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Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



SEND A POSTCARD TO YOURSELF!

I think you all know that I love postcards. Love to send them and love to receive them. One of my writer friends, Ami Hicken King, has decided that this year, when she goes on a trip, she's going to send a postcard to herself! That's brilliant! Why didn't I think of that sooner? Postcards are a super-cheap souvenir. If you write a few fun snippets on the postcard, you can remember where you went, the date and what you did there. When you buy the postcard, you can pick a design that captures the spirit of the location for you. And who doesn't like to practice their foreign language skills by asking for stamps at the post office?

When I worked at Jefferson Lab, one of the physicists always sent me a postcard from any place he went in the world for a conference, and I pinned them up on my office wall. I still have them, and I think they will be valuable when he wins his Nobel Prize in Physics. I can retrace his whole professional life in postcards!

Read about my friend's postcard idea and a few other synchronous things here:

<https://amihickenking.com/joy-synchronicity-and-things-i-wouldnt-hate-to-do/>

A GLIMPSE OF
WHAT'S INCLUDED:

**Want a postcard?
Send me your
address!**

Observation journaling is another thing I recently learned about from a New York Times article. It involves being present in a location, such as a cafe, subway train, or supermarket, and writing down what you see, smell, and hear. It's an exercise in mindfulness. What I found particularly fascinating was when the author of the article and his partner did this type of journaling together in the same place and then compared the differences in their observations.

My interview with Leah Jones for her podcast **Finding Favorites** should be available for listening on March 3rd. **Finding Favorites** is available wherever you listen to podcasts--Spotify, Apple, Podbean, Google, and iHeart Radio to name a few. If you could drop a review for Leah after you listen, that would be much appreciated!

As a bonus for this month's newsletter send me your snail mail address in a message or an email, and I'll send you a postcard! It might be from Richmond or Virginia—or it might be from some of my other travels! Then you can post it on Instagram and tag me!

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!



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