

# TAKE HEART

## A Conversation in Poetry

*Edited & Introduced by Wesley McNair,  
Maine Poet Laureate*

Ted Bookey of Readfield and his wife, the poet Ruth Bookey, direct the poetry series at the Harlow Gallery in Hallowell. Ted's poetry is a unique combination of the comic and the serious. In today's poem he writes not only about the power of it, but the force of love.

### The Power of It

*by Ted Bookey*

Ruth woke sad today. Life, she says,  
Has been behaving itself & hopeful  
Expectations continue, so why now  
Nameless dread & mope at sunrise?  
What is it? What can it be?

I do not know but I will try.  
To help her against it  
—whatever it is  
I put my arms around her,  
Tell her, “What it is, is  
There will come moments  
When it is simply it.”

I say this for myself  
As much as for her—  
That it is just it.

& it helps.

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