

## THE SURVIVOR

*by Barbara Ariss Stroh-Wasser*

I am a survivor of a past  
Filled with the unwanted suffering  
Of a lifetime.

I learned to embrace  
Every tiny glimmer of hope  
By letting its spark glow  
Stronger and brighter,  
Compressing the pain  
Into an insignificant nothing.  
During fractured times  
It is changing constantly  
From future to present,  
From present to past;  
Allowing the accumulation of  
Constant positive efforts,  
Offering me the Strength  
To face an uncertain future.  
Hoping for some relief by  
Allowing the onion to peel off,  
When guarding the pain.  
If and when released,  
Having cultivated the ability to  
Pick myself up,  
When falling flat on my face,  
Knowing I was helped  
By a dear friend.