

## June's Peer Poets

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### Peer Support

By Robert James Leyden

All inmates should take heed,  
peer support can help in time of need.  
A vision for the future or a listening ear  
or encouragement to get your life in gear.  
Words of wisdom from those who have been there,  
insight always willing to share.  
They have walked a mile in your shoes  
and can offer value in don'ts and do's.  
They encourage you to take care  
and have a care of others that is quite rare.  
So, when this situation seems hard to bear  
and speak to a shrink you do not dare,  
consider peer support to be a friend,  
they help see the light at the tunnel's end,  
with things to do to help your mind,  
they offer resources that may help you unwind.  
A picture to color or a puzzle to do—  
so many ways they may help you.  
So, if you are debating and think you might  
I encourage you to send that kite.

*Robert James Leyden works as a peer counselor at Thurston County Corrections Center. His mother immigrated from Guadalajara, Jalisco, Mexico, when she was 13 and his father was an officer in the US Navy for 23 years.*

### Undone

By Carrie Matos

A step without being told,  
The future is now.  
I never know what now holds...  
I must release and let it unfold.  
I seek Your face forevermore...  
In this place, you have a door...  
To be opened at your perfect *time* -  
Which isn't real anyways.  
This door to more time with my face,  
Receive my grace,  
You cannot waste what isn't real.  
Time, the illusion above all.  
No regrets and you will not fall.  
My ordained moment for the shackles to break,  
disintegrate.  
Run! You are free!  
I know you can see!  
I know you can see!  
I am your Father, Friend, Husband, I am your  
Creator-  
I will forever love you and I will not let you go.  
You are loved without limits, without barriers,  
without rules.  
I am the weight on your chest,  
The boom behind your breast,  
The light in your eye,  
And the hum under your breath.  
I am breathing through you deeply.  
I am covering you completely.  
You are my creation, my vessel for my adoration,  
My human host of My Spirit,  
My love wrapped in flesh.

*Carrie Matos is a peer counselor at Nisqually Behavioral Health in Olympia. Carrie enjoys singing, dancing, writing songs, and sharing stories of hope and radical acceptance within all communities and backgrounds.*