



Mission Statement: The United Ostomy Assoc volunteer-based health organization dedicated to education, information, support and advocacy for those who have had or will have intestinal or urinary divers

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UOA Teen Network Poems

What This Camp Has Done For Me

I really didn't know, What I was getting myself into.
When I said "yes" to having an ostomy.

All I knew was no more pull ups, rashes or creams,
and hopefully my life would get a lot easier.
That was enough for me to say yes!

But I never really thought what it would be like to have one?
I never really knew what it was.
Or how people would treat me.

I knew I wasn't the only one with an ostomy...but there again,
I didn't know of anyone who had one.
In till I got a phone call from a president of a local chapter,
that asked me if I would like to be sponsored to a camp called the UOA Youth Rally.
What's a UOA, they told me a little about it...but I was too young understand.
Before I knew it...I was in Colorado.

On the first day...of course I was scared and shocked at what I was getting my self into.
I had a pretty cool counselor come and pick me up from the airport gate.
And now were best of friends.
I had so many friends by the end of the week I couldn't even keep up with them.

But I never thought I would ever have come this far...and I wouldn't have,
with out all of you.
Helping me through every step for the last few years.

You guys have pushed me to be who I am today.
From when I was scared to have once again,
Another surgery or to just getting on the dance floor.
I have learned a lot and hope that this camp will never come to a end.
I mean look at me now...I'm up on stage reading this in front of more than 100 people.

I'm Not a scared little girl but a young lady that knows what she is thinking, and talking about.

Or if I had a problem I knew I could count on you to help me through it.
This camp has been the best thing for me,
and I know sooner or later you will say the same thing too.
Because its not just fun and games...it's about learning, understanding, helping, caring, but yet
at the same time having a blast.
So thanks for putting up with me, for these past few years.
So all I have to say to you is keep being who you are, don't be a shy little person...and just say
what your thinking.
Because a lot if not all of these people are here to help you in anyway they can.

Jamie Rose Julius
June 29, 2004



Jamie Julius at the
2004 UOA Youth Rally

It's All About You

The UOA Youth Rally is just not an organization,
And its not just about camp.
Its about you; And only you,
And what you have to deal with.

Relationships between boys and girls,
Friends turning into best friends,
Campers into counselors.

Relationships can mean a lot of things,
But UOA Youth Rally only means one thing: you!

You're the one who created this,
You're the one they care about,
You're the one who made this happen,
And without you,
The Youth Rally wouldn't be were it is today.

You're the one who's by our side,
When no one else is there.
You're the one that I know will always care.

It really doesn't matter what you have wrong with you,
We really don't care,
Because your one of us,
Your part of us,
And that's why you're here.

Your only here for these few days,
But it feels like you're here for more.
Because you go back home,
You learned so much,
And you treasure it for years.

So just remember you're here for a reason,
Not just because you've got medical problems.
Because without you,
Who would we be...what would we be.
Without you, and the rest of the UOA?

Jamie Rose Julius
July 17, 2004

Angels in This World

Your protected by Angels,
That's another reason why your still here.
When you feel like there's no one by your side,
Your Angel is always there.

When you cry,
And no ones there to wipe your tears,
Your Angel is there to wipe them,
You just can't feel their hand.

It doesn't matter if your Angel is...
Alive or has passed on.
Because no matter what,

Your Angel loves you,
 Even if you don't know exactly who your Angel is,
 But only who you think it is,
 Deep down inside I know you love your Angel too.

For myself, I know I have a lot of Angels.
 When I'm in surgery I talk to them.
 It's like there here; I know they are,
 They don't leave you.

I know one of my Angels is my Grandfather,
 Who died a few days after my first birthday.
 He told me something before he passed on that I will never forget.
 He said, I'm going to hang in there till your first birthday,
 But then I have to go; and we're strong together,
 But now you have to be strong alone.

All my Angels are in my heart,
 As I am in theirs.
 Never knowing the day,
 When they can't protect me anymore...
 Never knowing when my day is going to come,
 To become an Angel myself.
 I may be an Angel to someone,
 And just not know it.
 But I mean an Angel that has passed on.

An Angel that got his or her wings & halo.
 And look down on their friends & family.
 So that now I can protect them from up above.
 Wiping their tear drops when they cry.
 And waiting till the day they too must die.
 This cycle of an Angel will truly never go away,
 Because people are being born & dieing everyday.

Jamie Rose Julius
 October 2, 2004



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