



A LETTER FROM *our editor*

Dear Readers,

As many of you might know, *Text Power Telling Magazine* is just one part of Text Power Telling (TPT), the nonprofit organization. TPT also offers writing workshops that allow survivors to give voice to their traumatic experiences in a safe, survivor-led space.

I had the privilege of participating in my first TPT workshop this month, and it was incredibly impactful. It had been a long time since I shared my own work with a group, so I felt a little uneasy at first. But surprisingly, that anxiety faded quickly because the facilitators led us with such care and consideration. Receiving real-time feedback from my fellow participants was incredibly validating and comforting, reminding me of the power of community and shared experience.

The workshop also reinforced something important: the work is never truly done. Carving out space to talk about trauma was not only therapeutic, but it also allowed for new insights and revelations to surface. We took the time to engage in grounding exercises throughout, which helped keep us rooted in the present. Afterward, I left the workshop feeling mixed up in the best way possible—challenged, inspired, and deeply connected to the other participants. Responding to their work fostered empathy and kinship, and their pieces made me reflect more deeply on my own trauma. In a way, they gave me new words to express my feelings.

Perhaps you can relate to these sentiments as you read through *TPT Magazine*?

I found myself connecting deeply with both the rage in Gagliardi's piece and the empowerment in Asterino's.

In "Rage" by Annette Gagliardi, she writes:

My self-hate became the raging river
of his hot breath on my neck,
the fury of wild horses let loose
from their penned stalls;
became the resentment of life
lived by surviving,
not vexation, nor indignation, but
RAGE
hot, blinding, unsettling rage.

These powerful words resonated with me as I reflected on the raw emotion that accompanies trauma, a feeling so often buried deep within.

Then, in "What Glory The Nature of Woman" by Brenda Asterino, these lines spoke to me:

Women are the juxtaposition.
That flexibility of change
Of hard and soft

Sweet and salty
Give and take.

What glory,
To be born
A woman.

Aren't we all, in some way, trying to figure out what kind of life we can lead *in spite* of sexual trauma? How do we move forward with the scars we carry and still find glory in who we are?

As always, I invite you to reflect on these pieces and share in this community of resilience. The work we're doing here—writing, sharing, and healing—is a testament to the power of words and the strength within us all.

Love,
Anita