

**"New Get Down"**

It's crazy  
All the things we continue to put ourselves through  
The definition of insanity  
Yet we proceed to do the things we do  
Take a look at humanity  
Do it for me, no, do it for you  
Is there anything you would change?  
Would you rather re-create and re-live the pain?  
Talk to me  
Tell me your reason again  
You can do it  
Just learn to live with the stain  
Reach out when you begin to slip  
You don't want to be amongst those put in the ground,  
Leaving your mother with trembling lip  
You can do this no matter if you're black, white, or brown  
Let your sobriety be your new get down.

*Jeremie R. M.*  
North Dakota

# Thank You FOR READING!

Below are some questions to reflect on from this piece. Feel free to also use one as a conversation starter with a fellow reader, or even a loved one on the outside!

**"Talk to me," Jerimie writes, and, "Reach out when you begin to slip." What would you need to say, and to whom, in order to "reach out" in this way?**

**What are some steps you could take toward making sobriety your "new get down"?**

We'd love to hear what you thought of the piece, or if you've had any meaningful conversations as a result. Or perhaps you'd like to share an expression of your own (visual art or creative writing). You are always welcome to write to us at Shining Light at P.O. Box 267, Annville, PA 17003.

*\*Note: We will not be able to provide a response to your letter or receipt of your submission, but know that we value your feedback and contributions and will take them seriously.*

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