

In Celebration of Womanliness

I am a woman with pendulous breasts
that sway as I walk and I breathe.
I don't fit the pattern society shapes
of a woman of beauty and grace.
Yet, I am a woman –
I'm loved.
I am me!

I am a woman with columnar thighs
that rub on each other and spread when I sit.
I have varicose veins that pattern my
calves and nicely shaped feet going flat.
Yet, I am a woman –
I'm loved.
I am me!

I am a woman with round upper arms,
that flap just a bit as I move.
My hips are quite wide and my belly is fat;
my hair's getting thin and my skin is too dry.
Yet, I am a woman –
I'm loved.
I am me!

I am a woman of mid-middle age,
not yet old, but I'm no longer young.
Overweight, out-of-shape, I don't sleep all that well –
I could easily live in a state of self-hate.
Yet, I am a woman –
I'm loved.
I am me!

I am a woman of sizeable girth
with an appetite suited to growing.
I quite like being large
though I know it's not "done;"
I find comfort in billows and bulges,
for I am a woman –
I'm loved.
I am me!

I am a woman who knows I am loved
and I love myself, much of the time.
Let society rail and the doctors bewail –
there is grace in a well-padded rump!
Yes, I am a woman,
I know I'm "too" large,
but I'm loved and I love,
and I'm me!

Sr. Sue Elwyn, SSJD
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