

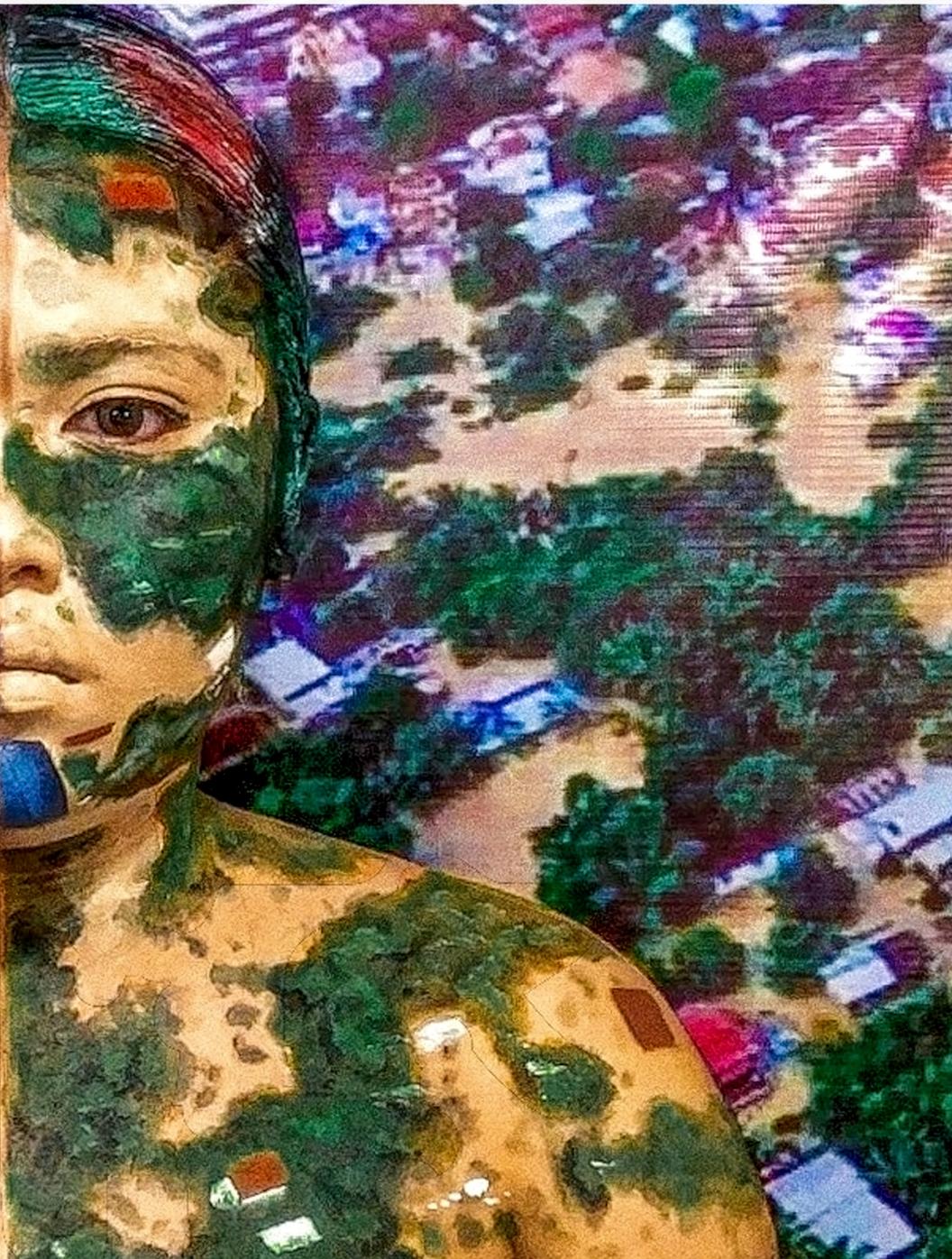


United Nations  
Educational, Scientific and  
Cultural Organization

Philippine  
National Commission  
for UNESCO

# OBRA at PANDEMYA

A collection of poems and artworks from Filipino youth creatives in observance  
of the World Poetry and Art Days amid the CoVid-19 pandemic.



# **OBRA at PANDEMAYA**

A collection of poems and artworks from Filipino youth creatives in observance of the World Poetry and Art Days amid the COVID-19 pandemic

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## ABOUT THE COVER

Miss Goldie Yabes, a Baguio-based creative, uses her face and upper torso as her canvas, and face paints and make-up as color palette for her camouflage art. With the title, Hinagpis (Agony), this featured artwork is her tribute to the Filipinos who were distressed by Typhoon Ulysses (International name: Vamco) – a category 4 typhoon that struck Northern Philippines during the pandemic.



# Message

“Just as man needs oxygen to survive, he needs art and poetry.” This crisis reminds us, as emphasized by Aimé Césaire, how much art and culture are vital needs for humanity, how much they are the ferment of our unity and resilience. By participating in this strong impetus for culture, let us all prove that in this period of social distancing, art brings us closer together than ever before.

” ” ”

AUDREY AZOULAY

UNESCO Director-General  
(an excerpt from her message during  
the World Art Day 2020)



USEC. ERNESTO C. ABELLA  
Officer-in-Charge

## Greetings!

Philippine literature was born around the fire, after a meal, when family gathered to exchange riddles – *observations of nature, relationships, a view of the world, a value, like strength in the midst of pain*. Like the on-going pandemic which has turned everything topsy-turvy – disrupting the patterns and rhythm of our daily lives. In such uncertain times, we find comfort in our collective experience, knowing we are not alone, but bound together by emotions such as now being shared in these “obras” - poetry and art - channeling our thoughts and emotions, inviting others into a national/ global conversation.

The *Obra at Pandemya* is a poem and artwork collection that features work of mostly young Filipinos during the COVID-19 pandemic. It is the outcome of project launched in March until April to celebrate the World Poetry Day last 22nd March, and the first-ever World Art Day last 15th April. In behalf of the UNESCO National Commission of the Philippines (UNACOM), I express my sincere gratitude to every contributor of this publication.

May we find the human “commons” we seek from these works and find strength to live our “new normal.”

Mabuhay and keep safe to all.

# List of UNESCO International Days

## JANUARY

- 14 - World Logic Day
- 24 - International Day of Education; World Day for African and Afrodescendant Culture
- 27 - International Day of Commemoration in Memory of the Victims of the Holocaust

## MAY

- 3 - World Press Freedom Day
- 5 - African World Heritage Day; World Portuguese Language Day
- 16 - International Day of Light; International Day of Living Together in Peace
- 21 - World Day for Cultural Diversity for Dialogue and Development
- 22 - International Day for Biological Diversity

## FEBRUARY

- 11 - International Day of Women and Girls in Science
- 13 - World Radio Day
- 21 - International Mother Language Day

## JUNE

- 5 - World Environment Day
- 8 - World Oceans Day
- 17 - World Day to Combat Desertification and Drought

## MARCH

- 4 - World Engineering Day for Sustainable Development
- 8 - International Women's Day
- 20 - International Day of Mathematics; International Francophonie Day
- 21 - World Poetry Day; International Day for the Elimination of Racial Discrimination; International Day of Nowruz
- 22 - World Water Day

## JULY

- 17 - Nelson Mandela International Day
- 26 - International Day for the Conservation of the Mangrove Ecosystem

## APRIL

- 6 - International Day of Sport for Development and Peace
- 15 - World Art Day
- 23 - World Book and Copyright Day
- 30 - International Jazz Day

## AUGUST

- 9 - International Day of the World's Indigenous People
- 12 - International Youth Day
- 23 - International Day for the Remembrance of the Slave Trade and its Abolition

## SEPTEMBER

- 8 - International Literacy Day
- 5 - International Day of Democracy
- 20 - International Day of University Sport
- 21 - International Day of Peace
- 28 - International Day for the Universal Access to Information

## OCTOBER

- 5 - World Teachers' Day
- 11 - International Day of the Girl Child
- 13 - International Day for Disaster Reduction
- 17 - International Day for the Eradication of Poverty
- 24 - United Nations Day
- 27 - World Day for Audiovisual Heritage

## NOVEMBER

- 4 - International Day Against Violence and Bullying at School, including Cyber bullying
- 5 - International Day to End Impunity for Crimes against Journalists
- 5 - World Day of Romani Language; World Tsunami Awareness Day
- 10 - World Science Day for Peace and Development
- 18 - World Philosophy Day
- 14 - International Day against Illicit Trafficking in Cultural Property
- 16 - International Day for Tolerance
- 18 - International Day of Islamic Art
- 25 - International Day for the Elimination of Violence against Women
- 26 - World Olive Tree Day
- 29 - International Day of Solidarity with the Palestinian People

## DECEMBER

- 1 - World AIDS Day
- 3 - International Day of Persons with Disabilities
- 10 - Human Rights Day
- 18 - International Migrants Day; World Arabic Language Day

## WORLD POETRY DAY

**U**NESCO declared 21 March as the World Poetry Day during its 30th General Conference Session. It aims to support linguistic diversity through poetic expression and to increase the opportunity of raising awareness about the endangered languages. It is also an occasion to honour poets, revive oral traditions of poetry recitals, promote the reading, writing and teaching of poetry, foster the convergence between poetry and other arts such as theatre, dance, music and painting, and raise the visibility of poetry in the media.

## WORLD ART DAY

**U**NESCO declared 15 April as the World Art Day during its 40th General Conference session. This International Day is dedicated for the development, diffusion, and enjoyment of art. It aims to reinforce the links between artistic creations and society, encourage greater awareness of the diversity of artistic expressions, and highlight the contribution of artists to sustainable development.

# I Wish I Never Asked

Poem and Artwork by: Jeannica Mina

Medium: Acrylic on Canvas

**O**n bustling days I've asked, how it must feel to have a 25th hour or an 8th day of the week

To make everything halt, to let everyone breathe

On sleepy mornings I asked, how satisfying it would be to just lay in bed dawn 'til dusk, in the comfort of my sheets

Behind red hazard lights I asked, what this long stretch of road would be like without a single car, without people meandering about.

Now I have my answers. And I wish I never asked



**O**ne  
The forest burned down,  
The animals died one by one.

Two  
The birds flew,  
The clouds were no longer blue,  
Ash covered the whole town too.

Three  
We were all once free  
But now, where are we?

One, two, three  
These times were unhappy  
And we all pray for our safety  
From all of these calamities.

While some, abuse their power  
Our God lifts us up higher  
So let us build our faith stronger  
For us to hold hands again together.

-By Kristine Rai Garcia

# Crestfallen

By Lean Marx Magbiro

"Hello humans" the earth say  
We didn't hear it during our stay  
Under the trees, we always lay  
And enjoying the breeze during May.

But as staying for too long  
We always do what is wrong  
Killing the lower being, think we are strong  
And flooded the earth with so much throng.

Instead of caring, we choose to destroy,  
Eaten by greed and money while using this to enjoy  
"Stop humans!" The Earth says while crying  
But ... we are not listening.

At last, we hear a whisper  
The earth says "please don't make yourself suffer"  
But we burst on laughter  
'Cause for us, earth is just a lifeless matter.

Then time goes by  
The earth finally said goodbye  
All that is left is a lullaby  
A song for those who worthlessly die.



## COVID-19 Warrior

By Kristine Rai Garcia

If I die curing someone,  
Don't get me home.  
Rather put me in a bag,  
Cremate me, then put me in a pot.

This is so sad, but its for your safety.  
I'm sorry I broke my promise honey,  
To get home alive and healthy.  
From this suicide mission to save somebody.

Hey! honey please don't cry.  
Remember after the storm, rainbow will shine.  
Take care of our baby, who will remind you my smile.  
Then tell my story that I was then a warrior of COVID-19  
once.  
And don't forget, I love you so much even if I'm gone.

Cloud 9

Artwork by: Lorenz Richard B. Bactong  
Medium: Oil on canvas

## A Dystopia in a Perceived Utopia

By Jhoanna Valdueza

In a world where an idealist creates a utopia  
Realists witnessed a dystopia  
The one in power suffer paranoia  
Oh! What an unstable world it is.  
Hue and cry can be heard from great minds  
Supposed to bridge between good and evil  
But the clutches of Law have its own game  
Curtain came down, left them in the abyss of despair.  
Great minds carved out a life of their dreams  
But yet living on a knife edge  
The enemy knows their face and not by name  
Keeping that hawk eye on them.  
The enemy draws the line  
The opposite side knows there's a big mountain to climb  
They cannot just let loose their anger  
Have to grasp the gravity first before stepping the line.  
Glimmers of hope are showing in their eyes  
Language of anger and hate was made known to them  
But chose to see it in a prism of its own.  
Someone has to laid bare the sore point  
Someone has to pull the plug  
They are the part and parcel of the change they once dream  
By leaps and bounds, they'll get there  
For truth and good shall prevail.

## Saints

By Ace Alba

I donned this badge this garb  
For my mother to share my name with pride  
In her altar of diplomas and medals  
Not to be spat at by crying fathers  
With their dextroser firstborn in their arms  
And the elderly with only holes as pockets  
Braving 4am lines and the heartless jeepney smoke  
Hold my head up high, my tears in  
My ears must numb from the screams  
This is the dream of helping others live  
(To soothe them through their pain  
The daily dice roll of jargon and curses  
Stops when they smile and wake)  
I carry on I know what must be done  
Yet this blood, this sweat, and this sanity  
Is funded by the promises of fools  
Whose notion of victory is to keep on  
Throwing people in need of salvation  
Against the crossfire  
My chest aches  
soothed by caffeine and checklists  
(Rest, restore, this is no charnel house)  
Yet I pause my rounds as our patron saint  
In his glass cage (coffin?) blesses (judges?)  
Me  
We revere his death  
yet forget when his  
mother mourned  
Whatever our dreams, our faith may be  
Should not sit atop dead bodies

# Thy Wit is Thy Sword

Poem and Artwork by: Jeannica Mina

Medium: Acrylic on Canvas

I am the pink thing that lives in your head. I am the part of you that senses all your worries, your fears and anxieties, the one that asks the hows and whys.

The past weeks have been a bitter concoction of bad news, endless uncertainties and insensitive opinions.

I am overwhelmed.  
Please know that it's human to stop for a while. Breathe. I am just as important as your physical health.



# Pandemic

By Lynn Ungar

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those  
to whom you commit your life.  
Center down.

And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

- as shared by Lindsay Barrientos

# The Undesirable Crown

By Andjela Antonio

"Bring home the crown!"  
I can hear it being said so casually  
All of them are in their gowns,  
with faces covered in make ups,  
as they walk back and forth in confidence

Back then, We are fighting for the crown.  
But now, the tables are turned.  
For this time, We are fighting the crown.  
SARS-CoV-2, the crown has darkened  
The silent enemy, the new silent enemy

"Bring home the crown!"  
It's something you'll never hear anymore  
All of them are in their hospital gowns  
with faces covered in masks  
as doctors walk back and forth in panic.

A virus so new, yet can be defeated  
A virus that brings panic to people  
A pandemic that brings fear to us  
A silent enemy that brings havoc to all

So we, the quarantined people  
What should we do?  
What can we contribute?  
Thoughts stammering  
We should help them in little ways

Together they stand, together they fight  
A rebellion to an enemy they can't see  
With all their knowledge, with all their might  
A fight against the virus that should flee

Tell the truth, tell them the truth  
Tell them that you're infected  
Tell the truth, tell them the truth  
Don't be ashamed, don't be scared

But sadly, it keeps on spreading  
Spreading across our motherland  
Stubbornness rules, you and your boxed ears  
Now some of our fighters are infected

Humankind cries, nature tries to heal  
Is this God's wrath upon us?  
Is this a lesson?  
Bring Regret? Regret from hurting Her?

Infection grows and grows  
Death toll rises  
We're losing a lot  
Now thanks to you

In this point in time  
Should we tolerate stubbornness?  
Should we tolerate selfishness?  
You can't help, just listen and follow

A condition we're all striving to survive  
A challenge that tests our capability  
An ultimatum that we're all in  
All 7.8 billion people in the world  
Experiencing the same thing

We don't have a lot of medical teams  
We don't have a lot of people  
Who are strong enough  
Strong enough to defeat Covid-19

Just listen to their advices

Listen to their biddings  
Open your ears, open your eyes  
Don't hide from the truth

Stay strong, keep yourself healthy  
Listen to what they say  
Avoid going out  
Distance yourselves

A virus so new, yet can be defeated  
A virus that brings panic to people  
A pandemic that brings fear to us  
A silent enemy that brings havoc to all

Bring home the crown!  
It's something you'll never hear anymore  
All of them are in their hospital gowns  
with faces covered in masks  
as doctors walk back and forth in panic.

For this time, We are fighting the crown.

We can all end this, Don't lose hope  
Be determined, Just listen and do it  
And always remember, that the solution  
is literally in our hands.

## Sonnet 2020: "Hope Up Yonder"

by Alsen Cedrick G. de Guzman

Woke up in a nightmare, I was chilling:  
Pandemic –unspeakable suffering.  
Enemy is killing, moving unseen,  
Leaving no evidence on the crime scene.

'Heroes' were called up: "Code Red!" –An alarm  
Leaving them with no choice but to face harm.  
Wearing their suit, they move in such swift haste.  
By second people die, no time to waste.

Victims piling up, dying helplessly  
But the frontlines still fight courageously  
Until they had poured out all their power,  
All strength used up, they almost surrender.

Then a loud voice was heard out of nowhere:  
"Battle is now mine, I'm taking over!"

## When This is Over

By Laura Kelly Fenucci

When this is over,  
may we never again take for granted;  
A handshake with a stranger, Full shelves at the store,  
Conversations with neighbors,  
A crowded theater, Friday night out,  
The taste of communion, A routine checkup,  
The school rush each morning, Coffee with a friend,  
The stadium roaring, Each deep breath! A boring Tuesday. Life  
itself.  
When this ends, may we find that we have become more like the  
people we wanted to be,  
we were called to be,  
we hope to be,  
and may we stay that way — better for each other because of the  
worst.

-Shared by Lindsay Barrientos



## Burnham

I am a proud citizen of Baguio City, so I thought that the Burnham Park would be the perfect place for my camouflage art since it will showcase a tourist spot in Baguio City which would help promote tourism more. I used face paints and make up for this look. But it was really challenging since I am painting while riding a boat. – Goldie Yabes



By Kobayashi Issa translated by Robert Hass

In this world  
we walk on the roof of hell,  
gazing at flowers.

-as shared by Jade Monton

## Take Courage

By Jared Hael Plata

beware of the crowd  
that bestows a crown  
of thorns and rust  
be careful if you must  
just do not turn into dust

let the divine intervene  
let science find a vaccine  
let the wise lead the way  
please keep the wicked at bay

how can we stand together  
when we must also be apart?  
let shouts of encouragement resound  
instead of heroes downed  
we bury this scourge into the ground



Haiku by : Agnes V. Diamante  
Painting by: Anya V. Diamante

# Mga Tulang Filipino

# Hinagpis

This artwork is a tribute to Filipinos who have been affected by Typhoon Ulysses. Through this artwork, I raised almost 12k for donation that was transferred to Alay Kapwa Foundation. I tried to blend in with the background which is the image of Cagayan and Isabela floodings for people to understand the gravity of the situation of our fellow Filipinos. – Goldie Yabes



# Mundo noon, Mundo ngayon

ni Elmer Cariño

Mundo noon,

Mundong puno ng kasiyahan at kalayaan,  
Kasiyahan na may halong pagmamahalan,  
Walang damutan, lahat nag bibigayan,  
Ito ay inaasahan at kinakailangan.

Mga mamamayan na dapat magtulungan,  
Walang kapalit at hindi naglalaitan,  
Tara nat ating itama ang bawat kamalian,  
Kamalian na ating pag sisisihan.

Mundo ngayon,

Tayoy balot ngayon sa kapahamakan,  
Sakit na lumalaganap na di inaasahan,  
Wag mag pataasan, tayoy magtulungan,  
Walang mahirap at walang mayaman.

Mundo na hindi dapat natin iwan at kalimutan,  
Mundo na dapat nating pahalagahan at alagaan,  
Tayoy manalangin, para sa ating kaligtasan,  
At maibalik ang ating kalayaan at kasiyahan.

# Limos

ni Renmar Soreda

Sa isang madilim na sulok,  
naghihilintay ang isa.

Gutay-gutay ang suot,  
Marumi, sikmura'y kumakalam, at nababalisa.

Ang isa'y naparaan sa kanyang harapan,  
may mga barya itong handog.  
Dahil sa hilo, tinanggap na lang ito nang hambog,  
'pagkat kinakailangan na nito ang pampabigat.

Umuwi nang mag-isa,  
may dalang plastik ng bigas at mga pakete ng tsitsirya.  
Nakangiting sinalubong ang mga musmos,  
at bigla niya itong niyakap.

Dumating ang ilang araw,  
nanghina ang dating malakas.  
Ang mga pabigat ay mas lalo pang bumigat,  
ang kanilang dama ay lumubha.

Kinakapos sa hininga,  
nanlulomo matapos makahawa.  
Dahil sa mga barya, naitawid ang pamilya,  
ngunit dahil din dito, unti-unting naglaho ang lusog ng pamilya.

# Kwa, Ran, Ti, Na

Ni Jonathan F. Alorro

Ganito kami maglakbay sa Pinas...

Si Kwa ay isang tambay na may kaya sa buhay, at may pusong-mamon na tumulong sa bayan,  
Habang nasa piitan naman ang kanilang kaibigan si Ran, isang pasaway na mamamayan,  
Napagigitnaan si "Ti," na matigas ang ulo, at sa dulo naman si "Na," tila walang masasandalan,  
Nakilala sina Kwa, Ran, Ti dahil sa pagpapatalsik kay COVID-19 sa kanilang maliit na tahanan.

Nagbalak si Kwa na makipagbayanihan nang palihim. Abot dito, abot doon. Patalon-talon.  
Hindi agad nakasunod ang kaibigan nilang si Ran dahil ikinulong-sandali ng mga tanod doon,  
Si Ti nama'y humarurot sa pagmamaneho dahil nakitang may "checkpoint" sa kanilang kanto,  
Samantalang si Na nama'y naghihintay lang kay Itay at Itay na kumatok sa kanilang pinto.

Hanap dito, hanap doon! Punta rito, punta roon! Saanmang sulok sa kaliwa't kanan man,  
Biglang nakita ni Na si Itay sa TV, at nagwika, "Mahirap 'pag mahirap. Walang pagkukunan!" "Ang kailangan...pagkain," dugtong pa niya sabay haplos sa noo na tila ba'y nanghihina,  
Walang ibang nagawa ang dalaga kundi ang maluha sa bawat naririnig at agad nagtahan na.

Nagkita na sina Kwa at Ti. Nakalabas na ng kulungan si Ran at nasasabik na magkuwento,  
"Pinahiga ako ng lokong-tanod sa kabaong ng halos isang oras at tila isdang binilad sa araw."  
Natawa na lamang si Ti at nagsabing, "Huwag na natin ubusin

ang oras! Mga kaibigan, tara!"

Napadpad na sila sa bahay ni Na. Inabutan ng dalawang kilong bigas, kape, at mga de-lata.

'Yan ang pinagkakaabalahan nila sa panahon ng kwarantina!  
Marami-rami na rin silang nabigyan. May sari-sari store nga pala ang pamilya ni Kwa. Si Ti naman ay lumaki sa trabahong habal-habal. Si Ran ay lumaking pasensyoso, at si Na naman ay anak-maralita.

Ikaw, tulad ka rin ba nina Kwa, Ran, at Ti o nasa bahay ka lang gaya ni Na?

## Anino

ni Joy Anne Puazo

Sa gitna ng dagok ng mundo  
Aking nasilayan ang nagliliwanag na Anino  
Tahimik na kumikilos  
Hindi nagpatianod sa nakakatakot na agos

Habang ang karamihan ay nagkukubli  
Dahil sa nakakatakot na sakit  
Mahinahon Nitong tinatawid  
Ang tulay at kalsadang tahimik

Dala ang dasal at pag-asá  
Pilit Niyang inuubos ang enerhiya  
Para sa mga taong sumusugpo  
Ng karamdamang tila'y isang delubyo

Marahil isa lang silang Anino  
Ngunit nagbibigay pakahulugan sa liwanag  
Ng mga taong tuwirang nakikipagdigmaam  
Sa nakakatakot na sakit.

## COVID-19, Magtahan Ka!

Ni Jonathan F. Alorro

Hanggang kailan pa kaya?  
Buhay nami'y papayapa,  
Sana'y paggising naming muli,  
Ika'y masugpo, ika'y mahuli.

Daig mo pa ang magnanakaw,  
Buhay nami'y di makagalaw,  
Kinuha mo kahit na ayaw,  
Hanggang sa sila'y magsipanaw.

Nagbingi-bingihan kami noon,  
Sa taghoy mo simula roon,  
Di pinansin kaya ngayon,  
Magtahan ka, saan ka man naroroon!

Dalangin namin kay Bathala,  
Sa aming pagkakabahala,  
Na ika'y tuluyang makawala,  
Nang tuluyan ng mawala.

# Kuyakoy

ni Eunice E. Laudato

Patuloy ang pagkuyakoy,  
Malayo ang tingin ni Tutoy,  
Naghihintay sa muling pagbukas ng pinto  
Ang pagkasabik ng puso ay di mahinto.

Uuwi na po ba si nanay?  
Maglalaro pa po ba kami ni tatay?  
Patuloy nitong tanong sa kanyang mamay,  
Ngunit ngiti lamang ang sagot nito na kay tamlay.

Patuloy sa pagkuyakoy,  
Nasasabik na sa boses at amoy  
Ng mga magulang na nangako,  
"Babalik, babalik. Maglilitgas lang kami ng mga tao."

At sa munting upuan habang hawak ang laruan,  
Tumingin muli kay mamay, natatakot na baka makulitan,  
Kaya muli na lamang sumulyap sa may pintuan,  
Umaasa sa pagbabalik - sa pangakong binitiwan.

Patuloy ang pagkuyakoy,  
Malayo ang tingin ni Tutoy.

# Kape, sa Ibabaw ng Pakikibaka

ni Aaron Dy

Kung tutuusi'y  
maari namang sumuko nalang bigla,  
mawala, iwanan ang lahat at piliin ang landas na magaan.

pwede namang humilata sa higaan  
maghapon at walang hanggan,  
matulog sa kwarto ng kadiliman.

pagkatapos ay kalimutan lahat-lahat,  
pati ang mga pangarap sa hinaharap.

ngunit sa kabilang bandal  
may kaakibat itong kawalan:  
buhay na walang kwenta,  
buhay na walang pag-aso,  
paghihirap na walang pagtahan.

pwede namang tumigil at  
huminto na, ngunit sa  
hinaharap ay kawawa ka.

hangga't may kapeng  
sa dilay dumadama,  
kalinga ng tamis, init at krema,

kailanga'y magpatuloy  
pangarap ay dapat dumaloy.

maaring tumigil at magpahinga  
ngunit huwag kalimutang  
bumalik at muling makibaka.



## PAMPANGA

We were locked down in Pampanga. So I thought of ways that I could vlog because I left some of my tools in Baguio City. And then I thought of creating a make-up illusion because I was inspired from the beautiful scenery of fields and mountains in Florida Blanca, Pampanga. Since this is my first camouflage artwork, I was just experimenting with the colors and the paints, so I am also shocked when I completely blended from the background. – Goldie Yabes



# Ako muna ngayon, Anak

Ni Joy Anne Puazo

Ako muna ngayon, Anak

Hindi!

Hindi muna ngayon anak

Hayaan mong maghilom muna

Ang bawat sakit na aking naranasan

Hindi!

Hindi muna ngayon anak

Hayaan mo akong

Gawing asul muli ang kalangetan

Gawing malinaw ang karagatan

Gawing luntian ang kabundukan

Hindi!

Hindi muna ngayon anak

Hayaan mo muna akong magpahinga

Sa hanging nakakalason sa aking baga

Sa ingay na nakakabingi sa aking tenga

Sa tubig na nakakasuka sa aking panlasa

Hindi!

Hindi muna ngayon anak

Hayaan mong maghilom muna

Ang bawat sakit na aking naranasan

Dahil ayokong dumating ang panahon

Na mas lumala pa ang iyong iniinda.

# COVID, mananatili ka ba?

ni Meldee Magsino-Verastigue

Sabi . . . nang dahil sa'yo, tumigil ang mundo  
nagsara, plantang may maitim na buga,  
nalinis, dagmang sa paligid nya  
nag ingat upang maiwasan ka  
nabuklod, pamilyang pagmamahal ang inuna  
nawala, maling gawain ng bawat isa  
nalaman, kaalamang may halaga  
nagmalasakit sa mga taong kasama sama,  
nanalig kay Jesus na ating pag asa.

Kaya ngayon, sana lubayan mo na,  
ikaw na nagbigay ng pagdurusa,  
sa bawat isa, sa bayan o sa sandaigdigan,  
sa mga tao o pangkat ng tao na sadyang may sala  
kaya samo nami'y dinggin, COVID hala, layas na...  
upang mundo ko'y magpatuloy na,  
sa mga bagay bagay na magpapaunlad at magpapabunga ,  
makapagpapalinis sa puso ng bawat isa  
upang aniya, tayong lahat ay magbago na...

Tanong ko lang, bayrus, mananatili ka ba?  
dahil sa'yo, mundo'y nabago na  
naisip na . . . magmahalan bawat pamilya,  
maglinis upang mawala bayrus na nakakaabala,  
magmalasakit at tumulong sa iba,  
makiisa at magbahagi kung ano meron ka  
at manalig sa Diyos na ating pagasa...  
muli, bayrus, mananatili ka ba?

# Hangganan ng Pitumpu't Walo

Ni John Michael Soriano

Batid ko ang lahat.

Batid kong sasapit din ang dapithapon.

Na sa paglamlam ng mga ulap,

Magdidilim ang lahat.

Batid ko ang lahat.

Batid kong may buhay na walang saysay.

Na kahit ipilit ay di titimbang,

Kukupas ang lahat.

Batid ko ang lahat

Batid kong maraming hanggang tingin lang.

Na miski luha ay di makikita,

Kimi ang lahat.

Batid ko ang lahat.

Batid kong tumatakbo rin ang oras.

Na kasabay ng pagkurap ng mga mata,

Matatapos ang lahat.

Batid ko ang lahat.

Sasaya ang bawat nilalang.

Mabubuhay ang mga kaluluwang tigang,

Babangon ang nasadlak na lipunan.

Subalit.

Batid kong kapag natapos nang lahat.

Ako ay magiging limot na kasaysayan.

Hindi pinakinggan, ni sinulyapan.

Hanggang sa matatay nalang.

# Si Juan

Ni Clairon Jane DL. Leongson

Kilala mo ba si Juan?

Si Juan na takot mapag-iwanan.

Lalo na kung trashtalkan ang pag-uusapan.

Tag dito. Tag roon. Tag na kayo.

Ito bang ginagawa ni Juan ay trip lang?

O gusto lang makipagsabayan para in sya sa trending.

Ikaw ba Juan ay nag-iisip o sadyang nakalimutan mo lang gamitin ang yung isip?

Yan ang problema.

Masyadong nagpapalamon sa sistema.

Para lang masabing in ka.

Sasabay ka sa maling kultura.

Nandudusta at nanlalait ng Juan.

Pero siya mismo hindi kita ang mga dumi sa katawan.

Akala mo kung sino kung nilalang.

Na napakataas na ng nakamtan.

Sabihin na nating , tapos ka na.

Pero wala ka pa ring karapatang kutyain ang isang Juan na nagbigay sayo ng kaalaman.

Itong ang Juan sa mundo.

Ang tunay na sakit sa lipunan.

Mga nakapag-aral lang, tingin sa sarili'y marami ng alam.

Mga sungay na humahaba di nararamdam.

Dahil abala sa pagkakalat ng karamdamang malala pa sa Covid 2019 na yan.

# Pahingi ng oras mo

Ni Jessa Dela Rosa

Pahingi ng oras mo

Kamusta ka?

Naiinip ka na ba?

Masakit na ba katawan mo kakahiga sa kama?

Nagkakalaman na ba ang mga katawan mong dating walang taba?

Oo, karamihan sa atin ay nasa bahay

Kakain kasabay ng malakas na tighay

Matutulog tapos hihintayin ang liwayway

Kapatid, sarap naman ng 'yong buhay

Tiktok? ML? ayan ba nagpapasaya sayo?

Naisip mo man lang ba ang ibang tao?

Yung ibang taong ang nais lang ay makapagpagaling ng positibo

Yung ibang taong ang nais lang ay kapahingan kahit isang minuto.

Minsan magrereklamo ka pa sa ulam nyo

Magrereklamo ka kung kulang ang tulog mo

Naisip mo ba ang mga nasa trabaho?

Sila na hindi nakakain sa tamang oras na kanilang gusto

Sila na hindi man lang makaupo kahit saglit na segundo

Kapatid, mapalad ka kung hindi ka apektado

Pwede bang makisuyo sayo?

Makakaapekto ba ko sa pag e-ML mo?

Makakaabala ba ko sa pagtitik-tok mo?

Pwede bang magbigay ka ng kahit ilang minuto

Ilang minuto para ipagdasal ang ibang tao

Ilang minuto para ipagdasal ang mundo

Ilang minuto para ipagdasal ang mga nagsasakripisyo

Dahil sa mga oras na ito

Nais kong ipaglapat ang mga palad mo

Hindi para hawakan ang cellphone mo

Kun 'di para manalangin kay Kristo

# Kailan ka Huling Naghuhugas ng Kamay?

Ni Graciella Musa

May mga naghuhugas ng kamay  
bago at pagkatapos  
magpapag ng dumi.

Mayroong naghuhugas lamang  
pagkatapos magpapag ng dumi.

Mayroong naghuhugas  
sa bawat pagkakataong narurumihan  
ang mga kamay.

Mayroong nag-iipon muna  
ng dumi sa mga kamay  
bago maghugas.

Mayroong hindi na naghuhugas –  
marahil, sanay na  
sa dumi sa mga kamay.



# Tatlo sa Harap ng COVID-19

Ni Rio Alma

## 1. Ala-Juanito Pelaez

Maliit ka lang, Tao,  
Kulang pa ang agham mo;  
Kung sana ay natuto  
Sa hatol ni Pilato.

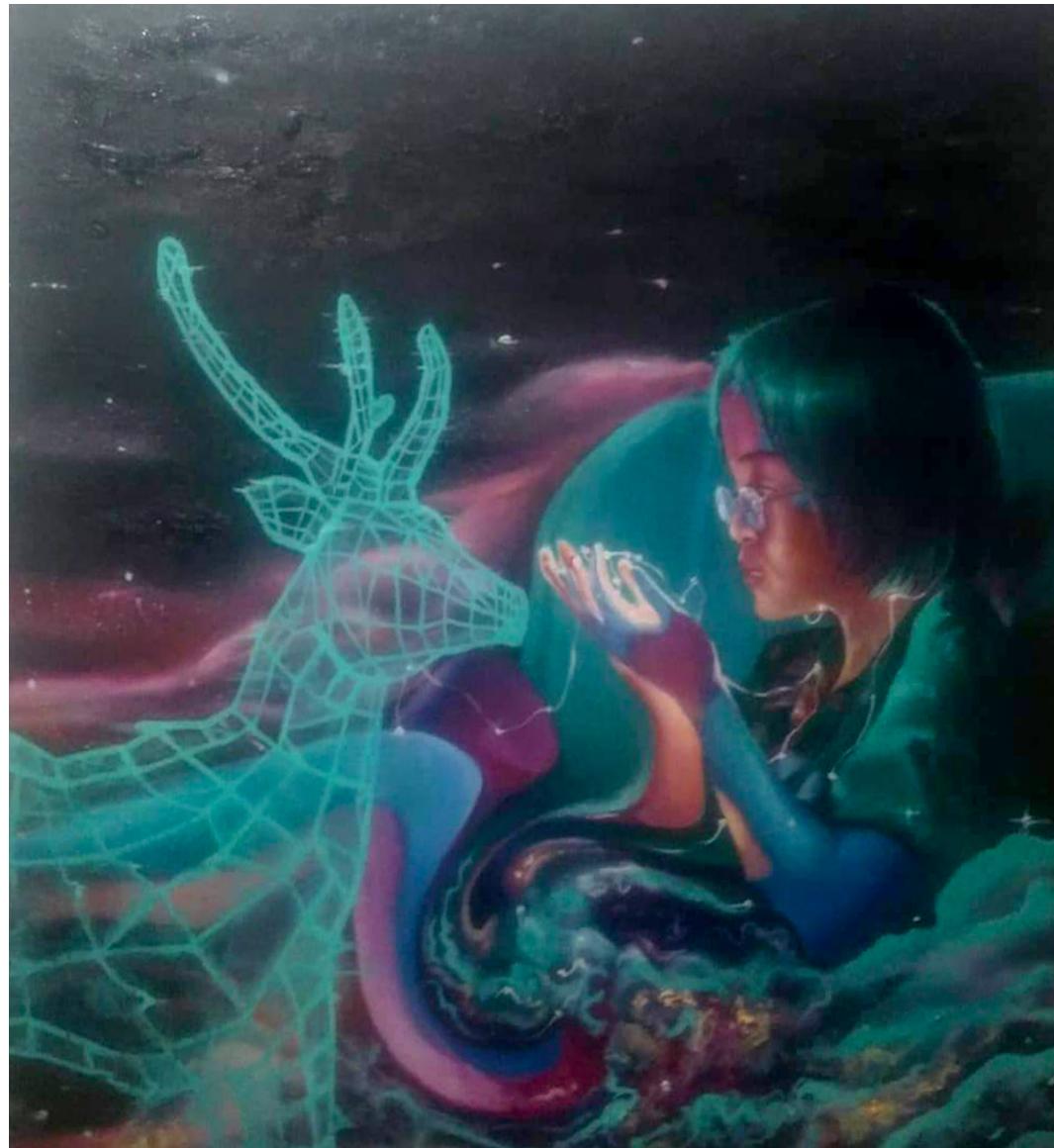
## 2. Ala-Hermana Rufa

Tao, kahit maliit  
Ang agham mo'y malupit;  
Magsisi na't sumapit  
Ang parusa ng Langit.

## 3. Ala-Pilosopo Tasio

Tao, maliit ka man  
At kulang pa ang agham,  
Walang malaking laban  
Sa bayang bayanihan.

-As shared by Katrina Mano



LUCY

Artwork by: Lorenz Richard B. Bactong  
Medium: Oil on canvas

# Isang Araw

nina Nathaniel Baruelo at Charlene Kristel Caoili

Isang araw...

Binulabog mo 'yong kapitbahay namin,  
At diyan ka lang sa bakuran nila hindi namin akalain.  
Ang bilis at ang lakas ng ihip ng hangin,  
Wala namang bagyo at tag-init pa man din.  
Walang kaabog-abog dumayo at napadpad ka na dito sa  
amin.

Isang araw...

Ipinagpalibutan ng Pinuno ang lahat,  
Byahe, trabaho, tambay, at kahit dalaw.  
Tiisin muna ang isang buwan sa loob ng bahay,  
At inatasan ang may kapangyarihan na ipatupad ito.  
Kami'y panghihinaan ng loob, iyan ang akala mo.  
Muli kaming nagkasama-sama ng pamilya ko sa isang bu-  
bung  
At ang halaga ng isa't isa ay natutunan ko dahil sa'yo.

Isang araw...

Si Senador, Congressman, Mayor, at Chairman  
Kung ang boto ko ay sayang, dito magkakaalamahan.  
Pero pinabilib ako ng mga doctor, nars, sundalo, pulis, at  
volunteer,  
Sila ang nasa unahan at nakikipagbakan.  
Hindi na bale mabuwis ang buhay, basta para sa kaligtasan  
ng sambayanan.  
Mayroon ding iilan na sa batas ay lapastangan,  
Hindi na nga nakakatulong, pabigat pa at nagtatanga-tan-  
gahan.  
Hindi na lang makipagbayahihan.

Isang araw...

Ako lang ba ang nakapansin o pati ikaw?  
Yong tubig sa tabing-dagat na dating wala nang tanglaw,  
Ngayon kasing kulay na ng asul na langit at luntiang bukid  
sa linaw.  
Ang dating mga ibong takot na dumungaw,  
Ngayon maririnig mo na ang mga huni nila na tila nagdiri-  
wang at ang saya ay umaapaw.  
Natupad na din ang asam na pagluwag ng kalsada kahit  
panandalian lang,  
At ang sariwang hangin muling naka ulayaw.  
Sadyang mahiwaga ang mundo,  
Minsan kailangan pa ng isang mabigat at masakit na kara-  
nasan,  
Para lang matupad ang isang hangad.  
Kailangan pa ng kalamidad bago sa batas ay tumupad.  
At kailangan din na sa isa't isa ay isang metro ang agwat.

Isang araw...

Bagong umaga, bagong pag-asawa.  
Panibagong hakbang, nawà'y maraming natutunan.  
Wala nang lilinguning trahedyta, susulong ang tinatamasa.  
Maghihilom ang sugat,  
Mas mananalig at pagtitibayin ang paniniwala at pananam-  
palataya  
Sa Panginoon na aking AMA... Isang araw.

# Babangon Tayo

Ni Trixia Licup

Sa bawat problema, may ulan ang titila  
Sa bawat unos, may bahaghari and susulpot  
Sa bawat pahina, ay may hiwaga, sata at panimula

May nararanasan ang bansa, sakit na pambihira  
Ang sakit na pambihira ay kakaiba

Pinatahimik ang mundong mapagsamantala  
Binigyang buhay ang inang Kalikasan  
Kalinisan ay namulat at nabuksan  
Mga tao ay nanahimik sa ingay  
Napapirmi mo sila sa kaniling bahay  
Nabigyan mo sila ng kapahingahan  
Dahil ipinatupad ang lockdown

COVID-19, Iba ka!  
Isa kang epidemya  
Sa pagpasok mo ng bansa,  
Nakita nila kung paano pahalagahan ang isang pamilya  
Tinipon ang kanilang mga anak, kamag-anak  
Upang hindi sila mapahamak  
Nakita ang malasiks a bawat isa  
Ang pananalig at pagtiwala ay lumalim sa'Yo Ama

Ngunit sa kabilang ito, may isang tao ang huminto  
Buhay niya'y iyong binago  
Tumamlat ang dating masiglang mukha  
Nawalan ng ngiti ang matamis niyang labi

Natakot ang marami  
Unti-unti, ay sinisira ang nabuong samahan  
Nawalan ng kabuhayan, pinahirapan  
At ngayo'y pahirapan sa pagbili ng bigas at ulam

Hanggang kailan?  
COVID-19, epidemyang kinakatakutan  
Maaari bang ika'y lumisan?  
Maaari bang ika'y umalis nalang?

Babangon tayo!  
Ikaw at ako ay Pilipino  
Lalaban at tatayo, kaya natin 'to  
Sisikat ang araw, kasabay ng katagang tayo'y lalaban  
Kalakip ng ating paglaban ay may kapahingahan, kaligayahan,  
kasaganahan at kapayapaan  
Kumapit ka lang!  
Huwag mawalan ng pag-asla!  
Ang ulan ay patapos na  
Ito'y titila na  
Basta't magtiwala ka  
At ang unos ay atin ng wawakasan,  
Kaibigan! Halika't tayo'y magtulungan  
Bigyang buhay ang bawat tahanan  
Ngayon ay lockdown,  
Ngunit hindi nila tayo mapipigilan  
Ang daan ay malawak upang buksan ang puso ng bawat mama-  
mayan

Babangon tayo!  
Kaya natin ito  
  
Huwag kang mag-alala  
Gagabayan ka Niya  
Sya ang Diyos Ama  
Nagbibigay ng panibagong galak at saya

Babangon Tayo!

# Special Trip

ni Rajee Florido

Kaya pala walang hinto ang daluy-  
ong.

Dumating na sila.  
Balita ko dahil inunahan sa pila.  
Napaaga  
sapagkat naantala rin  
ng lasong pula  
ang kanilang hinga  
doon sa Ibayo.

Tara  
salubungin natin sila  
nang bukas-palad.  
Silang tanging ngiti ang gayak.  
Silang hinabilin  
ng mga inanod na dasal.

Tanaw mo rin ba  
ang nagtatawanang  
kulog at kidlat  
sa kanilang Ibayo?

Sana  
lakasan pa nila  
ang umadilingawngaw  
na mga panalangin  
at pag-uusisa.

Gawing kanlungan ang Ibayo  
nang pagsapit sa pantalan  
may baong sagwan  
tungo sa ating dalampasigan.

*Kumusta ang byahe ninyo?  
Tiyak, mahaba-habang kwento.*



Artwork by: Lorenz Richard B. Bactong  
Medium: Oil on canvas

# Digmaan Natin to!

ni Recca Cura

Tahimik... Kulisap sa nayon  
Na ngayon ko lang napakinggan  
Himig nilang animoy kundiman  
Sa mga bantay sa Lansangan.

Kumahog sa mga pamilihan  
Mga taong nasa yugto ng takbuhan  
Walang magpapaiwan, lagi silang unahan  
Hindi ba't lalong nakakaalangan.

Tangis ng madla  
Unti-unti ng lumalala  
Patuloy ang pagsak ng luha  
Nagsasalaysay ng malulungkot na diwa sa digmang kalaban ay  
di makita

Sa pagamutan silay wala ng tulugan  
Ginagawa ang lahat upang lumaban  
Batalyon nilay unti unting nalalagasan  
Dasal naten at pakikiisa kanilang sandigan

Siyang naatasan bigat ng pangkalahatan  
Tangan responsibilidad ng kabuuang nasasakupan  
Sa mga batas ay makipagnugnayan  
Tumalima ,huwag makipag matigasan

Sa Dibuhong nag papakita ng digmaang tulad nito  
Hindi ito ang panahon  
Ng hilaan,siraan,  
Sisihan sunugan

Ito ang panahon ng  
Pagkakaisa, at Pagmamahalan  
Sakripisyo at Pagbibigayan  
Balikatan at Bayanihan.

lisang sigaw sa digmaang ito  
Bigyan ng tuldok itong bangungot  
Sa itaas wag makalimot  
Balabal ng kapayapaan saatin ay ibabalot.

Digmaan Natin to.



Ang aking kwentong PAMANA: Habang nasa bahay, tayo'y magkulay, labanan ang CoVid19 Aware that children are also affected by the community quarantine, Haze thought of maximizing the free time of children in her community. Haze, a 2nd year Paulinian student conducted a home-based activity where she engaged children in Brgy. Villa Gracia to draw and color the Banawe Rice Terraces, a UNESCO Heritage Site. Observing children's reaction while doing the art activity, Haze realized that children too are trying to cope with stress, the home-based activity actually eased children's boredom and stress.

-by Miss Noemi Cabaddu of the National Coordinating Body of the UNESCO Clubs in the Philippines, Inc.

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