

## INVITATION TO CONTRIBUTE

### *Writing poems – a form of therapy?*

*From the Editor, Peter Limbrick*

In Issue No. 3 (October last year) I suggested that writing haiku poems might be therapeutic for some people in that there has to be much exploration of feelings in order to express them in just seventeen syllables (five syllables in the first line, seven in the second and five in the third). Readers were invited to send their own haiku poems to IQJ and I offered some of my own – one example being:

Walk one mile with me  
in my shoes, with my burden.  
Then you will know me.

One IQJ reader (just one!) sent some wonderful poems which do more justice to the haiku format than mine ever will. Thank you Max.

#### **Max Neill wrote:**

Here are some Haiku I wrote on the theme '**From Progress To Transformation**'. There is more poetry (though no more Haiku) on our webpage:

<http://www.csrpcp.net/default.aspx?page=21109>

#### **Glacier**

Glacier grinding  
Slowly approaching ocean  
Does it fear the sea?

#### **Caterpillar**

Caterpillar eats  
Hard at work chewing leaves  
Change another day

#### **Tree**

That seed is so small  
Making roots below dark earth  
Green shoots taste cold wind

#### **Tramp**

Old feet on cold stones  
Eyes water tears on wrinkles  
The poet arrives

#### **Strangers**

Strangers gather  
Seeking fruit among brambles  
Leaving together

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Please send your haiku to [p.limbrick@virgin.net](mailto:p.limbrick@virgin.net) and let me know if they are for publication in IQJ – and if you want to put your name to the poem or be anonymous. **And, if you have time, please pass this invitation to people you think might be interested.**