Verse and Vision

My Voice

If I look strong
I am.
This time my voice
Will be heard.

My words
Of labor
Are not hollow.

I will stay home
As long as I choose.

A sip of soup,
A bite of toast
Will be my nourishment.

No Demerol.
Perhaps an epidural when I am ready,
But not before.
Do you hear my words?

My birth story—strength
In my time and space.

—Joan Moon, CNM, MSN
Certified Nurse Midwife