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In My Own Words

Samuel Irving
Concordia University - Portland

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IN MY OWN WORDS

Samuel Irving

In my own time

ALARM CLOCK, sun light, 7:15 AM, back spasm,
stretch,

Local news, Injection, 10 pills, water

Prayers, shower, lotion, left leg brace, right leg brace,

Pants, shirt, cross, blessed oil, cologne,

Morning devotion, meditation, scriptures, music

Oatmeal, toast, vitamins, head ache, aspirin,

10 pills, water, phone calls, writing

Leg spasm, tiger balm, Prayers, nap time...

Yawn, tired, lunch, 10 pills, juice, deep breath

Leg drag, STRETCH, exercise, smoothie,

Dinner, video games, TV shows, laughter, some tears,

Relaxation

Evening tea, sleeping pills, prayers, scriptures, meditation,

STRETCH

Back spasm, tiger balm, water, local news, moonlight,

silence

REWIND