

Anthology of Catherine Houston

Presented by

My poetic Side 



Dedication

I dedicate this book to all my readers

Along with all my friends

and

All the people that inspired me to keep writing.

summary

In The Heart Of A Woman

Wisdom Flows Through The Ears Of Many

A Cup Of Love

Take A Look

IN MEMORY OF KARL MAGEE HOME STATE LA. NEW ORLEANS, 70119 KARL, I WILL ALWAYS LOVE

YOU BABY. LOVE ALWAYS, CAT

WAR

Will she Breath?

Broadcast Something Meaningful

Hurricane Katrina

When a boy cries

Don't Cry

In The Heart Of A Woman

Open your eye's. Take a walk through my vessel. Listen to my voice. I am a woman. I am a mother. Today I am your friend. Life is a gift. But if it is not guarded. It can be disrupted at any given second. The heart carries so many stories. Hear my words. Listen to my spirit. I was once a lost soul walking around. In a mess of chaos. Today my colors are shining. I wear the colors of a champion. Addiction dug at my life. It pushed me off the highest cliff. In hopes of taking my life. But my lungs still expand. I am an artist. With a creative wild side. So much abuse. So many stories. So much heartache and pain. In the mind of an attic. So many things take place. Sickness knocks at the door. Physical things then develop. I was casted into an ocean of sharks. At such a young age. The fish swam around. Drawing me in. Before I knew it. I was attacked. Boom! Destruction took the lead. MY thoughts have changed. I swallowed a pill and ecstasy was the name. Clueless to what it actually was. My body heated. My words were honest. My mind wondered and fantasy's came to life. No thoughts of fear. My shyness disappeared. The touch of a hand intensified all physical feelings. Sexual became my new name. Adventures came to play. His hand combed through my hair. His voice was sweet. His smile made me want more. The motion was in between the sheets. I fell in love. Not with a man. But a drug. I did not know how it would tear my clothing away in the future. I did not know it would leave me in a closet crying or on the ground kicking. I did not know it would take my innocence's. I was lead down the road of sexual assaults. With or without it. I carried the image of a sexual woman. Wanted or not. It always arouse and found me in many places. Until I was carved out in sexual abuse. Today it will not swallow me. I will not fear what the world may say. Because I have a message to carry. No means no. Not later, not maybe, but no. It should not be up for discussion. The word should speak for itself. But on many occasions it does not. Woman, children, and men. Today lets come together in unity and spread this message nation wide. No man should stand alone. So spread your heart. In helping us heal. Keeping us safe and fighting for the lives of others. Speak up and speak out. Silence is not the way. Help is knocking on the door. Open it up and start to love yourself again.

Sincerely,

Your Friend

Catherine J. Houston

CARRY THE MESSAGE. SPREAD THE WORD. YOU ARE NOT ALONE. THERE IS NO REASON TO ISOLATE.

Wisdom Flows Through The Ears Of Many

*As I walk through these fields
I imagine Life
and
what it means
I dream I had a man near by
But in reality
He has passed through the gates to heaven
Oh, how I Dream about him by my side
His son calls out
But gets no reply
Today the man by our side is Jesus himself
How he holds our hand
Is so pleasing to the soul
How he whispers in my ear
and
comforts my soul
Holding my hand
pulling me through the storm
Oh, how he holds our hand
giving us guidance
He makes our joy come out in so many ways
He opens the doors to our hearts
He makes our dreams come to life
He has raised my head
and
Is pushing me to the finish line
All you got to do is call on him
and
He will hold your hand to
Ask my son
and
He will tell you as well.*

A Cup Of Love

*Listen to my heart beat
Feel the vibes
Pay attention to the beat
I am alive
Listen to my heart beat
Hear how it doesn't skip a sound
Listen to the waves
Do not let me wash to the side
For I am standing strong
I said I am standing strong
Won't you lead my way
Paint the road before me
So that I will not fade away
Listen to my voice
And
Know that I am crying out
I am down on my knees
Praising you every step of the way
Bind your mighty arms around me
And
Keep me in your arms today
The only thing that I ask
Is please do not let my voice fade away
Listen to my heart beat
And
Know that I want honesty to lead the way
Listen to my heart beat
And
Praise Jesus the whole way*

*Sincerely,
Catherine Houston
March 1, 2016*

Take A Look

*She's jogging in a field
Her eye's are pecked
She can't see a thing
Soon to be blind
She wears tears of blood
Her knees are bruised
She cries, She weeps
She lays silently during the night
Yet and still no one hears
Addiction screams in her head
She fights it
But she still can not rest
Surrounded in worry
Collapsing in fear
Gasping for air
She looks to the sky asking for guidance
Wondering will help ever arrive
Take a picture
Know watch it wither away
It is not a Rose or a Flower
It is a human
Look at the frame
Now remove the scars
Tell me what do you see?
Is there beauty?
Why seal it in a jar?
Take a look we are imprisoned
Our lives are shattered
Why fight we some times ask
Then we get a whisper during the night
Our Kids, Our Families, Our Friends, AND FOR ANOTHER SUFFERING ADDICT
These words ring like bells in my ears
Grandma watched me draw
Color spread
And
Race was never a question in my eyes
But judgement stands at the door of each home
WHY?
Why are we held down by this wicked character?
Tell me are you a genius?
What color am I?
Can you read a book from it's cover alone?
Doesn't the mystery lay inside?
I am BLUE
I am SAD
I am not WHITE nor BLACK*

Color lays on the inside and it is not RED alone
Feel my heart
Explore my mind
Take a walk though these painted walls

Written By,
Catherine Houston
March 4, 2016

**IN MEMORY OF KARL MAGEE HOME STATE LA. NEW
ORLEANS, 70119 KARL, I WILL ALWAYS LOVE YOU BABY.
LOVE ALWAYS, CAT**

*Take a step away
Expand your Mind
What's inside belongs to you
Why conceal you motivation?
Isn't it nice to gather together?
BREATH
RELAX
ENJOY
BE CREATIVE
TALK
Do not let rain drops pull you to the ground
The clouds are in place for a reason
Listen to my voice
As I bring you into a new paradise
I heard the LORD say
I am next to your side
Do not sway away
For the fun is just beginning
Patience has now turned into joy
DAUGHTER
Your heart beats rapidly
Just like your thoughts bring knowledge
What's inside is meant to be brought to life
Please....
Join me....
As I fly with my wings open
Just like an eagle
I fly free like a bird through the sky
I land with my dream in place
The grass grows
My beak pecks out my landscaping
I see friendly faces
I gather many seeds
Inviting so many voices
WALK
Is the word
Being whispered in my ear
I see roads of glory
I must say
Tomorrow will be three years
Since my beloved*

Walked through the GOLDEN GATES to HEAVEN

How he is missed

His smile is imprinted in my mind

Although

I am still looking for closure

I wonder what life would be like?

If he was her holding my hand

I wonder what it would be like to?

Raise our SON

With my love KARL by our side

I 80

Turned my world into a nightmare

How could a driver just keep going?

The bump had to have been felt!

Didn't they see them thrown from the van

Why didn't you call for help?

Would it have been to much to stop?

I am sure you had a CB?

Was it broken

OR

Was it FEAR

Sorry dear

That is no excuse

I do not HATE you

I do wonder how your heart

Aloud you to keep driving away

MARCH 23, 2013

Did you look back?

Did you know?

My sons FATHER

Would not be returning from work that evening

Did it cross your mind?

That, that man had a family

Could you imagine?

Cleaning the stains away from your soul mate

Could you imagine?

Your own child standing outside the doors to a morgue

Take in what I said

Because I am still a grieving MOTHER

Three years later

I hear that the fatal crash

Near Mercer, PA is still under investigation

How I wish

You would tell me

That It was an accident

My mind drags me down some days

But I try to convince myself

That you have a heart

I will not rest comfortable

In knowing that you are holding this memory a secret

If you can not do it for your self

*Please do it for my son
I am not out to disrupt your life
OR
Cause GUILT
I just have to know
The TRUTH to why you
Just kept driving
I hear you got 18 wheels
So please donate one
For Peace...
KARL MAGEE
MARCH 25, 1968
MARCH 23, 2013
IN LOVING MEMORY
Children
Karla Jolly
Karlisha Jolly
Karl Jolly
KARL MAGEE JR.*

*Sincerely,
CATHERINE HOUSTON
MY NUMBER (412)961-6362
Wrote on
MARCH 22, 2016*

WAR

*Combine Joy and comfort
In the same cup
What is the scent that produces?
Let go of all the sorrow
Turn to the begining of a new chapter
Allow me the opportunity to create
A new purpose
Lets be creative
Join in as I write these words
LOST once
Overpowered in so much heartache
Covered to my neck in dirt
Wasting away
Till my eyes opened
AND
I seen my true image in the light
The REFLECTION changed
Some thing withen myself
Open is how I became
My words started flowing
Like a fresh spring water well
CLEAN and PURE
Is the way I feel
When you think of a woman....
What comes to your mind?
WOMAN
W=ise
O=pen
M=otherly
A=nd
N=ever FORGOTTEN
Can you feel me?
If so lets join hands
Because two are stronger than one
AND
A group will win the war
When I speak of war
It does not reflect on hate
Nor is it an act of violence
But rather serenity
It welcomes us to drop the pain
It invites us to forgive ourselves and others
It gives us the chance to drop our burdens
It helps us reunite in helping our fellow sisters
Making our kids stronger
It provides support*

*The war I speak of
Has to do with
BOUNDARIES,
RESPECT,
VALUES,
SELF WORTH,
SELF RESPECT,
And
LOVE
It is not a word of hate
But rather
W=arrior's
A=llowing
R=espect to lead the way*

*Written By Your Friend,
CAT
LETS SMILE TODAY
March 23, 2016
Pass This Message To A Friend Today...*

Will she Breath?

*What's on your mind?
I asked...
Listen to the flow
Enjoy the ride
Let me take you back to this day
The view
Reminds me of something ironic
Take your time
AND
Enjoy the rythme
I got some new blood in town
AND
I am coming out the cave
With a new article in mind
Just yesterday
You had your finger on the trigger
Now today your trying to caress my flesh
Did you think I was a fool?
Do you not realize
Everything catch's up with you one day
Did you think the smoke would just fade away?
Did you know I would walk away?
What was on your mind?
When you had your hand on the trigger
Pointing a pistol at my head
What was your first thought?
Did you ask yourself
Will she live or will she die?
Every body has a day
But today must not be mine
If I would have spoke at the time
This is what I would have said
Excuse me SIR
What's in your blood?
What flows through your vessels?
If the bullet reaches me
Will you outline my body in chalk?
With your own hand
Will you tell my family she had to go?
Do you think you could have turned and walked away?
Everybody has a voice
Open up your mouth and speak
OR
Forever hold your peace
Let me ask you something
Did you think I would jump at the site of fear?*

*Did you expect me to bale?
Did you want me on my knees?
Sorry for the disappointment
By the grace of God
I am still standing today
You should be thanking him to
Because your freedom is still alive
Take a moment and ponder this event
Because today you may choose to turn the other way as well....
I am still BREATHING and so are YOU!*

*Written By,
CAT
MARCH 24, 2016*

Broadcast Something Meaningful

*A leaf can be many colors
But what if you had to explain it
How would you reveal your leaf on paper?
Would you make it speak?
What type of characters would you reveal?
Would you talk of the thin lines?
Could you represent it as if it was life or death?
Think of the line that represents your life
When relating it to your heart
Now tell me
How does it sway?
My leaf is filled with meaning
It has a purpose
It is lively
My leaf has many shades
My leaf is called fusions
It joins at each vein
It has a different reaction and recipe for everything
View the shape
Now realize no two are alike
Listen to my LEAFS words
I am unique
It says
Listen to the meaning
Focus on yourself
collaborate with others
Explore me
What do you see?
I say
You are brilliant
Your field with courage
You love nature
What is it about Nature that inspires you?
The beauty in the world
The fresh air
And
The difference in every piece
I float on water says the leaf
I am not afraid to sink
Because eventually the wind will pick me up again
I change with the seasons
But one thing that remains the same
I am used for many things
I have a cure for healing
I have many recipes for cooking*

I am vibrant
I am filled with life
Says the LEAF

Written By,
Catherine Houston
April 6, 2016

Hurricane Katrina

*She took so many lives
She destroyed a whole city
She created so much pain
She stole lives, children, animals
AND
She put so much distance between me and my son
Heartache doesn't even explain
What she has down to me or my son
I asked myself
Will I ever breath again?
OR
Will she destroy me?
Will she be the death of me?
Then I thought...
Next words came out...
KATRINA
You will not sink me in my own tears
You will no longer paralyze me
I am stronger than all the wind you created
I am stronger than the waves that you produced
That is why I came out floating on a wave
You sunk me with a door on my head
But I still rose to the top
You told me I was alone
And
That death was soon to arrive
You tried to steal his life
Took half his blood
But God gave me the courage of a soldier that day
It did not mater that I could not touch bottom
It did not mater that I could not see my hand in front of me
I still dove straight in
I came back with a team of love
We paddled down Tulane Avenue with two by fours
You put a stumbling block ahead of us
We were turned away from soldiers
But he still survived
You took his strength
But we joined hands and chose to fight the battle at hand
His body hung on my back
With his arms wrapped around my neck
You wanted me to choke
You wanted me to fall
You filled me with his blood
But he still survived
You took so many lives*

*You left the elderly behind in wheelchairs
Infants in cribs
You aloud CYS to keep our children
You flooded records to our open cases
You left us to be consumed in stress
You told me
That I would never win
You was the number one cause
You told me I would not breath much longer
That life was not worth living
With out my son
Corey Bernard Best the 2nd
But the LORD has opened my eyes
He said daughter
You will see him again
You will hug him again
He is closer than you think
I spark of HOPE appeared
And
I new that we will shine together again one day
Son I am still searching
One thing I know for sure
Is we will be together again soon
Your mother loves you
Community smile because he is coming home one day
He is just a blink away
Son I know the LORD has you in his arms
The angles have arose
Patience son
You are coming home
Says Our Heavenly Father
I truly love you with my whole heart
As long as my eyes are opened
I will continue the search for my lost son*

*Written By,
Catherine Houston
Mother of COREY BERNARD BEST the 2nd
My date of Birth 10/21/1983
Son your date of birth 10/24/2001
Father Corey Bernard Best
11/22/1973
Son mommy is coming to reunite*

When a boy cries

*Let it rain
Once again
Let it rain
I hear a voice
Coaching me
Leading me
I feel the warmth of his hands
Smiles appear Every time
He crosses my mind
Hold on daughter
Is what he tells me
7 days have passed
Since my head was up
Caught in the circle of depression
Locked in a world of my own
But today he told me
Daughter
Let it rain
Pour your heart out
I am here to listen.
I clear my mind
Were do i go?
When i feel so lost
Were do i run?
When i can not find any exit
When my skin feels like it is on fire
What do I do?
Some days i feel like I am crawling
Just looking for water
So dehydrated
Who am I ask.
Then my heart shatters
My son feels let down
His tears pierce me
The alarm goes off
and
The sprinkler turns on.
I feel as though
I can not write any further
I want to numb
But i refuse.*

Don't Cry

*I sit here silently
I day dream
All I want to do is
Tell him don't cry
SON
My heart is on the floor
I wish I would have made
A wiser choice
I can not take back yesterday
So I pray
I say LORD
Hold him in your arms today
Comfort him
I say LORD
I am truly sorry for my mistakes
I ask for forgiveness
I hear a whisper in my ear
My fathers voice of course
He said hold on
This to shall pass
I say son
Please hold on
I love you more than the world
Mommy will be home soon
I can see his smile
And
The tears dry up
He says mom
Can we have a fish?
I laugh
I am a animal lover
So I say
Of course we can have a fish
Maybe two
But today
Lets worry about
These two fish
He laughs aloud
And
Our Hearts are filled
With JOY
Again*