



This March,
We Invite You

MARCH
2026

to Stop,
Reflect, and
Report Your
Own MS Story.

Spotlight on You



What Have You Learned Through Your MS Journey?

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March is MS Awareness Month. Great! We're all in! But what does that actually mean? For a national organization, that might mean a high-profile fundraising spectacular. With a small organization like ours, fundraising is a 24/7/non-stop effort; January to December. So when we think about March and MS awareness, we're looking at something deeper.

This year, we're reflecting on the nature of MS itself, and what it means to the people who have it. How has it affected their lives and their families? What adjustments did they make, and where did they find their new paths to happiness and fulfillment? Everyone's story is different, and all of us are at different stages in the story that belongs to us. But together, our stories can create a 360-degree view of life with MS. Help us this March by writing yours! 

Yes, you have homework! 😊 The MSA is asking you to reflect on your MS journey, and to write it down and submit it to us, along with any photographs you would like included. We will take the resulting collection and produce an expanded SPOTLIGHT newsletter at the end of March, MS Awareness Month 2026.

Many of us have discovered new hope and can serve as inspiration to others. Some of us are still deep in our chapters of loss and depression. Every story is important, so please put yours in writing. It can be a quick paragraph, or a full-page essay. We will gratefully accept it as delivered and will include it without editing. All we ask is that you meet our **deadline of Friday, March 20th**, at the end-of-business-day. Thank you in advance for your story, and thank you for being our reason for going to work each day!