

Mother Sonia

Her history was legendary to me
I had heard and read of her great exploits across the land

In my eyes and the worlds she was the true Nubian Queen
The African/Cuban goddess of words

Her poetry was the original Floetry and I stood now in front of her graced
by her presence

And she was regal and light and she kissed my cheek and hugged me

And she said that my work in the struggle moved her
And inspired her

And I told her that her words gave my generation voice
And that if it wasn't for her and The Black Arts Movement my voice
would have been silenced among the people who said

“A women is to be silent in the church”

And therefore I want to know if she can't speak there then where?

And are all the courage's black women who came before me exceptions
to the rule? But they said

As for you my child HUSH!

So on January 31, 2004, I met Sonia Sanchez and after that first meeting
I have been screaming ever since

Screaming out Hate, Bitterness and Injustice, Jealousy, Envy, Deceit,
Pain, Anger, and Love

I am no longer silent. I WON'T HUSH!!

Unconditional

I love you like I love my Kids
Unconditionally
Without premise and without pretense
Without Rhyme or Reason
I love you deliciously
In and out of season
There is no man that can rival you or the sweet things that
you do or don't do
Cause I love you Unconditionally
In and out of season without rhyme or reason
I love you in the deepest sense there's no way to describe the
feelings that I have for you
I love you with my mind
I love you Unconditionally
And this will always be true
And if you don't understand how; unconditionally I love you
Let me break it down for you

Unconditionally:
Actually, categorically, come hell or high water, conclusively, decidedly,
decisively, definitively, doubtlessly, easily, exactly, for sure, no if and
or buts, no strings attached, on the letter, on the money, on the nose,
positively, precisely, really, right on, straight up and down, sure as
Heaven, sure enough, I am your sure thing, surely the very thing,
absolutely, certainly, and without question
I Unconditionally Love you
In and out of season
Without rhyme or reason
I love you like I love my kids
Unconditionally

Color Blind Deaf and Dumb

(Dedicated to the People of the Gulf Coast-USA Hurricane Katrina)

I am a fourth generation American
West Indian
American
Haitian and Cuban-Spanish and French blood running
warm in my veins

I was born in this country—America
I have no claim to Haiti nor does my soul long for Cuban sunsets
The only place I really know is here and now!

So
Why did my country turn its back on me the day it called my people
refugees and then splatter on the new that we were Looters and
Thieves!

I know I live in California but the natural disaster called Katrina
happened to me the day my country called my people refugees

It was no longer them or those people in trouble
Life's, Hopes and Dreams washed away by the sea or blown away
on the windy breezes of change
And again
White men have gone and changed the game

And all this time I've been living in Color Blind and Deaf and Dumb
California

With my mind geared towards Terrorism
More worried about an Arab man destroying my way of life
More concerned that my Brothers and Sisters over in Iraq were losing
their lives on a daily
More concerned with bringing Freedom and Justice to some
other peoples land

When there is still no Freedom and Justice for my people
right here in America
I've been spoon fed the same rhetoric about
The War On Terrorism
And
The War On Drugs
And
No Child Left Behind
I've placed Red, White, and Blue flag bumper stickers on my car
Just to prove my Patriotism
Whether or Not I agree with the politics of the day

We are all one people—Americans

So I ask again why did my country turn its back on me the day
it called my people refugees.

Katrina just didn't destroy houses and land and lives

It unmasked the true feeling of a Government. It unmasked the
hypocrisy of a Nation and left her open to shame and ridicule.
How can we seek Democracy in another land, in another place,
in another time—when here we as a people can't pass the color
line—the line of poverty, of sickness and death, of hate and greed.

We preach in God we trust. When God can't trust us.
He can't trust us with the basic commandments of life
Which is to
Love Your Neighbor as Yourself
Which is to
Do Unto Others As You Would Have Them To Do Unto You

My country would rather Hear No Evil, See No Evil, and Speak No Evil!
While a genocide goes on, on the daily right before our eyes
The Revolution is being televised

But as for me I'll just keep surviving in Color Blind and Deaf and Dumb
California wondering why my country—
My Country tis of thee
Sweet land of liberty

For thee I sing
Land where my Father died
Land of the Pilgrims pride
From every mountain side
From every mountain side
Let freedom Ring

I'll keep wondering why my country turned its back on me the day it
called my people refugees!

Loretta (La-Rue') Duncan-Fowler was born in Boston, MA. La-Rue is an author, poet, singer, songwriter, and performance poet. Her debut book, *My Deepest Affections are Yours - Love Poems*, received wide recognition. She is a member of the performing groups Born 2 Be Poets, 2nd Born, and Uptown Poets. Born 2 Be Poets and was nominated for the 2001 SOS Music Award in the spoken word category. Her special brand of poetry is often requested at numerous spoken word, juke joints, club houses, churches and state fairs across the country and internationally.

Spoken word is her ministry gift and she uses it to counter the effects of suicide, hopelessness, lack and insufficiency found in the people today and to let people know that nothing that they have ever been through can ever separate them from God's love! Whether it's hosting a Katrina Benefit or organizing community events to inform people about H1N1 and related health issues. You can find her lecturing and lending her gift of poetry to civic, governmental, religious and charitable organizations.

La-Rue has also graced the stage with Grammy Award winning recording artist The Whispers, The Clark Sisters, Shirley Caesar, The God Squad, Joanna Rosario, Vicki Winans, and Fred Hammond. Neo Soul/Rhythm and Blues recording artist Bilal and Goapele; Blues Hall of Fame percussionist, vocalist, and blues man Mr. Big John Evans. She also wrote and recorded the song Wretched Man with notable gospel and blues guitarist Odell Ross Jr. La-Rue has appeared as a guest on the international news television program Night Line with Ted Koppel, and several local talk shows including Look Whose Talking and Good Day Sacramento advocating for the rights of her disabled son to attend the Sacramento public school system.

La-Rue' continues to perform and host her own spoken word show, An Evening of Poetry w/Ms. La-Rue', and the Mood Blue's Poetry Series. Most recently she appeared in the national television advertisement for the Kymora Lee Body Slimmer. La-Rue is also a member of The American Poets Society, she has a Bachelors degree in Computer and Information Sciences, and lives in Sacramento, California. The above is from her book *In Search of A Father's Love* (2010).