

# Say It/Sing it if the Spirit leads: ars poetica after Vievee Francis

Say it.

That every day is a toast  
to living. An ode to the way we  
made resilience an art

My classroom is a self-love anthem  
in 9 parts. Together, we unlearn shame.

Dream silly.

Sing what we cannot say anywhere else.

**Joshua Bennett**

From *Say It/ Sing It if the Spirit leads:  
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