

*ALISON BROWN was 21
when she died of Cystic Fibrosis in 1997.
A few months before her death, she wrote this poem.*

When I am strong
I will fight,
and when I am weary of the fight
I will rest in you,
knowing that you can carry me for a time.
In my fight
I will draw strength from your love
for your love cannot be beaten.

When I am alone,
when I feel the icy touch of fear,
I will take it in my hand
and hold it out to you
and in the heat of your love
it will melt away.

When my heart feels isolated,
when no one can comfort me
and the crowd serves
only to remind me of how alone I am,
I will look within myself where you wait
and I will remember to allow you to love me.

Then, when the joy is so strong
that I cannot take life in quickly enough,
I will remember to take a moment to sit with you
and appreciate the beauty you created.

And when the night comes,
I ask only
that I be alive with peace and faith,
so that I may not fear
the new day that lies beyond.