

WHY

EVERYONE OF US HAS AN UNIQUE STORY

Not all of us think our story is worth telling.

Some of us fear clumsy writing
will make us look stupid.

Accomplished writers fear writing about
their own life will be boring to others
or embarrassing to themselves.

All humans want to tell their stories to others.
(Even if we don't admit it even to ourselves)

If we want to see our stories on the screen and
discussed truthfully in the houses of government
we need to become the storytellers.

FREE NO-WRITING WORKSHOP!

'Focusing On An Idea & Writing Tips' is an hour long zoom workshop, limited to just (3) participants, to help you get started on a small assignment: writing a real life story about yourself (a.k.a. memoir) that is (2) pages or shorter. [Workshop Info & Sign-Up](#)

PHILOSOPHER'S CORNER

PETER

"The blessings in our lives are those little spots that keep us sane – putting sounds together, drawing images or writing our stories in order to attain some sense of personal achievement. I can't imagine having to rely on parties, expensive drinks, sport events, shopping, etc. I can see some of those people going batpoo crazy once a brick has been taken out from their wall and they start to crumble. So yes, having your own little island is a blessing. Though surely none of that would be worth anything without its shadowy siblings: depression and loneliness. I feel these are two sides of the same coin. Being creative unleashes insight, compassion and imagination. But without being on the bottom sometimes, we wouldn't know when it's a good time to pick up the guitar or pen and push one out to tide us over."

Workshop Mediations



"I was tethered to my desk. That was my home. Always working. But I was planning my vacation. Then my supervisor gave me a heads up about a project I would have to start when my vacation was planned. I broke. Ultimately, I made a decision -- just for me -- I left. I know my story is not unique. At conferences I've heard other black women lawyers who also worked at conservative Wall Street law firms tell stories like mine. We suffer alone, and ultimately we leave because it's so brutal. But, no, I've not read anyone's memoirs talking about it." - KL, Lawyer **CHECK OUT:**

[Black Professionals On Wall Street Speak Out](#)

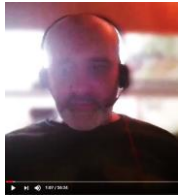
Workshop Mediations



"You think, maybe I'm not cool, I'm not interesting. Just know if you write about a personal experience, there's gonna be someone who says, 'Hey, me too!' Even in mainstream media I see shows like [RAMY](#) (on Hulu) where working people are putting out intimate stories about their really personal experiences. It's weird times. More of my filmmaker friends are being encouraged to write about their journey not only as filmmakers, but in their community. This workshop helped me transform an old memory. Rather than just seeing it as a memory, I'm able to see it as a story with an arc and layers – as a journey." - [Adonis Williams](#), Filmmaker (Writer, Director, Editor)

SUBMIT YOUR STORY IDEA FOR A SHORT MEMOIR
<https://www.catering2us.nyc/submit-story-idea>

Piotr (Peter) Nowotnik



Composer/Musician/Teacher
 Polish born, moved with wife to Australia in 2002. On sabbatical in Brooklyn in 2017, he met Trayce, Catering2Us creator, and bonded over shared visions, remaining long distant collaborators.



Is it easy to imagine if you tell stories about your own life that it will interest people who don't know you?

Question from 'Focusing On An Idea' Workshop

"No! I believe it's a challenge for me. It requires me to explain in words things that make sense to me. To welcome someone to my inner world of experience, that might be hard to verbalize. If I write about my experience, I want you to feel what I am feeling."

'WHY DON'T YOU'

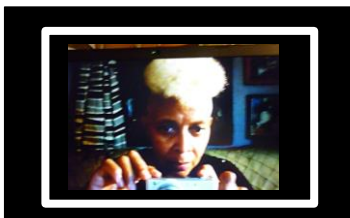
When asked how I became a professional in what I love most – music -- I always want to respond by saying in the late 90s I met Rachel, my wife. I mention my wife first because you will see she had the most important impact on me in terms of my professional development.

Actually professionally I started out in IT work. Music was always a part of my life, like getting up every day, but who pays you for that? My earliest musical memory is of my grandfather, Jozef Samelczak, playing his own organ variations on Bach's preludes at a Roman-Catholic church in Kalisz. My family lived in Warsaw, but still I felt grandfather's influence and learned the basics of music in classes, then continued on my own path of music discovery. When I was eight I became obsessed with my Atari system. Not only playing the games, but also exploring what I could do with Atari as a computer, composing on it and.... (Cont.)

by Piotr (Peter) Nowotnik
 w / assistance from Trayce

*Excerpt from a short memoir on [Catering2Us](#)
 'Pets, Kids, & Heartbeats' page*

"Right now I have time, and I want to use it in a worthwhile way that also plays to my interests, skills, age, concerns and values."



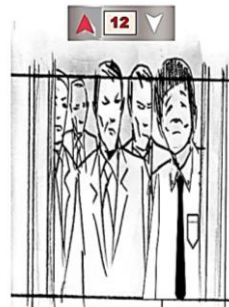
CHECK OUT [MY STORY](#)
 Trayce, Catering2Us Creator

JUSTICE RUTH BADER GINSBERG (1933-2020)



"Dissents speak to a future age. It's not simply to say, 'My colleagues are wrong and I would do it this way.' But the greatest dissents do become court opinions and gradually over time their views become the dominant view. That's the dissenter's hope: that they are writing not for today, but for tomorrow."

TRAYCE'S RECOMMENDATIONS



'MISAENG'

(means an incomplete life or not yet alive)
 South Korean Series streaming on Netflix

"Take early Mad Men from Peggy's point of view, add it to The Office, make it 800 times more sad, and remove romance from the equation." - Vulture

Misaeng reveals the harsh reality of a corporate office thru the experiences of (4) interns as they deal with bigotry, slights, servitude, and superiors who are constantly telling them their reality doesn't exist, while they watch older workers try to drink away forgotten dreams and career regrets. Through it all the interns struggle to discover their own truths, and find *their* people.



"I am my own muse. I am the subject I know best."

The subject I want to better." – Frida Kahlo

I have the painter Frida Kahlo's self-portrait images up on walls and shelves staring at me from five locations around my apartment. Frida was held by her own glance. Her eyes locked to herself, so as to go beyond the eyes and mumbles of society; of Diego her husband and rival; of her fears and lifetime of pain. I want to help struggling writers learn to hold their own glance as intensively as Frida did, giving their instinctual rhythms the space and confidence to emerge without judging the form it takes.

The newsletter's (3) sketches: Lawyer / Filmmaker / Office Worker by David Cooney, Storyboard Artist (and during pandemic Construction Worker)