



September Theme: What did you create that surprised you? Why?

Catherine Horn -- Creating poems inspired by nature surprised me because I write about people and relationships.

Barbara Ehrentreu's Poetry Group has been a joy and an inspiration. A guest, Cynthia Sharp, joined us one day, sharing her thoughts about writing poetry, focusing on nature.

One afternoon in early July, I sat on the back deck of a cottage in Kennebunkport, Maine. It overlooked the woods on a beautiful day. As I focused on the scene, I thought of poetic phrases that described what I was experiencing, especially the movement. The outcome is the poem below – an expression of my mindfulness moment gazing at the trees.



Gentle blowing breezes
Rustling bright green leaves
Of the tall, thin, aspen trees

Branches bending
Long limbs swaying
Enthralled in a dance, embraced by the wind

Since then, several more poems have emerged, all from the simple invitation to be inspired by nature. Pure and simple.

Doris Mady -- It had been 50+ years since I had painted. As an advertising Art Director, I had rendered magic marker layouts for clients on a daily basis. But after a 60-hour work week I wasn't inclined to paint at all!

Having left my job, I signed up for a plein air class in Vermont. I was terrified to put brush to canvas. What would I remember? What did I forget? Could I mix colors?

Doug's Tree was my very first painting. Painting outside is a whole different ballgame...yes, I struggled but overall I was happy with my painting. Just to see what would happen, I entered my first juried art show and won First Place! That acknowledgement surprised me. I really never thought I would win.



Doug's Tree by Doris Mady

October Theme: This best work never won an award. How do you feel about that?



GUIDELINES --- Original artwork and photographs: Jpegs no larger than 500 kb. Proofread stories, essays and poems: 150 words *more or less*; photographs related to your story are permitted. Music: one page scores only, with text. Send your submission no later than the 20th of the month for the upcoming month. i.e., for January send Dec. 20th; February send Jan. 20th, etc. Email: dorismady42@gmail.com.

Let's hear from YOU!