

**RESILIENCE**  
*By Justice G. Helen Whitener*

**I am Black, Indigenous, a person of color  
I am poor**

**Feeling like I am constantly under attack  
Who I am, my identity, how you see me, how you speak to me,  
Defines how we interact**

**I am a mice in a lab and a lab you control  
The wheel is my life and round and round I go  
Maneuver the trap is my daily task  
Cautious with our interplay  
Cautious with your control**

**Culturally, socially, economically, politically, legally  
Your control is stifling  
Your institutions, your structures, your organizations, your  
government has no place for me**

**The external trauma inflicted on my body, my mind, my soul daily has  
hardened me  
Your tolerance of my plight, has hardened me  
But, I need to survive the daily game called life  
Violence is your expectation  
But I must try to stay motivated within  
I must be Resilient**