EXPRESSING ANXIETY THROUGH POETRY

April 12 at 7 p.m.

Kelsey May

Join us as Kelsey May, Editor in Chief of SkipFiction and graduate of GVSU Writing Department, helps us learn how we can use writing to reduce our anxiety.

This workshop will offer anyone (no writing experience necessary) the ability to learn skills needed to confidently write poetry. May will also discuss the therapeutic benefits of writing and help you to start a few lines of your own, as well as prompts for future poems.

"Writing poetry is often an enlightening process, whether you choose to write about your past, your fears and dreams, your children, or a cause you feel strongly about," May said.

KITE CATCHER

Clouds hang like asterisks over the tops of buildings
Here we sit, inside on this glorious day Working
on some project or other, humanity divided
along fault lines overpasses steeped in graffiti
whispering secretes like "You only live once"
"Make this day count – you can only dream about
tomorrow if you're not using today"

A kite soars ragged, a shark in the sky, teething
on cumulus clouds, playing tag with pigeons
The way I heard it some guy was responsible
for the kite, maneuvering it more delicately than a sailboat
at high tide worshipping the way light catches
on the corners of skyscrapers, visible only from
his exact place on the sidewalk below

written by Kelsey May
inspired by Sylvia Plath's "The Rabbit Catcher"

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