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 up to 500 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, AND ALSO by pasting it into the body of an email. Email it to: info@healingjourneys.org

All submissions will be acknowledged. If accepted for Turning Points, it may be edited and returned to you for your approval or your changes.

We look forward to hearing from you!