

BREAK THE MOLD

It stands upright,
like an iron maiden
with strings hanging,
tied to the past
mother, grandmother
sitting, feeding, serving, cleaning-
trapped.
Shaped by a mold
Tight and rigid as a Victorian corset.
Women, keep your place!

Break the mold.
History does not have to repeat
It can be learned from
Look back and see your ancestors smiling
Be what they could only dream
If allowed to dream
Do what they would have done
If only laces were untied
doors and windows were opened
And all the molds were broken.

Anne Mulvaney, March, 2021
Women's History Month