## The EOLWA Insider

July 2025

## advice from a rainbow

by Alison Jennings



come with your own things (Ntozake Shange)

this is my hard time,

Roethke tells me, so I must write myself to freedom,

words prying open the mind behind closed gates—

doughty oxen ploughing through grief toward new self-creation,

inventing my own fun, but beware of blind optimism:

what looks good now may not be what's best when notarized within a deed;

> find a private oasis in the desert of suffering where you can think—if

teetering on a precipice of panic

stop contradicting — do the work of living well

everything changes everything is connected

embrace difficulty with measured acceptance

weighing out which stones you're able to carry . . . .

(with thanks to Imani Perry and Peter Rosenberger)