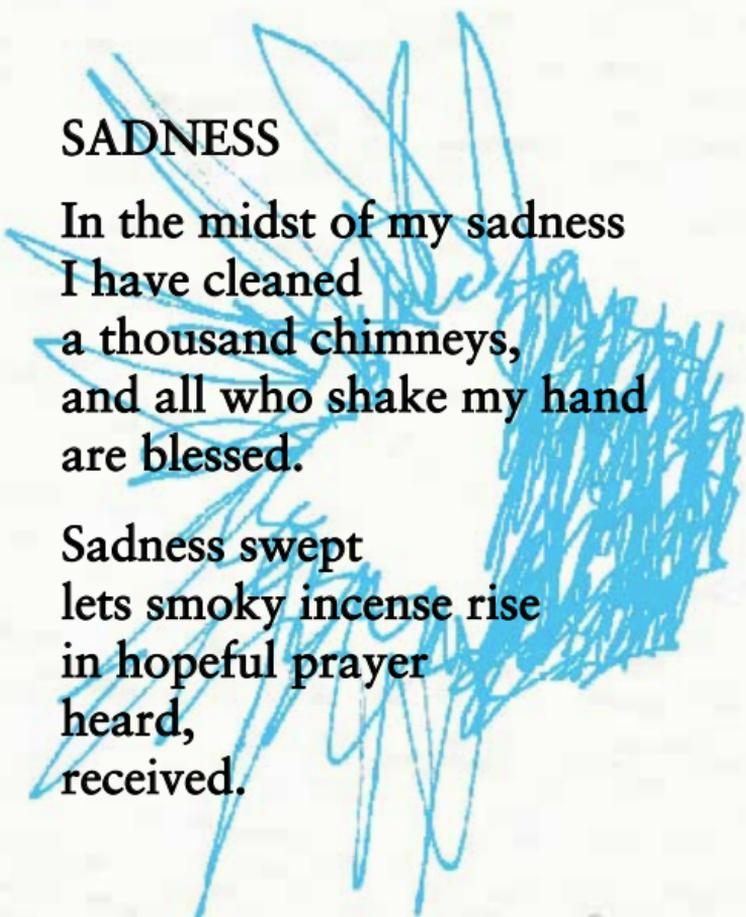


*A  
Fortnight  
of  
Feelings*

A CREATIVE WAY  
OF  
EXPLORING FEELINGS

by  
Ron DelBene



## SADNESS

In the midst of my sadness  
I have cleaned  
a thousand chimneys,  
and all who shake my hand  
are blessed.

Sadness swept  
lets smoky incense rise  
in hopeful prayer  
heard,  
received.

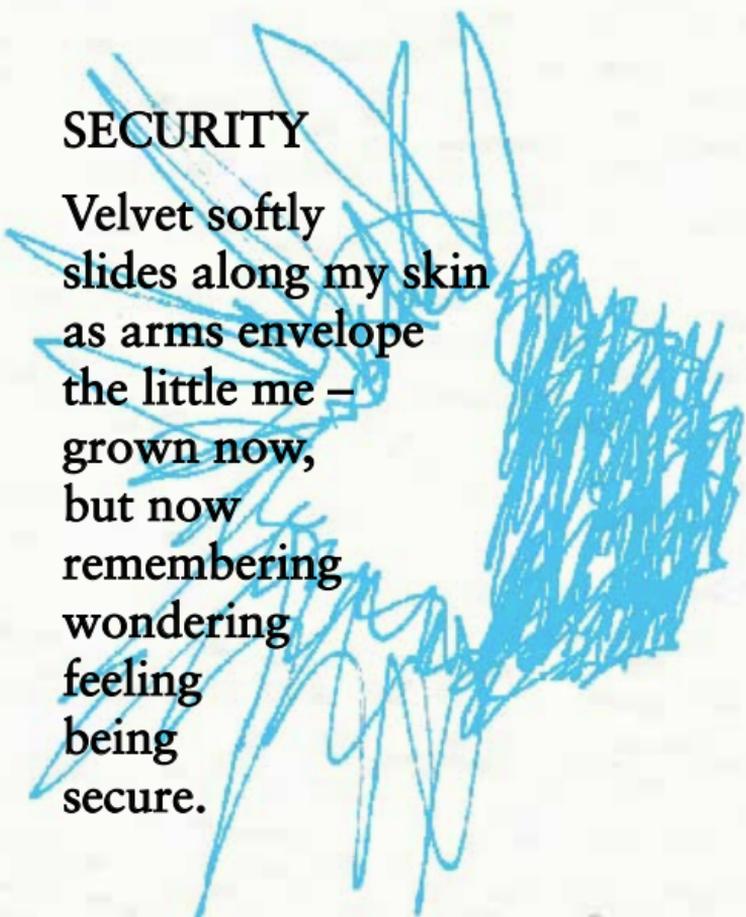
*in the midst of my sadness*

## TYPING IN THE DARK

Typing in the dark  
in the middle of the night  
is a lesson in trust.

It is important  
to have my fingers  
on the D & K keys,  
otherwise  
all is off just a hair,  
but  
that “just a little bit off”  
can make life  
incomprehensible.

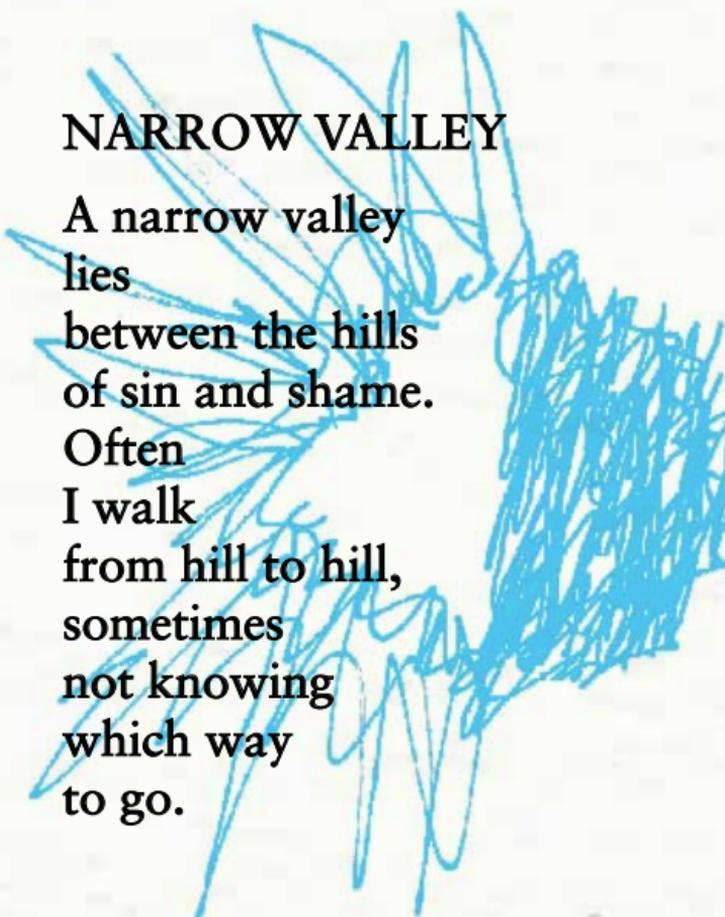
*all is off just a hair*



## SECURITY

Velvet softly  
slides along my skin  
as arms envelope  
the little me –  
grown now,  
but now  
remembering  
wondering  
feeling  
being  
secure.

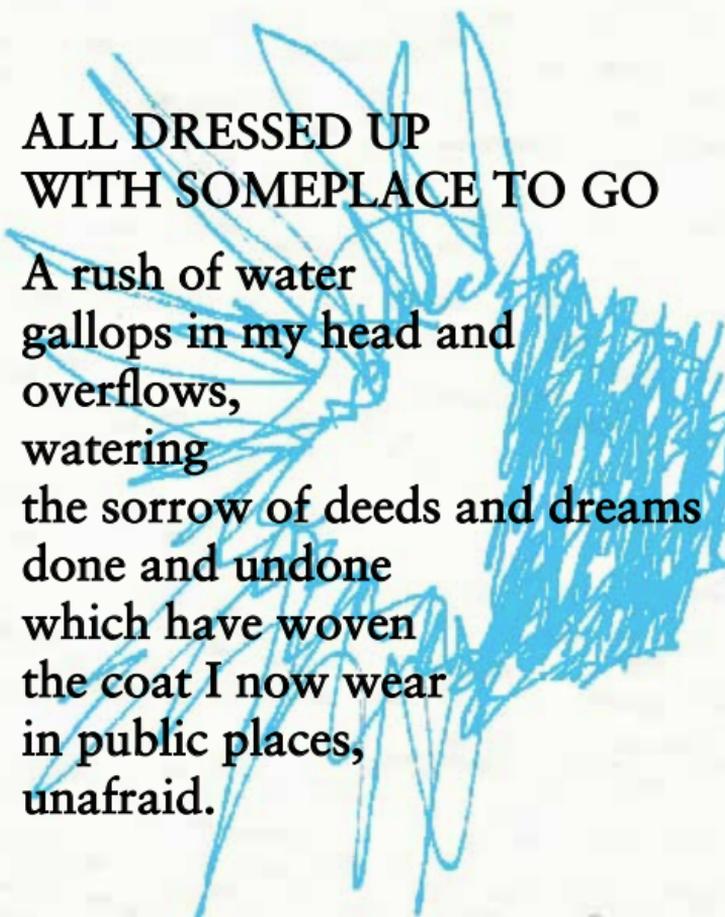
*remembering, wondering*



## NARROW VALLEY

A narrow valley  
lies  
between the hills  
of sin and shame.  
Often  
I walk  
from hill to hill,  
sometimes  
not knowing  
which way  
to go.

*not knowing which way*



**ALL DRESSED UP  
WITH SOMEPLACE TO GO**

A rush of water  
gallops in my head and  
overflows,  
watering  
the sorrow of deeds and dreams  
done and undone  
which have woven  
the coat I now wear  
in public places,  
unafraid.

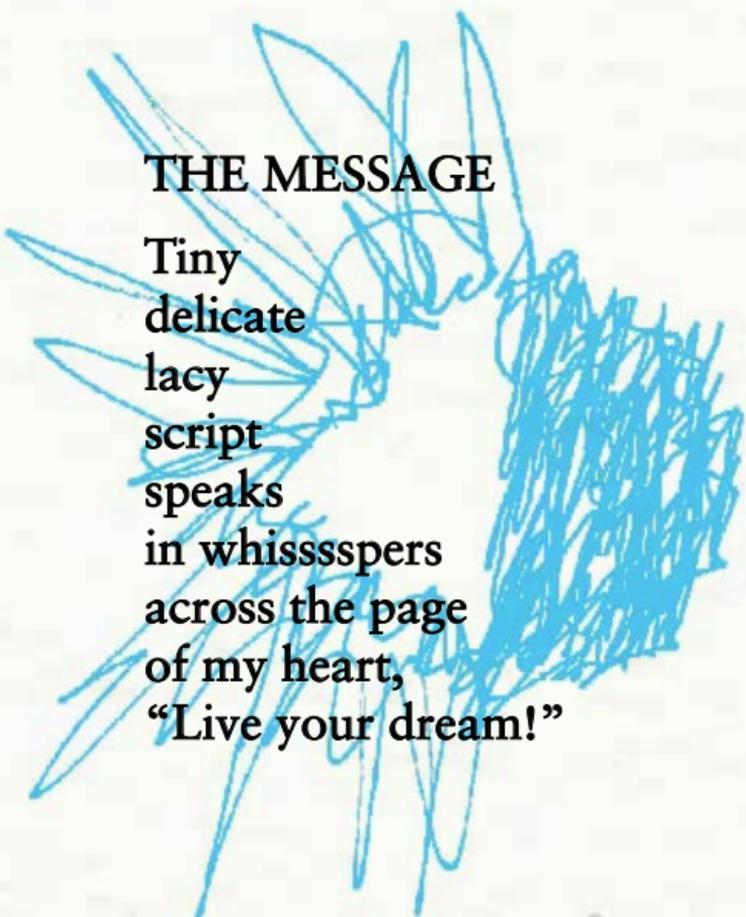
*sorrow of deeds and dreams*

## MY VOICE

Strained words  
imprison my anger  
as if  
only I knew my cell—  
small  
cramped  
nonprivate  
locked.

The only key  
I have  
is a strong  
unchained voice—  
if only  
I can remember  
when and where  
I left my key.

*a strong unchained voice*



## THE MESSAGE

Tiny  
delicate  
lacy  
script  
speaks  
in whissspers  
across the page  
of my heart,  
“Live your dream!”

*whissspers across the page*

## SPRING

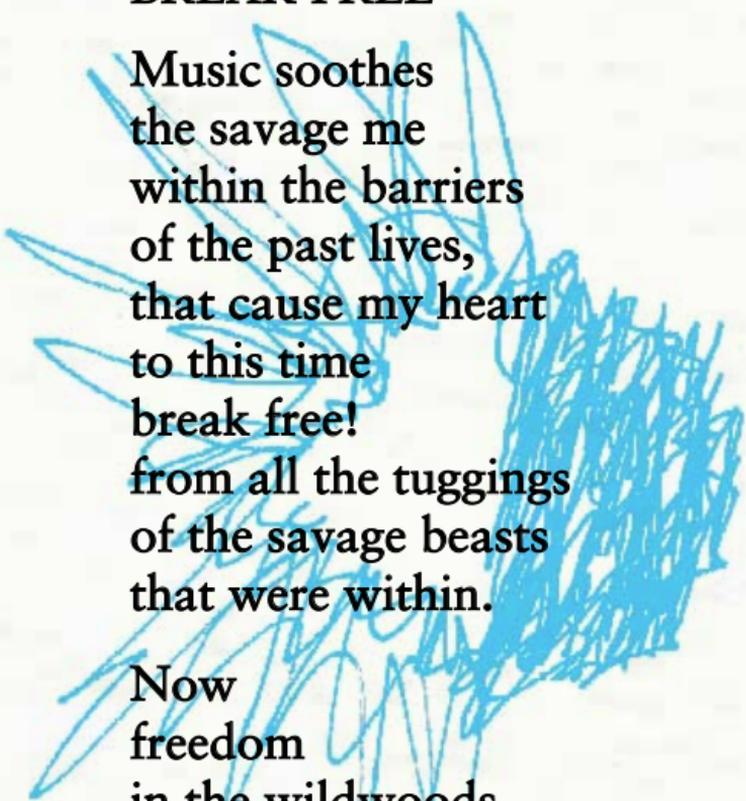
My inner garden  
pruned and weeded,  
loosed and mulched,  
awaits  
the water's moist breath.

Excitement mounts!

Eagerly  
I watch  
for the lime-tipped  
signs of those  
perennial thoughts  
and feelings  
which rise up  
to surprise me  
again this year.

*feelings which rise up*

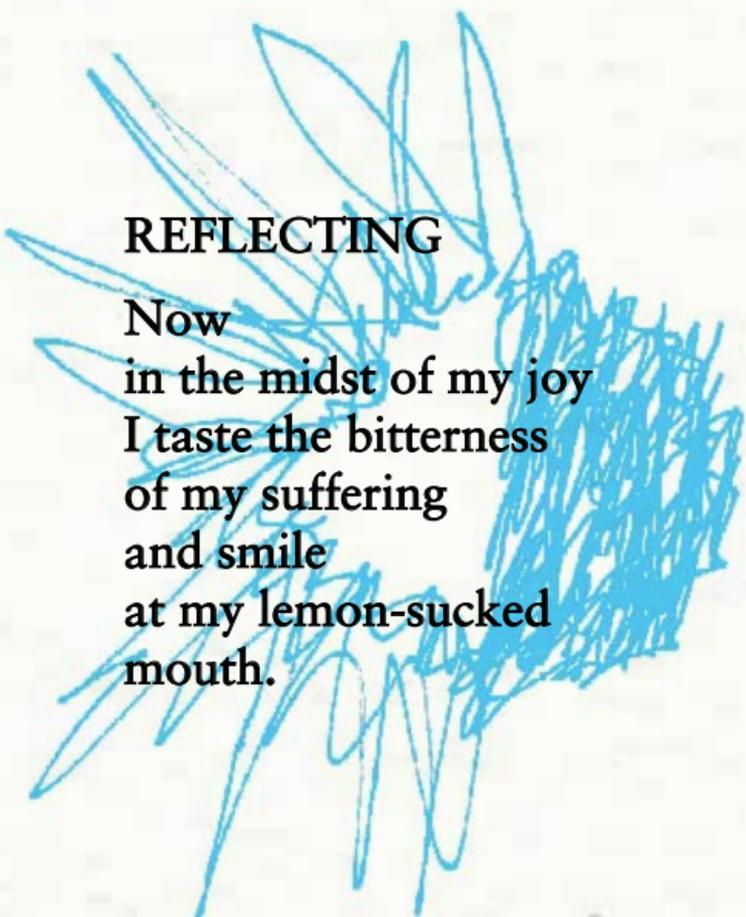
## BREAK FREE



Music soothes  
the savage me  
within the barriers  
of the past lives,  
that cause my heart  
to this time  
break free!  
from all the tuggings  
of the savage beasts  
that were within.

Now  
freedom  
in the wildwoods  
births the familiar  
and dispels the fear.

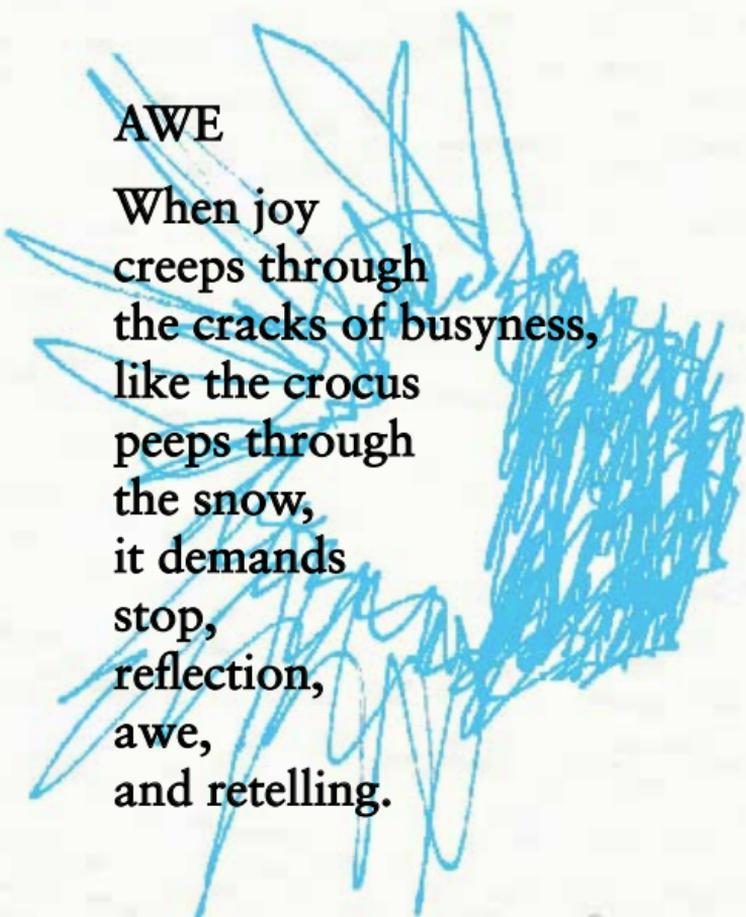
*freedom dispels the fear*



**REFLECTING**

**Now  
in the midst of my joy  
I taste the bitterness  
of my suffering  
and smile  
at my lemon-sucked  
mouth.**

*in the midst of my joy*



**AWE**

**When joy  
creeps through  
the cracks of busyness,  
like the crocus  
peeps through  
the snow,  
it demands  
stop,  
reflection,  
awe,  
and retelling.**

*joy creeps through the cracks*

## **PUSHING**

**It takes so little  
to push a barge  
upriver  
or down.**

**How do I learn  
to push  
not pull  
my life-barge?**

**It takes so little  
soul,  
spirit,  
joy,  
laughter!**

*soul. spirit. joy. laughter*

## FULL

Crying (longing) is for the  
youth of my ancestry to reveal  
the reason and soul of  
the journey to  
mysterious places and times.

The longing of the  
universe can enter me and  
become a map line for others  
who feel  
the fullness of the darkness of  
the yearning for the affirmation  
in which my life becomes  
full and  
meaningfull and  
faithfull and  
joyfull  
and awefull.

*my life becomes full and*

## WHAT A LARK!

The songbird sings  
and surprised me  
with my laughter  
that recalls  
my own songs  
so long forgotten  
from so many tears ago.

Peace descends and rises  
in my heart and mind  
like the waves  
of the song's sound  
and  
resonating again,  
we duet  
and celebrate  
the cycles  
of our own soundings.

*peace descends and rises*



Ron DelBene is a poet, artist, author of books and videos and an Episcopal priest. He has been doing spiritual direction and leading programs in the area of spirituality and pastoral care across the country since 1963. He holds a Master's degree in Theology and a Doctor of Ministry degree in Spirituality and Organizational Systems. With his wife, Dr. Eleanor McKenzie DelBene, he directs The Hermitage, a non-profit corporation devoted to providing spiritual growth and direction. He was an assistant professor of theology, director of a campus ministry center, and the national consultant in religion for a CBS education division. Since 1980, Ron's leadership in organizational systems has been primarily in churches, empowering them in understanding their mission, goals and structure for effective and creative ministry. Ron and Eleanor have two grown children, Paul and Anne. Paul and his spouse, Gayle, have a daughter, Matsue, and a son, Luca.

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