



Comunilife's mission is to improve the quality of life and create a healthier tomorrow for New Yorkers with special needs in the Hispanic and broader communities – by providing culturally competent health and human services and a continuum of affordable and supportive housing.

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10 Years of Life is Precious™ Poetry



**Celebrating 10 Years
Life is Precious™**

When I look at someone's eyes
I don't see what color they are
I see what they go through in their everyday life.
Most times I see pain and suffering
And sometimes I see happiness and joy.
When I look deeper into someone's eyes
I could tell if they're stressed because of bills
Or if they are crackheads, weedheads or gangbangers.
Sometimes I ask "Are you ok?"
And some people will say ok when
they know that I know they're lying.
I never realized I could tell sooo
much by looking at someone's eyes
Until I looked into the mirror and
realized the pain in my OWN eyes.

By K.G.

I Come to Life is Precious.....

I come to L.I.P. because I love to do something different in my life.

I come to L.I.P. because my life changes every time I step into the room.

I come to L.I.P. because I like to be with people my age with similar issues and experiences. No one here is judged.

I come to L.I.P. because I have problems in school and to do arts and crafts.

I come to L.I.P. because the people here change my life for better and worse. I love them. And nothing changes how I feel. And overtime I will realize that I'm not the only one with my problems that the people around me deal with them too.

I come to L.I.P. because it's fun and creative.

By: LIP Group

Shut Up

No shut up no you shut up I don't care any more I'm leaving. In the streets at night. All alone. The next day at home and there's a program ahead of me. I'm there all shy and I see new persons, girls like me. Women that look like they care that they want to help you. I'm there the next day and I'm getting to meet new people. Girls get together and talk about conflicts. You notice that you're not the only one with the same problem. You always think you're the only one with the same conflict. It's not true when you sit down and talk and listen to other girls in the same program you feel safe, brave and you want to talk. I'm here for 9 months and there is no more shutting up and leaving the house, nondisrespecting, LIP helps a lot. Advices, advices stuck in head. It's not that hard to behave. Karen the one I love the most, she's asking me questions that I don't want to answer but they help me get everything out. The questions she asks me make me think am I doing good.

By: CL

Only words can describe....

In this world we live in war with the good and bad. There are more than billions & billions of lost souls that are just walking alone. Many don't have a guardian angel behind them, some people are in pain they lie to protect themselves everyday. We don't realize what we see in them by what they are & what they do. Some of us are struggling everyday to be alive. Many people don't have a lot of protection, love, security, or even a place for it to be called HOME! It's horrible for someone to be humiliated, unwanted, in misery, not a way out for someone to see light, every day of our lives we have to appreciate what we have because a lot of us don't have what we could possibly have. We have to live it, breathe every piece of air, and most of all cherish it, because life is not a regret it is a gift sent to you. Life itself is a rollercoaster but either way it is a beautiful gift that was sent from above. Every tear makes anyone stronger.

BYDM

New Friend

Today I made a New Friend
Who didn't judge me and didn't pretend
Like she felt my pain cause indeed she did
Her truth I hope will never rid

My new friend she's an amazing girl
Who literally truly rocked my world
Who listens and understands
Who looked at me while holding my hands

She told me her story I told her mine
In my heart I knew she hadn't lied
Her faults she told me
Were mines just the same she's basically me
This is truly insane.....

Today again I say my New Friend
And when I went to bring her nearer
In shock I had realized my new best friend was nothing but
a mirror

By: JM

Society's Child

Falling from the sky cold to the touch

The symbol for natural purity

Controversial yet beautiful

So

Breath taking

But like many things in this world

Once you hit the ground

Once we touch you

You become polluted

And boy have we touched you

Filthy

A nuisance

From something so beautiful and pure

These are the words we describe you with

However we forget

We made you that way

So after time and time again of us trying to get rid of you

You melt away finally

And come back so beautiful and pure next year

But again we make you tarnished grubby

You're insane

Fixing yourself again and again for our acceptance

Knowing we will destroy you

By: J

WHEN LIFE BRINGS YOU DOWN BUTTTTT YOU HAVE TO STAY STRONG

Love can be above

People can be nice just like ice

When your cool you jump into a pool

We're at the sky and wonder why

Our hearts are like arts

When we're styling, we're smiling

When it gets dark the light will shine bright

At night we shine like stars

The lights of cars are like shooting stars

Our flowers are like powers

When we're small we're like bees and when we're tall we're like trees

When it's sunny out to play, the bunny's come out

When we travel, we unravel

We live to forgive but we don't forget

Still Here

You may have done what you did

But still like dust I'll rise

Did you want to see me broken

My shoulders dropped like the

Tears in my eyes

You may

Have shot me with your words

You may try to kill me with your

Hatefulness

But I'm still here and I'll rise way above your eyes

By: DD

RAINY DAYS

**The sky is gray,
I'm sad today,
I'm afraid, the rain won't fade away.**

**I'm not in this,
For me to stay,
You must not go away.
Until this day
I will remember this phrase.
Not to be sad on a rainy day.**

By: LIP Group Poem

7:00 am I wake up
8:13 am I'm all dressed and ready to go
8:16 I step out of my house
My bus arrives at 8:23
I hop out of the bus at 8:37
I run to the train at 8:41
I'm late
I miss my train that came at 8:43
I wait 4 minutes and 22 seconds
I board the train at 8:48
And our eyes meet at 8:49
My heart races 2.48 seconds after
We smile
You make your way over at 8:51
We both say hello at the same time
Our smiles linger for 3.16 seconds
You ask what my name is
I replied 1.42 seconds later
We talked for 23 minutes and 52 seconds
At 9:15 I got off the train and bid you farewell
I spent 6 hours 2 minutes and 17 seconds thinking about you
At 3:17 you texted me
And we've talked everyday for 3 years 8 months 24 days 2 hours and 9 seconds
Then you proposed
And now 3 years 11 months 17 days 18 hours and 32 seconds later
we're married
And every second after our eyes met
on the train that day when I was late for work
I've loved you

By: J

Friends

Hey I am back with another interesting poem about friends forgetting about you or acting weird when other people are around. Leaving friends is like leaving the store. Leaving the store is like leaving someone you love, Leaving the love of your life is like your heart is getting thrown in the garbage. Getting your heart thrown in the garbage is like everybody saying mean things to you, leaving your friend for someone that is not important is telling you oh she does not care about me so why do I have to care about her. we care for her because if no one cares for her then how will she survive.

By: J

Why LIP is the Place for Me

Sometimes I feel lost and confused
And don't ever know which path to go
I hate feeling this way
The feeling that day by day I'm losing
My soul.
But one day I came across this place
That helps every individual with their problem
Where there is love and no judgement
And – especially where we solve our problems.
No more feelings like dying or not caring
Because I know LIP is there for me
And that when all my problems are solved
I'll be the Mia I've always strived to be.
Music is my life
And never will I turn away from my dreams
Because this place makes me realize
That music school is most important and nothing in between.
I most definitely enjoy art
Creating something out of nothing
And how everyone appreciates it
Is something I find exciting.

Whenever I step in this environment
I feel like myself and very safe
Never felt this strong feeling
LIP has taught me to be brave.

I feel this is the place to be
Because I never felt so much happiness
I love my friends also known as my family
And LIP is the place for me

By: MLV

For: Tinkerbell From Tweety

Sometimes when I'm angry,
I wish I was not here,
I just wish I could chase away,
All of my losses and fears.

Sometimes I just want to die,
Or wish I was never born,
Because of the pain,
The tears, lies, and scorn.

Sometimes when I'm happy,
Which is pretty rare these days,
My happiness chases the shadows,
But to some delay.

For some unknown reason,
It takes a while to smile,
Maybe it's the deaths,
The agony and denial.

But sometimes when I forget,
Which is hardly ever,
The pain is chased away,
By friends who will stay forever.

Yellow Aesthetics

A gentle heat lingers on my skin
You rise in the East set in the West
My source for Vitamin D
You embrace me
My hair becomes one with the wind
In my 1950's Buick
Not a car in sight
It's just me and my sun
Flaxen lines separate the road
Feeling my life has just begun
Drove until I found myself
In a meadow of sunflowers
Above me they towered
Then
I ran
I ran until I couldn't breathe
I ran until I couldn't see my lemon Buick
I ran until the sun was setting
I ran until my feet gave up
And collapsed in the middle of meadow
My Golden dress hitting the ground first
All tension gone
Completely relaxed
While A gentle heat lingers on my skin

By: J

PERfect

HER EYES SHINE IN THE DARK . SHE would HELP ME THROUGH
ROUGH TIMES, SHE WILL MAKE ME LAUGH WHEN I AM SAD

SHE WOULD HOLD MY HAND AND SAY "**EVERYTHING WILL BE
FINE**"

So many memories with her...Here I am alone
remembering the times I called you "**CHICKEN NUGGET**"; **THE TIME
WE HOLD HANDS; WE WILL GO TO THE PARK; ME SWINGING YOU WHILE YOU
WENT UP AND DOWN ON THE SWING.**

THE TIMES I CARRIED YOU BECAUSE YOU WERE TOO SHORT...
**THE TIME WE WROTE OUR NAMES IN OUR FLOWER TREE SO PEOPLE COULD
KNOW THAT EVERY TIME THE TREE GROWS**
OUR RELATIONSHIP GROWS EVEN MORE.....

By: EC

My Value

My value does not derive from the clothes that I wear or the shoes on my feet. It isn't determined by the karats on my neck or any other physical properties. Nor is it the currency that defines me. For my worth lies on far more meaningful qualities. There's much more beyond what our eyes see. And earnestly, we search in hopes to find something worthwhile the captivity, but somewhere along the line we're endured with false entities causing us to go blind and lack perspicacity. It is indeed a sad reality. The truth resides in the way that I speak and my mentality. So let your mind venture the dimensions of my personality, 'cause only then can you judge me accurately.

By: NG

Life is Precious

Life is precious because.....

It's full of surprises; just like a box of chocolates,
You never know what flavor you're going to get
You're always learning new things and meeting
new people

Someone is always loving you whether you realize
it or not

Every day is another adventure

Life is amazing and you should treat every day like
it's your last because you're never going to get it
back.

By: E.M.

Red Roses

2 kids in love, so cute to die
One day it won't last.
One day the girl was tired and was done.
She wanted to tell him
but the boy gave her a rose with thorns
and the girl said
"Why ?"
He said sorry we're over.
The red rose got burned.
That is how her heart felt
inside.

By: M

LOVED, LOVED, THAT'S HOW I FEEL
BECAUSE he calls me sweet things like pretty, cool, lovey.
IT'S NICE when we go out with his FRIENDS...
They all lit
We go out
BLESS each other
We're all SMILES
We all HUG each other
Take PICTURES that stay with us forever
He makes me feel special
And we spend all day together
We love each other

Life Is Not Easy

YOU CANNOT WAIT FOR NOBODY, at the same time EXPECT NOTHING FROM NOBODY, because you can waste your time.

You can have hopes but things in your mind pass...

Nobody is equal, life is not easy but you have to try, and you must fight.

I know that some people are going to ask "fight against what?"

Fight everything and everyone that makes you feel small or insignificant!

Even sometimes, the words do not mean anything about the situation that you have in your life.

The person should find something in what they believe in because even life is not easy.

We should live our life even if it comes for the worst or good.

IT IS YOUR LIFE!

Enjoy every minute, every second because everything you live is an experience.

YOU HAVE TO SEE IT WITH YOUR OWN EYES.

By: RG

The Girl with Her Head Down Low...

The small young girl with her head down low.

Stood upon the kids who never took note.

She always sat with her head down low.

Never looked up at the sky.

Never took a peak on what laid beside.

Until one day a bright light shined in the corner of her eye. The boy with
his head up high.

Looking straight at the girl whose head was down all the time.

Both with their head up high.

Feeling love in the sky.

On a stormy night the boy with his head up high found a girl with a
brighter light but her intentions were not so bright.

Once again the girl with her head down low stood upon the kids who
never took note

By: A

You Played With My Emotions

You played with my emotions

Felt like I was under a potion

Because of the commotion

Running through my heart.

I was a flirt

But really I am the worst

For what I was doing to myself,

Making a boy top priority when it should have been my least

Thinking I was falling in love

When really I didn't even know what self-worth was.

Xx A

Crystal Ocean

Once there was girl...

Sitting next to the tree..

Star glazing at the stars...

Hair blowing in the wind...

The mother is under the tree..

Her Lapis Lazuli ocean eyes..

Sleeping....

Shining on the spring, summerly night.

Waiting for her mother to come back

From be on the stars...

Her bright crystal ocean tears...

Glowing in the moon...

Waiting, waiting, and.. Waiting.....

Her eyes glowing like the crystal ocean, waving..

Every second.....

The crystal ocean waving and flashing onto the girl

But...

She knew...

SHE KNEW...

that...

Sleeping....

The Open Door

Walking along
My familiar path
Being the same ol' me

When something different
Comes along
Ah! What's this I see
T'is a gate, a door, a passageway
But it wasn't there yesterday

It's mysterious there, what might it hold?
Warm & Sunny? Or Dank & Cold?
Treasures & riches or Cobwebs and witches
Do I dare, Do I dare, Do I dare go in there?

I tiptoe to the door ajar
Hair stands on the back of my neck
Panting, sweating, trembling, and scared
I'm feeling quite the wreck

Quiet! Quiet! Don't make a sound
Could be some ghastly Lost & Found
Where monsters and ghouls live unaware
Or the lair of a hungry Grizzly bear

I summon my courage, I take a breath
I hope entering doesn't spell my death
One little creeeeaaaaak, then another one too
The door's yanked open and what do I see?
I'm greeted by the me I always wanted to be.

By: L

By: ELR

Why

Why'd you have to go?

I guess it was time, you're meant to be

God chose you, he set you free

Free from that grief, free from that hurt that you
felt everyday

No more drugs, no more pain

No more fighting the battles that come your way

But now I'm left with this hurt

This hurt of your passing

This hurt that makes my body crumble every time I
hear your name

You made me whole, and now I'm broken

Thank you God for making him your chosen

Now I have to overcome this pain and be a hero

Now I have to protect the people without the people
protecting me.

I have to do your job and make everybody happy

That darkness you felt everyday of not feeling
loved,

That darkness that you felt everyday wanting to end
your life but you couldn't

That darkness you felt everyday wanting everything
to just be over

God took you away from the darkness and brought you
into the light.

No more pain and suffering.

No more drugs, no more worrying about who loves you
and who doesn't

He took you in for shelter and made you right

You fought too long and you fought too hard,

Come to think of it, the harder you fought the worse
you became

You overcame the obstacles of the way you lived

You went through hell and back

You was locked behind a bar and did your deed

You became free but that also meant that you left
me...

Do you miss me ?

Are you still hurting?

Is the man you never liked hurting you?

Are you angry?

Is he possessed?

Can you...

Can you come back?

By: M