



NOTES FROM JUPITER #6

DISCOVER THE COLLECTION FROM HOME WITH 'NOTES FROM JUPITER'
FUN AND INSPIRATIONAL WEEKLY PROJECTS.



One
Life
Is
gIven
suffErIng

One
Life
Is
gIven
pEace

self-reProach
Is
stICKIng
nEedles

hAppy
In
kNowIng
Enough

ouR
friEnds'
neEds
eCho
tHe
vErY
neEdS
That
demaNd
ouR
aTtention

heR
frEtting
Diminish
Calmly
Her
concern
echoeS
The
momeNt's
aUthentic
Truth

teRror
Or
shock
shakes
thRough
Our
deepeSt
psychE

couRage
grows
Courage
strikes
whenever
One
person
Endure

MESOSTIC REMEDY
Alec Finlay

eVeryone
Is

When
chAngIng
blossom
when
UnchAn

We
Alone
will
flow

foreVer
flowing
Or

lonEly
natuRe
give
able

unWanted
thought
persist
without
rEsolution
eaCh
nighT
thE
wordS

Whenever
those
night
Thoughts
rEturn
reCeive
the
fEar
Eerie

Whose
life
Loses
Direction
whOse
gAins
lIMIT?

Puzzling Poems

In response to the work of
Alec Finlay, create a mesostic of
your own!

In 2009 Alec Finlay wrote a collection of poems for Jupiter Artland about 38 plants that have properties that can heal or harm us. The poems had a word hidden in the middle of the lines, similar to an acrostic poem which has a hidden word going down the first letter of the first word in each line.

Poems with hidden words in the middle of the lines are formed more organically than acrostic poems and are called mesostic poems. Alec Finlay describes the hidden word as the stem of the poem, and the additional lines as the branches growing out.

You will need: Paper, Pen, Pencil and Patience!

1 Choose a word with at least 5 letters - this will be the subject of the poem.

2 Write the word vertically in the middle of your sheet of paper with your pen - why not try your own name!

3 Using your pencil, start writing the poem line by line - don't worry about including any rhymes.

4 Try to use the lines of the poem to describe the hidden word.

I want more:

Alec Finlay invites you to write a poem starting with the line 'I remember' Inspired by a work of art, animal or something special you encountered when walking in nature.

Share your pictures with us!

Email pictures to eleanor@jupiterartland.org, tag us on Instagram, Twitter, or Facebook!
Find out more about Alec Finlay and the ideas that inspire him at jupiterartland.org