

# Top Pocket

*This exercise is part of the War Widows' Quilt, celebrating the lives and stories of war widow in word and stitch.*

## Instructions

### Stage 1

Write a line in response to the question below.

What would you put in your top pocket to help you survive difficult times? It could be a thing, or simply an idea.

Why have you chosen this? What does it mean to you? What does it feel like next to your heart?

### Stage 2

Go through your answers, drawing a line under the bits that speak loudest to you. You need approximately three phrases from your answers.



### Stage 3

Now arrange your selected bits into three lines: the first line should be five words (or syllables); the second seven words (or syllables); the third line, five words (or syllables). This kind of poem is a form of ancient Japanese poetry called haiku. Haikus often reflect on passing time, the seasons, and the natural world, like in this example:

The rainbow standing  
Nearby in this still moment  
As if you are here.

Takahama Kyoshi (1874-1959)

### Stage 4

Your poem can be handwritten or typed up and placed in the pocket. We would like you to select a line or a few words from your poem that can be stitched onto the outside of the pocket. This can be stitched by you, a volunteer (like family member or a friend), or Lois.

When returning the pocket and the poem, please think about whether you would like the contents of your pocket to remain a secret or whether you would like people to read them. Depending on your choice, the pocket can be sewn shut or left open.

Please return the pocket and poem using the SAE, and Lois, who will add it to the quilt.

Any questions?

Please contact Lois by phone (07511 352 047) or email ([arthur.martha@me.com](mailto:arthur.martha@me.com)) or call Phil (07951 233953).

The War Widows' Quilt. Part of War Widows' Stories.