

A Brief Sampling from the APS Networking Group's Global Peer Support Celebration Day | Thursday October 21, 2021

The evening was filled with original art, poetry, and karaoke songs like, Rise like an Eagle and The Closer I get to You, to original songs sung by the songwriters, to the video by Kathy Turccoli - Go Light Your World; to the Dr. Maya Angelou poem and other original poems read by the poets with such deep passion - Still I Rise; Coming to The End of Myself; to our wonderful DJ What - he had me moonwalking while sitting down - WhoooHooh! - now THAT's a Great

DJ! and all the songs, music and poems in between! Hollah! I mean Hallelujah! 😊 I had a very joyful and uplifting time with everyone! Thank you for my 1st Global Peer Support Celebration Day! 😊

Always With Respect, Love and Appreciation,
Peer Chaplain, Sandra Mitchell 💙

A brief sampling of poems and artwork



Field of Poppies, March 2020
by Patricia Masi

The Musician There's truth within the music, From what source does it come? Are there chords which touch the soul? Where is this music from? To say it comes from one man's mind is foolishness to me. A deeper source which touches all is what I choose to see, Rambling fingers touching strings - the room lights up with sound, bringing forth a harmony of worlds yet to be found. And yet a gentle humor too, which says "Don't be concerned, for music is your heritage, a gift which has been earned. Earned by the soul of every man who's neared the Holy Throne, with the power to define and make that source his own.. – By Angela Cerio

Summer is here – by Howard Diamond

Summer is here
For all to reflect on the year
And of course, never fear
That Howard, Peer Specialist is here.

Summer is here to have fun
To enjoy a day or two in the sun
Be safe the virus is not done
And please put away that gun.

Summer is here for all to relax
Not thinking about all these attacks
Trying not to worry about the facts
Time for daydreaming on our backs.

Summer is here as we will leave June
And the heat will arrive very soon
Each night we can stare at the moon
While singing many a happy tune.

Summer is here to have joy
Every girl and every boy
Open your heart and not to be coy
Now everyone lay back and enjoy.

Summer is here for one and all
Moving ahead without a stall
Remember always to answer the call
As summer moves into fall
A poem for summer days and summer nights by
Howard, Certified Peer Specialist from Long Island

Poem by Howard Diamond

**“Once you replace negative thoughts with loving ones
You will start to have loving results”**

Lisa Spencer

Quote by Lisa Spencer

THANKSGIVING MEAL AND FUN, FOR SOME?

by Howard Diamond

Thanksgiving is here with many people to greet
Thanksgiving is here with plenty of food to eat
Everyone have your pants and belts relatively loose
Of course we are having turkey as main meal not a goose

Turkey is already in the stove
Fruit was picked from the grove
Many vegetables ready to be cooked
Desserts sitting everywhere waiting to be hooked

Feasting is what the holiday is for
Sharing stories of family lore
Together we are here to enjoy this day
We would not have it any other way

Gobble, Gobble, who wants some turkey
Take what you want there is plenty you see
Stuffing and potatoes for all to share
No dieting today, we don't really care

An assortment of vegetables too many to count
Food on our plates are beginning to mount
Remember to put some gravy on top
Wash it all down with cider, soda or pop

Leave some room for cakes and pies
Can't stop eating, no one even tries
Another Thanksgiving meal is done
Too full right now to have much fun

Most of the men go and watch football
Or use their cell phones to make a call
While most of the women do the dishes
Discussing what they desire as holiday wishes

The children are in one of two places
Enjoying the day with their happy faces
They are playing outside around near the trees
Or doing things on laptops, busy as bees

It was nice to spend time with friends
When the day begins, we know later it ends
Football teams have many huddles
Before we leave we have group cuddles

Poem by Howard Diamond, A Certified Peer Specialist from Long Island

**“You gain strength and courage every time
you look fear straight in the face.
You’ve made it this far! You can stay,
stay with your life.
You may not have deserved all that has happened to
you, but your life deserves you!
And is waiting to be lived like never before.
Stay curious, explore, live!”**

Lisa Spencer

Poem by Lisa Spencer, APS Intern from Howie the Harp Peer Advocacy Center

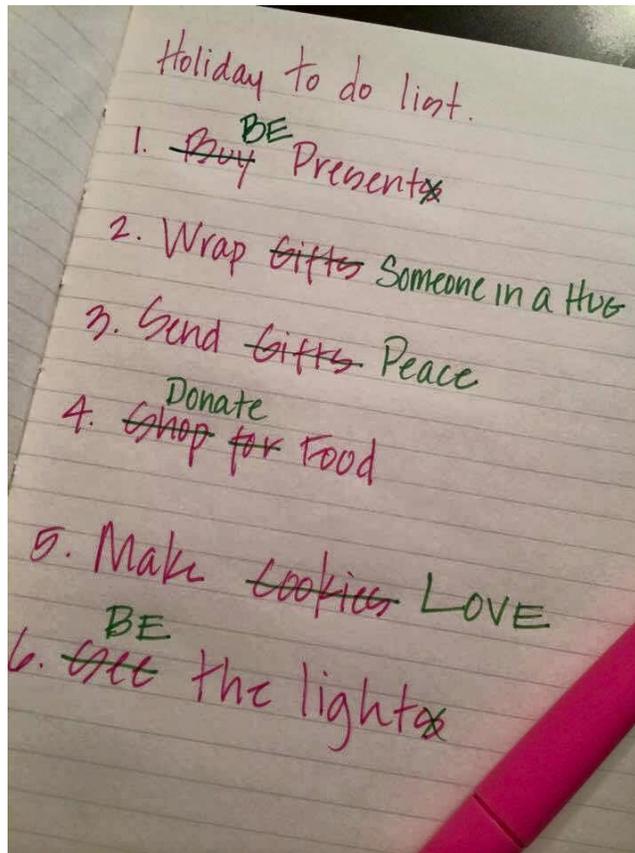
Thanksgiving – by Howard Diamond
Most of the men go and watch football
Or use their cell phones to make a call
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Discussing what they desire as holiday wishes

Now I'm starting to wake
What I dreamt was totally fake
Another year spending Thanksgiving alone
Later I will call one or both of my friends on the phone

Maybe it's the time to start a book
Reading the inside covers is where I look
Deciding on one to be read
Maybe I will begin the book in bed

My meal this day will be a frozen dinner
Either chicken or turkey will be the winner
Spending most of the day on my tablet
Just another day I'll probably want to forget.

Howard Diamond is a Certified Peer Specialist from Long Island



Anonymous contributor