



A Celebration Day for Girls™

Poem in praise of Menstruation

BY LUCILLE CLIFTON

If there is a river more beautiful than this
bright as the blood red edge of the moon

If there is a river more faithful than this
returning each month to the same delta

If there is a river braver than this
coming and coming in a surge of passion, of pain

If there is a river more ancient than this
daughter of Eve mother of Cain and of Abel

If there is in the universe such a river
if there is some where water more powerful than this wild water
pray that it flows also through animals
beautiful and faithful and ancient and female and brave