

AMERICAN CINQUAINS—Cinquains (pronounced sin-kanes) is an unrhymed, five-line poetic form typically defined by the number of syllables in each line—the first line has 2 syllables, the second has four syllables, the third has six syllables, the fourth has eight syllables and the fifth has two syllables. In the poetry group to which I belong, we have enjoyed sharing cinquains, and recently during these stay-at-home days, I have written cinquains just for my own enjoyment and hopefully yours, too. Here are some of them:

ESTHER

Oh, where are you?
In my heart? In your hearts?
Yes, in our hearts, strength and courage
abound.

I CHOOSE

an attitude
of abundance. Stand tall;
walk straight; dance jigs; laugh and sing songs!
Rejoice!

STILLNESS

I love God's Heart,
our heart---in readiness,
watching, waiting, trusting...at one...
at peace.

BODIES

battered, broken,
SPIRITS, crushed and grieving,
violence –unprecedented.
Take Note!

I AM

my ancestry
from beginning of time.
Yet, I am not you. I am me.
Yes, God!