

*This helpsheet is to give you some ideas for starting your list if you're feeling stuck. It's also to explain that there's no wrong way to do it. It doesn't have to be especially innovative, erudite or take a lot of time or effort (unless you're in that sort of mood). It's just a reflection on what you have come across that has influenced your thinking this month, and these small moments of learning are always interesting.*

*Your list could comprise just a clip from a TV show, with no explanation. Or, it could be a passage from a book that you love so much you want to write pages and pages about why everyone else should read it. It could be a sound recording, which reminded you of a poem, which reminded you of a film. It could be an essay you read on the 1st of the month and a film which you saw the night before you wrote your list, which, now you put them together, make you realise that you've been unconsciously seeking out things about cheese.*

*It can be a good plan to set aside an hour or so near the end of the month to reflect and put together the list. (Whether you're listing or not, some time each month for reflection is a nice way to go about things.)*

*See below for a couple of examples of how people go about putting their lists together, and what a submission email can look like.*

read back through the  
notes I've made since the  
beginning of the month

diary entries

internet bookmarks

notebooks

make a list of the ones which  
stand out as most relevant or  
interesting to me right now

I want to carry on  
learning about

has stuck with me  
strongest + longest

whittle it down by  
choosing what...

illuminates a topic  
that's sticking out

compile them, and if I feel like it,  
write why I find them interesting -  
often copying notes in notebooks

throughout the month, bookmark pages in my books and make notes of links between things I read as I go, often taking snaps in my phone

a week before the end of the month, have a sit down and look back through things



think about it through the week and at the end choose 2 or 3 things that have kept coming back into my mind during that time

I work out why I want to use the entries while writing the email into Longtime Listeners - I find it easier to explain when composing the email because I find talking to people the best way - I get excited to share!

# Example email formats

## March list

list uploaded x





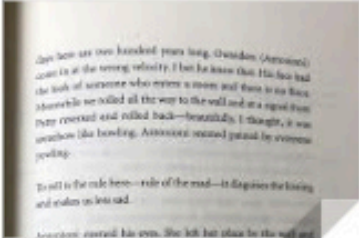

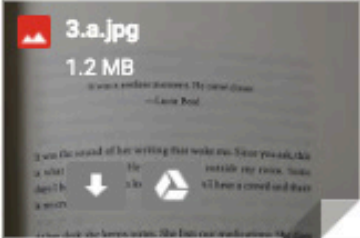

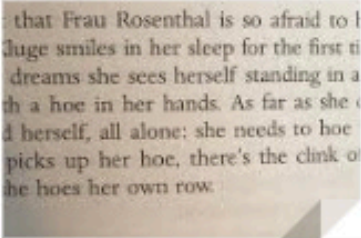
**olivia wiles**  
to me ▾

Wed, Apr 1, 5:01 PM (8 days ago) ☆ ↶ ⋮

1. Alone in Berlin, Hans Fallada
2. The BFG, Roald Dahl
3. From Anne Carson's Decreation
4. Sheet music for The Conversation, David Shire
5. Pride and Prejudice, 1995 <https://www.youtube.com/watch?v=SXmn3s-vHzc>

### 8 Attachments





## sarah...January list...friendship

list uploaded x



Sarah LJ

to me ▾

Wed, Feb 12, 11:51 AM



Hello Liv and Lili,

Just two entries from me for January, both are to do with friendship. The first is from Céline Condorelli who has a long term interest in support and support structures. I came across her writing in the book 'Self-Organised' published by Open Editions that my friend Valerie was posting quotes from on Instagram and so I read some in the library and bought it myself. In this book Céline Condorelli's essay 'Too Close To See: Notes on Friendship...' about friendship and how we work together, something that is on my mind all the time especially working on Longtime Listeners List together, as friends. I looked into what else she has been working on and came across this project 'How to Work Together' described on the project's website as, 'a shared programme of contemporary art commissioning and research paper organised between 2014 and 2016 by three innovative not-for-profit London galleries: Chisenhale Gallery, The Showroom and Studio Voltaire'. The think tank section is where I found myself when searching for Céline Condorelli's work. I have not looked into the think tank fully but it is described as a library of research produced over the three years 'How to Work Together' was active and I think I would like to delve into it further; especially as we create this list club, book club, reading group, radio show..... I am including a link to part one of a conversation between Céline Condorelli and her friend Avery F. Gordon for listeners to read and some screenshots of parts of the conversation I was particularly into.

My second entry is Dom Ridler's radio show on NTS London. Ah what a treat to listen to! I was glad to come across this, my housemate Rosanna sent me a link to the show. When we were talking about bodily reactions to experiences or reading in our Longtime Listeners List radio show on Resonance 104.4 FM this month, and Olivia your comment on reading Pond by Claire-Louise Bennet as 'writing that made your face hot' and this feeling has stuck with me and I experienced it when listening to Dom Ridler's show 'Up the Beanstalk' whilst zipping round London on the overground. I felt like I was being let into a secret through my ears as the hustle bustle surrounded and squeezed me in. Listening to this was a delight, I am attaching the link here for listeners to listen to and some notes I made while listening; re-written because the first were too spidery to decipher.

themes within my entries - friendship, working together, preparation, oppression, survival