

# Sojourner Truth

## 1797-1883

### *Aint I a woman?*

A found poem from Sojourner Truth's most famous speech, adapted into poetic form by Erlene Stetson.

That man over there say  
    a woman needs to be helped into carriages  
and lifted over ditches  
    and to have the best place everywhere.  
Nobody ever helped me into carriages  
    or over mud puddles  
    or gives me a best place. . .

And ain't I a woman?  
    Look at me  
Look at my arm!  
    I have plowed and planted  
and gathered into barns  
    and no man could head me. . .

And ain't I a woman?  
    I could work as much  
and eat as much as a man--  
    when I could get to it--  
and bear the lash as well  
    and ain't I a woman?  
I have born 13 children  
    and seen most all sold into slavery  
and when I cried out a mother's grief  
    none but Jesus heard me. . .

and ain't I a woman?  
    that little man in black there say  
a woman can't have as much rights as a man  
    cause Christ wasn't a woman  
Where did your Christ come from?  
    From God and a woman!  
Man had nothing to do with him!  
    If the first woman God ever made  
was strong enough to turn the world  
    upside down, all alone  
together women ought to be able to turn it  
    rightside up again.