

Performance Poems by Dr. Rebera Foston

At the Top of the Stairs

At the top of the stairs,
there were toys everywhere
Expensive dolls and stuffed bears
In a sweater

At the top of the stairs,
are fine dresses to wear
Things to touch? No one dares
You know better!

At the top of the stairs,
no one combs their hair
as they decide what to wear
on their own

At the top of the stairs,
breakfast no one prepares
The rod no one spares
is all they have known

At the top of the stairs,
the sound of thrown chairs
is heard amidst the swears
and the fighting

At the top of the stairs,
huddled in despair
are tear-soaked eyes two pair
in dim lighting

At the top of the stairs,
joy and laughter are rare
as if no one cares
it's a bad dream

At the top of the stairs,
as if they are unaware
what can't survive up there
is self-esteem

All We Have Is Now

We cannot change the past
or the word spoken last
Nor reverse any tear we've cried
not even if we tried

We cannot change a dime we didn't earn
or choices made because we didn't learn
Nor any milestones we did not reach
or times we didn't listen to what was preached

We cannot change our lives' past imprecision
or our moments of doubt and indecision
Nor the happiness we could not find
or yesterday's frame of mind

We cannot change what people will say
or the times we forgot to pray
But we must live life as full as it will allow
Because all we have is Now

We cannot predict what will make us shout
Or know what tomorrow will be all about
Nor anticipate who will really care
Or who we can trust if the weather isn't fair

We cannot predict if the sky will be blue
Or if the new job is going to come through
Nor if our friends will heed our warning
Or if indeed we will see the sun in the morning

We cannot predict which battles we will lose
Or whose feelings we will unintentionally bruise
Nor who we will have to help make it through the
night
Or who will be ready to hold up the light

All we know is God gave us today
And if we will listen He will show us the way
So we must live life as full as it will allow
Because all we have is Now

Love Filled in the Gaps

Sometimes we didn't
have much money
When we ran out of sugar
we just used honey
And sometimes the grits
were a little runny
But, Love filled in the gaps

There didn't always seem
to be enough time
The meat we ate
wasn't always prime
And sometimes we didn't
have but a dime
But, love filled in the gaps

Sometimes we had
holes in our socks
Couldn't always afford
To curl our locks
And we had the beans
without the ham hocks
But, love filled in the gaps

We always seemed to
make our parents mad
And peace of mind
they never had
But we were happy
more than sad
Because love, filled in the gaps

Come Inside

Come inside

my mind to see how I feel

Come outside

and smell the flowers that I planted

Come between

what is and what ought to be

Come around

to see why sometimes I cry

Come forth

to be counted as one who cares

Come past

the doubters who think things
cannot change

Come up

to the performance heights of the sky

Come down

to feel the green clover

Come through

the clouds of doubt and indecision

Come with

me as I journey to the limits of my
capabilities

Come towards

the bearer of truth

Come away

with a sense of fulfillment

So, When Is It Love

It is love when
 you don't need each
 other and can laugh
 easily
 with one another

It is love when
 two people can
 share anything,
 anytime anywhere

It is love when
 respect is
 a must
 and each
 one has
 the other's
 trust

It is love when
 neither one is
 diminished and
 each one has
 their own work to finish

It is love when
 there is 'enoughness" of
 the heart whether you're
 together
 or apart

It is love when
 sometimes you cannot
 breathe and if it would be
 better
 one of you would leave

It is love when you instinctively know
 what it takes to help the other grow
It is love when you care about
 the same things
 Waiting for what the next
 Conversation brings

It is love when you share a particular smile
 And each can carry the others
 Load for a while

It is love when there is no surprise
 When you see that look in the
 other person's eyes

It is love when you can listen and also hear
 The other person's
 "silent" tear

It is love when you both can see
 The butterfly inside the other
 That needs to be free