

WANTED

Personal Stories, Artwork
Poetry for...



The Expressions Committee annually publishes a small volume of artwork and writing by individuals and/or family members who have had experience with mental health issues/concerns/wellness/recovery. We are currently looking for contributions for the 24th Annual Expressions Book, which will be published sometime in 2021. [All contributors will receive one complimentary copy of the Expressions 2021 Book. There will be extra copies available for purchase for a nominal fee.](#)

Contribution Guidelines:

- Please send items in the following categories: Self-Care; Resilience; What did I learn from the pandemic/how I coped; Traditional/cultural ways of coping with changes in my mental health; Fun Activities – what can I teach others?; Items with special meaning to me – e.g., tattoos, music, short stories, poetry, song lyrics, drawings/artwork, photography, people, pets, hobbies, crafts, volunteering and work
- Written items may be handwritten legibly or typed. Photographs of artwork or originals no larger than 8x10 are accepted and may be emailed. If you have artwork larger than 8X10 or 3 dimensional artwork but do not have a way to have it photographed, please contact the Expressions Committee (see below for contact information)
- Contributors may be acknowledged in any way they choose
 - For example: full name, initials, pen name, personal symbol
- All items must be accompanied by a completed Consent Form. Once signed, the Consent Form authorizes the Expressions Committee to publish/distribute **the author/artist's work** in our Expressions Book(s) including subsequent editions. Persons under 18 will need Parental/Guardian consent.
- The Committee will review all items received. The Committee reserves the right to select/edit content of material if necessary and to limit the number of items per person depending on the total number received.

Deadline for 2021 items (Not yet determined)

Contributions may be dropped off, emailed or mailed to:

Expressions 2021
Town Centre
B13, 800 Rosser Avenue
Brandon, Manitoba R7A 6N5

For more information, please call 204-578-2400 or email cbrown3@pmh-mb.ca
(If submitting by e-mail please contact the Expressions Committee to ensure your submission has been received)



2021 CONSENT FORM

I, _____ do hereby consent to the publication and distribution of the following item(s): _____, _____
[Title of item] [Title of item]

I would like to be identified in the booklet as follows: (check one)

_____ full name as _____
_____ pen name as _____ **
_____ name withheld. **

** If you prefer to use a pen name or to have your name withheld, no reference will be made to your full name in the booklet without your consent.

Due to the uncertainty of COVID-19 pandemic restrictions, we do not have dates for a Gala or Art Sale at this time. Please supply your address/contact information so that we can notify you with any updates. Contact information will not be included in the Expressions 2021 booklet.

Address: _____ Email address: _____
Postal Code: _____ Phone Number: _____

I am _____ interested, am not _____ interested in including a short personal Biography about myself. If interested, please write biography below. If more room is required, please attach an extra sheet.

I am _____ interested, am not _____ interested in reading my submission or biography at a future Gala event.

I am _____ interested, am not _____ interested in booking a table at future Art Sales.

I understand that the Expressions 2021 booklet will be distributed free of charge to all **contributors to this year's** publication and that additional copies may be purchased for a nominal fee. I give consent for the committee to use my items in future editions of the Expressions booklets (for example the 25th Anniversary Edition), or as Publicity.

Date: _____ Signature: _____

Guardian/Parent Signature (if under 18 years of age) _____

Contact Person (if required): Name: _____
Address: _____
Postal Code: _____ Phone Number: _____

EXPRESSIONS 2020

Winter EDITION



A Short, Short
Story



A Friend
by Terry McFadden January

There's nothing like
To see you through
Jesus can be that unt
He is the best friend if
pray.

A good friend is har
The Lord is that and
Jesus would never leave
A best friend he would gr
through the gr

If God in Christ is y
He could be the
He stays until t
More faithful than

If Jesus is your be
You will never want.
He loves again and aga
To fail you he can't.



Reducing Stress with Prayer

Dear God.....

Please quiet my anxious
and restless soul
Show me your will
and reveal my role

Give me some peace
along with the pain
and through it all
help me to remain

Help me to weather the storms
life throws at me
so feel your love
and find comfort in thee

Guide me and lead me
in all that I do
and if I'm not sure of something
help me to trust in you

Help me reach out to others
be more loving and kind
and when I'm feeling angry
please help me keep in mind.....

That one thoughtless word or action
can hurt the ones I love
teach me forgiveness and to
seek your guidance from above

Help me to feel your presence
and to know I'm not alone
help me to find peace on this earth
and it's time to come home

Cathy Van Buren

BY KEVIN JONES AND JIM CLEMENS



Felen Verbab
Stay at Home Art Project



Homeward Bound

In my previous story, I told you about a bus trip my parents and I took to Vancouver in 1984. Well, this is the story about the return trip home. Fall and 9:00 pm Pacific Time. Greyhound Bus #922 leaves the Vancouver terminal and begins its journey west. After a brief stop in Hope, we arrive in Kamloops shortly after 1:00 am. This stop is a bit longer than scheduled (over an hour), because the bus is overloaded. They have to wait for another bus from Penticton to come and take some of the passengers from our bus. Finally, at 2:15 we're back on the road again. After stops in Newwaka and Golden, we arrive in Calgary around 11:15 on Mountain Time. In another long stop (2 1/2 hours), then at 1:00pm, we continue our trip home on bus #923 west. Like the trip out, we stop in Medicine Hat, Smith Current, Regina, Weyburn, etc., before arriving back in Brandon around 5:30 am Mountain Time. I can't tell you how happy I was to be home, because while I did enjoy the trip, I enjoy being home even more, and just like the trip west, I needed a few days to rest and get back into the rhythm of everyday life. However, within a few days I was back to normal (at least normal for me that week). That was the last time I was out to S.C. Would I go again? I'm not sure. I would, but if I don't, I'll be



Magic



The Fog

I try to kill time but it keeps killing me
Wandering if I'll ever break free
From this mess around my neck that keeps getting tighter
Feeling the burn BUT where is the fire
Just living my life so, not sick ever no lie
Try and take it from me, I'll break you for free
Reality's so fake but I won't break
Make it your own, resonate with the true
To quiet the voices just make them your own
Trying to be free from the invisibility I see
Not Satan or God but some kinda fee
I'll this illusion with ***** confusion
Just bill me then kill me to take my life
So wonder why I don't need a wife
To take all I have and have no remorse
Just live in the moment, this life I won't force
Go with the flow, for that there's no course.

Sean Michael Furlford

Win
(Christ Joy)

Saw the look on your face
When I got to work
Nearly heard the voice in your head scream,
"She's late...AGAIN!"



BUT

The voice inside my head
"I'm up, I'm dressed, I'm here—
I WIN."

.....
Irony (by Christ Joy)



There's
Joy
to my

But

Wesley Rumak



Rising from the ashes
Of all that came before
The Phoenix reborn arises
And strides out the door



No winds of wisdom can express,
How many women had to rest
Upon the battlefield.
It's not how brown or moist she'd be,
To rest in all eternity,
Of peace beneath the great elm tree,
Leaves encircling you and me.



No man or beast can make it stand, it's far by us
To understand the master plan held in the
master's hand.

Reminders of the mighty deed,
Upon benches and
broken lines.

It's quite a sight to see,
And seems like being in a quiet nook below, you see,
A touch, a sigh in passing, by the time you spend when you say I'll make you
High.

Alaina's Song / Wishing Well by Devin May

As I cast a coin in the wishing well,
And I asked it what I'd see,
To discover who were really my friends,
And who were my enemies

Chorus

As I take a peek from the Raven's eye,
Soaring high as Heaven's sky,
We dance between the dark and light,
Searching for someone to fight,

1st Verse

So she shoots an arrow into the valley of sun,
As the crow flies to his mission,
So I chase the arrow for a bit of fun,
Cuz I'm the squirrel that is named Crispin.

2nd Verse

So I stared into the well of truth,
Searching for my enemies and proof,
I was surprised at that which I see,
My reflection starrin' back at me.

3rd Verse

