

Bridget Seley-Galway

Grief

They call it depression
The darkness and despair
The deep loneliness

The shame of this limitation chastises
It cripples one from any forward movement
Towards light
Brush of color
Words on paper

For some there are uncertain moments of reprieve
Where they define what they know
of beauty or pain

Bridget Seley-Galway is an artist/poet whose professional career has been developing multi-disciplinary free arts centers and programming for under privileged youth. She has strongly advocates that the arts are an inherently "I" saying process, and a powerful tool for healing and self-empowerment. Her collection of poems and images has been published by Ibbetson Press and has been included in the following permanent collections: N.Y.C Poets House, State University of Buffalo collections, Umass Amherst W.EB Du Bois Library, and Truro Library, Cape Cod. Her poems have also been published in the *Provincetown Magazine Poetry Corner*, *Wilderness House Literary Review*, *Poetry Porch*, *Ibbetson Street Magazine*, and *Bagel with the Bards Anthology*, to name a few. Her art has been exhibited throughout New England and reviewed in several publications, including *Artist Magazine* and *Cape Arts*. Her paintings have been selected for the covers of *Bagel with Bards*, *Ibbetson Street Magazine* and individual poet publications.