

Guidelines for Submitting a Story or Poem to *Turning Points* eNewsletter

Everyone who has received a diagnosis **has a story**, and so do the people who support them. No one's story is the same as another's, yet each can speak to the other's experiences. We can **learn from each other**; we can tell the truth even when it is gritty, not pretty; we can share our humanity and thus **heal each other**.

If you would like to **submit a story or poem** of your experience on your own healing journey, please:

1. Find some aspect(s) of your experience that interests you. What was your situation, what did you do, how did you cope, what inspired you, what is the personal meaning for you?

We'd like it to be **in the first person**, and hopeful in the sense of hope that accepts reality and says, "Now what?" Keep it real. Humor is excellent

2. Write between **400 - 750 words for stories**.
3. Send us **poems** that arose from your healing journey. Free verse or a form such as cinquain, haiku, sonnet, etc. **50 lines maximum**.
4. Submit your story or poem **as a Word document attachment to your email, AND ALSO** by pasting it into the body of an email. Email it to: [Nancy McKay](mailto:Nancy.McKay@turningpointsonline.com).

We have 2 professional editors, who are volunteering their time and skills.

All submissions will be acknowledged.

We look forward to hearing from you!