



MOMENTS OF
FREEDOM

لحظات الحرية

MOMENTS OF FREEDOM POETRY TIPS

www.momentsoffreedom.org



What we did

We celebrated International Women's Day on Tuesday 8th March and recognised the strength and bravery of the New Scot women in our group.

Step 1

We got together in a cosy, welcoming space in our community.

Step 2

One of the women led the group and shared some of her tips on how to write poetry.

Step 3

We wrote in our mother languages of Pashto, English and Arabic, sharing ideas with the help of interpreters.

Step 4

We all wrote about things that remind us of Moments of Freedom and what friendship means to us. You can start with any idea!

Step 5

We put the poems we wrote together to create our International Women's Day poem.

You can read the poem we created on the next page! We think you will agree it turned out very powerful and thought provoking.

OUR POEMS

بمناسبة عيد المرأة

ما أجمل هذا الصباح تغتسل فيه سيدة الأرض
بقطرات الندى، تترنم بشعاع الشمس الخجولة،
تنفض عن سريرها الأسطوري مشاتل الزهور، تنظر
لمراتها الوفية، فتجمل بأحلى الابتسامات، وتمد
يدها لتجدد العهدة الأبدية، فتحملها زنابق نورانية
لبداية سنة جديدة، في عالم الحلم الأنثوي الباذخ.
في عيدك الأممي سيدتي أقول :

ولأنني امرأة...
سأولد مع إشراقة كل صباح،
مع ترتيلة كل صلاة،
سأولد من حنايا روعي المهترئة،
سألملم بقايا أشلائي،
ورماد احتراقي،
وأزرعها زنابق تفوح بالحياة من جديد.
كل عام وأنت حواء الباهرة
كل عام وأنت سيدتي.
رمز للعطاء .

ON THE OCCASION OF WOMEN'S DAY

HOW BEAUTIFUL THIS MORNING
THE LADY OF THE EARTH IS BATHED IN DEW DROPS,
SHE SINGS THE SHY RAYS OF THE SUN, SHAKES OFF
HER LEGENDARY BED WITH FLOWER NURSERIES,
LOOKS AT HER FAITHFUL MIRROR, BEAUTIFIES HER
WITH THE SWEETEST SMILES, EXTENDS HER HAND
TO RENEW THE ETERNAL COVENANT, AND CARRIES
HER LUMINOUS LILIES FOR THE BEGINNING OF A
NEW YEAR, IN THE WORLD OF THE LAVISH FEMALE
DREAM.

ON YOUR INTERNATIONAL DAY, MADAM,
I SAY: AND BECAUSE I'M A WOMAN...
I WILL BE BORN WITH A RADIANCE EVERY
MORNING,
WITH THE HYMN OF EACH PRAYER,
I WILL BE BORN FROM THE FRAYED FOLDS OF MY
SOUL,
I ASK THE REMAINS OF MY REMAINS, COMBUSTIBLE
ASH, AND I PLANT THEM LILIES THAT BREATHE LIFE
AGAIN.
EVERY YEAR AND YOU ARE THE BRILLIANT
EVE HAPPY NEW YEAR, MADAM.
A SYMBOL OF GIVING.

Our top tips

After our poetry session, the group put together some top tips for writing poetry for beginners.

Tip 1

It's important to find a spark or inner inspiration. Choosing a topic you care about is very important as the subject you address is what ignites your inner inspiration.

Tip 2

Don't worry if it takes some time, or you don't think it sounds good at first!

Tip 3

The basis of writing poetry is a hobby. You should have some interest to be able to learn. If you do not like poetry, it's more difficult to learn.

Tip 4

Finally, you should try to read poetry to learn ideas and topics addressed by other poets. This helps your style and helps guide you to be distinguishable from others, without imitating them.

BONUS: BECOMING A PUBLISHED POET!

The Clydesider magazine held a poetry competition with the theme 'Change'. This topic connects to many of our life experiences, so we decided to enter. One of the women in our group, Niroz, turned everyone's ideas into a beautiful poem, 'Change'.

We submitted the poem ... and won!

It's published in Issue 19 of the Clydesider, on page 2.

www.clydesider.org/publications

If you want to share your poetry, often local magazines, papers and newsletters have competitions. There are also poetry websites and journals you can send poems to for free.

Or you can post your writing on social media to share it with people.

OUR POEMS

Mummy

[mummy]

ماما ماما يا ألحان
املاً قلبي بندي الحب
أنا أغني عيد ميلادك , عيد ميلادي
ابتسامة أمي سر وجودي
أنا طائر يملأ بيتي
تقبيل ماما وضح النهار
أفتح عيني عند الفجر
أرى ماما تمسح شعري
أنا أحب ماما , فادي ماما



MOMENTS OF
FREEDOM

POETRY COMPETITION WINNER

Change

By Niroz Yousif,
on behalf of the Moments of Freedom group

My pen, gather all the words
my pen, decorate all the paintings
Scatter your letters in all languages
Spread the best melodies and ringtones
Love and light at all times
Close the book of the past and memories
Forget the sadness of all the years
Stop the clockwise for a moment
Do not tell the pain and the stories
Do not accept sympathy and sympathy
Say sorry to your heart a hundred times
Don't make it stations for humans
Nothing equals life
Let's break the ice of distances
And steal happiness and laughter
To meet at all beginnings
And put an end to all disputes
And light the universe with love and prayers
Let's drink doses of hope
Pulse and love like butterflies
Let's draw with love and looks
And we put all the signs on it
To overcome all obstacles
And we live in the kingdom of princes and princesses
To be the imprint of history
Imprint of civilizations
Love is the most sacred of sacred things
And love is the most beautiful sacrifice
My pen collects the most beautiful words

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We hope this helps
you find the poetry in
your community!

Moments of Freedom

