

# TAKE HEART

## A Conversation in Poetry

*Edited & Introduced by Wesley McNair,  
Maine Poet Laureate*

We begin December with an inspiring poem by Gorham's Rachel Flynn, who reveals her feeling for her child through the metaphor of a coydog.

### Coydog

*by Rachel Contreni Flynn*

When I look at you,  
my life, my eyes  
grow lighter, become  
a golden coydog's.

I cannot touch you  
enough and already  
have learned not to try  
to trap or tame you,

not even to untangle  
your hair. It is enough  
that the look of you  
lightens me

until I could run  
the fields behind our house,  
twisting and yipping  
with joy.

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