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END OF THE LONG YEAR

By

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Bachelor's in Fine Arts, University of Maine at Farmington, Farmington, Maine, 2018

Thesis presented in partial fulfillment of the requirements for the degree of

> Master of Fine Arts in Poetry

The University of Montana Missoula, MT

May 2021

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ABSTRACT

Doehring, William M.F.A., Spring 2021

Poetry

End of the Long Year

Chairperson: Keetje Kuipers

This collection of poetry reflects my growing understanding of my own poetics, as well as my growing understanding of my own body, identity, spirituality, and way of being with the world. This growth is ongoing.

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prayer

new snow pulls the prayer from the precipice of my lips,

softly covers my mouth, *shushes* into the cradle

of the old maple's bones. this snow is master of cracking the prayer

open and flaking it like chapped lips, of turning the prayer to brown leaves,

of crisping the prayer. later the snow will crush the prayer,

its body a boot. it must be forgiven, this snow's first step forwards.

it knows no better than I what will happen next.

first poem

your feet are cold against my leg and I jump, laughing, balling myself up

until I am a star. in the light you are beautiful because you are always beautiful.

outside the wind bangs against the window like the paws of a dog who wants to come in.

we do not yet know the difference between our two sides of the bed, what it means

to look after our own bodies, speak to our own fears. We pass laughs

between each other's lips, feed each other until the room goes

and becomes the night, with us two suspended in the dark like a prayer.

early rising

I shower with the lights off in midwinter. eyes still closed, dreaming beneath their lids, asking to be close to you. steam drifts off skin, sleeps against the dark like all the night's sleeps I could have known, your arm's weight across my ribs, breath on the back of my neck warm as water, quiet anchor dropped in a dark sea. my eyes adjust too slow, the heat of the night still wrapped around me, loose as your arm around me, not ready for the morning that rises just outside the window, calls me out of the sheets of water still running warm as hands across my skin, wordless in their calling me back to the dark of our bed. there is ice melting off the window, fingerprints washed away like the night.

in the fitting room

I go for a swim in a sea of flannel which hugs me loose like a man who does not hug, like a man who does not have a body like mine.

the broad shoulders in the fitting room mirror try to take up space like a man. the sea is so cold in maine, men swim just to prove they can take up a whole sea.

I stay on the beach watching waves of long grass sway, warm wind carrying seagulls to shore, running from the sea behind me.

I catch myself crying in the mirror as the man In the flannel tells me to try harder, to be hardened, but I won't keep the shirt. I'd rather dance

in the long grass for a long while, trade my shoulders for milkweed and a gown made of beach grass and every beetle I've ever talked to. they'd dangle from my ears

and wrists and fingers and hug gently my delicate bones and I, exposed for the whole sea to see, would not swim. I would be as the warm touch of sand, as the gull lifted by the wind,

as the milkweed's soft pink flower, breakable as a body of water with honey where all its salt should be.

holy place

There's a cross on a mountain overlooking the whole of the valley below, and beyond the valley the ridges of the neighboring mountains. It is not made holy by its design but by the bodies of the trees that became it, by the bird's nest that rests on its shoulder, by songs sung in summer from the ridge on which it stands.

My brother sang there, and when he did I heard his voice from across the whole of the country between us. He could have been born there in a nest of twigs, might have leapt from the ridge and landed in our lives our lives being mine and my family's and yours, now, too. You know the kind of place this place is, where prayers are uttered soft and shouted loud, where the spirit stirs and shakes. A place where the world is listening.

Abbot Park, 3am

I couldn't sleep for three months, so I went speaking into that tiny pond at the edge of campus until it could recite back to me the details of my own walks in the dark, tell me how I thought God lived in the park, how my brother lived in Arizona until he dropped out, how my mother was better at least my anxiety was increasing my need for long island iced teas and new shoes I was always walking through melting snow which was increasing my love of melting snow and while I spoke nothing melted and everything in the park had sharp angles like cracked ice: the surface of the pond, the muddy grass, the worn wooden bench, my body.

I had almost told the tiny pond everything when it came: a great heron, blue against the darkness, taking up the entire night. I stopped speaking and was wrapped in the warm breeze which sighed through feathers and water and skin— through all pieces of heaven that might have been glass.

prayer

what will happen next? persistent as birdsong the prayer, broken as it was when it first came

swirling up and out of the throat, asks quietly into my pillow. this snow muffles even

what it does not touch— even now it breathes into the pillow alongside the prayer, holds

the prayer like a parent, *shushes* the prayer to sleep. my body in bed shakes itself apart,

a parent attempting to answer the prayer of their child, and in doing so asking

the birds if they compose their own songs, or if they were taught them the way we are taught to pray.

silence accumulates, becomes a cold mouth whispering questions into a drift of snow.

elegy for familiar grief

all those long winters the sky was wet with white blood cells and white lights they dripped off bare branches like rain they gathered around my ankles as I stood in the road those nights praying to snow and stars and once to a car with broken head lights it might have scattered the wet leaves of my body

my mother is stronger than I am she swam into the sky and back I know I should be happy I can't see the stars amidst the night hanging thick and wet against my windows a certain sick strain of privilege to be warm and dry and pining after white stars they used to bother me now it's all the new bulbs

the scent of them I mean their florescence I mean the lights remind me of the buds dotting the branches of the maple trees back home spring was always my favorite when she asked when I asked it was fall always gathering leaves and dreaming about what the leaves will look like next year

now every lamp in my apartment is a maple tree and the night is piling up like leaves wet with snow

before you go to work

I grind coffee in the dark and play indie rock from my speaker you put on eyeshadow quicker than you would like to

we turn the lamps on and then off when the light cuts too harsh I scramble two eggs and you spill them across the coffee table

by accident you apologize more than me which is decaf coffee meaning it does not happen and am not sure whether to be proud

of taking *its okay* and *don't worry* out of your mouth and into mine or whether to gather them up and trade them for apologies of my own

I do this too often and you know – you say *we've traded places today* so I say *looks like I'm going to work, then* and these jokes are quiet

enough to avoid laughter but soft enough for both of us to grin, teeth white against morning, the door not yet open to the muted blue

poem with blood drawn

curled under the waiting room chair, my small body shakes at the thought of the needle. father speaks until his voice becomes two hands, pulling my balled-up body easily out and up to the needle.

*

blooming out of my hand and into the bathroom sink, a scarlet peony I sowed carelessly with a kitchen knife. I watch it wilt into the water, wondering how my body could produce such delicate, accidental beauty.

*

in line for the blood drive, I am shaking, wishing my friend would squeeze my hand, comfort me. I watch the girl ahead of us squeeze the hand of her friend. my shaking is too well hidden, goes unnoticed as we wait.

*

the red flesh of a tomato splays out on the cutting board, bleeding pale fluid and seeds. my knife enters and exits its body as I try not to think of it as a body. the veins in my hand shift as I work. I can feel the blood inside shifting with them. *

don't look at the needle. look at me.

*

in the mirror my veins are great rivers dividing up the map of my body. the doctors always told me how easy it is for the needle to find its way home, which made me cry, squeeze the hand of my mother tighter. I could feel our bones shift as she squeezed back.

*

I know you can hit harder than that! the words of my sensei as my fist retracts, loosens. I'm a grown man, I can take anything.

*

a whole bouquet of peonies in the sink now, all from a finger. I feel more calm than I ought to, something about how separate it all is from me now. how othered my blood becomes.

*

it is less the needle's bite and more the following pull, the redirection of my body's flow, the drawing out. my father holds me, still sobbing, as we leave that bit of me behind. *see? it isn't so bad.* *

I grip the knife like a hand, watching my bones shift now too, each cut a new dance. the liquid on the cutting board darkens around the body of the tomato. It takes two more cuts for me to notice the sting.

*

I'm sorry, but you have to weigh at least this much to give blood. I leave my friend behind and cry in the bathroom stall, useless and relieved. when I exit I see my face in the mirror, red and flushed, and my body, somehow smaller than it was.

*

my knuckles split open against the punching bag my sensei holds, leave smears of red as he shifts his weight to take the blow. *Yes! That's what I'm talking about!*

*

in the mirror my body becomes liquid, tears welling without reason. my blood hums along in time to my heartbeat: *don't cry. don't cry. don't cry.*

*

I cry into the sink only after the last red petals twirl down the drain, leaving me only with my hand as it was before, save the thin, crimson accident. the earth of my body dug up.

prayer

my lips cold against the night want language like birds all the songs

have flown too far south I cannot see the stars the wind

is too loud it pulls every limb it bangs against my eyes

it is a wolf clenched in the chubby hands of a baby named God

he does not yet know the difference between play

and pain I want to know how the trees can be so calm

their bony arms stretched too wide towards the sky

body after a fight

skittering off-balance, my ribcage crawls down our dark street, bones skidding on ice,

a fawn's young legs. this keeps happening-

pieces escaping, separating, spreading ever thinner. it doesn't matter if I'm covered

or naked. once I turned up the bass too loud

in the shower and my heart beat out onto the bathroom floor. veins puffed

their contents into steam until my skin

was a baggy shirt, easy for me to slip out. I spent all day re-blooding my body,

a labor like loving an engine; blood

becoming oil, oil everywhere in the joints and tendons and tender inner wiring

of arteries, where the blood should go

but I am messy. once I left a trail of blood in every ice cream cone I licked

and I wouldn't let a drop spill

onto the ground for fear that bit of me might be lost. o body, I do love you now

as I wander in the dark, shadow buckling

on the sidewalk. come back inside, lay naked in bed until we fall asleep.

elegy for the friend who is not dead, but might be

Contraband beeps into Portland's tiny airport security, so surprising that I drop my hands too early inside the scanner. The lone TSA agent, moustache brushing his lips as he speaks, gestures me back as my family watches from the other side.

You know you got a blade in your wallet, son? And of course the blade is your razor, of course I forgot, the same way I forgot you might have moved to Florida, close to where I was headed now but just far enough out of mind. I don't think you stayed there long—

you never did stay long. After all our friends stopped talking to you, you went to find someone else to hide every sharp piece of life that found its way into your arms, the way you asked me to hide your razor in our dorm room, well past midnight.

You told me to think of all the places you would look for it after I turned out the lights and tried to sleep while you played video games all night, both staying up pretending we were alone in thinking about death.

Just before this flight I cut my hand on a knife while washing dishes, a thin red line that blinked open my knuckle like an eye. Now the scar opens again, expecting punishment as the agent asks me again. *I remember every place I hid that razor except the last place*,

I tell him. His shoulders sag, soften. His familiar sigh: *My daughter had the same kind. Looked just like this. I hid it in a picture frame.* The sharpness in his hand presses into mine. I want to ask whether she survived, whether he still has that blade, but I couldn't

give him an answer about you. He asks if it's okay to throw the razor out, and I say yes, what difference does it make now? *Maybe that's best*, he says, and I wonder if he means it's best not to remember. Maybe forgetting means you are in Florida after all.

we need to talk.

meaning: be honest. meaning: yes: I wish my bones into shadows cast by long grass. yes: I do it so you have space to rest. you say: bones make for a sharp bed. you say: we need some tough love, to stop hiding ourselves in bed. I say: I need time to answer questions like can we talk about the dishes. meaning: I do not know if I will be a man or a field or a shadow by the time we talk about the dishes, meaning: I do not know what I want to say. you say: something has to change, meaning: I must stop deciding I am the something that has to change. you say: please just tell me what you want. be honest: this is frustrating. be honest: there are colons damming rivers in my head. I lose all language about the dishes. the grass. you. me. be honest: I do the dishes so that you don't have to. you say: I can take care of myself. meaning: you need to take care of yourself. meaning: it comes back to the field I made for you out of myself: my great gift of sacrifice. meaning: I die for you willingly, without you asking. I ask you to take solace in taking me in. be honest: you wish I wouldn't do this. you wish I would just be. I try, meaning: I wish my bones into zinnias. maple trees. fresh mint. a river. words about dishes. meaning: I wish my bones into a whole pastoral for you to take in. meaning: you are the only person there. meaning: I am not a person in this place made of my body. be honest: I do not know how to be a person in this place. this place is our apartment.

meaning: my sacrifice is easier than talking, than being honest. *please just tell me what you want*. meaning: it is hard for me to talk about anything and also be the man you love. be honest: you're scared I won't love him enough. you say: *you need to get out of your own head*. be honest: my bones are only bones. this is how you think I should wish them: nothing but bones, nothing but all I am.

possibility

I.

Heavy stroke of the oar in my hands the still water turns unstill, breaking like the day breaks upon the mountains, fractal patterns dappling the window the water was always a window in my hands. Fingers dappling the surface, pushing down

and in, reaching for a day full of possibility just beyond the stillness, the heavy stroke of an oar through the air just before it breaks the lake's perfect rendition of the sun, breaks through the window. Now there is nothing between me and that day, the most holy of days which bubble up and dapple me, here in my canoe, with blessings.

II.

Heavy in my hands the photograph, its shifting waters turned still, its sun-glimmer caught in stasis. the grey of the sky presses against the windows of our apartment again, dappling the glass in frost. I reach out and push

my fingers gently into it, reaching for a give, a possibility of entry into a world beyond the world's own heavy stillness, a sign the day might break over the mountains, a blessing bubbling up through the grey that remains in the window, refuses to break on my behalf.

III.

Heavy and quick the breaths of the river, rocks rattling with each eddy they cause. the sky is still grey and the air is still cold. I stand on the bank, watch the water roil and dance. when from over the mountain

the sun casts thin light into the river, a sliver of it, my hand reaches as if to scoop it up and out, cupped into an oar. my arm moves through the air without resistance, and the sun dips back behind the grey peaks a blessing or the chance at one, missed, I am not sure.

the church

it would be more natural to kneel in the dirt to observe a flower or a beetle, to stand when the sun breaks through the branches, to feel its warm on my lips in place of *amen* as *amen*. I watch your family, wait

to kneel when they kneel, to rise when they rise. I try and catch the shapes of their words between my lips as they bounce from the walls how strange to be in a place that echoes, speaks back in your own voice, says nothing in its own.

prayer

as the white snow outside the window or the white space

of a poem, the silence surrounding the prayer becomes part of the prayer,

which now refuses to fall from the tongue. to be heard

in this moment is not to melt away winter but to break

the promise of spring, to smash the prayer

like a bird into the window. silence would follow the fall

of that tiny body to the earth as nothing else could follow.

stillness

one grey cloud in the sky's blue, a spot in the paint, a billowing thumbprint pressed into the drying wall of morning, into the sidewalk like the pawprints of a small dog, unmoving in the grey, completely

still even as they follow the sidewalk, curve across it the way dogs always do when walking on a leash. they tangle the leash for no reason other than wanting to walk just there, smell just that, be just this

much more free. in the dark of the apartment the cold has a smell, sharp in the nostrils. I pace through the kitchen, into the living room, into the bedroom, back again, aimless in my exploration despite everything

remaining the same as its been— the table where the table is, the couch still sagging into the wall, the grey cloud still hanging in the window. still my steps are quiet, for fear my steps shattering what all seems so brittle.

time chips like paint from the walls, gathers on the floor even as the cloud remains suspended in the same spot, as if waiting for the tug of a leash.

"Montana Trees and Flowers: A Folding Pocket Guide to Familiar Plants"

In the bedroom some part of my body is loosestrife, an invasive weed, but unable to tell I unfold in bed to study myself, watch the waxy white of my skin as it persists into autumn, bumps of bone shifting underneath- snowberries, perhaps, with the skin being paper birch, peeling off in thin sheets where the bones become prominent spurs, flowering upwards, thin as a larkspur, which of course I mistake for a lupineso many lupines on the highway back home, in the bushes I walked past, in my prayers. the larkspur does not share the lupine's star-shaped holiness, and here on the bed I cannot find a replacement. I see the trembling aspen rustling in the slightest breeze, think of my body and the way it trembles now. Discouraged, I unfold and start again: the wild, wiry veins in my hands are blue flax, bones now four-wing saltbush: pale fruits. husk. outside the window rain begins to patter on the ponderosa. The guide says nothing about how a tree sustains itself. I give up trying to know my body for now, letting grow whatever grows, unnamed and still.

notebook in grey morning

a thin book with blank pages, ice-blue cover, one of many gifts from a faraway mother.

notice the fragility of its pages, their perforated lines, flexible enough to bend in a pocket,

to break the way the storm broke days against the hard grey road, dashed them to pieces like bodies.

the sky bends around the brown leaves of the trees, floating them on the surface of an ice-blue lake

as they quiver in the cold like pages meant to be torn out, tossed out but by some grace, they remain.

for my brother

white sky cresting through the blue sky atop the shadowed morning mountains the sharp puffs of trees the trails invisible as you hike sideways ignoring the markers but still going up always graduating teal and pink in your flamingo suit drinking in the basement and in your suit you knew what wasn't for you in Florida in Arizona in Maine our home was all mapped out and you hate maps or at least I would guess you do resist mapping Matthew you drink milk and disappear into the woods for days making music listening to nobody listening to all our favorite songs you roll through people telling you *slow your roll* you're a surfer you make your own waves and water too blue as the sky on the mountains turning white with winter as you climb up to some ledge nobody sees but you, possibly drunk possibly smarter than everyone you left when you left college getting out to the sharp trees getting out dreams just getting out and away where you belong you aren't sure but even when you're gone I can hear you quoting Cudi pointing to your tattoos telling me you're still searching for a home telling me once I get it I'll be good as if you don't know how good it feels to crest the mountain with no direction but your own

anatomy of a prayer

green-bright bulbs of late March flowers who know the next snow, who could die

with the next snow, who were born early but persist in their smallness

against the frost, amidst the frost flowering the windows of the hospital

surrounded by love, surrounded by loved ones they might not grow up to love.

around the bulbs, beeping machines, the steady pulse of early spring kicking

inside late winter. light bouncing off the glass of the window, of the snow.

a billion stars reflected in a tiny pond, made deep by melting snow

quiet by virtue of its own smallness, the first night like this since it happened,

the first quiet night. someone begins to notice flowers, name flowers, say the name

of a lost loved one, over and over, persisting until the memory is plucked from the frosted dirt, warmed in their hands, wrapped up in love the way the fog wraps

up the whole street in the still-dark morning, hours before dawn. even the baby

sleeps. frost congeals on the window, a scab sealing a wound

would have been fatal on a different day. dirt loosens with each sunrise,

more seeds split open to find the table set for a meal and the next meal

and the next, a warm afternoon with rain where there could have been snow. a moment of relief

before the next storm. words exchanged with a friend before the next storm: *sure to be brutal*.

the brutal storm itself and the sky afterwards, a slice of sharp blue splitting the morning, an eye

opening after being squeezed shut by fear. huddled close the bulbs squeeze shut as it snows.

the moon arcs grey over the pond and the pond freezes over. tears are shed quietly

as a machine stops beeping in the hospital, the first quiet night. the fog hugs the street like a loved one, lights flicker on in windows

as morning comes, still as the night until the baby wakes, the coffee is poured

as the sky blues over the side of the street. the bulbs tend each other

like old lovers, waiting for winter or winter's end.

prayer

so the winter passes quiet with the wind, *shushes*

in and out of rooms, makes them empty. the old maple's leaves

lie wet and still at its feet. and in my throat

waits the prayer, a bulb buried in the cold earth.

I fill the empty rooms with plants, be kind

as I can be to myself when they die only days

later, tell myself I couldn't have known.

after you leave

in the still-dark morning, the dust on the sill of our window sits how it always sits, watches me splay myself open as a mountain laurel, glossed and glowing, braced at the thought of your return. outside the rumbling of cars on Orange street is the rumbling of the coffee pot, is a winter morning in Maine opening the coffee shop, cold keys pricking my cracked fingers, me not minding as I thought of you. this need I feel now was more present then, when you lived far from me when you would drive down the snowy backroads just to visit me at work, just so we could make awkward love afterwards. now I am alone with my body, hands clicking like cricket legs as my bones shift under my skin, slow but urgent. afterwards, as dawn breaks through the blinds, I pour myself a mug and stare out the window, pretending to write a poem. the shop would be busy by now, snow-gleam brightening the street, change sliding across the counter. you would be on your way to me. tonight you will be tired from work, and I will be tired from pretending to have been busy, and we'll hold each other before falling asleep, last winter's fumbling passion replaced by this more tender ritual.

your desk

a candle, vanilla and bourbon beneath the surface of its container, becomes a makeup mirror in that it is the stand for a makeup mirror, lifting it to the right height,

lifting it above the rest of the desk, with its desktop computer and skeins of yarn, the hooks for the yarn, the books— notebooks and novels, books on crochet and watercolor. the colors and the little blue mug

for the water. when stacked and leaned against each other, each object on the desk becomes another, a part of each other, your whole singular desk tidy in its own clutter like a love note written in your smallest handwriting, which curls to fit the frame

of a card without any particular purpose beyond being an expression of everyday love. how everyday it all seems, these objects that pile up into one single object, this candle that becomes a mirror.

naked

the dress hugs my quivering form like fingers steadying a blade

of grass in the wind, able to yank it from the earth

but choosing to be with it instead. my body asks me

to be with it, now, in this dress that does not fit because it's yours,

not mine. *if you ever want to try on my clothes you can*. I can't tell

you how much my shoulders loved being shoulders in your dress, how my ribs

leaned longingly into its tightness, how freedom traced its fingers

across the bareness of my legs. It's hours until I'm not alone

but the dress comes off quickly, leaving behind my naked body

in the mirror, a shape more and less familiar than before.

prayer

the prayer that comes in the end is smaller than the first,

hesitant, fragile, wet as any newborn thing,

shivering the way wind shivers through a body.

like the best prayers it asks for nothing.

the snow melts into a cradle for the prayer, lets it open

its mouth and sing itself into a shock

of leaves, new and green against the white.

last words

your head resting against my chest, neck bent the way your neck bends into your pillow in the morning

when I ask if you want coffee and you reply without ever waking up. the window leaks cold air onto my shoulders like the rain

we walked through last week, clutching our coffees, fingers interlocking against the smoothness of the paper cups.

in the rain you told me you're afraid of going to sleep because you don't know if you'll wake up, and so of course you haven't been sleeping—

until now, your breath warm across my body like the sound of *I love you*, the words that stand in for *goodnight* in case this is, somehow, the end

of this, the closeness of our bodies in bed each sleepless night. I believe in last words, the sounds we make as our eyes close

as your eyes are closed now. I, too, am afraid, though I didn't tell you, of the pulsing heat of your cheek against my chest ceasing

its rhythm, lingering just long enough to lull me to sleep, unaware. I shiver in the cold, and you in your sleep

hold me more tightly, as if to say *I love you*, as if to remind me through this many nights we've lived.

where the prayers go

where do the prayers go, after we birth and raise and cast them up and out towards mountains and maples, towards the clusters of lupines like stars, towards the stars, towards the sea with all its salt?

where do the prayers go once we pull our mouths from the lake, gasping towards God? the lengths we go for our prayers to be heard by anything other than those we pray for. we would drown

our prayers in any body of water deep and wild and cold enough to become mystical, mythical, a spring god bloomed into being at the end of the first winter. come spring the birds return, singing,

where do the prayers go?

they never saw them in the south, never passed a prayer as they passed across the sky, never waved down a prayer as you would an old friend. when the leaves

of the trees crisp and quiver and dance their final dance down to the earth, they see no prayers lying among the bodies of their fallen. winter gathers drifts of prayers

and scatters them on the wind, the words of them lost as the details of snowflakes, cares not where they fall. come spring the sun lifts the grasses up, finds nothing but mud.

Where do the prayers go if not the mud, if not the sky, if not the waters we speak into so readily? when the rain comes prayers come, leap from droplet to droplet, sure-footed as the mountain goat

who leaps from stone to stone, towards whatever we imagine lies just beyond the clouds. by now it is clear the prayers are not in the clouds, nor in the stars beyond, nor in the stars' reflections, bobbing

along the surface of the water like seals' heads off the coast of my home, where my prayers and my family's prayers were planted in the cold surf, the heavy wet sand. perhaps we hoped the wind would lift the prayers like gulls, the way it lifts

so many fragile bodies. why not prayers, the most fragile of all? do we make them so breakable that the wind shatters their bones, scatters them to ash? do they drown as we drown? if they are so mortal,

where the prayers go matters only to prayers, the way heaven matters only to us. now the mountains and maples are peering through the windows, as are the lupines dotting the side of the highway, and the sea and stars are listening in the night

to our prayers as we breath them out into the world, watch them wobble on shaky new legs hoping they will survive long enough to go where they go. or perhaps we are watching, listening, observing

the birth of the prayer through our windows. perhaps they don't come from us. perhaps we will go out tonight and find a prayer, hold it like a loved one, wish it safe passage through its fleeting bloom, its tiny death, its going.