

Flying Free:

Poems for Pilgrim Hearts

by Ruth Fanshaw

Tagline: A collection of 40 poems about growth, healing, and the quest for wholeness and identity.

RELEASE DATE: 26th April 2021

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Cover Image:



Book Info:

Publisher: Original Text Publications

Cover Artist: Book Cover Zone

Page Count: 100 (Trade paperback);
140 (Large print paperback)

Word Count: 7,306

Trade paperback:	£6.00	\$7.50	€6.50
Large print paperback:	£7.00	\$9.50	€8.00
Ebook:	£3.00	\$4.00	€3.50
Audiobook:	£4.00	\$5.50	€4.65 (not yet released)

ISBN 978-1-9996251-4-6 - Trade paperback

ISBN 978-1-9996251-5-3 - Large print paperback

ISBN 978-1-9996251-6-0 - Ebook

ISBN 978-1-9996251-7-7 - Audiobook (release date to be announced)

Synopses:

Two line (140 characters):

A collection of poems about growth, healing, and the quest for wholeness and identity, intertwining the metaphors of pilgrimage and flight.

Short (50 words):

Forty poems and a song about growth, healing, and the quest for wholeness, intertwining the metaphors of pilgrimage and flight.

It explores the joys and challenges of life's journey with Jesus. We're left with a restoration of the hope of the beginning of the journey,

now fortified by personal experience of God's faithfulness.

Medium (100 words):

A collection of forty poems and a song about growth, healing, and the quest for wholeness and identity, intertwining the metaphors of pilgrimage and flight.

It evokes the hopeful beginning of a journey through life with Jesus, then explores the sometimes painful challenges the journey entails. We find God is with us even in our toughest times, carrying us through them.

Finally, healing comes and identity is found in Him, leading us to a place of peace. We're left with a restoration of the hope of the beginning of the journey, but now fortified and enriched by personal experience of God's character and faithfulness.

Long (250 words):

A collection of forty poems and a song about growth, healing, and the quest for wholeness and identity, intertwining the metaphors of pilgrimage and flight. It is divided into three sections.

Part One, *First Flight*, evokes the hopeful beginning of the adventure of journeying through life with Jesus. We begin to discover who we are in Christ, and are filled with a desire to live in a meaningful way for Him.

Part Two, *Defying Gravity*, explores the sometimes painful challenges of that journey. We discover that suffering is part of life, even life with Jesus - yet He *is* with us, even within our toughest times. As we persevere, we come to a deeper knowledge of our Lord and of ourselves.

In Part Three, *Flying Free*, healing comes and hope is reborn from our experience as we learn to trust more fully in God's character and faithfulness. As we see His heart more clearly, we also come to a better understanding of our own, and begin to see ourselves more as our loving Father sees us. This leads us to a place of rest, peace, and fulfilment, centred in God's love.

An epilogue, in the form of a song, expresses how God brings us through difficult times.

We're left with a restoration of the hope of the beginning of the journey, but now fortified and enriched by personal experience of God's faithfulness in our lives.

The large print edition is formatted to the guidelines of the British Dyslexia Society.

Excerpts:

Short (3-5 lines, 11-15 words):

Threshold 1:

Threshold

Liminal, transitional

Adventurous, enticing, beckoning

Start of a journey

Beginning

~

Lost

Here in the lone dark
I sob for my lost children
Who will never be.

~

Promise

Rain in the desert:
The parched land will bloom again
and there will be growth.

~

Sabbath

Finding my stillness:
my deep heart of quiet joy
in my Saviour's love.

~

Medium (26-36 lines, 124-205 words):

Lament & Mending

Much is lost
And some things will never be –
Things that my soul bleeds for.

I ache with the loss of that which never was;
Of those who are not.

Sorrow seers me to my core,
And around my mangled heart
My body convulses in wrenching sobs.

~ ~ ~

Broken.

~ ~ ~

I would have loved them.

I would have loved them.

~ ~ ~

Yet in the darkness of my night You hear my voice,
You catch my tears.

In sweet sounds, You come close
To embrace my lacerated soul.

So gently,
So gently,
In warm and wistful beauty
You speak comfort without words.

~ ~ ~

My Saviour knows.

~ ~ ~

A different ache.
Healing tears.

I say farewell to those I never knew.
I release them.

~ ~ ~

A peace comes then,
And I sleep.

~

Holding On

I hope you understand
You're safe within My hand.
Facing the unknown, you're not alone,
You just keep holding on to Me.

And when the storm is wild
Hold onto Me, My child.
Though torrents rage, don't be afraid,
You just keep holding on to Me.

~ ~ ~

And when the world would harm,
Run to your Father's arms!
I'm always here for you, My dear,
You just keep holding on to Me.

I'll wipe away your tears,
My love will calm your fears.
Life may be unkind, but still you are Mine,
You just keep holding on to Me.

~ ~ ~

I'm with you,
I love you,
My precious child.

Don't fear now,
Just reach out
Your hand for Mine.

~ ~ ~

I'll bless you.
I'll guide you.
I'll help you grow.

I'll shield you,
Stand by you.
I won't let go!

~ ~ ~

Come close now,
My dear one,
Receive My calm.

Be still now –
Just trust Me.
Rest in My arms.

~ ~ ~

I hope you understand
You're safe within My hand.
Facing the unknown, you're not alone,
You just keep holding on to Me.

And I'll wipe away your tears,
And My love will calm your fears;
I'll bring you home, My dearest one,
You just keep holding on to Me.

~

Long (50+ lines, 300+ words):

Flower Child

You stand in the field, one amongst many.
You stretch towards the sky,
Reaching for the distant sun.

You see so many around you:
Taller, brighter;
They seem to get more light than you.

Others unfurl,
Scarlet in the sunshine -
But you are still in the bud.

*Do you think the Sender of the Light has forgotten you?
Little Flower, your time will come.*

~ ~ ~

You grow in the field, one amongst many.
Your roots dig down, deep down into the dry ground,
Reaching for elusive moisture.

You see so many around you:
Greener, fresher;
They seem to find more water than you.

The earth is hard,
And you are thirsty.
Sometimes, you fear that you will never bloom.

*Do you think the Sender of the Rain has forgotten you?
Little flower, your time will come.*

~ ~ ~

Do not envy
Those who bloom before you,
Those who already spread their petals to the sun.

They will not steal your light.
They will not steal your rain.
Their beauty takes nothing from you.

You, too, will flourish; you, too, will bloom.
All the flowers will bloom together:
The beauty of each will enhance all the others.

*Do you think the Sender of Growth has forgotten you?
Little flower, your time will come.*

~ ~ ~

Do not force
Your tissue-paper petals
Out of the bud.

Do not strive;
Do not crush your own fragile beauty
In your hurry to bloom.

Do not fear
That your time is lost.
When He wills, your bud will open.

*Do you think the Sender of Wholeness has forgotten you?
Little flower, your time will come.*

~ ~ ~

Drink deep of the light that finds you.
Drink deep of the rain that reaches you.
Dig deep, and be grounded in the nourishing soil.

You are not forsaken, but loved.
You are not forgotten, but cherished.
He is sending what you need.

Your petals will unfurl,
Delicate and magnificent,
And your face will lift to greet the smiling sun.

*Never think He has forgotten you.
Little flower, your time will come.*

~

Finding the Rainbow

The massing vapours fill the sky
And tower high above the plains.
Beneath their shadow, here am I,
Disquieted by the coming rains.

Too soon, the thunderheads awake,
As tremors shake the shrinking earth.
I wonder what this storm will take,
And will I break, or find rebirth?

*There will be loss. There will be pain.
And yet the Rainbow still remains.*

~ ~ ~

And now the falling droplets pound,
As on the ground pools meet and merge;
The storm rampages, now unbound,
And all around the waters surge.

And now it rises to a flood!
I know I should despise the fear
That all that's true and all that's good,
Will, like driftwood, be swept from here.

*And there is strife, and there is strain -
And yet the Rainbow still remains.*

~ ~ ~

The waters chill me to the bone,
The wind has blown me far from land -
Yet though I suffer, though I groan,
I'm not alone - I'm in His hand:

My Father hears my anxious plea -
Through torrents He stays by my side.
He makes a pathway in the sea.
He'll always be my surest Guide.

*And there is joy within the pain
Because the Rainbow still remains.*

~ ~ ~

And though my heart within me sighs
And by dark tides my soul is swirled,
Yet no more will a flood arise
To reach the skies and drown the world.

His Promise brings a sweet relief,
And so belief in Him holds sway:
The dove will bring the olive leaf,
And all my grief will melt away.

*And in my loss, I see the gain
Because the Rainbow still remains.*

~ ~ ~

The storm around still rages wild,
Yet, unbeguiled, I know that He
Will not be angry with His child
And that He's smiled on even me.

Those Rainbow colours now entwine
And my lifeline they soon become.
Awake, my soul! No longer pine.
Arise and shine! Your Light has come!

*The waters will recede again.
The Rainbow always will remain.*

Endorsements:

"I really appreciate her writing skills. Full of perception and empathy. Love the breadth of styles that she's crafted."

– **Chris Bowater, songwriter, worship leader, retired pastor**

Reviews:

Review #1:

Flying Free: Poems for Pilgrim Hearts is an 82-page book of poetry by Ruth Fanshaw.

The book consists of many different types of poetry and the author makes a concerted effort to make this known from the beginning by adding a brief description of how each type of poem is written. For

the reader who may not know much about poetry, this seems to be a wonderful tool that could spark a love for writing in someone else. With descriptions of Haikus, Cinquains, Free Verse, and Blank Verse, as well as many different forms of rhyme schemes, Fanshaw opens up the world of poetry for the masses. I found this a very helpful tool for prospective viewers to read and identify the type and scheme in each of her pieces.

As far as the quality of the book is concerned, I would be remiss to brush over the first thing you're likely to notice in this book which is the fabulous cover. Not only is it beautiful but it is well designed to feel complex yet uncluttered.

As mentioned, the book contains many forms of poetry, and not all are going to resonate the same with each reader. Personally, I was never a big fan of Haikus (though I feel like the author did them justice) but I absolutely loved the other poems in this book.

My favorite was the poem entitled *Winging It* which embodies many of this book's strengths such as a wonderful knack for finding rhymes that do not feel forced.

However, the main strength of this book has nothing to do with the technical writing of Ruth Fanshaw and resides solely in the undeniably good spirit the author has instilled in the pages.

Not to put too fine a point on it but *Flying Free: Poems for Pilgrim Hearts* is one of the finest poetry books I have read to date and that puts it at or near the top of a very large list.

**– Jacob LaMar, Readers' Favourite Reviewer
(5 stars awarded)**

**Review #2:**

Flying Free: Poems for Pilgrim Hearts by Ruth Fanshaw is an inspiring collection of poems. Most if not all of them relate to her personal relationship with God.

This poet uses a variety of styles in her poetry, from haiku to free-verse, and this really shows her range as a writer. But the poems show her range of emotionality and beliefs as well.

There is a fresh feel to these Christian poems, and you can find deeper meaning in them, possibly making a connection to your own thoughts, feelings, and beliefs. You will find themes of healing, finding who you are, and growing as a person and spiritual being. The phrasing echoes symbols of flight and journey, so this volume is aptly titled for a reason.

Fanshaw has divided her book into three parts, with the first being finding out who you are as a follower of Christ. In part two, challenges arise, but they are manoeuvrable with faith and determination. Part three is about the rest that comes with trusting in God and allowing healing to take place. And finally, a song reminiscent of a psalm is placed at the end to wrap things up about God delivering through tough times.

Those new to poetry, or faith-based poetry, will appreciate the author's introduction and explanations of her poems, as she lays out the types of poems she uses, and their purpose and themes. Some people say they don't understand poetry, or can't figure out what it

means, so this is the perfect primer for them. It will give such a reader a good idea of where this poet is coming from, and may even encourage some to write poetry themselves.

Though the poems are personal to Fanshaw, she hopes they will resonate with readers needing inspiration. As I'm partial to rhyming poems, those are my favorites in this collection, but the themes found in them will definitely be recognized by Christians and those seeking a spiritual experience.

The subjects of the poems mention everyday occurrences but have a broader meaning too. In all of them you can feel this poet's sense of worship, and her desire to live a life that is pleasing to God, but you are also reading about some of the poet's life experiences. My favorite part is her song, *The Morning*, at the end.

If you like poetry with vivid imagery and meaningful themes, *Flying Free: Poems for Pilgrim Hearts* by Ruth Fanshaw is a must-read.

– **Tammy Ruggles, Readers' Favourite Reviewer**
(5 stars awarded)

~

Review #3:

Flying Free: Poems for Pilgrim Hearts by Ruth Fanshaw is a compilation of the author's original poetry and songs that use verse to highlight the life and its cycles as a Christian, which Fanshaw styles based on her own personal experiences.

The book is broken down into three separate and interconnected

parts. Part one shares the feelings and pure outlook of a full heart, attributes and wonder that are most easily expressed through the eyes of a Christian convert or rebirth, although not exclusively. This is achieved with poems like *Forward*, where the author describes a readiness to begin a journey of new heights. Part two wades into the tide of difficulty that Christians are not immune to, such as in *Unshamed*, where stigma has attached itself to a remorseful soul only to be washed away in grace. Part three details the maturity of faith and its beauty, as beautifully described in *Sunlight*.

Flying Free is a raw, honest portrayal of the highs and lows of being a Christian that at equal turns can either weigh down the shoulders, forcing the head into tilted prayer, or elevate through a trust that Ruth Fanshaw speaks of beautifully. Her heart is on full display and the way it shines through in her work is a testament to her convictions.

My favorite poem is *Finding the Rainbow*, an ode to one of the most famous biblical stories known to both believers and non-believers alike. Fanshaw puts double entendres and parallels in the work to allow the reader to connect in verses that reflect struggles and pain of all sizes and puts them into the context of the Lord's promise for troubles big and small.

Another interesting takeaway is that Fanshaw writes in multiple poetic styles with perhaps the largest range of diverse formats I've come across by a single author in a single volume of their work. Overall, this is a really lovely compilation and it's wonderful that it is now being shared with the world.

**– Asher Syed, Readers' Favourite Reviewer
(5 stars awarded)**

**Review #4:**

Flying Free: Poems for Pilgrim Hearts by Ruth Fanshaw is an authentic and heart-warming faith-based poetry collection that reflects on specific moments of life. It instills significant values such as courage, hope, and gratitude while it examines the search for identity and the pursuit of healing and growth.

The poems are arranged into three parts that explore pilgrimage and flight, the main themes of the collection. Each part represents a section of a journey with Christ. The first part represents the promising beginning of the exciting journey, the second examines difficult times through the journey but also emphasizes Christ's presence in it all while the third is a culmination of the beautiful outcome of the journey that includes deep-rooted faith in the character and presence of God.

The collection employs a variety of poetry forms including haiku and free-verse styles. The different structures make the collection fun to reflect on. I loved that I could identify with the themes covered in the poems such as growth, developing confidence, and finding one's identity.

The poems also enable self-reflection such as the poem *This Now* which asks the questions "How can I keep up my courage? /How can I protect my own peace? /How can I keep my Faith thriving? /In this Now?" Others explore encouraging themes about redemption and learning to be hopeful again such as the poem *Degrees of Separation*, a poem about separation, grief, and hope that states, "Though I do

not have the joy that you once gave me/ I have many other joys/ I am happy/ as I am.” Poems are often followed by brief explanations that contextualize and provide more information about them and the events that they cover. The collection closes with a beautiful song that expresses how God redeems us from difficult times.

By allowing herself to be vulnerable, Ruth Fanshaw reveals impactful, life-changing lessons within the poems in *Flying Free*.

**– Edith Wairimu, Readers' Favourite Reviewer
(5 stars awarded)**

~

Review #5:

In *Flying Free: Poems for Pilgrim Hearts*, Ruth Fanshaw shares emotional chapters of her life’s journey through poetry.

“At evening, I read in the soft-lit quiet. I relish the flow of words, the grace of language.” These few lines from her poem entitled *Sunlight* epitomize deep contentment and fulfillment, and display the delicious skill Ruth has with words.

In her introduction, she offers a simple explanation of the different poetic forms she uses. With each poem, she briefly sets up the context which prompted her writing.

She artfully captures the nuances of the season in *The Turn of the Year*. The week between Christmas Day and New Year’s Day - a liminal time that belongs only to itself - something which is likely to

resonate with many. Her poems cover a variety of topics: her relationship with God; observations on the spectacular beauty and purpose in nature; the impact of people, music, philosophy, and literature.

It seems poetry is often birthed in heartbreak; Ruth includes two poems of lost love, and also her dark trilogy when she faced the unlikelihood that she would become a mother. A few well-chosen words arouse the spirit of adventure and freedom of train journeys in her poem *Forward*: "I sit by the window. Alert. Expectant. Waiting for the push...Forward into new places."

Ruth Fanshaw's *Flying Free* is aptly titled. Her poetry expresses faith, freedom, and hope. Once I read Ruth's Introduction, I was curious to continue with her poetry. And once I began, I was enticed to read more. I particularly loved a short 3-line poem (poetic form Haiku) *Sabbath*: "Finding my stillness; my deep heart of quiet joy in my Saviour's love." *Halcyon Day* is another favorite. I could feel an inner warm glow in response to the colorful images in my mind's eye.

I enjoy rereading my favorite books, and I expect *Flying Free* to join this category in my library. The variety of poetic forms would be useful for writers considering expanding their work. I'd also recommend *Flying Free* to readers who may not have considered venturing into poetry."

**– Irene Valentine, Readers' Favourite Reviewer
(5 stars awarded)**

~

Sales Links:

Ebook: <https://books2read.com/Flying-Free-Poems-for-Pilgrim-Hearts>

Trade Paperback:

Amazon.co.uk: https://www.amazon.co.uk/Flying-Free-Poems-Pilgrim-Hearts/dp/1999625145/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=

Amazon.com: <https://www.amazon.com/dp/1999625145>

Large Print Paperback:

Amazon.co.uk: <https://www.amazon.co.uk/dp/1999625153>

Amazon.com: <https://www.amazon.com/dp/1999625153>

Free Digital Copy:

<https://www.ruthfanshaw.com/flying-free-download/>

Author Bios:

Two line (140 characters):

Ruth Fanshaw is a full-time geek, and wishes you could get paid for that. Her Christian faith is the bedrock of her life.

Short (50 words):

Ruth Fanshaw has been published in the poetry journal *Time of Singing*. Her first book release, *Flying Free – Poems for Pilgrim Hearts*, has garnered five *Readers' Favourite* five star reviews.

She's a full-time geek, and wishes you could get paid for that. Her Christian faith is the bedrock of her life.

Medium (100 words):

Ruth Fanshaw creates poetry to explore and process her life experiences or to celebrate the things she loves.

She has been published in the poetry journal *Time of Singing*. Her first book release, *Flying Free – Poems for Pilgrim Hearts*, has garnered five *Readers' Favourite* five star reviews.

She has a neuro-immune condition called M.E. (Myalgic Encephalomyelitis). She has also navigated two breakdowns and many bouts of anxiety and depression.

Ruth is a full-time geek, and wishes you could get paid for that. Her Christian faith is the bedrock of her life and informs all her writing.

Long (150 words):

Ruth Fanshaw has been writing poetry for nearly four decades, either to explore and process her life experiences or to celebrate the things and people she loves.

She has been published in the poetry journal *Time of Singing*, and is approaching other magazines for publication. *Flying Free – Poems for Pilgrim Hearts*, her first book release, has garnered five *Readers' Favourite* five star reviews.

Ruth has a neuro-immune condition called M.E. (Myalgic Encephalomyelitis). She has also navigated two breakdowns, and many bouts of anxiety and depression.

She is a full-time geek, and wishes you could get paid for that. She's a huge fan of Doctor Who, NCIS, and The West Wing, and is shamelessly addicted to her favourite band, The Piano Guys.

Ruth has been a committed Christian since 1990. Her faith is the bedrock of her life, and informs all her writing.

Author Photo:



Author Interview:

1) How long have you been writing poetry?

I wrote my first poem at school, when I was about 10. It was not a good poem. It started: "Little, hairy spider, / very, very small, / runs across the ceiling, / runs across the wall."

I'd like to think that my skills have improved a bit since then! And as I've been writing poetry, on and off, for the best part of 4 decades, I think there's good hope of it!

2) What were your goals or intentions in writing this book, and how well do you feel you achieved them?

Well, I didn't set out to write a poetry book, of course, I just wrote poems, and after a while, I thought maybe I had enough decent ones to put together into a book with a coherent theme.

When I was compiling them, I tried to arrange them so that they seemed to tell a story – to take the reader on an emotional journey. I think I've done that pretty well, on the whole, and my advance readers seem to agree.

3) How does your book relate to your spiritual practice and faith?

It relates to my Christian faith in very personal ways. Writing poetry is one of the ways I process things in my life – good things and bad things – and most of the poems in the book express something about my relationship with God.

Some are about how He's brought me through difficult and challenging times, others are about the joy and peace that comes from knowing Him and finding our identity through that relationship with Him.

4) How much of yourself do you put into your poems?

For me, a poem is a slice of my soul in a way that no other writing really is. I think that, if you don't put your heart into it, it's just not going to read as authentic. Because it wouldn't really *be* authentic.

5) What was the hardest part of the book to write?

A number of the poems came out of very painful times for me. For example, the poems *Lost*, *Lament & Mending*, and *Altared*, (which I think of as 'the dark trilogy',) were born from an especially painful life experience. But writing them wasn't really that hard – it was more like therapy.

A Knight's Tale and *Buoyant Heart* also came from two different seasons that were deeply painful and challenging to me. But again, writing them reduced the pain and helped me to process it.

I think the one that was actually hardest to write – both technically and emotionally – was *Finding the Rainbow*. It took me about a week of work to wrestle it into a shape I was happy with. But even then, I'd say that the process brought a release. And I certainly felt a release when I'd finished it!

6) What was the most enjoyable part of the book to write?

There were many that I really enjoyed writing. *Forty-Five* was fun! *Words & Music* was a joy. Most of the haikus were expressions of lovely moments in my life.

But I think the single most enjoyable writing experience of the book has to be *Winging It*. I really felt a sense of soaring as I wrote that one. I hope that feeling will transfer itself to others as they read the poem.

7) Are there misconceptions that people may have about your book? If so, explain.

Although each of the poems came out of my own life story, the order

I've arranged them in – the story or journey I've made the book tell – is not, in itself, my journey.

For instance, the first couple of poems at the start of Part Two relate to different situations, at different points of my life, and involving different people. They aren't even in chronological order.

My own journey has been much less linear – it has involved many more ups and downs, and a lot of steps back as well as steps forward.

8) Is there a message in your book that you hope readers will grasp?

That God loves us, and that He can be trusted.

9) What poets do you admire?

Lots – over a wide variety of styles and subjects. Maya Angelou was amazing! I also like a lot of Tennyson's stuff – my favourite by him is *Ulysses*.

My absolute favourite poem when I was growing up was *Sea Fever* by John Masefield – you can almost feel the sailing ship moving and creaking in the rhythm of the words!

And I recently discovered the work of Morgan Harper Nichols, which is wonderfully hope-filled and inspiring.

10) What was an early experience where you learned that language had power?

Well, reading *Sea Fever* was definitely one of them!

And in my teens, reading *The Lord of the Rings* for the first time had a big impact on me – especially the "drums in the deep" moment at Balin's tomb! And the bridge of Khazad Dûm – I first read that at the end of an English class, just before the bell went, and I left the classroom in a sort of daze, with tears running down my cheeks, because of what I'd just read.

Also in that book, Professor Tolkien taught me the joy of internal rhyme - the lovely lilt it can give to the rhythm of a poem.

11) What projects are you working on now? What are they about?

I'm finalising the manuscript of a Christian self-help book called *Finding Your Wings: A Christian Guide to Recovering from Romantic Rejection and Heartbreak*. It shares the lessons I've learned from my (rather extensive) experience in that area. I hope to release it in autumn 2021.

I'm also working on putting together a collection of short stories, which I'll be publishing under the name R.M. Fanshaw, to help keep my fiction work separate as a courtesy to my readers.

12) What do you like to do when you're not writing?

I can often be found listening to music or watching videos by my favourite band, The Piano Guys. Their music has a uniquely healing quality, and God has used them wonderfully in my own journey to wholeness. And I recently discovered a wonderful singer called Sara Niemietz, so I'm listening to her a good deal, too.

I also read a lot. The joy of reading a good novel is one of life's great blessings.

Of an evening, I often watch *NCIS* re-runs, or stream *The West Wing*.

13) If you die today, how would you want the world to remember you? Do you believe you'll leave a legacy behind?

I think that, if I do leave a legacy, my words will be a major part of that. I'd like to be remembered as a person who made people's lives a little bit better.

14) What is your preferred method to have readers get in touch with or follow you? Do you read and reply to the comments of your readers?

Probably the best way is through my Facebook page: <https://www.facebook.com/RuthFanshawAuthor>.

I have a Twitter account as well, and a few others, but to be honest, I can't really keep up with more than one social media site for long, so I'm rarely there.

If people want to know when I have something new in the works, or have a public appearance, I'd love them to sign up for my email newsletter at: <https://www.ruthfanshaw.com/free-ebook/>. If they do, they'll get a free ebook about finding God's blessings in even the most challenging times.

15) Where can we buy or read your work? (Include American, European and any other relevant links) How can readers discover more about you and your work?

There are several sample poems on my website that people can read for free: <http://www.ruthfanshaw.com>

You can buy *Flying Free* at any of these links:

Ebook: <https://books2read.com/Flying-Free-Poems-for-Pilgrim-Hearts>

Trade Paperback:

Amazon.co.uk: https://www.amazon.co.uk/Flying-Free-Poems-Pilgrim-Hearts/dp/1999625145/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

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