

By day, execs hire Jacqui Barrett-Poindexter to cultivate personal brands. Out of this rigor emerged poetic expression: from soliloquies of the pelican to wafting warm waves of the ocean arise soul-steadying verses of confidence and joy.

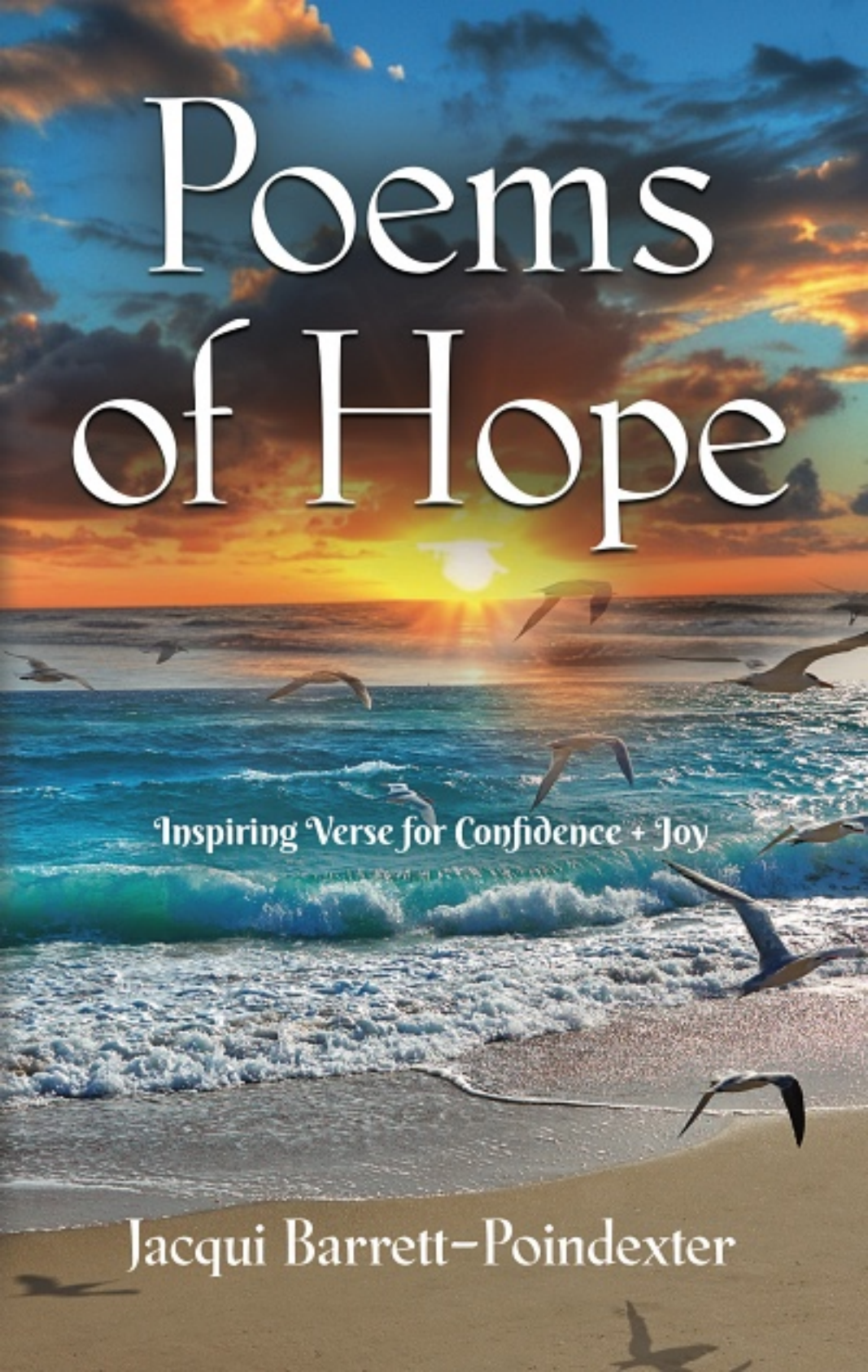
Poems of Hope: Inspiring Verse for Confidence and Joy

By Jacqui Barrett-Poindexter

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The background of the cover is a photograph of a beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow that transitions into a deep blue sky. The ocean is a mix of turquoise and deep blue, with white foam from waves washing onto a sandy beach in the foreground. Numerous seagulls are captured in flight, scattered across the sky and near the water's edge. The overall mood is peaceful and inspiring.

Poems of Hope

Inspiring Verse for Confidence + Joy

Jacqui Barrett-Poindexter

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Table of Contents

Acknowledgements.....	9
Introduction.....	11
Section 1: Anchored in Strength.....	13
Section 2: Buoyed by Confidence.....	23
Section 3: Shored Up by Integrity	35
Section 4: Inspired by Morning.....	51
Section 5: Girded by Faith.....	65
Section 6: Comforted by Family	75
Section 7: Entranced by the Island Birds	83
Section 8: Welcomed by a New Day.....	89
Section 9: Awakened by the Water.....	103
Section 10: Fascinated by the Flowers	115

Section 1: Anchored in Strength



She Runs and She Runs

And the worries she shuns,
As the road and the weather,
Wipe away all the glum,
As the night filled with dreams,
That aroused her unease,
Melts away from her mind,
With warm sun and cool breeze.



Heart Beats Strong

The fog it hides the path from sight,
But she will not give up the fight,
No understanding in her view,
But heart beats strong and hopeful cues,
As flowers blossom in the wind,
And winter's bitterness rescinds,
As glimmers of a light that sends,
A message that the struggle ends,
As measured breath turns into calm,
And hearkens sweet and freeing balm.

Keep Your Eye on the Prize

Know your own way,
And don't let others say,
You can do this,
But forego the hard that,
And when troubles arise
Keep your eye on the prize,
Get up with the moon,
And stroll through the sand dunes,
Be so light with your mood,
That bad attitudes,
Never sharpen your tongue,
Or create bad where there's none,
Even when the sun hides,
And you just want to cry,
You can always rely,
Hope returns by and by.

Anchored in Hope

Our hearts they're gently torn,
Seeing wisps of storm-crushed palms,
All the battered plants we mourn,
All the chaos 'mid the calm.

Grieving all that we now miss,
Will the plants they be reborn?
Within our tropical oasis,
Will the trees remain forlorn?

Then I look in these sweet eyes,
And the hope it does arise,
Taking each as it doth come,
Keeping faith we cannot fathom.



Morning Energy

Guard your morning energy,
Erasing negativity,
For early light
Is such delight,
And from all worry
Be set free.

Inner Joy Through Pouring Rain

Here we are so all alone,
Chilled with fear all to the bone,
The world is topsy turvy and,
We fail and fall into the sand.

But grab some hope, another hour,
Take back your footing and your power,
God gave you hands, he gave you feet,
And mindful thoughts so you can seek,
The way through obstacles and pain,
That inner joy through pouring rain.



As You Grow Old

It's okay, and you may find,
As you grow old and look behind,
Your network bonds have frayed and worn,
And those you knew are now reborn,
To focus on their private storms.

That's life amid the roiling seas,
From infant to maturity,
We know that life's not one big game,
It's steadiness we seek to claim,
Buoyed by a joy that's oft untamed.

Emptying My Mind

I jogged along Whitecap and immediately saw,
How the blue of the sky made my heart fill with awe,
When a moment before, my mind filled to the brim,
My thoughts they now centered on all of this zen.



Swept Up in Blissful Solitude

We hear the rustling of the palms,
Though life about is not so calm,
And while the churning of the winds,
Makes mind and heart filled with chagrin,

And while the news so bitterly,
It frames the negativity,
We have in here inside our hearts,
The love and light that ne'er departs,

The birds that rise after each storm,
And tweet like worry's left the shore,
And all the fragments of our mood,
Swept up in blissful solitude.

Jacqui Barrett-Poindexter

Your Light It Offers Others Bliss

Enthusiasm matters such,
Amid solemnity and dusk,
We must then make an effort to,
Bring light into another's view,

For that one soul in your venue,
Is worthy of your talking to,
But so aloof we can become,
Alas when we are tired and done,

We sink into aloneness and,
From the world we oft disband,
But please dear one, consider this,
Your light it offers others bliss,

With your sweet care and comforting,
The world doth offer hope again.

Soul Renewed

May your sunny place,
Help you keep pace,
To build the case,
And run the race,

To beat the deadlines,
Fight back dread,
To pay the bills,
And get ahead.

And as the weekend
Doth unfold,
May you declare,
And be so bold,

To turn from tragedy and fear,
Tempering sight to see what's near,
To treasure moments in your view,
Enabling a soul renewed.

Gritty Resolve

While a swing and a miss,
May now leave you remiss,

It is gritty resolve,
That will help you evolve.



Work Rewards

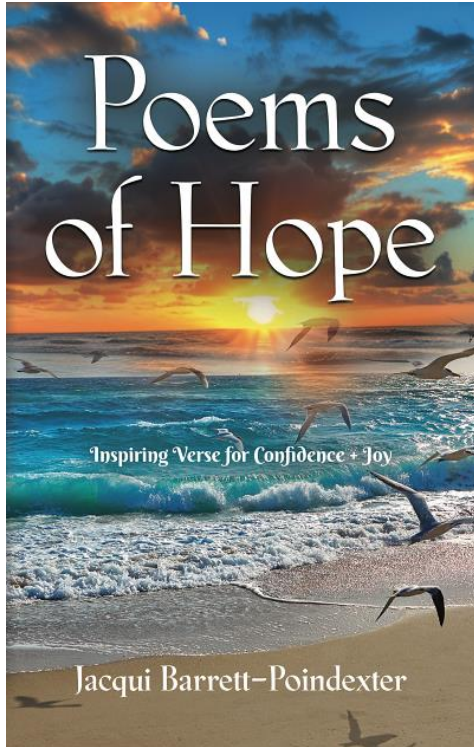
Oh my goodness what a day,
All the play must be delayed,
While DEA Special Agents,
Healthcare Exec Innovators,
Request my hand as their narrator,
For stories rich, I'll be creator.

I'm so happy to comply,
As work rewards me by and by.



Look Up High

There's often a workaround if you try,
Just look up high into the sky,
Where all the power and all the steam,
Equips you for your hopes and dreams.



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