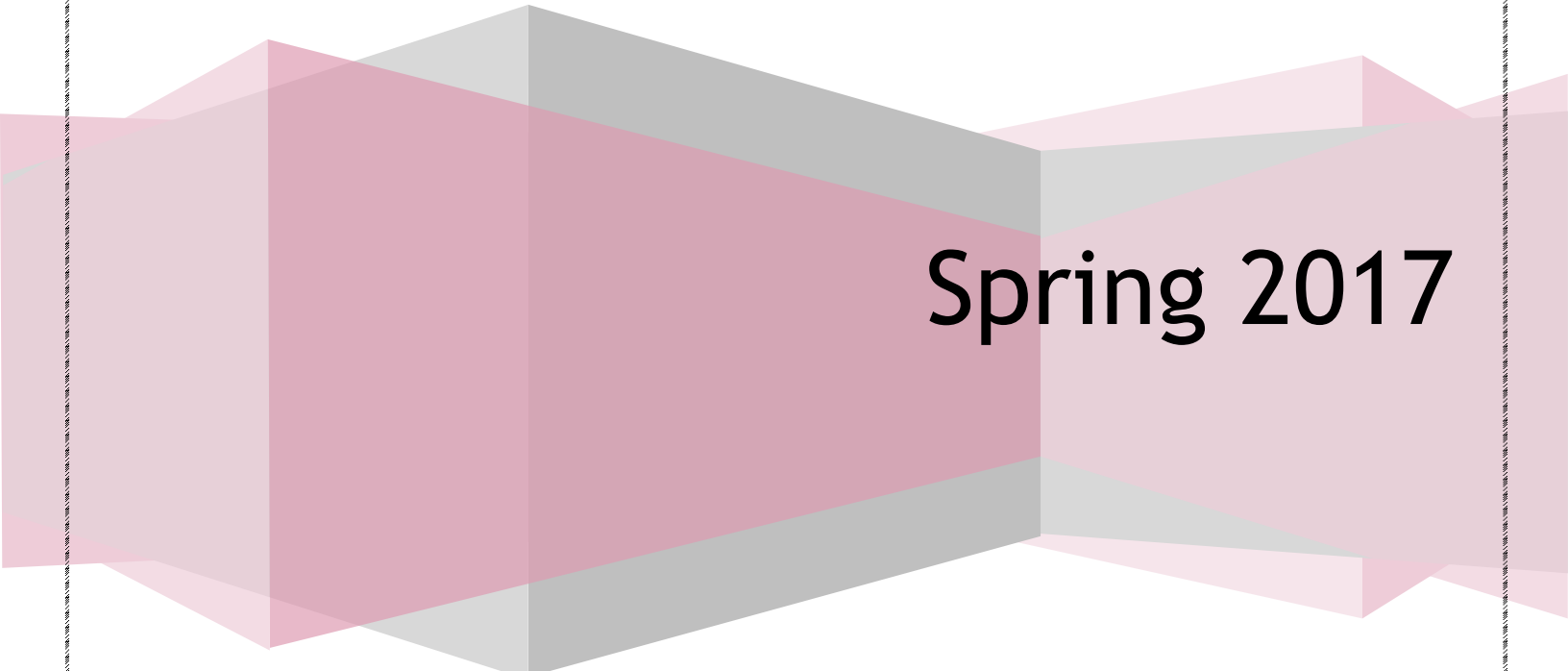


Mississauga Writers Group

MWG Writes on Q

Quarterly e-zine



Spring 2017

MWG Writes on Q

Mississauga Writers Group Quarterly e-zine

"If winter comes, can spring be far behind?" Welcome to a brand new issue in a brand new year!

The highlight of the past quarter was the "Write On! Festival", the premier event hosted by the Mississauga Writers Group at the Noel Ryan Auditorium, Mississauga Central Library on November 22, 2016. The group launched their third anthology "Word Fest, Celebrating the Holidays". The highlight of the evening was two live theatre events: "Saree Kahaniyan" (Saree Stories), a play by Jasmine Sawant, presented by SAWITRI Theatre Group, and "AA Meeting" a comedy by Kyle Climans and Jasmine Sawant. The library's Atrium was set up for meet-and greet sessions with the authors featured in the anthology, along with workshops related to writing, publishing and promotion.

MWG is made up of some very creative writers and editors and the group is always hosting fun writing workshops. Do let us know if you wish to be a part of these events.

From everyone here at the Mississauga Writers Group, we wish you a very Happy New Year!

The Staff @ MWG Writes on Q

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IN THIS ISSUE:

Hugs

Susan Ksiezopolski

Sense the Question

O. Stephen Peart

What Are You Teaching Us Here?

Joseph A. Monachino

A Note To My Doctor

Frances Frommer

Ottawa bound

John Fraresso

Mind, Body and Soul

Elizabeth Banfalvi

Poetry

Hugs

By Susan Ksiezopolski

A hug is the lifeline
That tethers us to each other
Standing on common ground
Our hearts bloom, nurtured by
The embrace that helps us keep it together
When inside we are tumbling apart

A hug creates a circle
Connecting you to me
Creating a loop that
Gets us out of ourselves
Out of our aloneness
Moving us out of the lie of separation
And brings us in close
Inside of a hug there is no division
Only the joining of arms
That opens our hearts

A hug kindles the light of true self
That can only shine and glow
From holding on tight
To each other on common ground
Until the warmth that is released
From our internal imprisonment
Ignites freedom
Finding the strength
Gathered in each other
To claim our collective power
Healing our isolation
Now better able to embrace
No matter what life brings

"4 hugs for survival, 8 hugs for maintenance, 12 hugs for growth." - Virginia Satir.



- About the Author -

After working for 32 years in public sector business transformation, Susan Ksiezopolski is now retired and her own change agent. Her work has been featured in magazines, poetry related websites and in various anthologies. Susan has a passion for inspiring others to write and to tap into their full potential. Visit her website www.mywordsnow.com for information on her upcoming workshops.

Author of My Words, Writing for Change and The Writer's Workbook : Free the writer within - Tap into the Power of Creativity.

Sense the Question

By O. Stephen Peart

Did you hear that?
I said, did you hear that?
What did I just say?
Did you hear that?

Did you see that?
I said, did you see that?
What did I just see?
Did you see that?

Now did you feel that?
I could keep going on and on
Questioning the sense of the mind
Did you say that?



~ About the Author ~

O. Stephen Peart is the author of *Released Expressions* - the journey begins. A book of poetry and a journey into the inner thoughts.

He is the founder of *Released Expressions* and a Business Process Practitioner focused on inspiring change and connecting perspectives.

About This Poem

“Sense the Question” reflections on the conversation between individuals. It explores the senses and how we engage our senses to make connections. “Sense the Question” is part of the *C:re:ATE Collection*, a Released Expressions Production.

That's Life!

“What Are You Teaching Us Here?”

By Joseph A. Monachino

It's my first day of school as a grade nine student. The first course listed on my schedule is English class. I walk into the classroom and took my seat. The teacher introduced herself as Mrs. Smith.

She begins her lesson by saying: “What you watch on television is mostly fantasy. I don't recommend that you watch 3 hours of television every day. My recommendation would be to use that time to read a book that features good literature.

“So, what I'd like you to do now is open your textbook to the first page so that we can begin to read about Greek mythology.” At this point, I stopped what I was doing. I was startled by what she said. I put up my hand. When Mrs. Smith asked me to speak, I objected to what she asked us to do.

“Mrs. Smith”, I said, and then continued by saying: “First, you're telling us not to watch fantasy on television, and then you turn around and are teaching us fantasy in the classroom?”

“So have to ask you quite bluntly: Why are you telling us not to watch fantasy on television, but you are teaching us fantasy, called Greek mythology, in the classroom?”

“What are you teaching us here?!”



~ About the Author ~

Joseph A. Monachino is married and his hobbies include writing, reading, and exercising.

He graduated from Sheridan College certified in Sales & Marketing and is the author of “The Transporting Device” a compelling Science-Fiction book.

Come check him out at a local Chapters/Indigo store - Visit us at indigo.ca/events.

A Note To My Doctor

By Frances Frommer



- About the Author -

Frances Frommer, retired Librarian, has been owned by three heavenly felines—Mooney, Angel and Star (deceased) and is currently managed by Precious and Sweetie.

She has been published in *I Love Cats*, *Cat Talk* and *Cats, Cats, Cats and More Cats: The Pride Rescue Anthology*.

Why can't you be more like my pet's vet?

You would give me an appointment within a few days after I telephone you!

You would keep jars of treats in your waiting room, like chocolate chip cookies or caramel candies!

You would be glad to see me and say soothing words before the examination begins!

You would gently stroke my arm before injecting a needle and would offer sweet words of comfort when I am in pain!

You would send me home with a sample of tuna or smoked oysters to see if they tantalize my taste buds, besides a prescription for tasteless pills!

You would celebrate my cats' birthdays and send us cards!

You would telephone me the day after our appointment to inquire how I am feeling. You would call again a few days later to check on my healthy-with no charge for the telephone consultation!

You would make a house call in an emergency!

You would take calls after hours and listen to me!

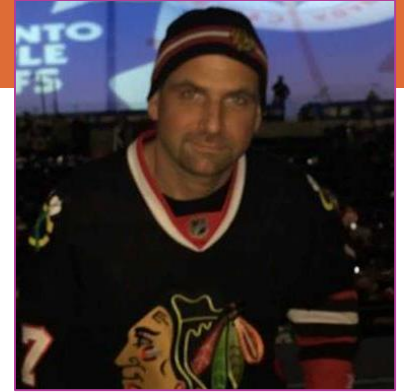
You would open your office on a Sunday when I am not feeling well!

You would be my friend as well as my doctor!

Meanwhile, I hope I am born again as a cat in a loving home so I can visit my vet and make my human happy.

Ottawa bound, January 27, 2017

By John Fraresso



I received an email regarding submissions for the e-zine while sitting in an enroute location on Highway 401 east of Kingston.

A good friend of mine – friends since high school – lives in Ottawa and I am on my way to visit him and his family.

As I thought about what I could write – and when I could – to contribute the magazine, I figured why the hell not: I'll just allow some stream of consciousness to pour out of me while sitting at this table, looking at the wind blow the trees about outside, listening to the chatter of travellers as they sip their Tim's and eat their burgers.

Heading to Ottawa – the Capital of our nation which turns 150 years old this summer – I reflected momentarily on what this country means to me, and what this trip means.

I have always been a strong proponent of Gratitude, but so often find it hard to practice what I preach about the importance of practising Gratitude. In our world which seems so complex, so difficult sometimes, so wrought with issues, it is very difficult to stay in an Attitude of Gratitude.

But alas it feels very easy right now. Being here, at this service centre, in a free country, in what I consider the greatest country in the world.

~ About the Author ~

John Fraresso's love affair with writing started at an early age. Since then he has written hundreds of poems, has had several letters to editors published in newspapers, essays, and has completed his first book.

www.facebook.com/john.fraresso.talkthroughthe.hand

@jfraresso

Due to some things that needed to be dealt with, I didn't get to bed until midnight and was then up at 5 am. My girlfriend Christina and I decided to stop at this service centre and take a quick nap in the car.

I am grateful for my awesome job, which affords me the opportunity to pay for that car I own, which I am very fond of.

I am grateful to be able to pull said vehicle into a service area, recline the seat, and take a nap, not worried about my safety at all as I do so.

I am grateful that I could take a little nap and awake to come into the service centre, grab a coffee, and have some time to myself to write this, while Christina gets a little more shut eye.

I am grateful to look out at that cold wind on a wintry day, knowing the majority of the people on this planet are not blessed with the opportunity to experience the beauty of all the seasons.

I am grateful for my sight, speech, hearing, and cognitive abilities that afford me the opportunity to be here, present, and write this. My God, I am grateful for a funded health system that I can count on if any of these senses encounter difficulties.

I look around and see many different people of many different cultures, creeds, and colours, and am blissfully aware that there is a rich history to each one of those individuals that I couldn't comprehend with every bit of creativity God has blessed me with.

I am a firm believer that, at the end of the day, it is well within our power to shape our destiny, and that we are in command of our thoughts and emotions. Though we often fail to recognize this – giving this power to others and the environment around us – it holds true. But I recognize how blessed I am that the outer world I was born into and exist in today has made it easier for me to be grateful for what I have.

Thank you Canada and my fellow Canadians, for helping me live the dream.

Mind, Body and Soul

By Elizabeth Banfalvi



What is the difference between the mind, body and the soul? How does it affect us?

The soul is our essence – our connection with the rest of the life here on earth and one of being connected to a greater being. It is who we are as a spirit and what we are born into and leave with. The soul needs the connection of something greater than what it is by itself. The soul gives us life and when it leaves we are done at this time.

The mind is filled with thoughts and those thoughts control how we feel, react and heal. Thoughts and feelings are energy in constant movement. What we think is what we are. If we are angry, the mind sends signals to the body telling it to tense and be ready to or for an attack. If we are happy, we feel different less rigid and better able to enjoy. The mind holds our emotions and memories. How we react could be because of a remembered action or what told us how we should act. So the body takes the response and uses it to feel the remembered scenario and plays it over and over until we are ready to change it. The mind exists within the body and needs the body to express itself.

The body is physical. It is of the earth and needs to feel a part of this. If you see a flower, notice how beautiful it is and realize that as soon as you pull it from the earth, it will start dying. We are like that. Grounded and balanced we live our lives fully in our own beauty but without this feeling of earthly attachment, we slowly die or react in a way that isn't of ourselves. The body exists through the earth and the mind. It gives us a feeling of being part of a larger natural earthly world.

~ About the Author ~

Elizabeth Banfalvi is a Certified Reflexologist.

She is the author of the Meditation book series, and conducts workshops on stress & meditation.

The mind tells the body how it should be feeling so your thoughts are important. So what do you think? Do you think positive or negative? Listen to your words. Listen to how you feel about others. There is an old saying “A thief always thinks everyone is a thief”. So what you think of others is usually what you think of yourself. Think within and without – both are important. Change is always possible. Listen and be aware of your thoughts, emotions and your reactions. You can only change what you are aware of. Now how do you want to think? Change is part of healing and healing is what makes you evolve and change more.

Feel your soul and how you fit in with others? The truth is that you aren't meant to “fit in” but to find your own path. How do you feel with the world? Where can you change? How can you change? Change yourself and others will follow. You are the center of your universe so the change starts with you.

Contact Us

WE ARE THE MISSISSAUGA WRITERS GROUP

We are a group of writers who have established this forum to share our experiences and pursue our dreams through creativity, knowledge and mutual respect. We want to learn from our strengths and talents and have enjoyable and stimulating conversations that only writers can relate to!

We would love to have writers from our community join us. All aspiring and established writers are most welcome. We believe we all have something special inside us. Come explore your talent with the Mississauga Writers Group!

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Samna Ghani

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