

Hello Friends!

FEBRUARY 2019 NEWSLETTER

I'm sitting in my office trying to get lots of writing done today. I woke up with a new tune in my head that is so insistent! I recorded it into my phone so as not to lose it through forgetfulness, but I don't think there's a danger of that with this one—it's staying right there! I always wonder, Have I heard this before? Is this someone else's tune? When I got to the office, I got my guitar and recorded it with the chords. Hopefully, I'll get words to it and be able to share it with you in my next newsletter! We'll call it, "Mystery Flower" for right now. (That's the first thing that popped into my head.)

The other thing I thought of when I first woke up was starting groups to do things I like to do. My friend, Beth, did that and I've joined three of her groups. I love them all! I thought, since most of my subscribers live nearby, I might open it up to you first. There are actually three groups I think would appeal but I'll save the third for later. I don't want to bite off too much.

1. Songwriters Group. This may sound like an easy decision since I write a lot of songs, the vast majority of which have never been heard by anyone but me. I began writing songs around the age of twelve. Some of those first ones are still my favorites. I know very few songwriters. I sympathize with people who are shy about sharing their writing—I have huge challenges in this area. I've been shot down by industry people before and felt discouraged and silly for trying. The thing with me is, I can't help writing songs. My blog post this month will speak to how to deal with some "triggers" that threaten to shut up our authentic self. If it would interest you or a friend of yours to join this group, let me know in the comments section on my homepage, www.lorishuck.com. This would be a group that meets once a month, probably on 4th Tuesday evenings @ 7 PM, maybe at my house, depending on how many are interested. We'd need to keep it small, probably five or six people tops.

2. Creative Group. Some friends and I did this several years ago and I've always wanted to do it again. We secured the Oloh Community Center for a Saturday and we brought our supplies and worked on projects we never have/make time for in our regular schedules. We all brought food and stayed for most of the day. There are big tables, plenty of chairs, and a kitchen. Most of us worked on sewing projects, but it could be anything, really. Well, not welding. Unless you set up in the parking lot. Anyway, this group will meet every other month at the Oloh Community Center probably on 3rd Saturdays, 9AM-3PM. That would be six times a year. If you or a friend of yours would be interested, let me know in the comments section on my homepage, www.lorishuck.com.

The month of February has flittered away swiftly. For me, it included a few meals with sweet friends, writers group, a “No Strings Attached” concert at my childhood church in Columbia, being a Beta reader for an editor I met from Nevada, not enough yoga, a 24th anniversary trip to Pensacola with Brad, the release of my song, “Love One Another”, some chiropractor visits, my birthday, starting three new songs, finishing as many older ones, working on my novel (it’s slow!), and reading/listening to a few books.

I wished for more time with my children, less rain, more writing time, less noise (got a thing about noise), and new walking shoes. I’ve very much enjoyed diffusing peppermint oil and burning my \$3.86 Great Value 3-wick vanilla candle in my office, drinking the 99% caffeine-free coffee I found on Amazon, using the Melatonin spray my doctor recommended, drinking the green tea my friend Lisa introduced me to, getting to the end of yet another journal notebook, AKA, my resident therapist.

Proverbs 10:22 has been especially helpful this month. It says: “The blessing of the LORD—it makes [truly] rich, and He adds no sorrow with it [neither does toiling increase it].” It helped me let go of entering a songwriting contest that would have required a lot of toiling/stress/time I didn’t have to put toward getting ready too soon.

Practicing mindfulness, deep breathing, authenticity, doing one-hour walks, going to bed earlier, letting go of some people/things, celebrating other people/things, being more respectful of others and of myself have been some nourishing, freeing, and informative uses of time and energy this month. I topped off February by singing and playing guitar at The Open Door Community in Hattiesburg tonight (February 28) with my friend James Polk who also played his mandolin. Sadly, I forgot to ask someone to video us or take our picture! It was fun though!

I can’t express enough gratitude to you for subscribing and reading my posts. I pray for you and thank God for you often!

Love and peace,
Lori