

# Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



## MAKING LISTS!

Maybe we need some mental wellness exercises as we have gotten through the US Presidential election and now approach this holiday season? My friend Jocelyn said that lists are a good thing! How about making a list of things you love? Start with about twenty entries and of course, for me, Coheed, my greyhound, would be at the top of my list. Then New York City and French cheese. Once you start writing your mind should take off. What music enchants you? What art fills your soul? What do you find delicious? This list can shift your mood. You can revisit it on a rainy day, when you might forget all the little things that bring you joy. You can also make a second list of the people you love!

On Saturday, November 9th, I attended the Hanover Book Expo. My author friend Amanda Sue Creasey and I shared a table. While the festival did not draw huge crowds, it provided something equally valuable; meaningful connections reminding me why I love being part of a writing community. Sharing a table with Amanda created an unexpected opportunity for deep conversations about our craft, our animals, and our families.

For the campaign that the Greyhound Coffee Company did to accompany my **Greyhound as Muse** talk—we raised \$125.00 for the Greyhound Health Initiative's blood bank. Thank you all for purchasing **Look! You're Dancing** coffee and dog treats!

A GLIMPSE OF  
WHAT'S INCLUDED:

**My list of things that  
make me happy!**

New nonfiction by a friend of mine has been published in an online literary journal called The Bluebird Word. **Lazy Man's Pie** by Marilyn Paolino remembers her parents and the love shared with food as she prepares a warm peach cobbler. Perfect to read at this time of year.

As another year draws to a close, I'm filled with deep gratitude for each of you who has joined me on this journey. Whether you've curled up with one of my books, opened your inbox to read my newsletter, or shared your own thoughts and stories with me along the way - thank you. Your presence, engagement, and support have made this year extraordinary. Every comment, email, and message has reminded me why I love doing what I do. You're not just readers; you're fellow travelers on this path of discovery and growth. Here's to the stories we've shared and the ones yet to come!

As the bonus for December's newsletter, I'm attaching my list! If you make a list, please send me a copy in email; or photograph it, post it and tag me on social media to let me know!

i live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.

Do what you came here for!



JOYCE A. MILLER, WRITER

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## MY LIST OF THINGS THAT MAKE ME HAPPY

1. Coheed
2. New York City
3. French cheese, especially St. Nectaire
4. Practicing French with Duolingo
5. Reading
6. Happy mail - receiving it and sending it
7. Postcards
8. Walking around Church Hill
9. Darius Rucker singing Wagon Wheel
10. Art museums
11. Marco Polo app
12. Drinking Earl Gray tea
13. And Chai Lattés
14. Yoga, especially savasana
15. Painting
16. Church Hill Book Club
17. Dark chocolate
18. Great British Baking Show
19. Cider
20. Online art classes