

# NOSTALGIA IN NOVEMBER

SOMETIMES BITTERSWEET, SOMETIMES LOVELY, SOMETIMES JUST HARD



PRESENTED BY STOP BREATHE BELIEVE® & DIANNE MORRIS JONES

As we enter into November, let's take a few moments to focus on the topic of nostalgia. What is a moment of nostalgia for you?

Let's focus on the various senses as we reflect on the feeling of nostalgia.

What does nostalgia look like?

What does nostalgia smell like?

What does nostalgia taste like?

What does nostalgia feel like?

What does nostalgia sound like?

As we reflect on moments of nostalgia this month, let's trust our senses and our nostalgic stories to invite us and lead us into moments of care for our hearts. Nostalgia can contribute to the enduring meaning of one's life.

The complete blog: *Nostalgia in November, Sometimes Bittersweet, Sometimes Lovely, Sometimes Just Hard* can be found at [diannemorrisjones.com](http://diannemorrisjones.com).

# Walks to Remember

By Roger C. Jones for Dianne M. Jones

Our wedding vows spoken, we listen as our good friend sings our favorite song—emotional waves sweep over me, we casually exchange words through the song.

After we're declared husband and wife, we lead the procession and walk up the aisle, arms locked, bound for new, undetermined destinies. Just passing the last of our loved ones, we turn our heads to look at one another, bright eyes and smiles flashing—our future lives together, full of possibilities waiting to unfold.

Our wedding photographer captured that magical moment. Now some forty years old, the photo endures as a portrait of life, hope, and love aiming to our future.

Our walks to remember continue to this day—through far too many songs, smiles, hopes and dreams to ever recall.



Photo taken by Don Dickson in Lubbock, Texas.

DAY 1



Photo taken in Seymour, Texas.

# DAY 1

“Nostalgia is the arriving waveform of a dynamic past, newly remembered and about to be re-imagined by a mind and a body at last ready to come to terms with what actually occurred.

Nostalgia subverts the present by its overwhelming physical connection to a place, to a time in which we lived or to a person or people with whom we lived, making us wonder, in the meeting of past and present, if the intervening years ever occurred. Nostalgia can feel like an indulgence, a sickness, an inundation by forces beyond us, but strangely, forces that have also lived with us and within us, all along.”

– David Whyte

As we focus on nostalgia this month and even today, what is a favorite toy you recall from your childhood? In early childhood photos I seemed to always have a baby, possibly a baby carriage and usually a purse in hand.

DAY 2



Photo taken in Colorado.

## DAY 2

“Sometimes the desire to be lost again, as long ago,  
comes over me like a vapor.”

– Mary Oliver

As we focus on nostalgia this month and even today, what is a time you desire to be “lost into”? For me, some really sweet times are fun, serendipitous moments on vacations...after a day of skiing and playing together, the fun comments around the fire or dinner table in our sweats or pajamas.

# DAY 3



Photos taken in Lubbock and Seymour, Texas.

## DAY 3

“Nostalgia is a file that removes the rough edges from  
the good old days.”

- Doug Larson

As we focus on nostalgia this month and even today, what is a memory you have of a bicycle? I remember that Melinda got her dark orange ten speed bicycle first, several months or so later I got my cobalt blue ten speed bicycle....and then finally at Christmas, Annette got her purple 10 speed. Annette's favorite color was, and still is purple! The second image is Ken, my cousin, and his red Road Master....I am sure he was equally as proud of his bike as we were of our fancy 10 speed bicycles.

DAY 4



Photo taken at Mae Murphee Elementary School, Lubbock, Texas.

“True nostalgia is an ephemeral composition of disjointed memories.”

- Florence King

As we focus on nostalgia this month and even today, what memories come to mind when you look at a school picture? So many memories from this class of 5th grade friends and Mrs. Brandon as our teacher at Mae Murfee Elementary school in Lubbock, TX. I so love that there are still connections with many of those in this picture....so fun some 50+ years later. Please feel free to tag yourself if you are in this photo.

**DAY 5**



Photo taken in Seymour, Texas.

“There's a certain nostalgia and romance in a place you left.”

- David Guterson

As we focus on nostalgia this month and even today, I wonder if this couch is one of the reasons turquoise is my favorite colors? The memories of the feel, the texture of this turquoise couch – not silk, not tweed, something in between, accented with the colorful round silk pillow. What memories do you have of a favorite home, a room, a couch, a pet, a robe, a toy? The pink poodle and pink robe were Christmas gifts – the poodle played music and wagged its tail. I loved Fifi, our silver poodle, and I loved this Christmas!

**DAY 6**



Photo taken in Amarillo, Texas.

## DAY 6

“Nostalgia: A device that removes the ruts and potholes from memory lane.”

- Doug Larson

As we focus on nostalgia this month and even today, I suppose I look through rose-colored glasses – but I fondly remember the fun of Justin and Jill in their childhood. What fond memories, or maybe terror, do you have of your Mom/Dad dressing you in matching/coordinating outfits with your siblings? Justin received many hand-me-down clothes from the Strickland boys – so, we were decked out in style!

DAY 7

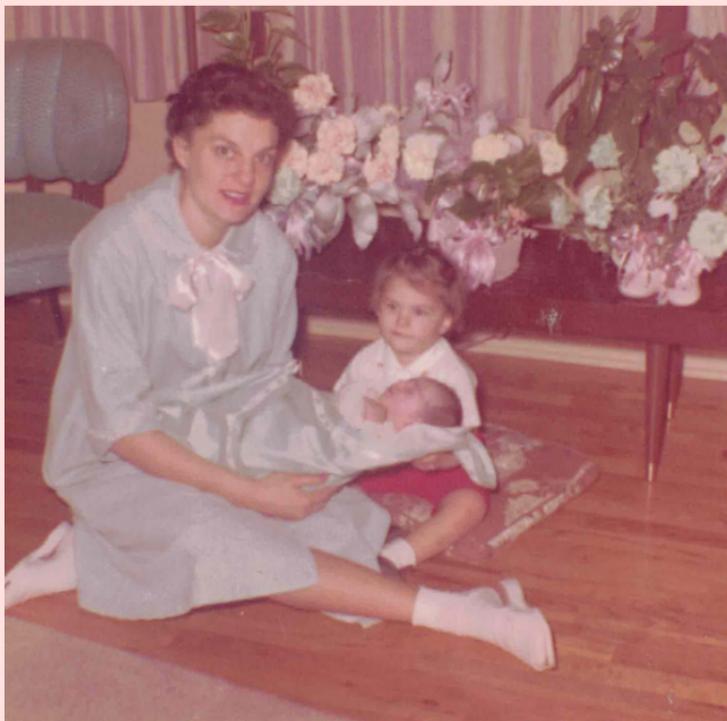


Photo taken in Seymour, Texas.

## DAY 7

“The past is a candle at great distance: too close to let you quit, too far to comfort you.”

- Amy Bloom

As we focus on nostalgia this month and even today, what stories have you heard about when you were a baby? What pictures do you have? As I look at this picture of Mom holding me – I notice the gorgeous robe Mom had on – her robes have always been important to her. She wanted one that was beautiful for Dad and yet functional to cook breakfast in and comfortable for evenings after her bath. I notice Melinda, at age 2, was provided a comfortable pillow to help hold me with. I notice the flowers of love that were gifted to Mom and Dad in celebration of a healthy baby – what love a small, closely connected community had to offer a young family!

DAY 8



Photo taken in Seymour, Texas.

## DAY 8

"Every act of rebellion expresses a nostalgia for innocence and an appeal to the essence of being."

- Albert Camus, The Rebel

As we focus on nostalgia this month and even today, I think of communication. What must it have been like in the days of this image? We don't know who is in this photo, but as it is nestled in the group of family photos, we treasure it as well. Do you recall your childhood phone number? When did you get your first cell phone? I remember going to the HemisFair '68 of Texas in San Antonio, TX as an 8 year-old child on vacation. At one of the corporate exhibition halls, they had an exhibit of a "futuristic" phone where you could actually "see" the person you were talking to. I was amazed that the idea could ever possibly happen. I am so very grateful for the technology we have today...And yet, do we ever want to rebel and wish for simpler times?

DAY 9



Photo taken in Lubbock, Texas.

## DAY 9

“How sad and bad and mad it was - But then, how it was sweet...”  
- Robert Browning

As we focus on nostalgia this month and even today, I remember this haircut. At the time I got this haircut, there was a tv show about a little boy named Eddie, from the show *The Courtship of Eddie's Father*. Soon after getting the haircut, I recall the day that my cousin told me I looked like Eddie. My two cousins and my sister and I were playing basketball at my grandmother's home. I was heartbroken. I loved everything frilly and girly. I did not want to look like Eddie. I did not want to look like a boy. No wonder that to this day I always want my earrings in and want my lipstick on....I love being a feminine girl. Surprisingly, I chose a short haircut during my high school and college days – oh my! What are some times that you had a disappointment related to comments about your image? Do any of those hurtful comments still come back to you at times?

DAY 10



Photo taken in Lubbock, Texas.

# DAY 10

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.”

- Joe L. Wheeler

As we focus on nostalgia this month and even today, what memories of autumn leaves, autumn time bring up for you? Growing up in Lubbock, Texas, the sounds and sights of fall come through loud and clear to spell F-O-O-T-B-A-L-L. After moving to Lubbock in 3rd grade, our parents assured us we would get season tickets to the Texas Tech Football games. What a thrill to go to each home game and hear the cow bells, see the Matador horse race around the field and hope for a victory. We rarely missed a game! And of course, Mom made us matching outfits for game day!

**DAY 11**

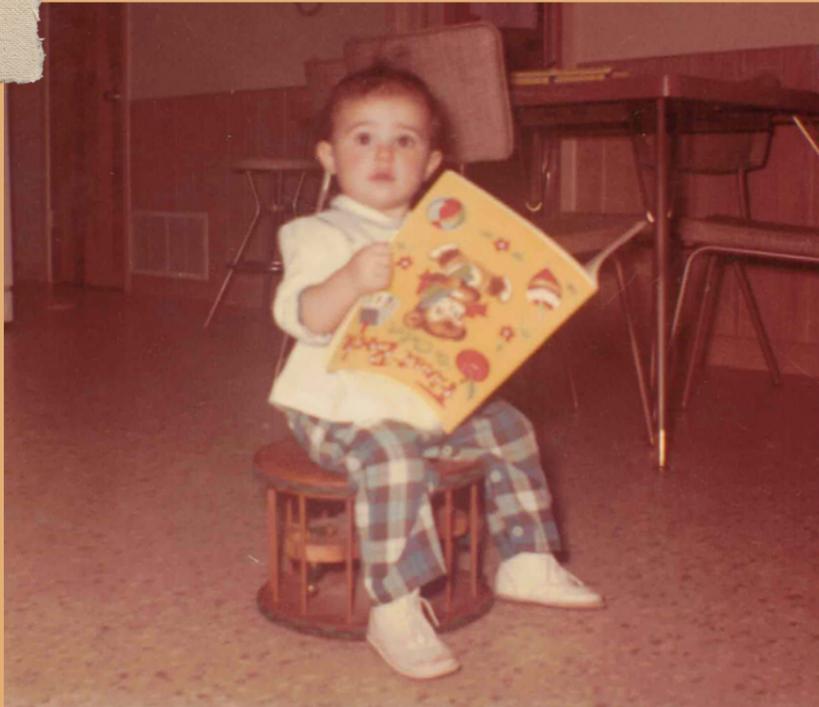


Photo taken in Seymour, Texas.

# DAY 11

“To return to the books of my childhood is to yield to the strain of nostalgia that is curious about the self I once was.”

- Chimamanda Ngozi Adichie

As we focus on nostalgia this month and even today, what are your recollections and memories of the significance of books in your life? Did you love to read? Did you struggle with reading? Was reading time modeled for you as a child? Here I am as a toddler – trying to get the hang of holding a book.

DAY 12



Photos taken in Lubbock, Texas.

## DAY 12

“When we are young...we often experience things in the present with a nostalgia-in-advance, but we seldom guess what we will truly prize years from now.”

- Edmund White

As we focus on nostalgia this month and even today, what are some times or events that you have cherished from days past? Maybe it is a vacation spot from childhood that you got to revisit as an adult and it created some conversations of curiosity with your siblings. Maybe it is sitting with your Dad talking about the age of the pecan tree in your backyard...only to realize later that was the last time he was at your home before passing away. What are some moments of your past that you truly prize now?

In this image Roger and I went to Santa Land as a date in college, years later we returned to see if it was as amazing as we remembered in our younger days.

DAY 13



Photo taken in Spearman, Texas.

## DAY 13

“Scents bring memories, and many memories bring nostalgic pleasure. We would be wise to plan for this when we plant a garden.”

- Thalassa Cruso

As we focus on nostalgia this month and even today, what are some scents that bring memories to you? In this image, Meme and Papa, Roger's parents, are loving on Jill and Justin. To walk into Meme and Papa's home in Spearman, TX was an assurance - if she knew that you were coming - there would be the aroma of Wassail or a crockpot of chili or something that would be a scent to your heart AND tummy. We would then sit around the table to enjoy whatever she had lovingly prepared that would taste yummy as we had fun conversations together.

**DAY 14**



Photo taken in Seymour, Texas.

## DAY 14

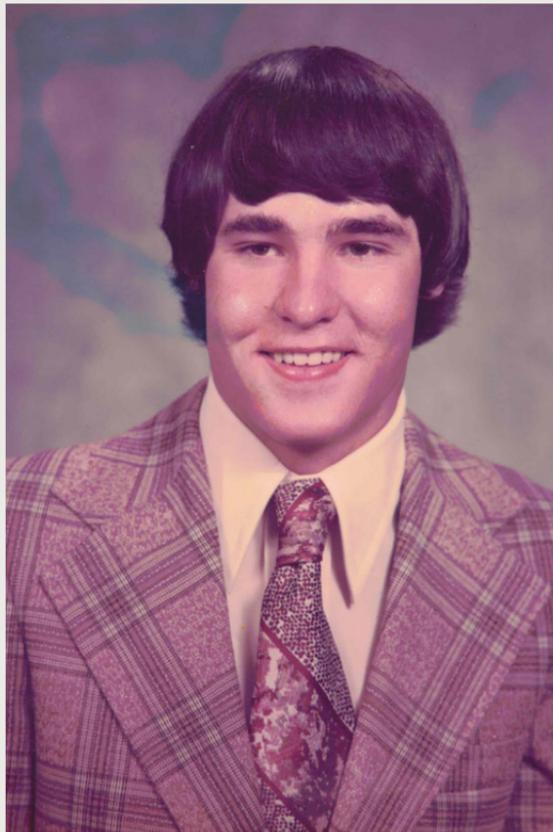
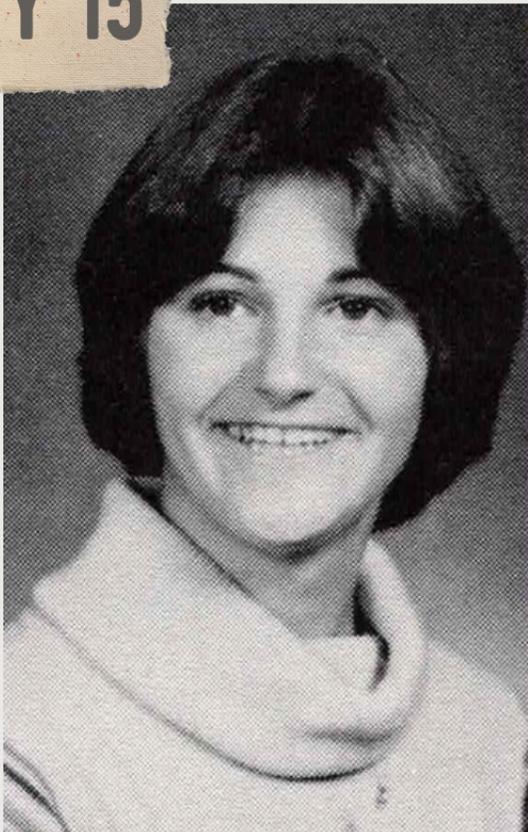
“The Greek word for 'return' is nostos. Algos means 'suffering'. So nostalgia is the suffering caused by an unappeased yearning to return.”

- Milan Kundera

As we focus on nostalgia this month and even today, what is it we would want to return to? Is it a previous time? A previous relationship? A simpler time? We can recognize these moments of longing, yearning to return to something as a category of grief. I know that each time we have moved to different cities I have had a period of yearning to return – not necessarily back to the previous city....but to the comfortableness, the established friendship community, the depth of intimate friendships.

This image is a fun time of childhood, getting all dressed up with our lovingly created homemade outfits. Mom would often let us pick out the fabric and color of our rodeo clothes. The Annual Seymour Rodeo and Reunion is an event to behold. As children, my sisters and I loved getting to ride in the rodeo parade and the grand entry as children. Seymour just celebrated its 126th Annual Rodeo this past July.

DAY 15



Photos taken in Lubbock and Spearman, Texas.

## DAY 15

“That is the land of lost content, I see it shining plain, the happy  
highways where I went and cannot come again.”

- A. E. Housman

As we focus on nostalgia this month and even today, what about those high school days? What emotions come up as you reflect on those days? What do you see when you look at your high school annual picture?

Here are the images of Roger and my high school annual pics – Roger, Spearman High School, Spearman, TX; Dianne, Monterey High School, Lubbock, TX.

DAY 16



Photo taken in Lubbock, Texas.

## DAY 16

“Nostalgia is not indulgence. Nostalgia tells us we are in the presence of imminent revelation, about to break through the present structures held together only by the way we have not remembered deeply enough: something we thought we understood but that we are now about to understand more fully, something already lived but not fully lived, something that was important, but something to which we did not grant importance enough; issuing not from our future but from something already experienced; something now wanting to be lived again, at the depth to which it first invited us but which we originally refused. Nostalgia is not an immersion in the past, nostalgia is the first annunciation that the past as we know it is coming to an end.”

– David Whyte

As we focus on nostalgia this month and even today, what is a ceremony or event that holds special memories – a wedding, a funeral, a Bar Mitzvah, an Eagle Scout Celebration, a retirement party?

As I look at this image of our wedding day, there are such emotions of joy – in this picture is Roger’s family: Brent and Rhonda Wheeler, Hershel and Wanda Jones, Jim Jones and Mama Jewell (Wanda’s mother). Not only are there emotions of joy, but of sadness – of missing Hershel, Wanda and Mama Jewell and their love of life. What a sweet treasure to hold!

DAY 17



Photo taken in Lubbock, Texas.

## DAY 17

“Music can be a way for me to think back a lot of the time, almost like an opening into all the nostalgia I never express.”

- Amber Mark

As we focus on nostalgia this month and even today, what role in your life does music play? What early memories do you have of music? In this image, I am celebrating the birthday gift of my very own Emerson turntable. What fun I had listening to all of my favorites – and, of course, singing and dancing along. Carole King was my favorite. What about you?

DAY 18



Photo taken in Dallas, Texas.

## DAY 18

"No sooner had the warm liquid mixed with the crumbs touched my palate than a shudder ran through me and I stopped, intent upon the extraordinary thing that was happening to me... And suddenly the memory revealed itself."

- Marcel Proust, *In Remembrance Of Lost Time*.

As we focus on nostalgia this month and even today, what might be a taste that creates nostalgia for you?

**DAY 19**



Photo taken in Seymour, Texas.

## DAY 19

“When to the sessions of sweet silent thought I summon up  
remembrance of things past, I sigh the lack of many a thing I  
sought.”

- William Shakespeare, *Sonnet 30*

As we focus on nostalgia this month and even today, what are your  
memories regarding transportation? Did you have a car? Did you  
ride the bus?

This pic shows my Mom, Gena, sitting in the Belaire. The look on  
her face is of pride and satisfaction. Mom tells a funny story that  
after air conditioners were available in cars, she and her friends  
would drive around Seymour with the windows rolled up, sweating  
and pretending that they were rich enough to have an air  
conditioner in their car. How creative we can be in our disillusion  
about image management!

DAY 20



Photo taken in Lubbock, Texas.

## DAY 20

“Distance not only gives nostalgia, but perspective, and maybe objectivity.”

– Robert Morgan

As we focus on nostalgia this month and even today, what is your thoughts, memories, frustrations and joys of your hair?

This pic was used in an advertisement that my sister, Annette, and I were in for a hairdresser, Victoria, when we were in high school. Annette has always had naturally curly, beautiful long hair. I was sporting a shorter version of the “wings” look of the day.

**DAY 21**



Photo taken in Spearman, Texas.

# DAY 21

“We could never have loved the earth so well if we had had no childhood in it.”

- George Eliot

As we focus on nostalgia this month and even today, what are some reflections you have of childhood and nature? Who taught you to appreciate nature?

This pic shows Papa teaching Justin how to find just the perfect worm to catch the “big one”.

DAY 22



Photo taken in Seymour, Texas.

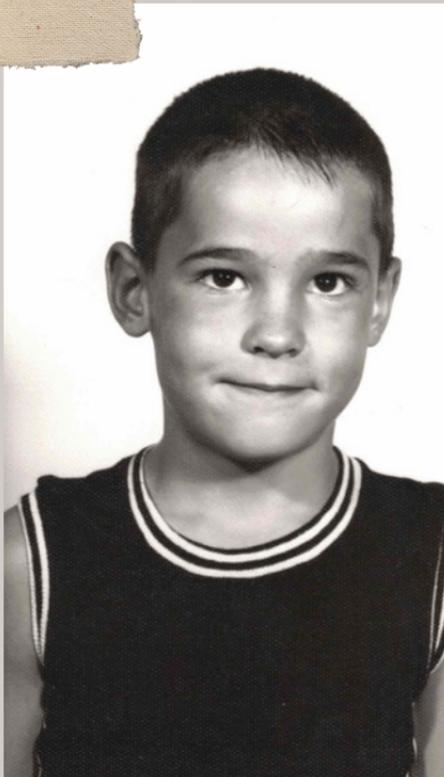
## DAY 22

“You can go other places, all right—you can live on the other side of the world, but you can't ever leave home.”

— Sue Monk Kidd, *The Mermaid Chair*

As we focus on nostalgia this month and even today, what are some holiday traditions that your family cherishes? For my family, one of the special times was dressing up and going to the Christmas Party at Grand Morris's home. The annual “dress up” Christmas picture was a tradition that was maintained and holds lots of memories.

**DAY 23**



Photos taken in Spearman and Seymour, Texas.

## DAY 23

“Nostalgia paints a smile on the stony face of the past.”

- Mason Coole

As we focus on nostalgia this month and even today, what do some pictures of your childhood show other than a smile?

These childhood pictures of Roger and me make me wonder....What were we looking at? What were we thinking? What were we feeling? Where were we? Such adorable dark brown eyes....seeking to understand something.

DAY 24



Photo taken in Lubbock, Texas.

## DAY 24

"Those were the days my friend  
We thought they'd never end  
We'd sing and dance forever and a day"  
- Mary Hopkins, *Those Were The Days*

As we focus on nostalgia this month and even today, when and where did you learn to dance? Or do you hate to dance? Do you tap your foot along with the beat, wishing you could dance?

Mom and Dad used to LOVE to dance. This pic is of Dad escorting Mom at her sorority formal at Texas Tech University. I am certain that they were the envy of the dance floor that evening...they just had a sweet way of enjoying dancing together....it was palatable!

**DAY 25**



Photo taken in Spearman, Texas.

## DAY 25

“Remembrance of things past is not necessarily the remembrance of things as they were.”

— Marcel Proust

As we focus on nostalgia this month and even today, what are some things that you have discovered as an adult that are different than how you remembered them? Maybe it is the height of the playground slide? This pic is of the Jones cousins enjoying time together.

DAY 26



Photos taken in France and Baylor County, Texas.

## DAY 26

“There is no greater sorrow  
Than to recall a happy time  
When miserable.”  
— Dante Alighieri

As we focus on nostalgia this month and even today, what were some times that were happy for you even when miserable? The first image is of my Grandfather, JB (Bowden) McGuire, with his sister, Stella McGuire Smith, either before or after his return from the war. On the back of the ship pic is written, “Ship, Bowden McGuire, came back from France during WWI.”

What is the military history of your family?

DAY 27



Photo taken in Seymour, Texas.

## DAY 27

“How often have I lain beneath rain on a strange  
roof, thinking of home.”

— William C. Faulkner

As we focus on nostalgia this month and even today, what are some memories you have of ‘home’? What other homes felt of love for you? A neighbors? A grandparents? An aunt and uncles?

I cherish this pic of little Dianne with her baby, sitting under the Christmas tree – full of icicles and lights at our grandparents, Ninnie and Grandy’s home. The little white church played Silent Night. I was elated the day when I found a ceramic version of the little white church that also plays Silent Night. The church is placed lovingly under our Christmas tree each year with hopes that we can love and encourage our grandchildren as richly as Ninnie and Grandy loved us.

DAY 28



Photo taken in Lubbock, Texas.

## DAY 28

“What you end up remembering isn't always the same as what you have witnessed.”

— Julian Barnes, *The Sense of an Ending*

As we focus on nostalgia this month and even today, what did you witness and how does that line up with what you remember? My sisters and I witnessed our parents spending hours and hours doing volunteer work – Lions Club, Suicide Hotline, Jr League, Sunday School leaders.

In this pic, my Dad, representing the Lubbock Lions Club, is selling programs at a Texas Tech Football game and it looks as if he has enlisted the help of my sister, Melinda.

DAY 29



Photo taken in Seymour, Texas.

## DAY 29

"Childhood is like contemplating a beautiful region as one rides backwards, one really becomes aware of the beauty at that moment, that very instant, when it begins to vanish."

– Soren Kierkegaard

As we focus on nostalgia this month and even today, what are some childhood memories that are memorable for you? Did you play games? How did you like to spend time with your Mom? How did you like to spend time with your Dad? Were there others that filled that role for you?

In this pic, my sisters and I are playing Candy Land with Dad. One of us, can't imagine who, was acting silly.

DAY 30



Photo taken in Seymour, Texas.

## DAY 30

“A birth-date is a reminder to celebrate the life as well as to update the life.”

– Amit Kalantri

As we focus on nostalgia this month and even today, what are your memories/recollections of birthdays? Were they fun days? Hard days? Did you have a birthday that is memorable with pain in that someone you thought loved you forgot your birthday? Did you have a sad birthday? Mom had a gift of helping everyone celebrate their birthdays with a cake that was designed especially for them – decorated with a theme of whatever the current interest of the day was. Mom helped so many people feel special on their birthdays and helped them celebrate the beauty of their essence and their interests.