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Born and raised in Toronto, Canada, by parents descending from Jamaica, Oneal Walters has been writing poetry professionally for 11 years.

He first became interested in writing poetry after receiving an assignment in 11th grade English class where the teacher asked students to select or create a poem to recite. He decided to write from scratch. His poem titled, "The Goodbye," explored the emotions a husband endures when he wife is dying.

He doing so, he discovered his passion.

"I realized there is a lot of power in words," he said, during a recent phone interview.

Walters went on to college, majoring in film production with a minor in poetry at York University. And, he continued reading, writing, and finding his voice...

He found inspiration in Maya Angelou, Ervin Layton, Margeret Atwood, and T.S. Eliot.

Ultimately, he created and published "Frozen Stare" in 2000 (The Plowman) then "The Age Begins" in 2005 (The Age Begins). And, once he graduated, Oneal was able to sit down and publish Frozen Stare: the Childhood of a Young Poet (2010, The Age Begins).

Although his subject matter changes, he presently writes poems concerning women issues and touching on spirituality. When asked why he started to write about women, he answered with one word: women. Hearing women complain about issues from being single mothers to being raped propelled him to take on the subject matter.

"For me, it's all begins with one thing," he said. "I have a story to tell. If one person relates to my work, I've done good. If two people relate, I've done well. I just want to tell my story. Showing a story and sharing an experience is a blessing."

From this week forward, Oneal Walters will be contributing poems bi-weekly to the Call and Post Newspaper. You can learn more about Oneal Walters and his newsletter at www.onealwalters.com and www.ownewsonline.com

When to Pray

My Creator, Yahweh humble be your chosen ones; set us free from debt, oppression and surrounding enemies.
Bad health flees at your will, our bodies are flawed here on earth.
Forgive us! Our sins are many from birth.
Build your family so we rely not on strangers.
Create life; always bless us with sons and daughters.
Show your light, continually guiding us with your hand.
Rich and poor, you designed this, we understand.
We labor to build on your foundation; in due season, you are the reason for prosperity.
You are faithful, thank you.