



December 2018

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[www.qwf.org/programs/wic](http://www.qwf.org/programs/wic)

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SR

## **Petals**

I was a flower with five petals, he ripped a petal off  
and stomped on it.

Through all the walls that he's hit and all the times he chased  
me around the house, slapping me, calling me moron, putting

his hands around my neck  
saying he don't care if he goes to jail for it.

Four petals left and I'm lost,  
I go towards the smoke and everything seems okay.

Stole money from my family to get that excited feeling  
that wow it's a good life, but when I sober up it sucks

thrown into a mess, got completely misjudged,  
they thought I only cared about myself

and just did what I wanted. When I was just trying  
to keep myself sane and learn on my own.

—L.L.

## **She's**

She's stressed  
she's breaking  
she's broken  
she's confused  
she's lost  
she's gone  
she's scattered  
she's depressed  
she's lifted up  
she's falling down  
she needs help  
she's refusing it  
she doesn't want it  
she wants it  
she's stressed  
she's breaking  
she's broken  
she's confused  
she's lost  
she's gone  
she's scattered  
she's depressed  
she's lifted up  
she's always falling again

—J.F.

## **Hiding**

People are ruthless, they're being truthless  
I never thought people are liars, now I am getting tired  
I don't like fighting, I like hiding when I am not okay

—E.K.

## Lost

I've been gone from home for too long

But I try my best to stay strong

I am a sad little girl who wants her parents

to be proud of her but all they see is her doing wrong

they tell me I'm a mess which causes me

a stress and they don't realize I'm depressed

but the more I lose my way

the less I have to say.

—P.K.

## For Real

cuts and scars across  
her arms smiles fade  
laughs fade she  
can't even smile *for*  
*real* she can't even  
laugh *for real* ... she  
doesn't know what  
real smiles or real  
laughs are ... The  
only people who  
actually made her  
laugh and smile *for*  
*real* ... she lost them ...  
she lost them and  
now she's lost ...

—J.F.

## GAME BEGIN AND ENDS

Game begins.

Game ends.

So quick

would you like to play a game of hearts?

the evil that infects us...

has always been around, since the dawn of  
time. Before names could be named  
before words were written down

they have always existed

there are no records because

they leave behind no trace

on another, they grow fat because

of the connections, now they will destroy

us all. We are all together in this game I'm talking

in riddles again, I'm sorry it happens

sometimes my brain is broken and

I don't know how to fix it.

When it's my time for me to die promise

you'll be the one to stop me.

NO MERCY LET ME GO ALONE

—A.A.

## EMPTINESS

I feel empty.

I go out a lot to be around people  
always hoping to find something or someone  
but I'm never quite sure what I'm looking for.  
It's the emptiness that seems to grab me.

—A.A.

## ALONE

Call me quiet but I can cause a riot.  
Call me weak cause I don't speak.  
Crying alone, hear me moan  
Walk past me, tear leaked.

I hear you talk, mocking me  
but face to face you are fake  
while my tears flow down my face  
like a lake

—L.L.

## Feelings

My heart bounces and pounces

It makes a sound.

I see someone who I care about

I see the rain falling from the sky

I have pain, I can see from my eyes.

My tears come out from my pores cuz I am in love

Its fears me to love someone who loves you

You love them back

—E.K.

## **Marika**

Marika, this name means a lot to me.

My mother names me this. I never got to meet her but I know she misses me.

I miss her too.

Everyday in my mind I tell myself, I am Marika that's what my mom named me.

I love the name Marika 'cause an amazing woman named me that.

I know very little about her so I cherish my name that my mom gave me.

But I perish at the thought that I don't know her.

So when I introduce myself I like to mention that my real name is Marika,

In hopes I could somehow find my mother that I long for.

—L.L.

**Dear past self,**

I'm sorry for mistreating myself  
and not having any self respect...  
I'm sorry for messing up with my family  
not going home  
not telling my parents where I was...  
where I went...

**Dear present self,**

I'm sorry for disappointing my dad,  
step mom, my family...  
I'm sorry if he seems like a better  
influence...  
I'm sorry for all the bad I've done in  
my life...  
I'm happy with him...

—J.F.

## **running in place**

- im living dreaming and running all at the same time in my life how can i learn to stop running and be content with my self? i always wonder if people who stay at home have discovered peace within themselves or am i an exception? will i be running all of my life and if so why?... what am i looking for that i know deep down inside i wont find? are you lurking out there somewhere waiting for me? and how will i know its you when i meet you? silly question, i know but heartfelt.

—A.A.

## Every Time

Every time I try people wanna  
take my place  
people wanna judge me  
they say I don't try  
they don't have faith in me  
that stuff bothers me  
I'm sorry I try  
I'm sorry I'm a failure  
I'm sorry if I had to quit playing sports  
I'm sorry if my parents are having  
money problems  
I'm sorry if my dad almost lost all his  
jobs he had.

—J.F.

## Nervous

Your heart skips a beat but I want more of your lips than just nervousness  
Being afraid of losing you  
The thought of you gone makes me inhale my bong more often than usual

—L.L.

## **broken**

a heart is not complete until its completely broken  
and im telling you, my heart is completely broken  
and it's open again. will you fix it for me if so why

do you care so much? i think you care about me.

—A.A.

## Memory

all the people that hurt  
you they didn't mean it  
if they wanna hurt  
you yes they said sorry  
yes they betrayed you  
yes you're mad at them  
but the doesn't mean  
that you can't forget about  
the past and remember  
the present what happened  
in the past doesn't matter  
anymore what happens  
in the present matters more  
than anything focus on what  
makes you not on what makes  
you miserable in the end if you  
focus on what makes you miserable  
you're just gonna cause new scars  
on your arms when you look back  
at your arms your just gonna  
think "wow, what was I thinking?"  
"how can I create something that's  
a bad memory" family will ask  
friends will ask random people  
will ask you won't tell in the  
end but you'll have to so other  
people know what you can do to  
your body when your different  
from other people don't  
cut just talk make good memories  
not ones that are bad just know

talking about it is better than  
putting the silver band-aid  
against your wrists

—J.F.

## **He makes you happy**

He makes you happy  
he makes you smile  
he makes you laugh  
he makes you wanna live  
I want him  
I need him  
I love him  
he makes me laugh on the phone  
he makes me smile  
he makes me feel respected, wanted,  
something, worth it  
I wanna be with him  
I wanna have something with him  
I want him only  
he's my 11:11  
I care about him a lot  
I want him  
I love him

—J.F.

## **GOODBYE**

I love the way people smile at me and I smile back at them, when I see people smile I get happy. My family makes my day when I am upset, I am lucky to have them I am also lucky to have my family if I don't have them I would not live a day. The people I have they have the most strongest heart. At night I am gonna sleep then have a dream about the most beautiful things, the next day I am gonna wake up then the sun rise. My heart will heal when there is a scar. Leaving is something that tearful comes out of our eyes makes me upset. When someone says goodbye it is hard to say goodbye back.

Dec 6th 2018

—E.K.

## **Breath**

I cannot live without one breath

If I don't breathe I would not smile

or laugh, I won't be able to make people smile and laugh.

—E.K.

## Need Him

tears roll down her cheeks  
and fall to the ground .....  
she tries to fall asleep but  
she lays their for 1-2 hours  
just thinking about not sleeping  
well when she does..... she  
cries at least 4 times a day, knowing  
she can't see or talk to him .....

her mind is starting to head  
in the wrong direction, the  
old her is just starting to  
come back again..... wanting  
to hurt others for no reason,  
she would kill just to see  
him.... not caring who it is,  
family, or friend, she'll kill  
them to see him ..... she'll do  
anything ..... she just wants to  
see him and talk to him.....  
but she'll try to stay patient  
and wait.....

—J.F.

## September 28th, 2018

the only person she ever wanted  
came into her life ..... the  
only person that makes her  
smiles and laughs true .....  
without him she's nothing,  
she's lost, she doesn't know  
where her place is in life  
anymore ..... she stays strong for  
him, and him only ..... no one else,  
but him .....

September 28th 2018

he makes her happy, her  
smiles and laughs are only  
true because of him .... you  
want him to stay strong for you,  
you pray that he does, you try  
your best to stay strong for  
him, just like he told you ..... its  
hard sometimes, but you try  
your best .... And hopefully so  
does he .....

—J.F.

## CHANCES

Hi, I know you're listening, I'm not happy.

Did you expect me to accomplish more than I already have? I don't think you realize how hard everything has been

for me. Maybe it's too late to change anything now. But what are the chances

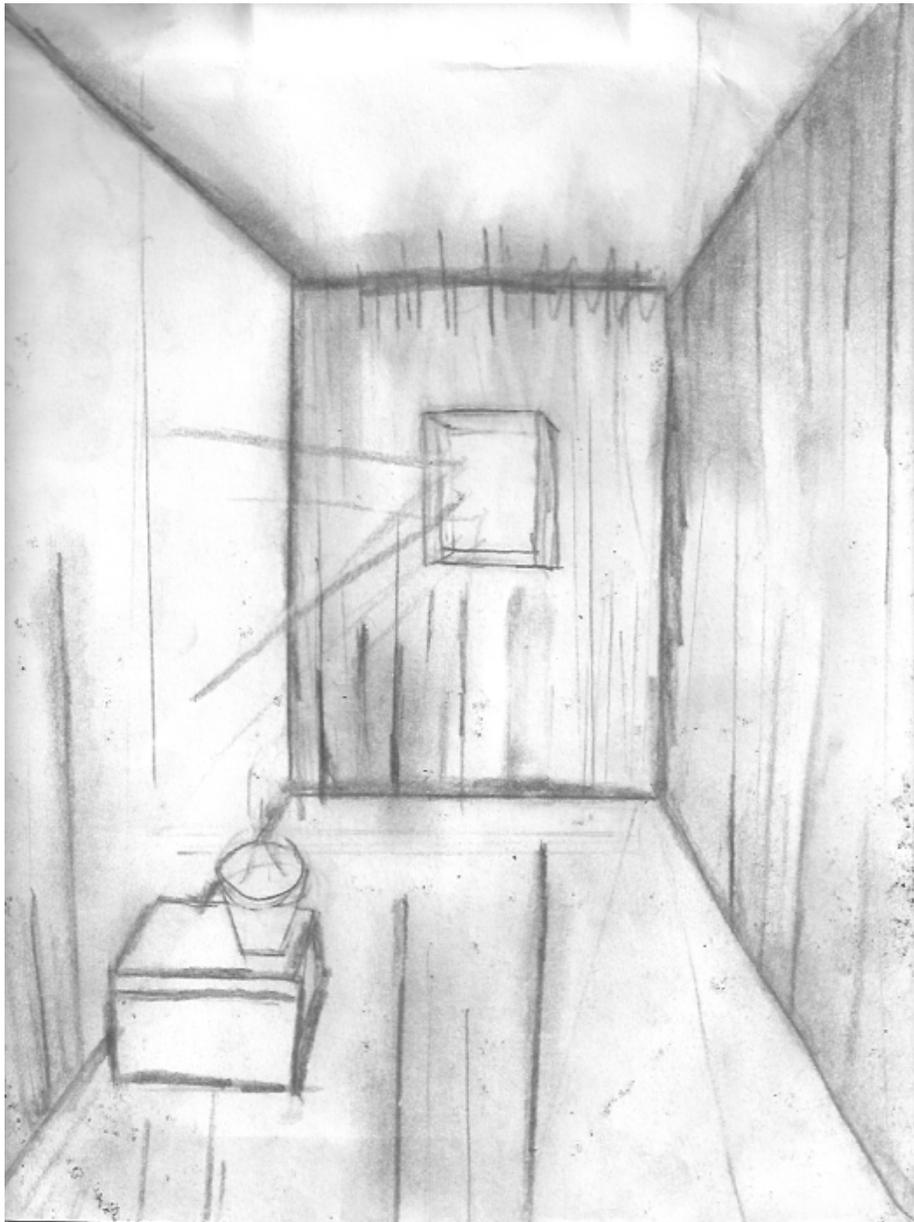
that you could possibly help me?

—A.A.

## **silent mode**

tears are silent language of grief

—A.A.



—A.M.

