

I come from



M.C.F.

a long story

December 2024

This zine was produced as part of Writers in the Community, a program run by the Quebec Writers' Federation.



<https://qwf.org/activities/programs/writers-in-the-community>

Many thanks to writer-facilitator Larissa Andrusyshyn.
Cover art by M.C.F.

We would also like to express our gratitude to the following supporters, without whom the Writers in the Community program would not be possible:



:If You:

If you cry a lot, it makes your eyes red
when you stop crying, you'll think about what happened.
If you trust the wrong people you will turn into them
but if you stay on your own, you'll feel bad.
If you leave them, they will talk behind your back,
but if you stay, you'll get hurt.
If you try, you'll cry
And I don't know what to do
And if hurts it hurts and you'll suffer
Or you will end up like the old ways
And if it does, it will hurt more
If it hurts more you wont, be the same and
if it stays, you'll change.

-M.T.

The Help I Want Verses the Help I Need

I want to help myself more then I help people

I need to focus on myself

I want it to end

I need the voices to go away very fast

I want to do better but not just for myself for everyone

I need to let them go....

-M.T.

I Am the Daughter My Mother Raised to Be
After Margo Tamez

With anger issues, Trauma, trouble saying on what's on my mind

I am the daughter the stands up for herself

I am the person that wont, take everything you say

I am that person for my siblings to look up to

I am the daughter that I well do anything for my family to be safe

I am beautiful, lovely, funny, smart, kind, strong

I am who I want to be.

-M.T.

:is it because I am a woman:

I am a woman that has a heart full of love and kindness

Just because I am not the same person as you,

doesn't mean I am just like you

Just because I am smart doesn't mean you can use me

I come from a bad place

Doesn't mean I am a bad person

I come from a long story

Doesn't mean I don't have time for people

Just because I am a woman

Doesn't mean you can take my happiness

-M.T.

I Want More Than People Think

I want more kindness because I feel like people don't get it
Kindness should be shared more

I need more freedom
I feel like I can't ask more than I want to

I want to share my feelings
But I don't want it coming back and getting hurt

I want people to be fair
And treat people how you want to be treated

I want more purple than anger
I want more dogs than cats

I want more snakes than people snakes
I want to be treated with more respect
Than hate

I want more roses than rain

I want more waves than this empty vibe

-M.T.

Invisible

I want to be heard

I need to be seen

I want to be loved

I need to be acknowledged

I want to be important

I need to matter

-M.C.F.

I Am the Daughter My Mom Made a Better Person

After Margo Tamez

With happiness and sadness, I'm the contentment.

I am the daughter my mom raised not to be perfect but,
to value my imperfections.

Between black and white I am the gray, the gray cloud
in the loomy sky hovering above the city, waiting to
shower the city with all my thoughts.

I am the girl that lingers in the school halls
who people shove around, ignore and stare at with judgement.

With pain and anger, I will preach the thoughts that
linger in my mind, and I will make myself known and
seen by those who pushed past me and ignored me.

I am a natural disaster of fury and rage, that takes
down walls of judgement and dishonour handed to me by
people who view me as a piece of dust under their shoe.

She is the girl who taught me that apologies can only
be accepted by those who are worthy of it, and I am the
girl who apologises to those I've wronged, not to those
who've wronged me.

M.C.F.

Just because I'm sad

Doesn't mean I can't be happy

Just because I love the ocean

Doesn't mean I'm a fish

Just because I love candy

Doesn't mean I don't like vegetables

I come from the Earth

But that doesn't mean I am not a star

A.F.

Enough of rules more of freedom
Enough of sun, more snow
Enough of sadness, more of happiness
Enough desert, more of ocean
Enough of vegetables, more of sweets
Enough of Hello Kitty, more of Kuromi
Enough Roblox, more of Fortnite
Enough of fish, more of chicken,
Enough of sun, more moon.

A.F.

If I could be anything I would be a bumblebee

Because they're fluffy

If I could be an imaginary thing, I would be a unicorn

Because they can fly

If I could be an animal, I would be a frog

Because they hop

If I could be a treat, I would be a doughnut

Because they're sweet like me

If I were a natural wonder, I would be a sun

Because they shine

A.F.

Rainpop

I am playful like a cat

I am as fun as Disneyland

I am as sweet as ice-cream

I am a river. I am wind

I flow like a butterfly

I am strong like a bear

I am bright like a lilac

I am fresh as a daisy

I am as fluffy as a panda

I want to be well loved

I sing well, just like the birds

A.F.

Give me bunnies
And I will hop with them
If I have sparkles
I will glimmer
I need to be happy
To be my self

A.F.

I write for my cat

I write so that I am

I write for the globe

I don't want anymore sickness

It reminds me of a paper

I need my sparkles

I write against the walls

To write is to share

A.F.

Just because I fear
Doesn't mean I fall

Just because I love
Doesn't mean I don't hate

I come from a descendant of war
But that doesn't mean I fight

I come from a mother
But that doesn't mean I have a father

Just because I yearn
Doesn't mean I lose

E.G.



More freedom, like the wings of a crow
More of peace like the symbol of a dove
Color, the feathers of a peacock,
More light, a thousand stars, turquoise
Grandmother, grandfather

More talk, deep, depths
More safety, like the cub of a bear

Less whispers, more love.
Enough shame, guilt, wars, trickery,
More tears.

Bring me confidence, and rain,
Honesty

What is a tree without its leaves
What is an ocean without its salt
What is a pond without its fish
What is land without grass
What is life without joy

More is enough

E.G.



E.G.

My Life of Friendly Reminders
After Rudy Francisco

Feel the warmth radiating from a friend's smile.
Appreciate how much you can trust a friend.
Return the kindness you received in a bigger form for a friend.
Tell them how much they matter to you for a friend.
Give what someone would love to have for a friend.
Comfort and start a long conversation for a friend.
Let them know you care deeply for a friend.
Be independent for a friend.
Keep a safe distance to stay healthy for a friend.
Smile and acknowledge what you need from a friend.
Even if you're miles away, let them know you're still thinking of
a friend.
No matter where, you know their memory is always with you
like it never ends.
You are the moon and the stars my friend.
In the deep nights of darkness of my mind you are my moon
illuminating,
The light on me, my starshine glimmers with you
wherever you may be. My friend is a true star
I know you are always not far
With my friend I don't have to pretend
For my friend I will always defend
I know to always depend.
If I fall, I know you'll catch me,
Attached we always may be.

A.H.

I am always on the go-go
I fear to say no, no
I always say yes, yes
But that may not always be the best, best
I fear to be free from my cage, cage
As I struggle to glide, glide
I tend to hide, hide
Scared to fly, fly
But I always see the glow, glow
Am never going slow, slow
I am always the one that needs to row, row.
Scared to say no.

A.H.

The warm beams of sunlight are just like you.
The cooling streams of water are just like you.
The chilling breath of the wind on a boiling day is just like you.
The refreshing drops of rain are just like you.
The dark mysterious forest is just like you.
The fascinating ocean is just like you.
The constant shining of the stars is just like you.
The comforting moon, always there, is just like you.
The glittering fresh snow is just like you.
Wherever you are in the world, open your ear,
To hear my voice in the wind.
You are so precious, be aware of our deep bond,
Keep the small memories of our bond,
In your dreams I hope you'll still hear my song.
I've never met one so rare,
To no one, in my eyes, you are to be compared.
You are the one who heard my remedy.
Please be sure to remember my melody
As different as we may be, I am the lock
And you are the key. I don't know how
But we fit together,
You are my sky but I am your river.

A.H.

I Hesitate My Own Light

I am soft like fragile snow
My mind never runs slow.
I rarely let them know
That is because I am always on the go
I never stop to glow.
From under other people's wings I tend to blow
I always help my friends float
Up and up they always glide
And yet I fear to take flight.
But I never show how deep is my fright.
I can be as mysterious as they night
Yet I'll always lead my own way to light.
Snowy nights make me feel right.
I always help others shine bright.
But I hesitate to let myself shine through the vast night.

All around the slippery slide,
I am always one to ride.
My actions are rarely not aligned.
I want to mention my lines but I do not have the time.
I always have to abide.
But I must not lie, I am afraid to fly.
The rules I always go by,
I fear to go up high.
I fear to snap, I love to clap
But too afraid to flap,
I'm always too tired, so I have to nap

A.H.

Hear Me Just a Bit More Now

If you're there I'd care not at all
To take a deep dive.
If you're there I'm aware I'll thrive.
If you're there I know my confidence will grow like the vines.
If you're there just know I want you to be mine.
If you're there I feel so very alive.
If you're there I feel oh so very divine.
If you're there it would not matter to me
if not everything was aligned.
Please come to me now
I know the answer to why and how.
Please just tell me you will allow.
I can't explain but let me just say I do not want to abide.
I want to follow.
I know deep down you are much more than hollow.
You were the one who heard my sorrow.
You heard the call
The deep burrow.
Please say you'll listen to me more.
Yes it is you I deeply adore
Do not forget I can also ignore.
But with you I am never to feel unseen or unheard
But please open your ear a little more,
Just listen to the wind.

In your dreams, hear my voice in your mind.
You know we are now deeply intertwined.
But please to keep our deep bind
Just show that you understand and for now just take my hand.

A.H.

I like to play Fortnite, most nights
What I think about is boring
Most nights I am usually snoring
Usually I look out when it's pouring
I enjoy busy mornings
My country is always in mourning
It is always boarding
I am never to see where my descendants were once living.

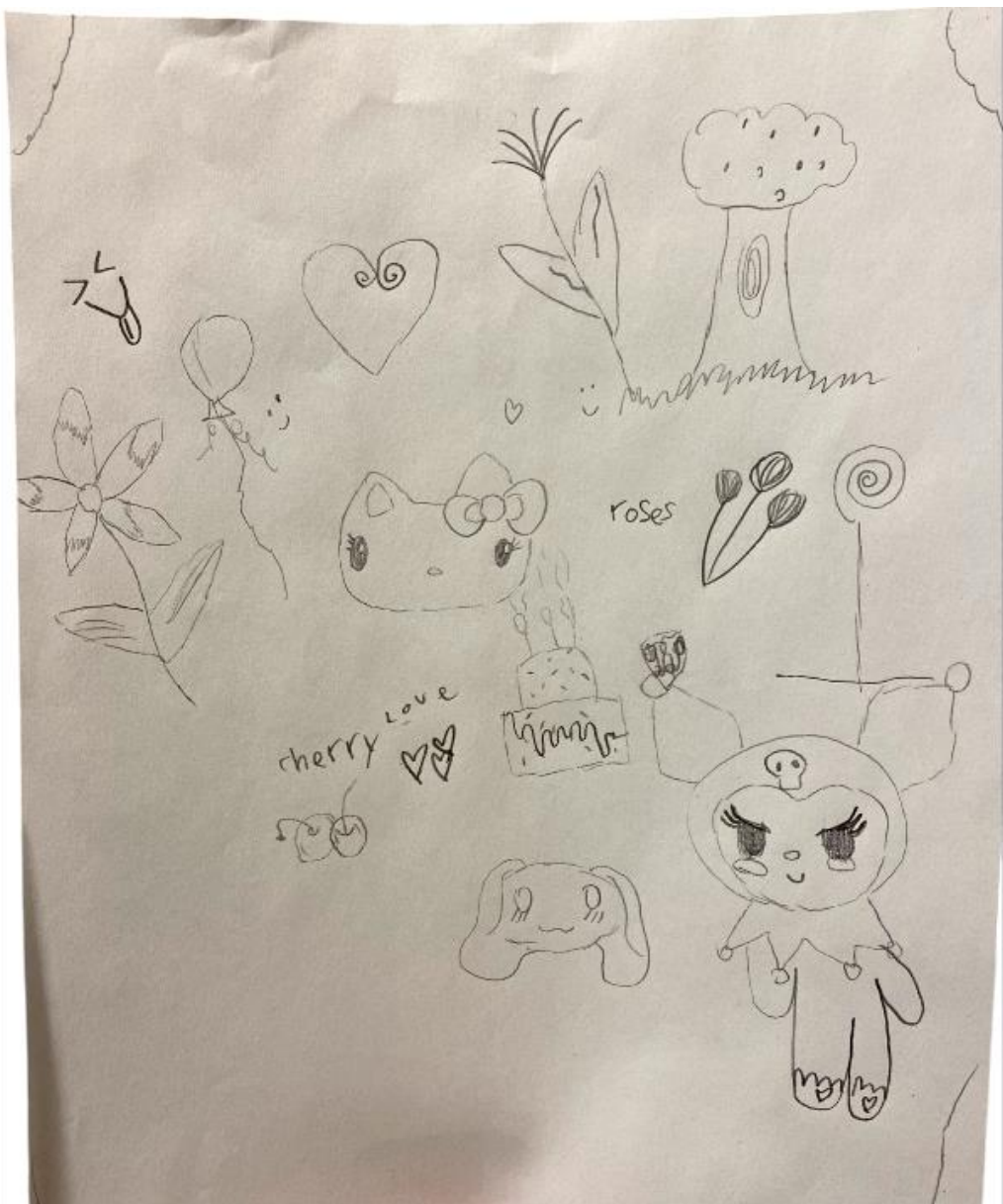
A.H.

Money
give me money
and I will save you
if I have money
I will feed you
I need money
to be the one who saved you.

A.C.

I am a bright star
with the light
of the bright sun.

A.C.



A.F.