

Formidable Women: Jo McDonough

There's something serene about these women waiting in lines,
Patient with time,
Memorised rhymes
which call the soul to stir and rise.

Formidable women whose spirits mingle in laughter
as stories of those whose lives they muster
spill onto platters of overflowing giving and colour,
Hearts lay nets to catch those that falter
with gentle words that see what matters.

There's something enchanting about these women
singing to lovers, daughters and fathers.
Is anyone more special?
These ones who'll savour the joy on your face,
Clap with vigour
And give a heart filled embrace.
Memories to take home and keep in a safe place.

There's something more energising about these women than
Enlivening the notes -
Formidable spirits igniting hope,
Cushioning falls and clearing the hall
Of daily stress and relationship mess.
Women scattering glitter that settles on my skin,
And my uncertain heart within.