

Wellbeing

by Alice d'Aboville

I am blessed and sacred
To be capable of creating miracles
That outlive me

But I am also a soul
Who seeks discovery, pleasure, and glee
I am strong but vulnerable,
Whilst living within institutions built by men
Men who believe that the beat of *my* heart
Isn't as important as that of a group of cells

I fight for reproductive justice
For when *my* body follows instructions
But my soul desires freedom and my world is put at risk
I can keep ahold of the reins
And preserve my own health

Because my wellbeing goes beyond that of a choice
It spans throughout the community that is my sanctuary
The spirituality that is my strength and the access to
Economic and political security

My independence is what allows me to fly
My body is what allows me to thrive
Reproductive justice is what enables me to live
Because "Abortion is Self-Care"

Alice d'Aboville is a French/American young professional working in the nonprofit sector on public health. She has a bachelor's degree in International Development Studies and completed research on the history of reproductive justice in Canada. She is very passionate about reproductive justice and volunteered with the Montreal Abortion Access Project where she also trained as an Abortion Doula. Alice has also spent many years taking fine arts courses and painting. Poetry has recently become a new interest of hers in her creative expressions.