



*G*OD WILL TEACH
ME TO FLY

Poetry Collection

 Joannetta Hendel

God Will Teach Me to Fly
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Joanetta Hendel

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About this Collection

This collection of poetry was excerpted from the book *God Will Teach Me to Fly* written by Joannetta Hendel.

God Will Teach Me to Fly is a profound look into the world of grief and personal loss written through the eyes and heart of a bereaved mother. Her 10-year journey encompasses not only the death of her 2-year-old son, but also the breakup of her marriage, as well as her struggle to recover lost memories of childhood sexual abuse.

God Will Teach Me to Fly is one of the most effective books ever written on surviving the death of a child, and is must reading for all those in the helping professions. It is specifically designed for women in crisis, as well as their counselors, their pastors, and their friends.

God Will Teach Me to Fly is available from Amazon.com in both print and Kindle versions.

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Selections from this poetry collection may be reprinted **with written permission** by support groups and other non-profit organizations within the bereavement and recovery communities.

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Shock

*Drifting mindless here and there,
Life is blurred. . . way off somewhere.*

*Floating free I can't touch down,
Nothing's real . . . mist all around.*

*But this is where I need to be,
So safe from harsh reality.*



To Benjamin

*You came in joy to gladden us,
We loved you while we could.
The time was short, and you were gone,
It was not understood.*

*Why two short years was all the time
We were allowed with you.
Or how we could endure the pain
Till we could see it through.*

*But it was good, so vey good,
To know your dimpled smile.
To gaze into your soft blue eyes,
To love you for a while.
To hold you close, to feel your touch,
To dream those sweet, sweet dreams.
Of years to come, all you would do,
And all that you would be.*

*The dreams have died along with you,
We've had to let them go.
To say good-bye to all you were,
To let your spirit flow.
Fly up, my love to meet the sun,
Where little cherubs play.
Stay safely in God's loving care,
Till we meet again someday.*



Answers

*All that once was is no more,
Answers we had, out the door.*

*Different meanings, different rhymes,
Haunting questions, life's design?*

*Those who know what life's about,
Have never yet been forced to doubt.*



Grief Thoughts

*Lessons in love, lessons in pain,
Benjamin's gone, but I must remain.*

*How can it be, why is it so,
God will not tell me, I'll never know.*



Love

*Death won't take you from me,
For love cannot be stilled;
The memory and joy of you
Will live on to fulfill
My life, in quiet inner peace,
A secret sweet warm glow,
A sacred union of the hearts,
A merging of our souls.*

*Forevermore you will be mine,
Our love will stay alive;
Hand in hand immortally,
The spirit will survive.
Death cannot take you from me,
For love cannot be stilled.
You live inside my heart and soul,
And so you always will.*



Angels of the Snow

*Snow angels live in splendor,
In a land beyond all tears,
Where time and space do not exist,
No sadness, pain, nor fear.*

*Held closely to the bosom
Of all Everlasting Light,
Each cherub frolics happily,
In fanciful delight*

*I long to be within their midst,
Where crystal majesty
Gives way to charming images
Of winter fantasy.*

*Let me follow close behind,
When I've lived out my days,
The path where angels of the snow
Live and love and play.*



Remember Me

*Remember me with words and deeds,
There is so much that I still need.*

*A note, a call, a tender touch,
Your gentle caring means so much.*

*Don't judge my anger, doubts, and fears,
Allow expression of my tears.*

*Mention my loved one, speak his name,
Share my memories, feel my pain.*

*Don't be afraid you will remind,
My loss is seldom out of mind.*

*Follow my lead, accept my pace,
Hold me close and give me space.*

*There is so much that you can do,
Remember me—I depend on you.*



Pain

*Never let there be a time,
When I cannot feel pain,
When hurt and sadness are blocked out,
And only numbness reigns.*

*At least with pain I am alive,
But numbness will destroy,
For if I cannot feel the pain,
Then I cannot feel joy.*



If Only . .

*If only I were sure of life,
I'd unlock all the doors.
If only promises were kept,
I'd risk forevermore.*

*If only time and space were right,
I'd lose myself to dreams.
If only I could trust unknowns,
I'd learn what love can mean.*

*I'd let myself fall fast and free,
If only for today.
I'd trust the lessons of the heart,
If only love were safe.*



Anger

*Don't tell me that you understand,
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.*

*Don't tell me this is just a test,
That I am truly blessed,
That I am chosen for this task,
Apart from all the rest.*

*Don't come at me with answers
That can only come from me,
Don't tell me how my grief will pass,
That I will soon be free.*

*Don't stand in pious judgement
Of the bonds I must untie,
Don't tell me how to suffer,
And don't tell me how to cry.*

*My life is filled with selfishness,
My pain is all I see,
But I need you, I need your love,
Unconditionally.*

*Accept me in my ups and downs,
I need someone to share,
Just hold my hand and let me cry,
And say, "My friend, I care."*



Today I Would Be Three

*If I were in the world
I would be three years old today.
I'd ride a trike, I'd throw a ball,
I'd laugh and I would play.*

*My mother would be busy,
Just keeping up with me,
Washing sticky fingers,
Putting bandaids on my knees.*

*I'd run and jump and romp and tease,
With devilish delight.
And when at night she'd tuck me in,
I'd hug her oh so tight.*

*But these things are no longer me,
More simple, more complex,
Passing through the Realm of Light,
I stop now to reflect*

*Upon transitions pure and whole
That touch infinity,
Of oneness with the universe,
That perfect unity.*

*I'm ageless now, existing always
In all that's meant to be,
But in the world this day was special,
Today I would be three.*



Depression

*Letting life fall in on me,
I selfishly retreat
Into myself away from all
That seems to bring defeat.*

*The light goes out, I face the dark,
A comfort all its own,
Where nothing's asked and nothing's given,
I want to be alone.*

*An endless pit of nothingness,
A bottomless black hole,
A never-ending void in which
To rest my weary soul.*



Help Me

*I am falling fast and free,
And life cannot catch up with me.*

*Sinking, dropping, letting go
Of all I am, of all I know.*

*Help me, help me, break my fall,
For I cannot help me at all.*



Lifeline

*Cast alone into a world of darkness and despair,
Frantic clutching, reaching out, it seems no one is there
To take my hand, to understand, to care if I survive,
And death is all that I can feel; I want to be alive.*

*But you are here, and for a time;
I let your strength be mine,
While mind and spirit slowly heal and life is redefined.*

*For life seems too much trouble when
I'm broken and I'm bruised,
Tears and anger, loss of self. . . help me, I'm so confused.*

*How can you give so much and yet ask nothing in return?
So many lessons you have taught, so much that I must learn.*

*My life entrusted in your hands, my vulnerability,
All I have I'd give, you take responsibility.*

*Never judging, never hurting, always teaching love,
Acceptance of the inner self, what friendship is made of.*

*You give when I can only take so that I will begin
To find myself, that inner strength that must
Come from within.*

*Our lives, so separate and apart, touch briefly for a time,
To fill a void inside my soul, to let my spirit climb,
And on my own someday I'll be, for broken hearts do mend;*

*Thank you for being, and for caring,
Thank you my dear, dear friend.*



Why?

*Did you know the sadness
That you would leave behind?*

*Was your death a lesson,
Part of God's design?*

*Do you miss the warmth of me
As much as I miss you?*

*Are you in a better place,
Freshened and renewed?*

*Was heaven all you hoped for,
When you said good-bye?*

*Was it worth it, Benjamin,
To make your mother cry?*



No Longer Me

*The world moves in its ordered way,
People laugh and cry.
And I'm caught somewhere in between
Not dead and not alive.*

*Joys no longer touch my heart,
Sorrows barely sad,
Existing in an empty place,
Devoid of all that's glad.*

*Endless searching, lost forever,
No place to go or be,
Hopeless in this nowhere place,
For there's no longer me.*



First Christmas

*Silent night, holy night,
Little angel, taken flight.
Forever gone and on your own,
Left your mother so alone.
A Christmas stocking with your name,
Memories I can't reclaim.
No more presents, no surprise,
Reflected in your shining eyes.
Tinsel, sparkle—all seem sad,
Three Christmases were all you had.
Gently haunting. . . your sweet ghost,
The happy times I miss you most.*



Psychotherapy

*Take my life within your hands,
And gently help me understand
The ache that fills my tortured heart,
That tears my mind and soul apart.
Heal my suffering day by day,
Take this pain and hurt away.*



Despair

*Death brings such totality,
But life goes on and on,
I want to let it slip away,
For all I had is gone.
Escape this life, escape this pain,
I want to make it go,
Drift away forevermore,
Don't want it anymore.
Too much trouble, too much heartache,
Too much agony,
Tired of fighting, tired of struggling,
Tired of all I see.
Let it be over, let me die,
Forever let me be,
Away from all the pain and strife . . .
Blessed totality.*



Between Benjamin and Me

*Ben, if I could speak to you, I'd want to ask you why
You let your spirit drift away, gave yourself up to die.*

*How could you leave me here to mourn,
and cry a sea of tears?*

Why must I live my life in grief, for all remaining years?

If Benjamin could answer me, perhaps he might reply,

*"Dear Mother, you have always known,
that I was born to die.*

*From the first you felt the fear of my mortality,
The choices were made for us, what's done
was meant to be."*

"But I cannot accept your loss," I want to answer him,

*"Life is changed, it's not the same
the world seems very grim.*

*All I had before is gone, this is my private hell,
When I said good-bye to you, I lost myself as well."*

*"My life was but a gift to you—a gift of love," says he,
"New lessons you might never know, sorrows and ecstasies.*

*These higher places will be yours, all because of me,
A mirror to your soul was I, to set your spirit free."*

"What a waste," I want to say, "Your life was all too brief,

My hopes, my dreams tied up in you, all to end in grief.

Your future gone, the love, the care, I cannot fathom why,

What was it for? What did it mean?

Why did you have to die?"

Continued . . .

Between Benjamin and Me

(Continued)

"Your gift to me was life on earth," Ben would surely say.

*"Your love was but a springboard to send me on my way.
New dimensions now are mine, of which you cannot know.
You've opened up the door for me, I've just begun to grow."*

"But I'm afraid to let you go," I want now to reply.

*"I cling to you so tightly, for fear I might deny
That there was ever you at all, that tears were ever wept,
I must hold tight to sorrow, it's all that I have left."*

"Please remember what we had," begs my little boy.

*"In sorrow you will die with me, you must recall the joy.
The more that you can let me go, the closer we will be,
So loose the ties that bind us up and let us both fly free."*

"The bond we share is strong," I say, "Ours for eternity,"

"By giving what we had to give, we set the other free."

Benjamin now answers back, "Don't be afraid to cry."

"But cry for joy in what we have, for love can never die."



Birth

*Just you and me, Dear Baby, together we will cling,
Safe until the time is spent, an ending, a beginning.*

*Never will we be so close, just tucked away inside,
Protected from all hurt and harm, a cozy place to hide.*

*Time and space now closing in, soon our day will come,
This union nearly ended and a new chapter begun.*

*Awareness, simply watching, the voice of God so near,
In tune with all existence, no holding back, no fear.*

*The two of us together, this passage bittersweet,
Mind and body letting go, the contract is complete.*

*Both soften to the moment, both let the life force flow,
Together we have sealed the bond, together we let go.*



Andrew Jonathan Maresco
“The Light”

*Impish grin and playful eyes,
Filled with endless smiles,
A testimony to the truth
That love is still worthwhile.*

*A rainbow bright with color,
Both in spectrum and in scope,
A bittersweet reminder
That the world is filled with hope.*

*Grow joyfully, bright wonder,
In enchantment and delight,
A gift of splendor and of love,
Encompassed in “The Light.”*



Demons

*Seeping quietly through cracks,
Under doorframes, round the back.*

*Oozing from their dark domain,
Contaminating earthly plains.*

*They poke and prod and laugh and jeer,
Creating chaos, doubt, and fear.*

*Slinking, crawling, waging war,
Infiltrating every pore.*

*Evil moves with ease and stealth,
As we're consumed by spiritual filth.*



Transference

*Fate twists our lives in anxious knots
For reasons quite unknown,
And holds us hostage to a truth
That we cannot disown.*

*Playing out two childhood scripts
Written upon our souls,
Two broken puzzles merge and bond
Their fragments to be whole.*

*Harpooned by secrets of the past
Forever we remain,
Held in bondage, trapped in passion,
Chained together in pain.*



Ghosts from the Past

*Shadows, shadows in the night,
Hold me captive, give me fright
Weave their way within and through,
Challenge constants I once knew.
At their mercy, I stand mute,
Haunted by their ancient truth.*



Devils & Gods

*Beware of Devils and of Gods,
The Evil and Divine,
Into whose hands we offer up
Our souls, our hearts, our minds.*

*Under whose guidance safe retreats
Are built to mend and heal,
And probe the chambers of the past,
Dividing false from real.*

*Impassioned wisdom conquers all;
They're idolized, renowned,
And all is well, it seems, until
The walls come tumbling down.*

*Gods and Devils, quick to prey
On vulnerability,
Hide carefully behind their frail
Infallibility.*

*Confused and twisted, weak and flawed,
They hide as well they must,
Build concrete walls around themselves,
Take liberties with trust.*

*They flaunt their grandeur through contrived
Superiority,
And strut their pompous arrogance
For all the world to see.*

Continued . . .

Devils & Gods

(Continued)

*Drugged with power, fame, and greed,
Intoxicated highs
Spawn majestic worship
To great empires in the sky.*

*They sacrifice the small and weak,
Denying fault or blame,
And hide behind well-chosen words,
Indulging ego games.*

*Deceitful promises of peace and wholeness
Disappear,
Killed savagely, deep bleeding wounds,
Submerged in bitter tears.*

*The helpless and the frail collapse
Within their empty space,
Where scattered remnants of the soul
Are strewn in ashen waste.*

*We who search to find our truth
Must well be on our guard,
Against those who disguise themselves,
The Devils and the Gods.*



Games That Children Play

*Little children,
Helpless children,
Struggling to be
Together in the lifelong quest
For their identity.*

*Lonely children,
Clinging children,
Wishing they could flee
From endless childhood pains and fears
That will not set them free.*

*Angry children,
Jealous children,
Deprived of what they need,
Throw daggers straight into the heart,
And watch the other bleed.*

*Frightened children,
Injured children,
Build walls too high to scale,
And hide themselves safely within
Their lonely barbed wire jail.*

*Crying children,
Hurting children,
Watch dreams die in the night,
Caught up in hopeless agonies
Too strong for them to fight.*

*Weary children,
Abandoned children,
Who cannot find their way,
Who cannot seem to love enough,
Give up and walk away.*



The Terrorist

*I leap across the abyss, "Safe at last," I cry,
Then turn to face the little ones, trapped on the other side.*

*A dark demonic figure flashes an evil grin,
"If I cannot torture you, then I will torture them!"*

*I stand in helpless anguish with an unbelieving stare,
As he parades three tiny forms into the open square.*

*Tiny hands and feet are bound, the demon takes full aim,
And beats them till their souls dissolve —
they're broken, bruised, and maimed.*

*The shrieks of bleeding children fill the dark,
oppressive air,
As the enemy herds each of them into his waiting lair.*

*He shouts across the abyss, "Your life belongs me!"
"No matter where you run or hide you never will be free."*

*"The bond you share with them," he screams,
"will be your sure demise."*

"Your love for them opens the door for me to terrorize!"



Release

*Caught in webs of shoulds and oughts,
Traps within the mind,
Waging war, the battles fought
To loose the ties that bind.*

*Letting go of all that's me,
To hear the inner voice;
Calm the fears of what's to be,
Struggling with choice.*

*On the edge of letting go,
Spiritual release,
Opening to meet the flow,
Reaching out to peace.*



Psychodrama

*I step onto the stage of life
With fear and trepidation.
All I see fills me with dread,
Worry, intimidation.*

*How can I walk this path alone?
Slow, fearful steps I trod.
What do I see in front of me?
Behold, the face of God!*

*He takes my hand and leads me down
Dark alleys of my past,
Where I face images
That leave me trembling and aghast.*

*I want to scream and run away,
His grip on my hand tightens.
He wraps me in His warm embrace,
My burden seems to lighten.*

*We journey ever forward
Through deep jungles filled with doubt.
He overturns each rock
And kills the things that slither out.*

Continued . . .

Psychodrama

(Continued)

*His strength becomes my fortress
As we trudge through swamps of pain.
I trust to Him the rocky path,
Each dragon that is slain.*

*Sometimes we stop so I may rest,
My weary soul revive.
With Him no hardship can befall me
I cannot survive.*

*Over mountains, through dark valleys,
Vast deserts with no end.
The more we walk the more
The crevices in my soul mend.*

*All paths swept clean of dirt and sludge
His power sovereign,
I learn to let God take the lead,
As we journey deep within.*



Stephanie Ann Maresco
“The Mirror”

*Reflections of the soul shine bright,
Each image clear and new.
Picture perfect insights
In the endless search for truth.*

*Within whose eyes reflect back all,
The sunshine and the rain;
And those who walk beside her
Find that wisdom will be gained.*

*Visions vibrant and complete
Step forward without fear,
Sparkling clarity and love
Reflected by “The Mirror.”*



Confusion

*Confusion whirling in my head,
What am I about?
Devils taunting, tempting me,
Drowning me in doubt,
Mind at work to fence me in,
Builds traps with no way out.*



Thou Shalt Not Judge

*Don't criticize the broken me,
My clumsy struggles to break free.*

*Perhaps indeed I represent,
Parts of yourself you have not met.*

*Judge not all that you hear and see,
Who knows . . . tomorrow you could be me.*



Robert Jordan Maresco
"The Rock"

*Strength of purpose, strength of will
Reside inside his soul,
Working hard to please the world
And make his future whole.*

*Steadfastly moving, ever forth,
Toward the goal he's set,
Ignoring setbacks, bitter trials,
The world of discontent.*

*Foundation builder, trusted leader,
All the wayward flock,
Reach out for steady guidance that
Is built upon "The Rock."*



Wendy Elizabeth Maresco
“The Fire”

*Blazing passions, beauty born
To set the world aflame,
Bright fury rages, hate and love,
Wild, wonderful, untamed.*

*Unlimited potentials wait
To be released one day,
Exploding all around her
In a dozen different ways.*

*Ignites the world with energy,
New hope she will inspire.
No flame glows brighter than the light
That burns within “The Fire.”*



Because of Love

*I've laughed in joyous ecstasy
some days . . . because of love.*

*I've cried a sea of bitter tears
at night . . . because of love.*

*I've lived enchanted splendor
in my life . . . because of love.*

*I've died a thousand deaths
within my soul . . . because of love.*

*All this and more belongs to me
this day . . . because of love.*

*And I've been blessed beyond compare . . .
All because of love.*



Hiding Places

*Give me, give me hiding places,
Obsessive focus, chaotic spaces.*

*I will beg, borrow, or steal,
As long as I don't have to feel.*



The Blessings of Now

*Each moment of my life puts me
Just where I need to be,
To live the life I'm born to live,
To touch my destiny.*

*My road is separate and distinct,
My mission is my own,
I must trust life, I must give in
To all that is unknown.*

*To find the light of Perfect Peace,
Sometimes there's Perfect Pain,
Each moment is its own in time,
My privilege and my gain.*

*Within me the eternal fight,
I struggle and resist,
To choose the path which I will walk,
To fashion what exists.*

*Were I to choose much would be lost,
For much I cannot see,
Merely a babe who never dreamt
Of all there is for me.*

*If I could let each moment flow,
How blessed it would be,
To watch each day unfold itself
In perfect harmony.*



Passages

*Passages mark time and space,
Gentle motion, tender grace.*

*All that once was is no more,
New beginnings open doors.*

*To thresholds of discovery,
Alive with possibility.*

*Heartfelt longings dance and play,
Shadows melt and fall away.*

*Life's promises dawn bright and clear,
As Perfect Love casts out all fear.*



Benjamin Adam Maresco
“The Door”

*Speak softly of the love and life,
That echoes in the soul,
Sweet presence walking side by side,
With wisdom sure and whole.*

*From darkness into light walks he,
A spirit brave and free,
Tied gently to the mysteries
Held in infinity.*

*Whose early passage through the Light
Into Forevermore,
Paved the way with love and care
And opened wide “The Door.”*



*“When the road before me ends and
I stand poised on the edge of the unknown,
I must believe as I step off that edge
there will be solid ground under my feet—
or that God will teach me to fly!”*

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