

Zoom Work Poetry Class  
August 25, 2025

## **1 Everyday Presences**

By Mike Garofalo

The endless treasures of the everyday,  
the uncommonness of common things;  
Ordinary mind does point the way  
to unspoken wonders of myriad beings.

Whether a leaf, the moon, a plastic spoon,  
or a shoe, an eye, an infant's *cry*;  
the endless parade, zoom out, in zoom,  
Details on details, thick, piled high.

Cellular seedpods *pulsing* pure time,  
Flowering brains clone families of minds  
that revel in thinking to the Infinite edge,  
agog over life, and love of knowledge.

Whether, a quasar, a hand, a DNA strand,  
Fantastic journeys in the Minds of Millions.

"My daily activities are not unusual,  
I'm just naturally in harmony with them.  
Grasping nothing, discarding nothing..."

Supernatural power and marvelous activity  
Drawing water and carrying firewood.

Layman Pang (740-808)

### **“Keep At It” By David Lynch**

Making your poetry:

Make it New, Make it Strange,

Make it Now, Make it Yours,

Make it Better, Make it True.

Make it Reveal, Make it Change.

- Mike Garofalo

### **Writing Poetry**

**By Mike Garofalo**

Longing

for learning

to make others

surprised

by my words

Trying

to find

the perfect rhyme

and symbolic metaphors

offered in lines

Seeking

the insightful words

and clarity;

that is the goal

ahead for me.

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## **2 Refugee**

By Mike Garofalo

We took refuge in our Catholic Faith.

We took refuge at a solitary  
retreat at Grayland Beach.

We took refuge from Hurricane Camille, luckily.

We worked with refugees from civil unrest,  
and poverty.

I took refuge in the Buddha, Dharma, and Sangha.

We bought a farm in Red Bluff and became  
refugees from the city.

We always voted Democratic because  
more Democrats tried to help refugees.

We took refuge in Yoga and Tai Chi,  
loyal countercultural devotees.

In the 1970's, over 80,000  
Vietnamese refugees  
came to California to live;  
Lively Little Saigon  
grew in downtown San Jose.

My paternal grandparents left Sicily;  
Refugees from poverty  
and limited opportunities.  
Immigrated to Los Angeles  
in 1900 ... helped make LA Great!

My maternal ancestors were liberal refugees  
from Civil Wars in Germany  
in 1848; who came to live,  
steelworkers by trade,  
in Akron, Ohio, USA.

Refugees from Diseases  
hunting down their lives  
and despite cures a'plenty  
and prayers of desperation  
they are hunted down to die.

Refugees from war, famine, genocide,  
injustice, disasters...  
Staggering towards uncertainty.  
The sorrows wandered for centuries.