



## **Call for Submissions!**

### **“Stories of Hope & Healing”**

*An evening with local storytellers offering insight into recovery and resilience.*

#### **Description:**

Umbrella is hosting two intimate evenings of storytelling with the focus on people’s personal stories of **Hope and Healing**. It is our goal to offer a community event that centers the real lives and experiences of community members, leaving audience members inspired by the stories shared. Stories should center around the theme of **Hope and Healing** and offer insight into **recovery and resilience**.

You can get creative and interpret the theme in ways that speak to you. To help you get started, we have included some writing prompts below.

- What have you overcome in your life that has changed you in some way?
- What have you recovered from and how has that led you to where you are today?
- What has enabled you to go on and thrive despite adversity you have faced?
- Has there been a specific instance that has led you to make a significant life change?

#### **Guidelines:**

1. Tell your own story - while it will involve other people, it is important to focus the story on your own experience.
2. Share a story that is important to you.
3. Include descriptions that help the listener see, hear and feel the events of the story. No soapboxes please!
4. We are asking that all storytellers are over 18 years old.
5. Please don't include hate speech that promotes racist, homophobic or misogynistic viewpoints.

We invite any and all community members with a story to tell to participate in this event by submitting their work by email to [Amandac@umbrellanek.org](mailto:Amandac@umbrellanek.org) by **September 22, 2023**. Please write “Hope and Healing” in the subject line.

#### **Submission Details:**

- A draft of your story on the theme of **Hope and Healing** attached and typed in Word.
  - Approximately 10 minutes in length when read aloud (1250-1500 words, approximately 3 pages single spaced)
- Title of your piece
- “Hope and Healing” in the subject line of the email to [Amandac@umbrellanek.org](mailto:Amandac@umbrellanek.org) by September 22, 2023.
- Your full name, phone number and email address

**What to expect:**

A panel will be viewing all the submissions with the goal of selecting performers by September 29, 2023. Authors of the chosen stories will have an opportunity to further develop their work with our project producer, Bess O’Brien.

If invited to be a participant, people will receive an honorarium of \$50 and will be asked to commit to:

- A session with our support team to finalize stories
- A 2-hour rehearsal prior to the event
- Performing your story on **October 19** in Newport and/or **October 26** in St. Johnsbury