

# Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



## MRS. GARI MELCHERS ON JANUARY 6!

Launch day is almost here! I'm thrilled to announce that **Mrs. Gari Melchers** will officially be released on January 6, 2026! This story has been a labor of love, inspired by my visits to Belmont in Fredericksburg, VA, and I can't wait for you to meet my main character, Corinne Melchers. Your support means the world to me, and you can order your copy anywhere you buy your books. Stay tuned for more news about my launch party next month to coincide with Corinne's birthday. If you can't wait until February, Belmont offers Free Admission Sundays in January! The studio is open from 10am - 4pm. House tours start at 10:30 and are available hourly, and you can step back in time as you are reading the book.

Along with the good news, I also have some bad news to share. I was not selected for the Williamsburg Book Festival nor the Suffolk Book Festival this spring. This year, the Williamsburg Book Festival had 240 applications and space for just 75 authors. They emailed me that the quality of books they received was top notch, and they had to turn away many deserving authors simply due to space constraints. However, **Mrs. Gari Melchers** will be contributed to the Williamsburg Library, so that's a good consolation prize.

A GLIMPSE OF  
WHAT'S INCLUDED:

**How to implement  
your word of the  
year!**

January is also the time for my word of the year. Rather than have a new year's resolution, I narrow the focus of a resolution into just one word. It makes things in my life become clearer. Sometimes the word finds me. When I choose my word, I may start to see it everywhere. It may give me insight into areas of my life that I want to change. My word for 2026 is **fluid**. What feels fluid to you? How do you keep a fluid mindset? I associate the color blue with the word fluid probably because water is fluid. I want to bring fluidity into my creativity by flowing with it. Fluid can also be changeable as opposed to rigid or strict. No rigidity at all. If this past year with getting my novel out into the world has taught me anything, it's that I need to be fluid in the upcoming year in order to keep my sanity.

As a bonus for this month's newsletter, I'm going to include a sample of one of my journal pages on how I will implement my word into my life now that I've chosen it. If you've done something similar in your journal, please share it with me via email or tag me on Instagram!

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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# TOP TEN goals for 2026

① BOOK LAUNCH

② FINISH ROUGH DRAFT - CISSY & FANNY

③ JAMES RIVER WRITERS CONFERENCE

④ WORK ON CONTENT CALENDAR

⑤ BE A PODCAST GUEST

⑥ WRITE GUEST NEWSLETTER

⑦ SELL 1000 BOOKS

⑧ WRITE A COUPLE OF SHORT STORIES

⑨ WRITE 5 REVIEWS FOR OTHER AUTHORS

⑩ TAKE A TRIP SOMEWHERE WITH WATER

## HEALTH & FITNESS

- CONTINUE PT ON MY ARM
- INCREASE STRENGTH & FLEXIBILITY WITH "KEEP ON MOVING"
- WALK EVERY DAY & ONCE A MONTH BY THE RIVER

How can I be more fluid in 2026?

## WRITING

- POSTCARD PROJECT
- FINISH ROUGH DRAFT OF CISSY & FANNY
- MARKET MRS. GARI MELCHERS
- WEEKLY WRITER MEETINGS FOR ACCOUNTABILITY

## FAMILY & FRIENDS

- VA BEACH & EASTERN SHORE W/ GRANDKIDS
- PAPER HAND PUPPET INTERVENTION
- QUARTERLY GETAWAY
- 30TH WEDDING ANNIVERSARY!
- LESA TURNS 60!

## PERSONAL DEVELOPMENT

- READ 25 BOOKS
- DAILY REFLECTION
- ROLL WITH SETBACKS

## FUN

- BE CREATIVE DRAW, PAINT, COLOR
- HAPPY MAIL
- PRACTICE FRENCH