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THE TELLING

by

Joseph Martin

B.A., California State University, Chico, 1984

Presented in partial fulfillment of the requirements for the degree of Master of Fine Arts

University of Montana

1986

Approved by

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#### "This hour I tell things in confidence, I might not tell everybody, but I will tell you."

--Walt Whitman

This manuscript is dedicated to my mother and father, and all of my teachers. Special thanks go to William Pitt Root, Paul Zarzyski, and Gary Thompson, who helped these poems along. Grateful acknowledgement is made to The Bloomsbury Review, Riverrun, and Watershed, in which some of the poems originally appeared.

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## I. The Telling

"If I worship one thing more than another... Hands I have taken, face I have kissed, mortal I have ever touched, it shall be you."

--Walt Whitman

THE TELLING

Sometimes in a sudden flutter of wings, The skittish heart surprised

In flight and the night rain heard As the world goes silent, I am gathered

To particulars. And I tell you How, this morning, cold sun pulled

The oak trunks south with the steady slide Of January days lengthening and the movement

Of the scrub willow's brush-like limbs Was small and circled. I say this

And we are suddenly present Together on our personal shorelines,

Eating the strangely familiar fruits And witnessing stories, singing. Seeing

Each day in its many small deaths: a dog barks And the old man slips on his back in the icy grass,

The legs of a woman pass into sunlight. And the many things which cannot be said

Well up in us daily and are gone. The body Swells like a bowed cello, thrumming life

Into air and the space between stars Groans wider. There is sound, motion, solid light.

There is my father, 1956, speaking with my mother. Late summer, Minnesota, the first warm rain

Shakes a few leaves loose from their towering poplars, And the young woman smiles, feels herself go.

It is the beginning of a story.

ALONG THE SOUTHBOUND SPUR

August, mustard flower and teasel singe to brittle grass and thistle, knapweed greying narrow fields along the southbound spur. I walk alone behind the rented houses of the poor migrants, blacks, and Indians, their trailer parks and bleak apartments, backyards a patchwork of clothesline and tomatoes, shuttered windows, chained down hounds. Voices spar from an open door in Spanish I half-understand. A thrown plate breaks against the wall. It is noon, windless. The field's edge wrinkles with heat and distance. The argument, as I can glean it, has something to do with words and what is never said. words and the heart's adherence. × Once, mid-winter, snow packed tight between these ties, I walked in the glad surprise of sun, eyes on the grey horizon's line. Fired by that singular light.

the locomotive's lone eye shining over the iron freeze of rails, I watched the figure of a man rise, striding, to stand for a moment, head bound in that shivering halo's web.

(stanza break)

A quarter mile later, we passed each other, each yielding the well-packed path at track's center with a nod, an exchanging of faces. The locomotive droned in its still spot ahead. We waved blue tassles of breath. × Parched earth cracked as gravel, shrivelled ties inconsistant in this absence of ice, I must walk slowly, step self-conscious, picking my way between potholes and beer cans in the heat, the torn cardboard boxes of condoms, poisons, Cream of Wheat. To the east, through a tear in the chain-link fence, a rawboned, scraggy hound charges the yardfull of panicky chickens. It snatches one white Leghorn, snaps the bird violently lifeless, and disappears in tall dry grass. The brown-faced girl jumping rope in the yard has seen, screams, runs to the fron porch yelling for Mama, who leaps through the screen door just in time to see stray feathers settle in the driveway's dust. But she laughs, this ragged woman laughs from the porch in her floral print dress, and covers the eyes of her bawling child, buries a face in her skirt. What can the mother say?

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(no break)

That it doesn't matter, it's all over, all just flecks of sprayed blood staining. dust and the crippled feathers? Here, where I am, I can't hear them, but as I pass in the slant late summer light, I can see the way she holds her, how this must mean something like love, I am here, it will be all right... HER EMERGENCE

White-tiled shower walls shine under the bent shapes of faces changing. Under the solid rush of sound, a quietness, a distance we do not speak of, but lean and kiss, knowing we do not love each other anymore. Short brown hair soaked tight to skull, she is somehow smaller than I've ever seen her

and we stand a long moment, examine each other, two creatures suddenly unfamiliar. I begin as I always have before, gently soaping at the forehead over each eye, hollow of cheek and crook of neck, let hands glide the knobbed length of her spine, to lather at breasts, collarbones that I have kissed, and the long field of her belly,

a valley to sleep in. I push almost inside her, press to the pliant flesh of her hips and down the muscles and joints of her thighs, to kneel at the feet, unspeaking. And when it is over, I am stranger to the kind flesh of her fingers. She emerges immaculate, transfigured, the small whorls of steam sprouting like feathers from her skin. "AND BARELY A GIRL ... "

#### After Rilke

And barely a girl she sent herself fresh From the twin-throated luck of voice and lyre To gleam clear through her springtime dress And make herself a bed inside my ear.

And sleep in me. And that sleep was all. Every tree that I had loved, the distances That I could touch, and all the instances When awe and wonder struck my soul.

She slept the earth. God of Song, tell me How she was born complete, without desiring Even waking? See, she rose to sleep.

O where is death? Will she not seek Her theme before the song consumes her singing? Where will she go, sinking from me... a girl, barely... TONGUE AND GROOVE

From here, it is easy to see where we went wrong, how the ceiling folds and wrinkles under sections we worked first. My Dad and I set those early pieces upside-down, beginners, not yet understanding how we'd wrecked our upstairs floor forever, made it warped and corrugated as the cabin's sheet metal roof.

Later, angered, realizing we'd gone wrong, I hacked and pried at those thin planks fastened wrong to rafters, splitting boards to splinters till he yanked the crowbar from my hands. We glared and argued, cursed and shouted, there in the wreckage of all we'd done.

In the end, we shrugged, did the only thing we could and turned our next plank bottom-side up. Tongue and groove, tongue and groove. Some pieces fit together easy, others take sweat, and fretting. We went on together this way, living under the warp and woof of what could not be changed, trying still to make things right. MY TURN AT THE DISHES

Wednesday, noon. A perfectly vertical rain drops from the clutter of stormclouds pitched against hills southwest of this kitchen window. My turn at the dishes, but I am thinking about Plato and what I know of his flawless world of truth and ideal form as I stand scraping egg yolk from the cracked plastic plate I found in a bag of Mainstay dogfood.

I lift it a moment in the wet grey light, raise it till it shines like the ideal form of itself, a sun, luminous there in its separate world, and I imagine the egg I ate this morning, itself a sun, turned now in the dark fire of the body.

Distracted, scrubbing flecks of burnt meat crusted like rust to the skillet, the smell of frying burger rising from the quickly clouding water, I hardly notice when the discarded pickle jar lid slides and plugs the rinse-water running in the open sink.

It is a perfect fit.

I try to pry it free, but the sink keeps filling, sealing with a greater and greater weight the only way out. Light shifts on the kitchen walls. Water floods and splatters over the tiles, drenches the halls, the house, the yard.

It goes on forever. We drown. There is no stopping it. IN GRANDFATHER'S RAINCOAT

In Grandfather's raincoat I stand in black rain. My name, thin winter branches. The traffic lights shining wet streets red. Inside the left-hand pocket: a few coins, a key, and an old handkerchief still spattered and stained, crumpled in pain. The old man knew his death, his friendly death that greeted him each morning from the pocket of his raincoat, the death that came to him so slowly, gently, like water rising over the heads of cattle. BECAUSE THEY KNOW

Grandpa Joe told me a koan once, driving the gentle lift and glide of narrow vineyard road that last September we had together. Around each curve in that stuttering light, squirrels and chipmunks skittered through the path of rushing wheels. "Know why they always start across soon as they see us coming?" I shook my head and watched the answer ripen his face to cloud-shorn moon. "Because," he said, eyes on the road, "they know they might not make it."

## II. The Metamorphoses

"If we relish these artifacts of death, it's for a sign that life goes on without us..."

--Robert Wrigley

LOYALIST SOLDIER SHOT, SPANISH CIVIL WAR

On a photograph by Robert Capa

It is the single ear, fragment of skull that fell, forehead splashing dark blood red onto field the color of sun just south of perhaps Pamplona. And the face buckling, turned into light, blind to sharp crack and instantaneous click, the knees reeling, belly thrown open, torn limbs pulled two-dimensional. It is the hand gone buoyant, gently rising, offering the length of an arm, the weight of a rifle surrendered just left of the shot. It is the shadow folding into itself. It is autumn. Flushed from the parched scrub brush, three quail startle, blurred into noise. It is a slight dry wind. SONG OF THE DEPARTED

The flight of birds fills with harmony. At dusk green forests Gather into the hushed cabins, The crystal pastures of the doe. The murmuring stream appeases darkness, the damp shadows

And summer flowers toll so lovely in the wind. Even now, night falls on the thinking man's face.

Decency, like a tiny lamp, shines in his heart And in the tranquility of suppertimes. For the bread and wine are blessed By the hands of God, and your brother Quietly gazes at you with his nocturnal eyes, Looking for respite from his thorny wandering. O to be deep in the drunken blue night.

And the silence of the room embraces shadows of the elders, The blood-red martyrs, and the grief of a grand family dying Piously in a lonely grandchild.

And shining from the blackest instance of madness, the patient wretch Awakens at the petrified threshold, Embraced by the shining curve of autumn, the cool blueness,

The still house and the legends of the forest, The judgement and decree, And the lunar paths of the departed.

--translated from the German of Georg Trakl

FOR GEORG TRAKL

1. Face Reflecting The blankness of water

Wading In, you reached For that imagined moon, Hearing the trumpets Bloom in your skull

But It was no use--Even gravity betrayed you

Feet floated up, leaving The low path of your moaning, The path you would search for again And again

Under the empty face of the snow, In the place where the ink-black horses leap Under the screaming wheels of a train, In Verlaine, Rimbaud, and Baudelaire, And there, in the water, reflected In water

2. Autumn evening. A girl is walking, Weaving the wind with flutes And bells. Sister Flesh of my flesh, remember How we danced in dark gardens, How we once drowned together Deep in deaf water? Margarete My blue little doe, smile Your impossible thin smile Inside of my eyelids Again 3. At Grödek, ninety wounded moan For death and nothing, Not even an angel, Can stop them.

One impatient one Blows bits of his brain Across grey planks of wood, Across dirty straw and the bodies Of the suffering, steam still rising Up from broken mouths

And you ran out screaming Into the blind snow, unable To follow or to save them, Found flesh frozen and blood scattered dark In all directions

No escape.

#### 4. Georg Forgive me I've stolen your grief

Wanting my own Words to hobble on, wanting Dark bodies to place in the snow

Forgive me

I must breathe

5. In the eleventh month The third day stood still.

When the moans of the living Finally died down, an angel froze Inside your lungs and you remembered That black path through the lake weeds

(stanza break)

And drifted away from yourself The way stars lose track of constellations, The way notes fade as the quartet scatters, The eyes and ears and guts of the composer Reduced to a heap of ink-spattered feathers.

Twenty seven years. Now, death Will not leave you. PRAYER FOR A BLACK STONE

"Poesia del pomulo morado..." --César Vallejo

The broken cheeks, the purple bones, the books That sprouted from a corpse, the weeping dead Who break in two, and carry bits of bread On shoulders torn by ropes and broken hooks--

These sang for you, to warm the ink, and drown Your voice below the page: the wingless birds And pagan girls, the distant curving roads, And silver flutes that ring like hollow bones.

So long alone below the ground, you breathe The marrows of the sea, and prayers march The candled halls to chant your darkest nouns.

They sing black stones, the broken moon, fallen trees And empty shells, and praise your purple arch Of bones that rise up to be broken down. THE METAMORPHOSES

All things are possible. Transformations Of sun into sun, hair Into hair, even grass Can become grass. Remember

The violent roses that crushed the whole ocean? The cataclysmic birds that barked down cathedrals? The babies that rang all your telephones blind?

Hands can be hands. Your face Might sprout hair. Fingers Might grow fingernails.

We are made of accidents

THE MUTE

Carrying the dumb stumps of my fingers past churches and schoolyards Where the birds built language like a brittle nest Over the bare heads of children hurrying into their own bells I listened until I heard them sing/ I did not desire To wear my tongue like a black robe That is always shining like hair in the daylight. Should it matter if my mouth remains frozen over The thick vowel still stuck in the ragged ice of my throat? Inside this body I am breathing A complete algebra of movement and light Bursting from the dull sutures of my skull Like a wet seed splitting its thick husk

I learn the elaborate gestures called survival I count the prayers of the world/ they are not infinite

From the mosque of my silence I open my mouth And I will name and name and name the world THE KILL BUCKET

Almost nothing does them in. You can hang one upside-down on the stringer for half an hour

in hot sun, batter his black knot of skull flat with an iron grapnel,

or lob him back to near mid-lake with a sidelong looping cast, catch him and cast him

and catch him again: the bullhead's thick-webbed gills still pulse and puff as the slick knife

cuts into unscaled skin. They are the last things left alive each year when the Cascade Reservoir dries.

We find them gasping in stagnant pools, seething with heat, and net them only grudgingly, remembering

chinook, perch, and browns rumouring the once-clear depths before nitrates and the algae bloom

killed all but the bullhead. Now, we troll this muck for squaw, bitching the trashfish's inevitable bones, the bullhead's

helmet of horned skin. They are survivors, at least, we say to each other, and lower our day's catch alive

into the boiling water steaming in the kill bucket, where they thrash and rattle

and are finally still.

BURNING THE STUMP

"I rock between dark and dark, My soul nearly my own, My dead selves singing." --Theodore Roethke

1. Two decades it lurked, a malevolent shark darkening lake water out past the dock. My bowels went hollow. Back muscles cramped. I shivered whenever I dogpaddled over the stump's black torso, strangled old wreck. Root of my nightmare broken neck, the careless slip and misplaced leap, it had hands to snatch at dangled limbs and a huge-toothed mouth always calling. I dreamt myself wreckless, sometimes falling hard into water with a quick white snap, and watched myself go floating, slowly, buoyed by the suddenly weightless body, to break the mirror-skinned surface, waking with a shiver on some strange shoreline as quick light flickered in the white-rooted spine.

2. Dry summers, lake shrank back from shoreline, revealing quack grass and snailshell, the foul, fish-smelling sand-and the stump rose tip first by degrees, inching into sunlight

all wormholes and ragged rotted knots, fishing line hooked into dull root wood, the wrinkled and pocked face of a god gone mute

testament to the wind that howled and battered its waterlogged spine to splinters, the huge pine crashing, branches snapping, dropped in the wind-chopped waves.

3. One summer, dryer than ever before, bullheads rotted on the cracked mud flats. The beaver and heron had no home. The osprey and kingfisher found no food where cattails greyed and the stale channel ran.

Stagnant, restless, uncontained, I walked to the water and walked back again. Seeking seclusion, I met desolation. Seeking the soul. I met nothing at all.

I stood face to face with my lifeless trunk, broken stump opening voices in wind, crying out to the imperfect silence.

I heard the dry witchgrass hissing, listened for the ghost of the water's lapping, hushed, the short waves thinly sweeping, brushing the sand's edge lightly, swaying into old slow tidal motion, spectral waters almost chanting, faintly present, calling

saying <u>flame, burn,</u> <u>turn me to stone,</u> <u>open the flower of going...</u>

4. <u>Ice, I'm ice</u> <u>I'm bright like a fish</u> <u>I'm black as a seed</u> <u>Dark as a moon</u>

If broken trunks have quit their growing I should burn the stopped limbs home. Why should dead roots dangle down? I have seen where they are going.

(stanza break)

So then should the air be empty? Shall I ask my bones to wobble on? I may tell these bones to run, Break white roots deep under trees.

Dark as a moon I'm black as a seed I'm bright like a fish Ice, I'm ice

5. And I am given my same dream of flight, seeing the body sprint blind over the land's edge flailing, the panic and twitch in my terrified limbs And I am naked to the violent headlong wind, animal lusting open space, the blood-fire spreading, the numb limbs aching, the feet turned quick to sharp-nailed claw as I stumble, crawl, lumber along And I am running insane through the nameless landscape. raw throat choked under thick white froth, sprinting and lunging and feeling the burning beginning to grow from the pit of my throat, the nostrils straining, black wind roaring, the running and running increasing the burning, the burning and burning consuming the body And I am light translucent, a bodiless flame fading at last into vanishing fumes, rising to cirrus, the woolpack and nimbus. the fleece-white rib of a formless wing And I am born high up in the gathering light. a white-feathered soul, a windswept thing. 6.

Whiteness, impossible whiteness brightening. I wake alone to storm-tossed fields gone still

(no break)

with the first light snow. October. The scent of fire, electricity. The knowledge that energy passes. I step slowly shuddering into my bones. Was it here I fed pale flames to light, and followed dead roots into darkness? There are many ways to become lost, and I have strayed far off through the fields of the fatherless. I have wandered too long, alone, inconsolable. It is time for returning. Ice melting. Dawn breaks sharp between dark jackpine, shining black limbs to diamond. On a bare branch there is room for growing. And I am ready. AT THE BURNSITE

New grass gleans from damp ash, Feeling the breasts of a warm spring rain. Fifty feet up, pines climb skree.

#### III. The Returnings

"That which hath been is now; and that which is to be hath already been; and God requireth that which is past..."

--Ecclesiastes

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SNOWFALL FUGUE IN B-FLAT MINOR

prelude of distant crystalline bells.

Each flake perfectly placed and ancient as these eighth notes falling in fugal counterpoint

across the clavichord, swirling minor scales torn open like an old wound, pouring out

gentle pirouettes, genuflections, rituals of discord and resolution, praise played out in the delicate ghost dance of brittle finger, brass string, wind frozen

in precise attitudes of perfection, suffering, Bach's pain now three centuries dead. Yet it is all repeated, repeated

endlessly in the blank air, this delicate skeletal order falling open, falling out from itself like the first few flakes of autumn snowfall, the ageless patterns

repeating again, the fragile architecture of descent.

EARLY SNOWFALL OUTSIDE KOOSKIA

Three colts dance in their whitening pasture because it is their first snowfall, and they are not mules. DONNELLY, IDAHO

Northern Pacific left and the packing plant Closed, Corbin Ford Burned down ten years ago. Past the empty Libby's warehouse Through pea fields turned pastureland, The dead rails rust twenty years disuse, Oil-soaked ties split for firewood.

\* \* \*

Notice the real estate office is empty; The door swings back and forth in the wind. Notice the tiny house by the spillway, The sign selling nightcrawlers, 75¢ a dozen. The grey woman in her wool cap pulls worms From the trough in her garage, counting them Slowly, throwing in an extra, "for luck."

<del>• \* \*</del>

Some nights she wanders these pastures Alone, picking bluebottles by moonlight. She goes to the place where her children are buried, Sees the shadows of cattle asleep on their graves. And when she is not looking, dawn comes Again, rising between the Twin Sisters, Another day she must live down. ODE TO AIR

Walking down the road one day I met the air. I greeted him with respect and said "I would be happy if for just this once you would quit your transparency, that we might speak." The indefatigable one danced, rustled the leaves, shook the dust under my bootheels with laughter. lifting all his blue sails, his skeleton of glass, his eyelids of the northwind still as a bedpost, and still he kept listening to me. I kissed the long cloak of the king of the sky, I wrapped myself in his flag of heavenly silk and said "Comrade or king. thread, petal, or fowl, I don't know what you are, but let me ask one thing of you: do not sell yourself. The water has all been sold to the aquaducts in the desert. and I have seen the poor world, the villages, stagger with thirst in the dry sand. I have seen light in the darkness rationed, and chandeliers in the mansions of the rich. All is dawn in their new hanging gardens, all dark the terrible

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shadows in alleyways, where the night, detestable stepmother, appears with a dagger in her owl-like eyes, and a cry, a scream, lifts and is smothered under the gluttonous shadows. No, air, you must never sell yourself. must never be channelled, never be piped, never enclosed or restrained, never captured in ledgers or put into bottles. Beware! Call me if you need help. I am poet, son of all suffering, father, uncle, cousin, blood brother and inlaw to the poor, to everyone, my country and all the others, to the poor who live by the river and the poor who live in the heights of vertical Andean ridges chipping stone, hammering nails, sewing clothes, chopping wood, bearing with the world; for all these things I am in love with their breathing. You are the only thing they have. It is for them you are transparent, so that they will see how the future has been sold. For all this you exist, air, you who allow breath,

(no break)

you who do not enslave, you who do not trust those who come in their cars to examine you, but leave them, laugh at them. send their hats spinning, rejecting their propositions. Let us go together dancing over the world, demolishing the appleblossoms. entering through windows whistling together, whistling songs of yesterday and tomorrow, already bound one day to liberate the light and the waters, earth and man, and all things for all people will be as you are, air. But, for now, beware! Come with me. for we have many things to dance and sing. Let us run the whole length of the sea, to the tips of the peaks, let us go to where the new spring is flowering and the wind is rattling and I sing as we part the blossoms, the sweet scent and the fruit, the atmosphere of a new tomorrow.

--translated from the Spanish of Pablo Neruda

"I find you, O Lord..."

I find you, O Lord, in all the good things I am bound to with love like a brother. In small seed you shine from the tiniest rings, And from great things you pour forth your power.

Such a wonderful game that your energy plays, To move like a servant through that which it sends: In roots it sprouts, in thick trunks it sways, And in cut limbs it rises up from the dead.

> --translated from the German of Rainer Maria Rilke

LOSING THE WAY

I have just passed by my own house, watching earthworms wander the wet pavement, so lost in this world! THE GRASSHOPPERS

silent, reptilian, sun-baked grey

as two wood chips, the grasshoppers copulate

in still august heat-motionless, until

the shiny blue forelegs stamp, quiver

pensively, pensile, suspended as wide russet eyes roll back,

yellow-black checkerboard wings exploding with voices.

## THREE MID-WINTER THAWS

1.

Surprise is the pale bleached color of grass When it is a coarse green and February. Lee-side of the high, thick-wooded vale, The faint trail flecks with sign: Cleaved hooves repeating the ice, And black shit delicate as rosary beads.

## 2.

Down by the river New Year's Eve Three quick gunshots stitched the air With whistles trailing lengthwise To the water's frozen reach. I stopped dead in my tracks To hear: silence. Nothing But my startled heart Thudding its drum, and the Clark Fork River droning its lone slow note.

3.

A face assembles in rain, In the black limbs of bare oak leaning And tangling over the stream. I remember The warm trace of pulse beat tapping Blue at the base of her thumb. We watched huge jams of ice dislodge And lurch to the opening ocean, A world hurled in on itself. SOUTH OF NEWPORT BAY

1. Seven waves to each set breaking and flattening over the sand. Seven waves turned back, receding seaward With undertow and tide. Slow, currents shift and swell Among the kelp-drenched reefs and skerries Lifting and sinking with ebb and flow, heaving Past mussel-coated jetties toward the far breakwater Where huge swells cleave through lowlying stones, Disperse, scatter, yet return To the pulsing of ocean, sun and moon. Over flat intertidal stones home to sealion and pelican. In the quick breath-space between waves Where sandpipers race after crab and small fishes. Rooted in the crevices of wind-carved cliffs And everywhere the water is, this life Of web and feather, mouth and gill, anemone, stem and root. 2. A line of rusted barges lurches by So slowly they may not be moving at all. Even the seawind, Now steady, feels still; The fog no longer churning and thickening, The gulls no longer swarming and quarreling But lifting themselves in diaphanous flight, Motionless. But for the wingtip's shiver, The angular beak's turn leeward. Sometimes in the absence of motion. The body seems stunned, superfluous As air we breathe in our dreams. I lie still in warm sand, Sensation draining out of my limbs, The crowd-sound of seawaves grown indistinct, The light behind eyelids blurred and unnoticed.

(section break)

3. All things return to the cadence of light; The pulse beat of all wild creatures measured In the orbits of sun and moon, the lean and drift Of continents shifting underneath migrating stars, And the tangle of seaweed, the undulant dance, Exist, not alone In the net of the present, But always and everywhere, once and again.

At day's end, Under the darkening San Joaquin Hills, An echoed brightness Swells expectantly.

4. Two nights past full moon, In the fourth set of a full tide, The grunion run south of Newport Bay.

The female feels a strange itch in her midriff, Feels her brain flood with the babble of moonlight Charging the knee-deep shallows, Sends herself spilling out over the sand, Urging and wrestling, digging in Tail-first, half-buried As the males come at her, curling and closing Over the exposed flesh of her belly, The three of them writhing and shuddering there

To exhaustion, Spawned out, waiting The next set's inundation, The rush and heave of return to the sea.

(section break)

5. In the next tide's peak, In the final nick of moon, When the waves wash highest over the strand, A jumble of hearts beat mad for the sea. The black waves swell and crash unseen, Glowing and rolling in over the shore As the small fish glimmer briefly and drain Away with the turbulent current.

In this bright time of birth, this echoing light, I hear how the mute world speaks its faith In the patient language of recurrence.

6. Imagine faith as this trust in returnings! Be as the sea is. Lie still. Breathe.