

Words Never Spoken

-a book of Spoken Word

By Cheryl Bannerman

“Stand up straight and realize you are a Child of God, and with him you can tower over your circumstances.” ~ Dr. Maya Angelou

This book is dedicated to my daughter: the bravest, strongest, smartest person I know.

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Chapter 1: When I Was Me (back when I knew myself)

I wanted what every girl wants: to fall in love and live happily ever after. But after one failed marriage and with forty quickly approaching, I had given up. Pouring my time into my child, my God, and my business was my life. So here is my story...

I Am Empowered

I am empowered

I am His Daughter

HE has my back

I am empowered

My child is His grandchild

HE has our back

I am empowered

Oh how we prosper

For nothing we lack

We are empowered

We be writin' dem checks

Wit lots of zeroes

We are His children

We are the ones you mock

We are the ones you hate

We are successful

Checks in the mail

Everyone knows our name

We are His children

Unique in our own way

Never the same

I am empowered by her

She is empowered by me

We are as One

I am empowered by her

She is empowered by me

We are His Children

Try as you may

Try as you will

Won't take that pill

Blue or Red, I ain't dead

Eternal Life

Neva givin' up

That's what's up

Through pain and strife

I am empowered

I am empowered

This is my life

I am empowered

Let me empower you

I live for HIS glory

I am empowered

I AM empowered

I AM EMPOWERED

This was who I was.



Oh, You Tryin' Me, huh?

Picture it. 2001. Cranbury, New Jersey.

A scared little girl clinging to her mama's leg.

Lookin' up like 'she don't know that man'.

I thought I knew that man.

Had a baby with that man.

Married that man.

Divorced that man.

But I ain't know that man.

A scared little girl clinging to her mama's leg.

Classified as separation anxiety, ADHD, and blah blah blah

Somethin' ain't right

Is you tryin' me, Satan?

A scared little girl hiding in small spaces

Hot with the fire of anger

Confused and alone

A mama scared to face the truth

The results are in

Yep. He tryin' me. The ULTIMATE test.

As the envelope and letter fell to the floor

My body followed

My legs nor my God could hold me up



A scared little girl clinging to her mama's leg

Doctors. Disclosures. Court dates.

Went on for years.

A scared little girl with endless tears.

Two years and counting

More litigation

White man in a robe sayin' he deserve visitation

You don't know me

Or my scared little girl

Scars that will NEVA heal

Innocence snatched away

Like a wig in a cat fight

You don't know me Mr. white man in a robe

Oh, yes, he tryin' me.

Watchin' CSI mocking up my plan

Wonderin' if anyone 'knew of' a man

Can anyone help me?

Can he just roam free?

For what he did to my baby and me

A scared little girl clinging to her mama's leg.

Picture it. 2003. South Orange, New Jersey.

The verdict is in

A scared little girl dries her tears. The Healing begins.

She don't know that man

Growin' up STILL that scared little girl...clinging to her mama's leg.

Clinging to Her Father

Hanging on to Faith

Praying for peace

I told you Satan NOT to try me...cause we know THAT Man.



Becoming a Nun

I only got two damn hands

And it's only but so many more 'fantasies' in my head

Girlfriends are trying

Or tryin' to get in my bed

Dating sites are for losers

Who just want sum head

Can a sista get a life?

The Internet. Ha!

Why can't you be who you say you are?

Live close to me and not so far.

Not have 10 kids and baby drama.

Have a job and not live wit yo mama.

Is that too much to ask?

Gettin' used to goin' this life alone

All dressed up with nowhere to go

Waitin' for that knight in shinin' armor

But, wait, I don't do no damn horses, so nevamind

Anyway, as I was saying, A-L-O-N-E

Pathetic is ME

Watching Mad TV on a Saturday night

Outside my window; world's passin' me by

Don't care for the drink or the smoke

Don't do weed, meth or coke

So that makes me B-O-R-I-N-G in 2010

Damn, where are the MEN!

Am I askin' too much?

I only got two damn hands

And it's only but so many more 'fantasies' in my head

Tossin' and turnin'

Watching the sun fall

Thinkin' of which Ex I could call

I need it bad

Got an offer to speed date

But that's way too fast

Got a call from a matchmaker

But ain't got the cash

Been to the library, church and the market

And found me a sugah daddy

Get me twenty dollars here and there (big up to Mike Epps)

Seriously though, at the end of the day

My needs unmet

Panties wet

...patience is a virtue that I DON'T have

I only got two damn hands

And ima use 'em tonight!

Bye Felicia!

Reflections: Knowing Yourself

Name all the things you LOVE about yourself when you are single.

Name all the things you LOVE about yourself when you are coupled.

Compare (1) and (2). Are they the same or different? In a good or bad way?
