



you are loved



*writing inspired by
a belief in love & acceptance*



*the creative writing students
of Mount Carmel Academy
new orleans, la
february 2018*

you are loved



writing inspired by a belief that
our words matter and our
commitment to spreading love
and acceptance

by the Creative Writing students
of Mount Carmel Academy, New
Orleans, Louisiana

February 2018



You Are Loved by Alexis Hornsby

TO THE PEOPLE WHO SIT BY THEMSELVES
TO THE PEOPLE WHO NEED A *friend*
TO THE PEOPLE WHO THINK THEY'RE *worthless*
TO THE PEOPLE WHO THINK THEY DESERVE IT
TO THE PEOPLE WHO FEEL **alone**

THERE ARE PEOPLE THAT **care about you**
THERE ARE PEOPLE THAT **love you**
THERE ARE PEOPLE THAT *know what you're going through*
THERE ARE PEOPLE THAT **want to help you**
There are people that need you too

You ARE *loved*
You WERE MADE TO BE *loved*
You are not a burden
You ARE A *comfort*

LET THE PEOPLE IN YOUR LIFE **love you**
LET THE PEOPLE IN YOUR LIFE **care for you**
Because they want to
And they are not burdened by you
Because they love you





*You are loved
Unconditionally
By your parents
By your friends
By your family
By your pets
By God*

*Made with love
From God*

*Within your parents
No matter when or where
No matter the situation
You are loved*



By Lauren Latino

you are loved.

for your smile, your laughter, and your presence, you are loved.
for your flaws, your weaknesses, and your imperfections, you are loved.

from the top of your head to the tips of your toes, you are loved.
from the moment you were created to the end of time, you are loved.

for everything you accomplish, your achievements, and your triumphs, you are loved.
for your mistakes, your struggles, and your difficulties, you are loved.

it's hard to believe that you are loved in a society like today's.
where discrimination is at its peak and the 'norm' is the only plausible way to be.

but believe me when i say it's true.
someone out there
loves you.

By Maddy Murret

You have been formally invited
To spend the day with your daughter

Just bring yourself, your warm hugs, and maybe some cash

It will be a very special day

Filled with laughter, French fries, and memories
Please RSVP by June 17th, 2007
We will have lots of fun
I can promise you that

Please join me for National Daddy/Daughter Day

It's finally here; Our day

No loud siblings, No demanding mom, No taxing work

Just you and I
We start at 6pm
Don't be late
Our adventures await

Stop one is Rally's
Where we get our favorite fries

You roll down the back window and let me order

Next stop is the lakefront
Where we pick some flowers

The purple kind cause that's my favorite color
Lastly we turn the car around to face the water
We sit shoulder to shoulder eating fries
Staring at the dark open sky

Sitting in silence listening to the water crash on the rocks

I fall asleep in your lap
You're my best friend
You taught me that I am loved
How to share love
And how deserving I am of love

By Olivia Pelias

Destroy the perception of perfection in your head.

You are more beautiful than your reflection you dread.

For so long, there has been subjectivity in beauty for oneself.

You'll buy this product and become friends with that group, but then you are just another book on the shelf.

So often, people try to become the definition of society's beauty, but they lose the treasure of individuality.

Genuine beauty comes from within.

The most beautiful people's joy results from love and shared grins.

We are all guilty of giving others ample advice, but when we take a step back, we see that often we are our biggest vice.

The world will tell you that you need a crutch for true joy, but that joy is ever-present because of the actions of a baby boy.

When you lose sight of the lies of the world, you deepen your perspective about truth and joy.

By Pilar Ruiz

You were wrong, very wrong
And I've caught you again and again
Because you understand where you stand
And you take a step away

I caught you again and again
Because you are loved, very loved
Enough to make you right and good
By me and all your friends

You were wrong, very wrong
But not all alone
Because you are loved, very loved
By those that want you close

Live is hard enough as is
See that you are loved, very love
Enough to make you right and good
And come walk with us again

Your faults don't actually make unlovable. Most times they do quite the opposite. Many people will see a fault as something that sets you apart of the crowd. People see these faults as something that makes you more real and human. Perfect pasts make for boring people. The most interesting characters are the dynamic ones. As a character progress from bad to good or learns a lesson, the audience becomes more invested in them. This is why people get bored with Superman. He has no character flaws and a too convenient weakness. Real people have issues and fears. It is not necessary that hide yourself or try to change yourself. Only share your progress, and you will find love. Even when you progress fails and you fall away, people don't lose the love they had for you. It's more likely that you just aren't in a place to see it anymore. You are loved. You just might not notice where that love is coming from. The most important thing is to know yourself and know that you are truly loved, even if you can't see it right now.

By Eve Couvillion

No one is truly invisible. Everyone plays apart in someone else's story whether you know it or not. You may not realize it but at least one person recognizes you and acknowledges you. They may not say so but in the back of their minds you exist. You are part of their reality. You are a part of someone's story. Do you ever sit and wonder do people think about me? The answer is yes somewhere in someone's mind you exist. They see you, picture you in their mind and think about you. Even in the back row you can be seen. You may forever be in the ensemble, never center stage but you are noticed by someone. You are alive in other people. Other who know you and other people who have only seen you in passing. You are a part of them. No one is ever truly unseen. From the first moment you were brought on earth you were seen by someone. Someone acknowledged you and held you. You are a part of the world from your first breath. From that moment you are a part of life and a world that needs you. You are alive and somewhere someone knows that. Somewhere in someone's heart you are loved.

You Are

You are admired. You are adored.
You are treasured. You are prized.
You are held high. You are revered.
You are near and dear. You are valued.
You are venerated. You are celebrated.
You are esteemed. You are honored.
You are precious. You are idolized.
You are worshiped. You are endeared.
You are cherished. You are cared for.
You are respected. You are known.
You are special. You are loved.

By Hailey Bradshaw

You are a girl. 5am. And you wake up. Get up, shower, get dressed, change because this outfit doesn't look cute. Cake your face in makeup and ruin your hair with heat. 7 am and you're out the door, skipping breakfast because you didn't have time after your daily beauty routine. 7:15 you get to school. Walk in and quickly find a group of friends to sit with because it would be a tragedy if you were seen alone. Then find someone to walk to class with because walking alone would make you seem awkward. It is noon, lunchtime, but you skip lunch. Why? There's nothing healthy enough in the cafeteria, and god forbid you gain a little weight. Come home at 3pm and start your homework because if you fail any one thing, then you are a failure. 5 pm and you go to the gym, because getting a toned body is more important than precious family time. 7 pm and you finally eat again. alone. 8 pm: you take off your makeup only to repaint your face the next morning. After this, you stay up all night studying.

These are the expectations presented to us. Is this what women are meant for?

You are a girl. You wake up and get ready in 10 minutes because you are beautiful the way you are. You walk in school and find friends because you are loved. You go to lunch and eat in order to remain healthy. You go home and do homework because that is what is important to you. You eat dinner with your family because this precious time is fleeting. You are well rested and sleep easy because you know you are loved by the most important person: yourself.

By Madison Shaffer

Yesterday is in the past, so look forward to today.

Own who you are as a person.

Uniqueness is a special characteristic of you.

Acept the life you have been given.

Rise up to the difficulties.

Everyday is a chance for change.

Love yourself because there's so much to love.

Others will admire your confidence.

Value is something that you were born with.

Everyone has a purpose.

Don't sell yourself short because you are loved.