

Poetry by Katie Rodriguez Banister

The Shade

Life needs light to see so clear.
Deprivation instills fear.
You can't keep someone in the shade, they'll wither, choke and die.
How can they grow? How will they know what it's like to try?
Protection by prejudice is not the way to teach.
Try understanding and compassion and extend beyond your reach.
Cultivate your being. Don't put yourself above.
Shed beams of light. Flee from fright. Because everyone needs love.

Sitting and Singing

I sit and try not to cry at every little thing.
But time goes by and there am I consoled when I start to sing.

Lift me from my chair, taking me where
I can run again.
Have fun again.
Be just one again.

Let the chips fall where they may.
I know I'll be OK.
Yet, I can't forget what I am now
what I used to be
standing tall like a tree
when all I needed was me.

I sit and try not to cry at every little thing.
But time goes by and here am I consoled when I begin to sing.

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Katie R. Banister is a dynamic and entertaining woman on wheels

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Forget Me Not

**Anger turned inward is depression.
I hope I don't give you that impression.
But don't you see what's eating me?
It's you who do forgetting me.**

Change

**I think about things.
I dream. I scheme.
What to do.
Wouldn't you?**

**To be the best is my goal.
Pay the price. Pay the toll.
When things were tough
I was the type
to turn and walk away.
No time for others
on my path
who were getting in my way.**

**Now I've learned to make a stance.
Take a chance and grow.
I'm still the same, yet different.
How much you'll never know.**

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