

## 2025 Essay Theme: Threads of Tradition

In this year's My Marianas Writing Contest, we invite you to explore the theme **Threads of Tradition**. Your task is to reflect on the cultural values, customs, and traditions that have shaped who you are today. Think about the "threads"—those pieces of your heritage, family, or community—that weave together the story of your identity.

This is your opportunity to share a personal narrative about a moment in your life when you realized your heritage and particular traditions have shaped who you are today. Whether it's a family tradition passed down through generations, a cultural practice that holds deep meaning for you, or a unique way your community celebrates its heritage, we want to hear your story.

Consider these guiding questions as you write:

- What cultural traditions or values have played an important role in your life?
- How have these traditions shaped your identity and your view of the world?
- Are there moments in your life when these traditions have helped you through challenges or celebrated successes?
- How do you see these traditions evolving, and what do you hope to pass on to future generations?

Your essay should reflect how traditions connect the past with the present, helping you understand who you are and where you come from. This is not just about history—it's about the living, breathing impact of your culture on your everyday life.

We encourage you to be authentic, personal, and thoughtful in your approach. Your story is unique, and sharing it will help celebrate the beauty and strength of our cultural heritage.

### Submission Guidelines:

- Essays should be double-spaced, 3-5 pages, and demonstrate the skillful use of imagery to reiterate a cultural value or practice in their experience that has shaped their identity
- Essays must be submitted to [info@nmhcouncil.org](mailto:info@nmhcouncil.org)
- **Deadline for essay submission: April 11, 2025**