

Inside Out

LAURA GRACE WELDON

Only by snapping open scarlet runner bean pods
do we see they are lined with fuzz, shaped
to each vividly hued bean
like a viola case to its instrument.

Only by slicing open a trout
are its bones revealed, lined up like pews
facing the back of a moving church,
its scripture stories of what came before.

We see stars only in the darkness,
feed a flame only by burning,
fuel our bodies only with what lived.
You'd think we'd see a pattern,

yet are surprised when loss
tilts our world, lifestream
into waterfall. We're told grief
ebbs, when all we want to do

is bring sorrow's fullness
out in the sun's cleansing light.
Lay it on the rocks.
Let it air.

Laura Grace Weldon is the author of the poetry collections *Blackbird* (Grayson Books, 2019) and *Tending* (Aldrich Press, 2013), as well as a handbook of alternative education titled *Free Range Learning* (Hohm Press, 2010). Laura's background includes teaching nonviolence, writing collaborative poetry with nursing home residents, and facilitating support groups for abuse survivors. She works as a book editor and also teaches writing workshops. Her poetry appears in such places as *Verse Daily*, *J Journal*, *Neurology*, and *Penman Review*. Her creative nonfiction appears in such places as *Wired*, *Christian Science Monitor*, and *Praxis*. She lives on a small Ohio farm. Connect with her at lauragracedweldon.com or [@earnestdrollery](https://twitter.com/earnestdrollery) on Twitter.