



Seasons & Elements

By:
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This book is dedicated to my husband, John.
I thank God everyday for bringing us together.
Without you in my life, I would not be the woman I am today.
I love you.

I would first and foremost like to thank God - my Savior, my Father and my Lord. I cannot do anything without You (I know because I've tried and it's never worked). I love You so much!

To my husband - John, if it wasn't for you I'd have no support team. You are my best friend, my confidant and my partner. Thanks for being a wonderful dad, husband, and for simply standing by my side through thick and thin. I love you.

To my Mother, Sister, Brother & my "Gran-Gran" - You guys are the only family I had growing up, and I wouldn't trade you for anything in this world or the next. I will forever honor you for helping to make me who I am today. I love you guys more than you know!

To Quincy - you are incredible! Without you this book wouldn't be possible...literally! Don't ever let anyone tell you that you're not a good friend or a good person. You're the best!

Last but not least, to my family at Faith LIFE Church - Paula (Mom), Larry (Dad), and everyone else, I love you guys so much! When I lost my way God brought you to me. You have opened your arms and welcomed me and my family right into your hearts. I am forever grateful! I only hope one day to show you a portion of the love you've given to us already.

To anyone I have missed - it's not on purpose! I thank you all for the support and love that you've shown over the years.

Until next time . . .

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Introduction: My Testimony

In 2007, I learned that I had a call to the ministry of God. While I was indeed elated, somehow personal pride and haughtiness entered into the picture. At this point my husband and I had been married for seven years. With my newfound “religious superiority”, I lashed out at him, causing us to bitterly divorce. I went through periods where I’d still love him, then I would tolerate him, then I’d outright hate him.

What I failed to realize during this time is that I was facing some personal struggles that had nothing to do with him. I misplaced these feelings and emotions and thrust them towards him. This is the first mistake we make when we are in a relationship.

When we divorced, I began to date a series of men who I know I had absolutely no business with. Oddly enough, these men were from my past, which should have been the first clue to not go that route. But I didn’t listen to my own cautions. I used these men to hurt my ex-husband intentionally and ultimately caused severe damage.

At one point, I actually thought I was in love with one particular guy. While I know better now, the feelings I thought I had then were all too real. I ended up breaking it off with him for various reasons and embarked on a journey to find myself again.

During this journey of finding myself, I became friends with my ex-husband. I know that sounds strange, especially because we had dated in high school. But we were never really friends, and that is extremely important in any relationship, especially a marriage. Our friendship led to us falling in love all over again. We remarried not even six months after we divorced.

Throughout our second “courtship”, things were still a little bit rocky. There was damage control that needed to be done along with a lot of forgiveness and reconciliation. But with the help of God we made it through it.

I am writing this book to not only share my personal journey through love (and everything in between), but also to let others know that they are not alone. Everyone faces different challenges in relationships, but not many people are willing to openly speak about them. I pray that the poems and experiences in this book bring comfort, clarity and healing to someone out there that needs it. May God bless you on your journey...

Season: Spring
Element: Water

*In the midst of spring
I find romance and beauty
My heart is unsure*

Isn't new love exciting? All of those warm fuzzy feelings are wonderful! But wait- who said anything about mixed feelings? Everything starts to feel like a rollercoaster and you start to get unsure about things. One minute you're the happiest person alive. The next minute you're trying to figure who pulled the rug from underneath you.

This is why phase one of love relates so much to water and spring. Water constantly moves whether you see it moving or not. Water can sometimes trickle and water can sometimes be at full force! Weather in the springtime is often peaceful and the rain provides nourishment, but spring also brings forth thunderstorms!

“Open Up My Heart”

I was dating this guy I had known for about 15 years. When my husband and I were divorced, I took a trip back to my hometown and happened to bump into him one day. I told him about my life and what was going on with me at the time. He confessed that he never stopped thinking about me through all those years. I should have known right there that was just a bit too convenient.

So reveling in my newly found freedom, I started a relationship with him. A part of me felt excitement because I was in a new relationship. Another part of me was excited because I had secretly wondered what it would have been like if we had dated a little bit longer. However, the most important part of me I ignored - my conscious. That little voice inside my head was telling me to run quickly in the opposite direction! But of course, that would be the easy route. Love, as it's commonly referred to, is not always found on the easy route.

One night at about 2AM, I receive a phone call from his cell phone. It was another woman. She was intoxicated to say the least and was asking questions about my relationship. My first reaction was who is she to be asking me questions about him. My second reaction was why is she calling from his cell phone? At that moment things became a lot clearer. I realized this was not worth digging any deeper into. Our relationship immediately dwindled until it finally fizzed out altogether less than a month later.

When you think about your own “phase one” of a particular relationship, think about how you felt within the first month your relationship began. Were you excited? Were you confused? Were you just a bit naïve? New love (or infatuation) is never described as only one feeling. Whatever you go through at the beginning of a new relationship is worth taking notes about for future reference. Always remember, what starts out as “love” doesn't always end up the same thing.

Love Is

Love is...

- ...intimate snuggles on the couch.
- ...subtle hand gestures for no reason.
- ...3 AM laughter on the telephone.
- ...banter that reminds you you're not alone.
- ...inspiration to help you make it through the day.
- ...warm notes passed back and forth.
- ...careless whispers in the night.
- ...meeting each other's parents when you're nervous.
- ...trying something new even if you don't like it.
- ...making sacrifices just because they're worth it.
- ...arguments and disagreements that are always made up.
- ...taking the time to please the other.
- ...sharing feelings, dreams, and emotions.
- ...being afraid to mess up.
- ...being reassured that it's ok when you do mess up.
- ...lots of things that no one prepares you for.

Coffeehouse

standing in line at the coffeehouse
I nervously look your way
I feel like I've seen you
somewhere before

I think to myself
oh my god he is beautiful
but not wanting to be flirtatious
I say nothing at all

you flash me this smile
filled with beautiful teeth
and simply say "hi" to me

as I laugh on the inside
like a schoolgirl in love
I catch my breath and say "hi"
back to you

we immediately click
it's like our souls connect
so we decide to sit down
and grab a table

we talk for what seems
like hours on end
but wait...it has been

wanting to pinch myself
because this can't be real
I see you grab a pen and paper

you give me two numbers
you say you don't want
to miss me when I call...
not if I call

I hail a cab and you
hold open my door
and bid me adieu

as I find myself daydreaming
throughout my day at work
I'm glad that I tried coffee

for the first time this morning

Warmth

Baby it's cold outside
I need your love to wrap me in its arms
Because when the temperature drops
Your love is what keeps me warm

My secret place that only you can find
Please send your waves of love to me
When you touch that spot it's pure ecstasy
Only you can bring the joy you bring

Shallow breaths under the light of the sky
Alerts the heavens of our presence
There's no routine just simply art
Life begins to replace what once was death

A bit shy at first, your hunger for me
Is a welcoming surprise that I've longed for
And to see the look in your eyes
Tells me I can never love another

I thank God everyday
That He brought me to you
I'm thankful every night for the storms
Whenever the weather turns cold outside
Your love is what keeps me warm

In My Heart

Words and emotions unspoken
You want me to scream your name
I'm caught up in the moment
Of love's game

No doubt about it
There's no place that I'd rather be
Then lying here with you
And you lying here with me

But to merely exist is not enough
I want to live in you
'Til the ends of time just you and I
Is the perfect dream come true

Love is what they call you
And I yearn for you so much
I don't know how or why
But my heart you've touched

And for you to ever let it go
Is a devastating thought
You are and forever will be
In my heart.

You

The way you make me smile
Just by looking at you
Your face to me is like honey to a bee
Long silky eyelashes that rub against me
Chocolate caramel treats

The way you look in green
Is oh so appealing to me
Like a kid opening presents on Christmas day
I'm filled with a joy that I cannot explain

The way God brought you to me
Was nothing less than incredible
Our spirits connected in a way
That no one else has touched me before
I thought that place could not be seen to the human eye
But yet you found it

To be caressed by a man that was designed for me
Is like a kiss from God Himself
Now I know what it feels like to be loved
By an angel

If I had to describe you in one word
All the emotion and spirituality
Connected with loving you inside and out
That word would simply be
You.

God Has Blessed Me

Dear God,

I want to take this time to thank you so much for sending a man to me. He is a perfect creature that complements me perfectly! Sure we have our ups and downs, but it's the love that helps us to turn it all around.

God, you have blessed me tremendously! You took the time to fashion him just for me! He's kind, loving, gentle and sweet. When he comes home from work he even kisses my cheek! You know just how to bless me with the little things. You know that I'm not big on necklaces and rings. What matters most to me is love, and the love I receive from him fits me like a glove. Oh, how infatuated I am with this man! My love for him extends past two life spans.

But God, can I confess something to you really quick? There's something about our relationship that just doesn't click. Have you seen that from your view up high? Or is it my persistent worries that are drawing nigh? Help me to ease my mind and settle my fears. Please God; I need you to wipe away my tears. I know that I said I was happy and such. Truth is this man is starting to distance himself so much. I know you've got to see it up there. Please tell me I'm not headed for complete and utter despair!

So God, if you can hear me, please continue to bless me. Bring this man back to who he used to be. Even though you blessed me and brought him my way, I'll understand if you don't answer right back today. I'll continue to praise you. I'll continue to love you. That's what any child of yours would do.

Thank you again God for blessing me with the opportunity to love...