

Wearing Hurt on My Face

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I have been wearing hurt on my face for as long as I can remember

I would hurt the most during the month of December

I'm not sure if anyone even cares

Because they all seem too busy with their own affairs

I have been wearing hurt on my face

But when people look at me, all they see is my race

I have been wearing hurt on my face ever since I entered kindergarten

Because my heart was already hardened

I have been wearing hurt on my face because of the generational traumas

But all people see is my addiction to marijuana

I wore the hurt on my face when I returned up north

I learnt about how much my brothers see their own self-worth

Like me, they were struggling

Struggling to find an identity

Not knowing how to live authentically

Like me, some struggled with abuse

But the only way to cover up is by making an excuse

I saw a lot of myself in my brothers

The hurt on their faces that cannot be covered

I too experienced the pain of depression, anxiety and suicidal ideations

But to communicate the pain is a violation

A violation of manhood

A violation of the unspoken male adulthood

I have been wearing hurt on my face due to poverty

But when society looks at me, all they can say is that there are other priorities

I have been wearing hurt on my face because of my identity crisis

But all I get from people are dirty looks and biases

I was wearing hurt on my face when I thought of ending my life

It felt as if no one cares or values anything in real life

Then I started to wonder, what is missing?

Why am I hurting?

How can I stop running?

Finally, I stopped running

I started confronting

Confronting the abuse

Confronting the untrue

I started to heal

And I started to feel

I feel like I matter

Because I am God's creature

Slowly the hurt on my face disappeared

Because God started to re-engineer

God re-wired my mind

So the neuropathways are all His design

God re-programmed by body

So the scars all tell a specific story

God re-connected my spirit

So I know that his love has no limit

I no longer wear the hurt on my face

I started to embrace

Because I no longer feel like a disgrace

The truth is...

I no longer have to wear the hurt on my face

Because God is my Holy Saving Grace