

SAGE-ING

The Journal of Creative Aging - Sage-ing With Creative Spirit, Grace, and Gratitude

OUR INVITATION:

We welcome you to join our community of storytellers by sharing your experience of creating your life through creative expression. Below we have provided background information on our Journal, together with words from our founder-editor, Karen Close, and our submission requirements.

To become more familiar with our collection of quarterly published issues, please go to the [website, www.sageing.ca](http://www.sageing.ca), click on the issue you wish to read, go down to where PDF is written and click again. (If you've been to the site before you might have to refresh your browser.)

SUBMISSION INFORMATION:

Who we are:

Karen Close, editor, and Robert MacDonald, publisher, believe strongly in the need to cultivate creative well being for the betterment of ourselves and our communities. In the autumn of 2011, they joined their talents to encourage others to share their stories on the pages of this volunteer publication. Issues are published online four times a year around a solstice or equinox.

SAGE-ING with Creative Spirit, Grace & Gratitude - The Journal of Creative Aging

KNOW YOURSELF. BE YOURSELF. LOVE YOURSELF. SHARE YOURSELF.

It's the DOING that COUNTS.

Our mission:

Sage-Ing with Creative Spirit, Grace and Gratitude exists to honour the transformational power of creativity and its myriad expressions within our lives.

Sage-ing is the process of journeying inward, seeking to satisfy an inner gnawing, transforming that into a knowing, then taking wise action to thereby expand possibilities, and renew purpose. Aging offers us an alchemy when we realize that to 'know oneself' and contribute that knowing to our community is one of life's highest purposes, serving as a legacy for future generations. The journey of continued learning and deepened wisdom brings to one's life gratitude, grace, and integrity, benefiting the health and well being of self and community.

Our intention:

For the past decade, the Journal's intention has been to provide an encouraging and enlivening space for you to share the story of how you have come alive to yourself through any form of creative expression undertaken out of personal intuition and imagination.

With our September 21, 2021, issue, we marked the Journal's entry into its second decade. Moving forward, we envision ***Sage-ing with Creative Spirit, Grace and Gratitude*** to be a kind of community "victory garden," where together we surface the questions, and cultivate ideas and answers for living well, making community well, and for planting seeds of appreciation for creative spirit and lives lived creatively.

While continuing to be a forum for publication and exposure to creators of all ages - emerging and established - to share personal discoveries, and describe the self transformation and wisdom gained through creative experiences, in this next decade we want our pages to provide exchange more intentionally between cultures and generations, sharing how creativity is both life-giving and contributes to healthy aging by fostering a sense of competence, purpose, contentment, and growth.

Rather than the product, ***Sage-ing*** emphasizes that it is the process of living your life as a creator that matters and is the gift. We imagine and invite you to be part of the breathtaking bouquet of creative souls finding their places within our pages.

What we ask of our contributors:

We strongly encourage individuals to write their own stories because the process of reflection - bringing forward memories now, into their current lived perspective - and writing about them is very much part of a creative experience. Taking time to ask oneself honest questions, and to then deeply consider the responses that emerge, brings both personal benefit and a compelling story. Genuine self expression is what works best. If you feel you need help editing and bringing order and flow to your mind's meanderings this is available, but only you can draw forth the wisdom of your own life's experiences and expressions. It's your enthusiasm that inspires others to explore themselves.

The origin of enthusiasm goes back to ancient Greece and is rooted in the Latin *éntheos*, "having a god within". Does knowing this origin invite a different perspective on the activities which elicit enthusiasm in your life, and the benefits for you and your community? How might telling your story encourage others to discover their own creative enthusiasm?

We hope you feel moved to share your story with The Journal and help us to spread our message of creative well being for individuals and their communities. We are pleased to discuss any questions you have.

Please note:

The Journal operates as an example of the gift economy. We are about sharing the wisdom of original thinking as our life experiences nurture our mutual 'soul' growth. For this online journal there is no receiving of payment by anyone. Robert gives his publishing/layout talents and we editors give our editing skills to those who share their stories with us. In "payment" contributors have their articles professionally edited and published online and may share their articles however they might wish. Please read below for our submission guidelines.

With enthusiasm,
Karen Close

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Submission Requirements

All submission components are to be sent in one email by the first day of the month preceding publication. Your submission will be returned to you if our requirements are not met.

Quarterly issues of The Journal go online around a solstice or equinox: March, June, September, and December. The theme to consider for our next issue will be in the FROM THE EDITORS in each issue.

- Your story is to be original, related to creativity in any of its many forms, as a path to gaining self awareness and wisdom, and/or the act of harvesting your life's wisdom as a legacy for future generations.
- Please attach it as a word document (.doc) - **NOT a PDF nor RTF** - to enable editing, 1" margins, CALIBRI font, 14 pt, 1.5 spacing.
- 500 – 1500 word maximum (use word count)
- Please attach to your email 3-4 photos, separately, as JPG files only, including:
 - Your headshot
 - 2-3 photos related to your article – do not embed photo in your story, nor email
 - All photos should be labelled with a number, given a caption, and attached to your email submission in high resolution jpg. Format – **DO NOT enclose the photos within the email**
 - Insert the word “photo #” with its caption within the article where you would like each image placed (we’ll try to honour this request as layout permits).
- Please include a brief bio note, written in the third person (one or two short paragraphs of up to 200 words). Your bio will be placed at the end of your article and is intended to give the reader an idea of who you are, your passions and/or what you do and have done with your life that feels relevant to the article.
- Please include your preferred contact information, including email, website, blog address – whatever you want included in the publication.
- In your cover email, please share how you found your way to submitting to **Sage-ing**.
- Please email your article and photographs to Karen Close at karensageing@gmail.com