

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!