are labelled 'narcissistic' or 'obsessed with themselves'; those who try to give help are labelled 'over-sentimental'. I see part of the task of the gay activist is to help to establish more and better gay counselling services; I also see his task as being to permit other gays to talk about their fears and paranoias.

For me, CHE's Disabled Gays Campaign embodies everything that I believe in as regards gay liberation. I believe that if we can achieve freedom from oppression for someone stuck in a wheelchair all her life, or someone permanently disfigured in a road accident, then we have achieved our aim, since these people are only too aware of the sexism, ageism, consumerism and so forth that oppresses us as gay people, divides us and ultimately causes us to expect nothing more than an essentially joyless existence.

I am a cave.
Inside
I hide
Peep out I may
But here I stay
Not joyful
Not sad
Not good and
Not bad
I get by just.

I MUST GET OUT!

I am a zombie Locked in a tomb! But this womb is a safe.

I could explore my cave.

I could save this disappearing self.

I delve in the dreary darkness, and

OVER THERE!

I am aware of a shine, a jewel-It is mine A rich and sparkling jewel In me That I could never see before.

My cave brightens with
The glow
I know there is more, and
Sure enough

Here is a jewel of hope
In me
I never thought I had that quality
Before
There is more!
A gleam of kindness
A glow of warmth
A ray of affection
All that is good.
How could it have been
Hidden for so long?

I leave my beautiful jewels
And creep
Into the deep
All is not well
Do I enter a passage of hell?

I bravely go ahead Dreading I don't want to see!

Here lies a part of me That is not good.

But why should a cave Have only jewels?

These stones of hate, greed and anger said:

— Instead of wiping us out
Leave us alone
Our stone is part of the wall
Without us it would fall
Without our dullness, the jewels
Would not seem bright at all.

We can live with the jewels in peace And our vices will not increase If you accept us as we are.

So, far from hating them
I think I need these parts of me
And after my discovery
Just one part of my cave
Remains unseen
This passage lies far back
Where no one has ever been.

I approach, and to my delight
I see a light more beautiful than all
A light surrounds the walls
I know the light is love
And the light of love tells me
That this passage is not blind.
I find at the end
An open space
A place where I could
Give some love away

And move than this-Have the bliss Of bringing some inside.

I WANT TO HIDE NO MORE!

I see my cave How good How bad How happy How sad I can be.

I do not like it all But this is ME.

Mary Krejzl