wedding a beautiful and long awaited sight

These two have enjoyed more than 13 years together
No matter what, the good times, bad times and/or the inbetween times
They perservered, and today they want 'them' to become 'WE' forever
They share a special bond and this union is truly blessed
With faith, hope, trust and LOVE no one can come between
Staying constant just as the sun rises in the east, it ALWAYS sets in the west
Their love for each other is something to behold
They don't want to be without each other
Together, they are choosing and vowing to share life until no matter how old
Life, love, loyalty, faith, hope, belief... these words describe the foundation
Loving unconditionally, unwaivering and will withstand ANY trial or tribulation
Dear God,
We come to you,
meek and humble
asking for Your blessings, that this love and marriage
will always be cherished, blessed and will endure any obstacle they may
encounter
Thank you Father God for your graciousness and blessings bestowed upon Scott
and Beth
~CLH~

Catherine Hendry

Me And Food Are Not Friends...

I have an odd relationship with FOOD ...

'THEY' tell me I can't live without it
Yet, more times than none, I CAN'T live with it
I have 2 brains ... one in my head, the other is in my stomach
IF, I get the urge to eat, but only ONE brain says so
I CAN'T EAT!

IF I do ... I get sick ... uncontrollable purging
IF the 2 AGREE, I CAN eat ... a bit anyway

There have been MANY times, in the last 10+yrs.,
I have gone a month ONLY consuming Dr. Pepper & bullion
I have had machines implanted in my stomach,
Tried 2 times actually but, neither worked ... go figure
So BOTH have been removed,
Leaving me scarred for life
Both physically AND mentally
Unable to even look at MYSELF...

I have a "port-a-cath" implanted in my chest,
The one I have now, is my 4th, I have been accessed since 2007
And I have a needle inserted 24/7 365, it gets changed weekly
I infuse meds through it every 4 hrs. ... ROUND THE CLOCK
IT SUCKS! But, that isn't even the worst part ...

The pain, the bother, the self-consciousness, the UNsexiness ...
The fact, IT GOES WITH NOTHING IN MY WARDROBE
Looks terrible in pictures and hiding it isn't easy

I can't "make plans" or go on dates because of the sheer anxiety
I have horrid panic attacks ...
Because of MY insecurities, I admit I've lied to MOST EVERYONE
Just so I won't have to deal, explain, or share ...

Truth be told, friends, family, EVERYONE says "it's no big deal"
BUT, they aren't the ones who have to suffer or deal either ...
The self imposed-embarrassment I can't control
I'll bet not many can or will ... sadly, I'm NOT alone

IF my numbers are correct, it's been awhile since I've checked
A mere 900,000 people have been PROPERLY diagnosed in the U.S.
MOST of the time, I can't look at, smell or think about
Let alone hear about or talk about or see FOOD
I can get SO sick simply thinking ANYTHING to do with FOOD!

In June of 2013, my gastro doc says, "you have 6mnths.-1yr. to live" ...
I am 44 (and a half) , so OF COURSE I think, 'is he freakin' kidding me? ! '
SO, that in mind, I donated 38ins. of hair to Locks of Love,
And Joined a gym...
HA! Here I AM ... 3mnths. from the 1yr. point ... ~throwin' him the 2's~
Anyway, I have to say ... I THINK this was going to be a poem ...
BUT I DON'T KNOW WHAT HAPPENED! !

I think it turned itself into more of a bitch/vent session
WHO KNOWS, maybe someone will read this and think
'WOW, this seems too familiar? ! '
GOD FORBID! !

I have "Idiopathic Gastroparesis" (actually, I have unfortunately progressed into
"TDTP - Total Digestive Tract Paralysis" ... normal)
I wouldn't wish this on my worst enemy, BIBLE!
It's gross, annoying, painful, bothersome, a burden, ugly ...
Unpredictable, has no rhyme or reason, unspecific causes, Incurable, confusing,
hard as hell to explain, embarrassing, unbelievably misdiagnosed, IT JUST
SUCKS! !

DAMN! I think I will stop there! That's just TOO many adjectives!

Catherine Hendry

Me, Mine... You, Yours...

I want you to feel MY kind of love ...
The kind you never have to question
The kind you can always depend on
The kind you can trust
The kind that makes you realize
'Damn this woman is a MUST'
I want you to want me like I want you
Like I can't live without you
Like I can't breathe without you
Like I can't be without you
Like my sheer relevance ...
Is dependent solely on the existence of you ...

Catherine Hendry

Me, Myself And I...

My curves

My shape

My smile

My "ways"

I am but one

There is no other

I am that butterfly you finally caught

I am that, "ONE INCREDIBLE THOUGHT"

Catherine Hendry

Me...

I am sweet like sugar
I am mean like a snake
I am gentle like summer winds
I am hard like cemented steel
I am sad like winter rain
I am happy like kids with ice cream
I am bad like who Mom warned you about
I am good like that angel on your shoulder
I am complex like calculus
I am simple like grey ... in between black and white
I am deep like the ocean
I am shallow like a puddle
I am you like i am ME
I am ME like what YOU want me to be ...

Catherine Hendry

Men + Women = Ww3

For hours...
I've been writing
Yet, I'm unable to find the right words
Nothing fits
Nothing works...

I can't really pin-point it
I can't speak my feelings
I can't feel my words...

But you don't want what I try to offer
So many excuses, not one REASON,
You TRY to disguise your APATHY for sympathy
Too many wasted tears
Me, ALONE, could flood the Nile for 1100 years

WHY? ?

Because, my friend,
I AM AN IDIOT! !
An Idiot with a hurting heart
But, an idiot just the same...

Don't disrespect me with,
'It's not YOU it's ME'
'I'm not in a good place right now'
'Things are moving too fast'...

That's 'child's play', and we are BOTH adults
We can both play the same game
The rules have not changed...

But, YOU don't have to suffer
You don't feel burdened
You don't feel the pain or loss
I suffer alone and in silence...

Muted crying, bathed in tears
Testing my resilience...

But guess what...
I WON and I always will
Because I love MYSELF more than anyone else ever will! !

Catherine Hendry

Mental Garden

Minds are gardens
Where seeds are planted
Evil, beautiful, ominous, amazing
These grow like weeds
Sturdy as an oak
Relentless and unforgiving
Living, loving
Dying, despising
~CLH~

Catherine Hendry

Michael

I miss Michael more than I should
I think Michael is better than good
I'd see Michael everyday if I could
I'd invite Michael to SEE my heart if,
I thought he really would...
Michael makes the sun warmer
Michael makes the moon fuller
Michael makes the raindrops wetter
Michael makes the clouds softer
I miss Michael more than I should
I think Michael is better than good
I'd see Michael everyday if I could
I'd invite Michael to KNOW my heart if,
I thought he really would...
Michael makes my smile shine brighter
Michael makes my heart beat harder
Michael makes my head spin faster
Michael makes my blood run hotter
I miss Michael more than I should
I think Michael is better than good
I'd see Michael everyday if I could
I'd invite Michael to SHARE my heart if,
I thought he really would...
Michael is the salt of a sea
Michael is the blue of a sky
Michael is the whisper of a dream
Michael is the answer of a why
I miss Michael more than I should
I think Michael is better than good
I'd see Michael everyday if I could
I'd invite Michael to LOVE my heart if,
I thought he really would...
Michael is sweet like a nectar
Michael is happy like a laugh
Michael is soft like a pillow
Michael is gentle like a breeze
I miss Michael more than I should
I think Michael is better than good
I'd see Michael everyday if I could

I'd invite Michael to HAVE my heart if,
I thought he really would...
~CLH~

Catherine Hendry

Mom And Daughter

ANGIE n CHELLE!

~~~~~

So much of you is your Mother...  
the physical, that goes without saying  
your hair and eyes, your laugh and pout  
the older you get, the more it comes out  
you have a heart the size of another world  
as did she, willing to give, just so the next didn't miss out...  
your spirit and love, compassion and empathy  
your Mom, beautiful Angel, before she graced those heavenly gates  
your drive and determination, strength not connected with physical weights  
you KNOW those were gifts from her  
you were born with undeniable mirroring traits...  
So much of your Mother is you...  
So much of you is your Mother!  
Angie is Chelle and Chelle her 'mini-me'

~CLH~

Catherine Hendry

# Moonshine

The moon is full  
Glowing like neon under black lights  
Pure and free for the entire world to see  
The beauty of it all, sucks the breath out of me  
Gasping for air, I don't fight, just trust it will come back  
I can't stop staring nor do I want to ...

Catherine Hendry

## More, More, More...

I think about you more,  
than I should  
I care about you,  
More than I should  
I miss you,  
WAY more than I should  
I think about you,  
More than I should  
I want to talk to you,  
More than I should...

I think about you,  
More than you even know  
I care about you,  
More than you want  
I miss you,  
WAY more than you will accept  
I desire to talk to you,  
More than you care to make time for  
I WANT YOU!  
But, alas, you just don't feel the same!  
(sux for me I 'spose! c :)

Catherine Hendry

# Mr. Paul Nichols Was A True Soldier Of God

This man was one of great honor and dignity ... He fought for our country ... he fought for his family Everything he did in life, he did with panache God FIRST, then his family and still made sure to touch others He was a gracious gentleman, a MAN so many could've and should've learned SO much from He was an amazing husband, father, grandfather and friend He was a God fearing, Christian man ... Nothing but love and good will in his heart! Though he has ascended to take his anointed place God called home this angel, because his mission was complete I hope we can all find comfort, solace and peace knowing Papaw is resting on a cloud lined in silver and walking streets of gold Though gone from his physical self HE will NEVER leave our hearts and minds A truly great man is now FREE! He isn't alone ... but he is FREE! FREE from our worlds pains FREE from his pains FREE to run, fish, swim ... but most of all FREE to just BE! FREE to be HIM!

Catherine Hendry



# My Heart Is Sad Tonight

I want to love  
I want to be loved  
I want to cry  
I want someone to catch my tears  
I want to feel safe  
I want someone to make me feel safe  
Am I asking too much?  
I want a friend  
I want someone worthy of being my friend  
I want to sleep  
I want someone to wake up next to  
I NEED a hug  
I NEED someone who will hug me, without suffocating me  
Do I seem desperate?  
I want to talk  
I want someone who will listen  
I want to walk in the rain  
I want someone who isn't afraid to get wet  
I want to smile  
I want someone to smile for  
Is there a secret to all of this?  
I just want a loving, friend, who cares about ME and MY heart  
I want someone who I can trust, that I can feel content with  
I want someone who understands the ins and out AND the ups and downs  
I want someone who will cherish me the way I cherish them...  
I JUST WANT SOMEONE!  
I WANT SOMEONE TO WANT ME!  
At this juncture, I don't know if that 'SOMEONE' even exists!  
But, I can always DREAM I suppose...

Catherine Hendry

# Not Changeable...

I tried to make you into HIM  
you know, 'the one',  
the one I THOUGHT got away  
but i was wrong  
I left for a reason  
because, YOU PUSHED me away  
i knew you were bad, though nothing inparticular  
you FELT like cancer, or a plague or maybe just UNWORTHY of ANY of me  
no matter the reason, my heart KNEW you were no good  
therefore, my space is full, there's no longer a place for you,  
so just keep it moving  
can you NOT feel the tension and thickness in the air?  
that is called animosity  
and that is what i feel towards you  
you are foul, like rancid meat  
spoiled, rotten, disgusting and dead...  
DEAD is what you are to me! ! !  
YES! just like the love i THOUGHT we shared...  
never again shall I be scared  
R.I.P. you sorry bastard... i am just glad you dont exist anymore

#gone #4got10 #oneway #pointofnoreturn #EVILBITCHHATESUporn #KYSNOW  
~CLH~

Catherine Hendry

# Now I Lay Me Down To Sleep

Now I lay me down to sleep, I pray to the Lord...  
To give me strength...  
To show me MY way...  
To make life great!  
To accept and trust...  
Within my own faith!  
To push on through...  
All difficult times!  
To always come out on top...  
Regardless of reason or rhyme!  
I pray and pray...  
Life will change!  
To see my past life...  
CONFIDENCE regained!

Catherine Hendry

# Pain Pain Go Away!

Pain Pain Please go away  
And don't come back ANY other day  
Isn't it enough, that you've taken  
My freedom  
My tears  
Family AND friends? !  
You filled the void you left, with FEARS  
What have I done?  
WHY must you invade MY life?  
I will never be anyone's wife..  
I will never have a child of my own...  
You have stolen my looks, my confidence  
You stole my courage, my strength  
There is nothing left  
I just beg you, leave me  
BECAUSE I REFUSE  
To allow YOUR presence  
In ANY part of me and or my life!

Catherine Hendry

# Politically Correct Dope...

Addiction doesn't discriminate ...  
Given the chance, it will hijack ANYONE!

Yes, it starts out as "simple fun"  
Next thing you know, reality hits  
Your safe little world comes all undone!

What used to make you laugh, no longer holds your smile  
Now it's tears, sadness and fears running wild  
That little voice in your head, now screams  
And it is louder than anything!

Blocking out your mothers pleas,  
Numbing you from feeling your child's loving squeeze  
It smothers you, snuffing out the flame  
That fire of life from behind your eyes,  
Blind to everything, except the crushing shame!

Do you understand now?  
YOU WILL NEVER BE THE SAME!

Dope steals your love, robs you of all emotion  
Dope destroys you, from the inside out and back again!

If I thought there was even the slightest chance, that these words Were not  
falling upon deaf ears ...  
I could finish this piece ...

Catherine Hendry

# Possibility Or No

I ask the impossible:  
love me forever.  
Love me when all desire is gone.  
When rage fills you & has no name:  
love me, love me, love me.  
Love me when you're bored,  
when every woman you see is more beautiful than the last,  
love me as you always have, not as admirer or judge,  
but with the compassion you save for yourself for your solitude.  
Love me withered as you loved me new.  
Love me as if I were forever  
and I, will make the impossible a simple act, by loving you, loving you as only I  
can do!

Catherine Hendry

# Question The Obvious

I enjoy being challenged ...

Test my abilities...

Question my convictions...

Scrutinize my thoughts ...

I am but one, but MANY live within,

Within my words, thoughts, ideas ...

ALL are mine Always and forever

Try to comprehend...

Though hard to imagine one could truly grasp the depth

To appreciate

To comprehend

To judge me, is to doubt me ... That would be your SECOND mistake!

Catherine Hendry

# Real Friendship

She loved him from the beginning

She loves him now...

They will STILL love one another when one is no longer alive

Because of the past, they built a great FRIENDSHIP...

And this friendship has a strong and sturdy foundation

Sharing shoulders when in need, being each others 'get me in check if needed! ' friends!

Nothing nefarious, it is merely 2 people of different race, beliefs and ideas

Who just happen to love each other and accept and CHERISH their differences!

THAT'S A TRUE BEST FRIEND! ! !

~CLH~

Catherine Hendry



# Realization...

Feeling an emptiness ... Searching for the reason

Then realizing, it is ME...

I've hardened, become skeptical, unsure and lacking devotion... Feeling defeated

... WAIT! That is NOT who I am! I KNOW my worth!

I Cherish myself and who I am I stand up for what I believe in!

I will never bend, No matter how powerful the wind!

I am strong and confident I am whole and happy with MYSELF!

I celebrate ME! I am PROUD of my open heart!

If another feels differently ...

Well, that was never MY problem ... Even from the start!

Catherine Hendry

# Safe In Your Arms

Your arms so strong  
when you hold me  
your heartbeat vibrates my body  
My heart echoes with song!

You ARE amazing, regardless, this is still new to me  
but I can't hold back, nor do I want to...  
Experiencing you, is mesmerizing  
I invite it, I accept it, there's nowhere else I'd rather be!

Lips so soft, I crave your sweet kiss  
muscles hard like stone, yet your touch, gentle as summers 1st breeze  
your dimples oh so sexy, eyes twinkle like stars  
your body simply leaves me... speechless!

My mind is filled with images, thoughts and dreams of you  
with you I feel safe...  
with you I feel content...  
BECAUSE of you, I feel there's nothing I can't do!

Your conversation, so refreshing,  
I could never tire of listening...  
Intellectual, captivating and articulate...  
No matter the subject, your voice is intoxicating!

Catherine Hendry

# Shaking My Head...

You tangle everything in your mother's brain,  
Because of YOUR Self-Inflicted pain ...  
Don't you have ANYONE ELSE to TORTURE ...  
She is busy holding down a job, household and family ...  
And of course, taking care of 2 small boys, is no easy feat ... ..  
You say "I love you Mom" and "I miss you soo much and I'm dying to See my sons" ...  
HOW? WHY NOW? WHAT'S CHANGED! !  
GET CLEAN FOR YOURSELF!

BEG for acceptance, OWN all your wrongs and WORK LIKE HELL to restore The RESPECT you threw away! Be thankful and take notice of the Graciousness and opportunities that have been given to you!

APPRECIATE and GRASP the REALIZATION ...

YOUR CURRENT SITUATION IS OF YOUR OWN DOING!

You have never felt hunger,  
You have always had your own "cheering" section throughout your life ...  
You have been given Oh SO MANY opportunities ...  
Your, life at this point... Is because of YOU! And only YOU!  
You can't blame your imperfections on EVERYONE ELSE!  
It isn't fair to those who have stepped up and filled your shoes ...  
Those who have been getting up every few hours feeding YOUR baby, Changing diapers, going to doctors appointments, giving medicine and Baths ...  
Those who have been there to wipe the tears of your 7 month old and 5 yr. old boys ... Your 5yr. old craves YOU & YOUR attention ...something No one can give him, BUT YOU! !  
To feed, play with and do homework and JUST SPEND QUALITY TIME with Your children ...  
WHERE ARE YOU? !  
YOU had a million options ... but, YOU CHOSE THIS ONE!  
Being an addict is NO fun ... it isn't glamorous ... It isn't "cute"  
YOU ALLOW DOPE TO BE THAT WHICH YOU LOVE MOST!  
NOT your children, not your Mother, not your family ...  
YOU HAVE NOTHING TO OFFER ANYONE, ESPECIALLY THOSE WHO LOVE YOU!  
Last time I checked, England already had a Queen!  
So, step down from your self-made pedestal ...  
STOP the stupidity ...  
Take care of YOUR children ...  
THANK and FOREVER RESPECT your Mother and EVERYTHING she has ALWAYS

Done for YOU!

YOU, my sweet, beautiful girl ... YOU have ALOT to make up for and you Should really start NOW ...

Catherine Hendry

# Silent Pain

silently crying tears of pain  
feeling the unyielding and unforgiving  
knowing there is no other way  
no way out  
no way through  
no way to better  
no way for life  
play the hand you are dealt  
never mind all your cards are 2's  
and the game is 21  
i see no future  
i feel no hope  
i taste no sweetness  
i hear no singing  
just silence  
silent pain  
though it's screaming  
i can only be heard in my own head  
~CLH~

Catherine Hendry

# Sleepless Within...

2a.m, sitting in my room  
Alone and lonely  
Unable to sleep  
Suffering from winters gloom  
The forecast predicts black and cloudy  
No promise of a tomorrow  
Be thankful for another TODAY  
Raindrops, like teardrops, fall whispering loudly  
Sadness is not invited into this heart  
But don't question the reason  
Imagine the best of everything  
Trust, in Life's play, God wrote us each our very own part  
I am not new, I have been here before  
Time passes, leaving memories in its wake  
Hearts break and dreams die  
Yet, it's the din of silence I abhor  
Don't open the closet if the truth scares you  
Complete your thoughts, even if you don't share  
Let go of the dead weight you carry  
Be open to both new and old, accept you've done all you can do

Catherine Hendry

# Suburban Hill-Billy

I was raised on a mountain  
Parents split and I came with my Mother to,  
'The flat lands' of the 'BIG city'

I discovered a funny thing, THIS isn't really a 'BIG city'  
It's just bigger than the mountain top  
I have found myself, through the years, wishing I'd never left  
But my mountain has been besieged by 'OUTSIDERS'...

In MY day, everyone knew everyone else... kids from one family Dated another,  
same person did everyone's hair, same dentist did Everyone's teeth, same with  
the doctor, pharmacist, everyone was Polite to each other, same people owned  
the restaurant where EVERYONE ate and/or celebrated and so on...

You don't find that ANYWHERE these days! Oh how I miss that!  
Seems odd for ME to say, but, 'I MISS THE OLD DAYS'!

Catherine Hendry

# Sweet Love

Sunny mornings, birds sweetly singing, walking on the beach, kicking the sand,  
Waves breaking silently, tickling our toes...  
How far will this go?  
How long will this last?  
Leave the questions, enjoy the HERE and NOW!  
I can't think of any place I'd rather be, than wrapped in your arms. Safe,  
content, loved, special and happiness on a whole other level! If I had one wish, it  
would be to stay right here, forever!  
I can only pray that you want the same.  
Because each time I see you or talk to you, I fall a little deeper,  
I care a little more, I want to leave a LOT LESS!  
You are amazing and I KNOW this because my heart says so.  
And who can argue with that?  
The heart wants what the heart wants ... And my heart wants yours!

Catherine Hendry



# The Almost Perfect Man

his hair, so soft and wavy,  
his eyes, sparkling ever so green,  
that incredible smile, giving light to the darkest spots  
his laugh, infectious  
that fine ass, softly juicy  
his sexiness, delicious and alluring  
his mind, sharp  
his soul, exudes such strong confidence  
he can make one believe, an inch is really a mile!  
he knew what he wanted,  
And when he decided, HE GOT IT!  
If lucky enough to be afforded his time  
You have a purpose to serve in HIS MIND!  
The thing is... YOU must know what 'it' is,  
If you fail, YOU are the one getting taunted!

Catherine Hendry

# The Art Of Writing

Gotta start somedamnwhere...

Put together letters to create words, put together words to Create sentences, put together sentences to create thoughts, Put together thoughts to create emotions, put together emotions To create ANYTHING YOU WANT!

Catherine Hendry

# The Fool

Looking foolish ... look at what I have done ...

Feelings without meaning

Looking without SEEING

Mouth moving without speaking

Sounding stupid ...

Missing what I NEVER had

Crying tears brought on because you lied

Hurting heart ... I forgot NOT to care

Mistakes made

Words said

Memories created

I'll always have them as reminders

So, I can LEARN from them!

LOVE ME, LOVE ME, LOVE ME!

This cry has worn me out ...

I don't believe I will ever KNOW that feeling ...

I TRY not to be so cynical ...

I believe there's a higher power,

But I am struggling none the less...



# The One...

I want to be THE ONE you know the ONE ... everybody loves, wants to Date,  
ALWAYS on pins and needles hoping they will call, email, ANYTHING ... THE ONE,  
who can simply wave and it seems the world bows Down THE ONE, never sick,  
always perfectly imperfect, sweet as pie THE ONE, smile so bright it rivals the  
sun, heart open and loving THE ONE, the one that isn't ME, or you ... THE ONE,  
doesn't actually exist ... not anymore anyway ... THE ONE ... loved heroin, cocaine  
and dilaudid And was stolen, destroyed and killed THE ONE, was my best friend  
... And I miss her more than any words can EVER express! #loveandfriendship

Catherine Hendry

# The Sad Girl...

Her skin looks like fine porcelain smooth as milk and soft as silk  
Her sheer beauty obscures any physical scars a smile so sweet, candy  
Gets jealous eyes like deep azure oceans you'll want dive in to and  
Swim to her soul she is so beautiful and so kind, if I could build  
Someone SHE would be the one! my sweet friend with the beautiful  
Smile gracious, caring and so full of love love that has been  
Overshadowed by ugly and bad but, it won't last forever! she is Amazing and I  
have the utmost faith SHE WILL come out on top!  
How can she not, God doesn't make mistakes and she's the closest to Perfect  
that I ever got ...

Catherine Hendry

# To Believe Or Not To Believe...

Your words are lies ...  
Promises broken,  
Feelings forced,  
Smiles sad,  
Your tears are dry ...  
Void of emotion,  
Loveless and empty,  
Just exactly what you turned our friendship into...

Catherine Hendry

# To My Sister Beth

I reached out to you,  
but, you weren't there...  
I needed to laugh, vent and cry,  
but, you weren't there...  
I needed your strength and shoulder,  
but, you weren't there...  
I begged and prayed for MY SISTER,  
but, you weren't there...  
I only wanted you to love me FOREVER,  
but, you weren't there...  
I needed my BEST friend,  
but, you didn't care to be there...  
I cry my eyes dry, knowing exactly why,  
but, I'm not important enough for you to be there...  
You take everything out on me,  
but, it's because you don't care...  
I extend the olive branch for peace,  
but, I'm not worthy enough for you to care...  
I wish I could be the sister/person you wanted,  
but, I still don't think you'd care...  
You use 'words' as deadly weapons,  
but, no matter the pain, you don't care...  
I am your favorite target no matter what,  
but, you don't care...  
You love me and can't live without me until 3 days later  
when you hate me and you just don't care...  
I've ALWAYS been here whenever you've needed,  
but, regardless you just don't care...

~CLH~

p.s. I love you more today than I did yesterday and I will love you more tomorrow than I do today!

Catherine Hendry



# Unrequited Love

I miss him more than I should  
I think he is better than good  
I'd see everyday if I could  
I'd invite him to see my heart if,  
I thought he really would...  
He makes the sun warmer  
He makes the moon fuller  
He makes the raindrops wetter  
He makes the clouds fluffier  
I miss him more than I should  
I think he is better than good  
I'd see him everyday if I could  
I'd invite him to know my heart if,  
I thought he really would...  
He makes my smile shine brighter  
He makes my heart beat harder  
He makes my head spin faster  
He makes my blood run hotter  
I miss him more than I should  
I think he is better than good  
I'd see him everyday if I could  
I'd invite him to share my heart if,  
I thought he really would...  
He is the blue of a sky  
He is the salt of a sea  
He is the whisper of a dream  
He is the answer of a why  
I miss him more than I should  
I think he is better than good  
I'd see him everyday if I could  
I'd invite him to love my heart if,  
I thought he really would...  
He is sweet like a nectar  
He is happy like a laugh  
He is soft like a pillow  
He is gentle like a breeze  
I miss him more than I should  
I think he is better than good  
I'd see him everyday if I could

I'd invite him to have my heart if,  
I thought he really would...

Catherine Hendry

# Unsure

I want to love him He is afraid to love...  
I opened myself up, leaving no room nor reason for any questions ...  
I offered ALL of myself...  
He tempted me, teasing me with "possibilities",  
Now I see he had no intention of following through!  
I am rattled with confusion, yet, I know he will never change...  
And I am beginning to think, it's just too much work!  
Regardless, I am still ALONE ...  
Feeling like an idiot for caring at all ...  
He is a thief and abusive ... He stole my heart and crushed my love!

Catherine Hendry

# Verbal Beatdown

Slapping you with thoughts,  
Punching you with words,  
Enjoying this fight that MUST be fought,  
Choking you with feelings, till you see little birds ...  
Blacking your eye with sheer strength of my mind!  
Begging ... you attempt to prove your loyal devotion...  
Snapping your bones with the shortest sentence I could find,  
Slitting your throat with raw emotion,  
According to this sequence of events ...  
I just kicked your ass with mere intelligence! !

Catherine Hendry

# Wasted Days...

Days wasted thoughts forgotten memories shattered truths turned into Lies You burdened others getting sympathy with your tears ... for your Problems YOU made your choices less right than wrong continuously Blaming others ... You feel like you don't belong ... Your Addiction "isn't your fault", Your kids were "accidents", Not MISTAKES, because God IS perfect after all Your children were blessed And born without sin yet, jealousy oozes from your heart for what They get how people coo over them, amazed by their innocent smiles, Affection and attention for them ... you feel angst, even a bit of Animosity because YOU want what THEY GET, how dare you? HOW DARE YOU? ! God GIFTED YOU ... entrusted you with not 1 but 2 amazing angels They're not even in your "TOP TEN" the list of what is important in YOUR life ... A # 1 is DOPE! ! ! ! No matter what kind, regardless of how You get it or take it ... NOTHING IN LIFE, should matter NOTHING IS GREATER THAN, 'I LOVE YOU MOMMY' Instead we have to bear the Questions like, 'WHERE'S MOMMY? ' 'IS MOMMY COMING HOME TONIGHT? ' 'CAN I STAY UP TILL MOMMY COMES HOME? ! ' 'No, my love, Mommy isn't coming Home tonight' 'No, sweetie you can't stay up, you need your rest for School' SCHOOL? ! ? ! You can't even pick up your own kids BECAUSE OF YOUR ADDICTION! ! The school doesn't know you, They don't know YOU ARE "MOMMY" WAIT! ! STOP! ! Please, save those dry tears! fake and Emotionless They don't work anymore! 1 wish ... Just ONE wish ... ALLOW These 2 babies to grow up KNOWING love, security and happiness Things YOU deny them daily, because YOU fight harder to get high, than you Do to see smiles on their cherub-like faces SAD! So sad it is! I want To cry myself ... But SOMONE has to stay strong for THEM and YOU are NOT that person the pain you FORCE upon your kids it disgusts me, Saddens me and scares me NO ONE, not even you, knows how far you will Go what, if any, is the point when YOU finally say ... THAT'S IT! DEATH TO MY ADDICTION --- NOT TO MYSELF! I REBUKE THE DEVIL'S EVILNESS OF DRUGS I CHOOSE NOW TO DROP THE DOPE I CHOOSE NOW TO PICK UP MY DIGNITY I CHOOSE NOW, MY LIFE I CHOOSE NOW, MY CHILDREN!

Catherine Hendry

# What I Like...

I like 'adult onesies'

I like fuzzy house shoes

I like bubbles in my bath... and in my mouth...with gum!

I like having fun doing anything

I like laughing at nothing

I like loving everything

I like ME

I like how I became ME

I like my past

I like my present

I like hoping for the future

I like my BEST friend... that is my Mom

I like men... NOT boys...

I like anything that shines and sparkles

I like my life... JUST THE WAY IT IS!

Catherine Hendry

# What I Want

I want to live a life FULL of LOVE!  
I want to have good times, bad times AND in between times...  
I want to smile, even when I'm mad...  
I want to cry when I'm happy, not just when I'm sad!  
I want to love, even if I'm not loved...  
I want to live a life FULL of EVERYTHING!  
I want to give, just because I want to...  
I want to put a homeless person in a hotel, even if it's just 1 night!  
I want to FEEL the pain AND joy of LOVE...  
I want to play in the rain and not get wet  
I want to live a life FULL of GRACE and BEAUTY!  
I want perfect make-up everyday  
I want to NEVER have a "bad hair" day  
I want to experience love, TRUE love, not one-way love  
I want to be happy and comfortable in my own skin!

Catherine Hendry

# What In Hell Were You Thinking? !

Did you have some sort of an epiphany or something? You lay, watching Him sleep ... I was that little voice SCREAMING at you! ! 'WHY is HE Here? You promised me ... You SWORE you KNEW you were worth more! " YOU LIED! So, what does it all mean? You are just letting him KNOW, it is Okay to shit on your feelings, defile your heart and to treat you Like a worthless whore ... sad...

Catherine Hendry



# What Life Should Be...

It's amazing,  
It's beautiful,  
It's a privilege and an honor...  
It's complicated,  
It's fulfilling,  
It's deep and unbelievable...  
It's FREE,  
It's overwhelming,  
It's calm and serene ...  
'IT' is LIFE ...  
At least it, SHOULD BE!

Catherine Hendry

# Who Are You?

I am nobody...  
Who are you?  
Are you nobody too?  
I wish I WAS somebody...  
I wish I COULD be anybody...  
But, alas, I am still nobody...  
So who are you?

Catherine Hendry

# Who I Am

I want to give ALL of me to someone  
Someone who is ready for me...  
Someone who is worthy of me,  
Someone who will appreciate me...  
I want to share ALL I have, ALL that makes 'ME', me!  
I am loyal and true  
I am in-love with you  
Honestly, is this TOO much?  
Seriously, should I have waited?  
Apparently, I should never have said ANYTHING - -  
WHAT made me even THINK you cared anyway...

Catherine Hendry