
"Name It -- And I've Had It"
To mention what I have not had is not important But I've had some dark nights and some bright days. You name it .- and I've had health
You name it - and I've had it.
I've had failures and also success,
I've had failures and also success,
I've had the worst, and I've had the best. T've had the worst, and I've had
You name it - and I've had it.
My life has not always been joy My life has not always been joy
I've had the bitter and the sweet
The good and the bad, I do admit
But now, I have the victory!
Because I have Jesus!
Now I can really say: You name it -- and I've had it,
Because now I know I have it all!
James Galloway

## "That Beat"

That beat, that terrible beat That beat, that terrible beat
Stuffs the ear and bars the mind So it can't hear

That beat, that terrible beat
Beats up the emotions
Then clouds the mind
Into the gear of slow motion
That beat, that terrible beat
I've heard it somewhere before
Could it be the heartbeat Could it be the heartbeat
Of Hell?
Of Hell?
Jayne Penne’
"Weightwatcher's Valentine"

## My love sent me a candy bar

I only took a bite
It churned inside my belly
I tossed and turned all night
That good ole chocolate candy
Made my body swell
I floated on the water
Became bigger than a whale
So every year on Valentine's Day
My lover now sends me steak
My lover now sends me steak
No candy hearts
No candy hearts
Not even a Valentine's Cake.
Jayne Penne’

## "Eternal Life"

Dark clouds hanging over me
Just leave me alone..
'Cause I know someone who's higher than you Who can say "go," and all troubles be gone. Hard times keep a-knocking at the door
Don't bother me any more...
'Cause I know something greater
Shoo! Get away, dark mysterious night
Shoo! Get away, dark mysterious night...
'Cause I know someone greater who can make everything all right.
Great heartbeat of mine, keep on beating.. 'Cause I know someone who will be sitting At the right hand of the throne
To judge the right and the wrong.
Oh! Mighty One -- how great is He
Oh! Mighty One -- how great is He
To give His Beloved Son to you and me
To give His Beloved Son to you an
That we may have eternal life
And overcome this world of strife..
The angel of light shall come and sever
The angel of light shall come and seve
And we shall live as sisters and brothe
'Cause we shall have eternal life.

## Dee McCullough

A thought: The church is the only place where dead people complain.

## POETRY PRIZE OFFERED

The Redding Poetry Club is sponsoring its First Annual Poetry Contest, open to all poets. There are three prizes in all. First
 contest chairperson David Letterby. "We are especially looking for new talent, poets who are beginners, and we hope this contest will produce some exciting discoveries for us For free information, write Redding Poetry Club, 3305 Sunset Dr., Redding, Calif. 96001.


