

The days, the seasons, each one of them, become "Good"--Not in any lighthearted, irresponsible sense; not because our problems and suffering suddenly vanish--but by the fact that we are rooted in reality fixed at the Center, seeing into our own nature and so perceiving its intimate relationship to God.  
Dom Aelred Graham

## LIVING PROOF THAT GOD HAS A SENSE OF HUMOR.

MY MIND IS TRANQUIL AND SERENE.  
MY BODY IS RELAXED.

Relax

We can practice relaxation techniques and realize benefits. However, until our minds are tranquil and serene, physical tenseness will return.

To enjoy tranquillity of mind and body, we need to recognize the good in every person, situation, and circumstance. As we do, we achieve peace of mind. Let us begin by recognizing the good in ourselves. Instead of thinking about past mistakes, we remember the good things, our victories and joys. With a tranquil and serene mind, we now set up new patterns for future success.

We are also setting up patterns for health of body. With tranquil and serene minds, our bodies are relaxed, inwardly calm even in the midst of great activity. We have set the scene for the radiant life of God to reign supreme.

*The Lord is my shepherd, I shall not want . . .  
He leads me beside still waters;  
he restores my soul.*

—Psalms 23:1, 2-3

**TERESA AND COMPANY** St. Teresa of Avila used to go walking barefoot across Spain seeking to save the churchwomen of her day from their own too-easy Christian living. Pledged to poverty and obedience, plagued all her life by opposition and open hostility from the prosperous churchmen who preferred wealthy ecclesiastical establishments, still Teresa serenely went around founding more and more houses where women could live and learn disciplined Christlikeness. When money was scarce for going on to the next place she simply said: "Teresa and three cents can do nothing. But God and Teresa and three cents can do anything."

From Twelve Baskets Full by Margaret Applegarth, page 124. Submitted by Don McKenzie, Northway Christian Church, Dallas, TX.

I HAVE A BUOYANT, HAPPY SPIRIT AND GIVE  
EXPRESSION TO MY INNATE SENSE OF HUMOR.

Sense of  
Humor

We may agree in theory with the Bible verse, "A cheerful heart is a good medicine,"

but find ourselves so caught up in some activity or situation that we forget to use this power that is continually at our disposal. A long face and furrowed brow are instantly transformed as we let our true nature shine forth. Any heaviness of spirit is lightened as we listen to the divine self of us, which knows that God is in charge and all is well.

Let us adopt the habit of looking on the bright side of everything. Our inherent sense of humor brightens our lives and provides us with steadiness and right perspectives. As we let our laughter ring out loud and often, our bodies are revitalized and energized and we find much in life that is joyous and wonderful. Our buoyant spirits touch others, and we are surrounded by smiling faces and happy hearts.

*A cheerful heart is a good medicine,  
but a downcast spirit dries up the bones.*

—Prov. 17:22

There is happiness and pain, and one helps you to appreciate the other.

Rose Naranjo

Happiness, I have discovered, is nearly always a rebound from hard work.

—David Grayson, *Adventures in Contentment* (Doubleday)

A Cynic is One  
Who Knows  
the cost of  
everything  
and the value  
of nothing.

**“Whatever else you do or forbear,  
impose upon yourself the task of happiness;  
and now and then abandon yourself  
to the joy of laughter.”**

**Max Ehrmann (1872-1945)**

A grim attitude doesn't make problems one bit easier to solve. If you cheer up and take them in stride, you'll find a lot of people will be happy to lend a helping hand.

Everybody has problems. And other people's problems are just as serious to them as your problems are to you. Life is no bed of roses. And we're all in it together. The least we can do is be good sports about it and not make matters worse by grouching.

The most valuable tactic in dealing with people is to smile. Do you smile as much as you should and could? Very few of us do.

A smile relaxes you and the people you are dealing with. A smile says: "Loosen up! I'm not trying to push you around. I like you. Let's cooperate." People who take themselves too seriously to smile are on their way to becoming stuffed shirts. Some have already arrived.

Smiles are contagious. Lead off with a smile and you'll find people smiling back at you.

And the person with a smile on his or her face is a lot easier to deal with than the fellow with a deadpan look or a frown. A warm, friendly smile is the quickest way to turn big troubles into little ones.

*Joy then is what we  
experience in the  
process of  
growing nearer  
to the goal of  
becoming ourselves.*

*Erich Fromm*

**I CULTIVATE THE HAPPINESS HABIT AND MAKE  
IT MY WAY OF LIFE.**

**Happiness**

Happiness is a spiritual gift from God. It is one of the treasures that has been built into my spiritual nature. It is a feeling of cheerfulness or contentment that enhances the quality of life I am experiencing now!

As I cultivate the happiness habit, my gladness does not depend upon persons, places, or things. It is the harvest of my positive, constructive perception of life. I cultivate the happiness habit by thinking happy, uplifting thoughts, which set in motion a chain reaction that creates an environment in which happiness is a way of life.

As I cultivate the happiness habit, I am in tune with God and the goodness and beauty of life. My countenance glows with a radiance that reflects the strength and serenity of a faith-filled mind and heart.

As I cultivate the happiness habit and make it my way of life, I encourage others to make the happiness habit their way of life also.

*Happy is he who trusts in the Lord.—Prov. 16:20*

*For the joyous heart, life is Always  
a Festival*

*To celebrate is to share in greater joy,  
to participate in an eternal  
drama.*

*A. Heschel*

If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live.

*—Lin Yutang*

*Most folks are about as happy  
as they make up their minds to be.*

*A. Lincoln*

**“In Italy, even when there is a serious accident, there's always someone in the crowd who'll crack a joke.”**

**POWER AS THE "FINAL ILLUSION. WHILE LAUGHTER IS THE FINAL TRUTH."**

I AM AGLOW WITH ZEAL AND ENTHUSIASM  
FOR LIFE.

### Enthusiasm

Enthusiasm stirs up a keen interest in life, and each new day brings discoveries of wonder and joy. We can gain a clearer vision of life when we are enthusiastic about our lives and the people in our lives. We understand that no event or task need be considered routine, no person, uninteresting. All life is in a process of perpetual growth, unfoldment, or change, so there is always something new to discover and appreciate.

As we remain enthusiastic, we are alert to the special joys that we might otherwise miss. We may gain greater appreciation for loved ones and acquaintances as we truly listen to their ideas and views. On closer inspection, we may learn that what we were calling weeds from afar are bright and beautiful wildflowers.

We are aglow with zeal and enthusiasm. All tension or stress is released. We enjoy life and share the joy in our lives with others.

*Never flag in zeal, be aglow with the Spirit, serve the Lord.*—Rom. 12:11

## JOY IS HOMEMADE

Happiness is something we create  
in our minds —

It's not something we search for  
and so seldom find —

It's just waking up and beginning  
the day

By counting our blessings and  
kneeling to pray —

It's giving up wishing for things  
we have not,

And making the best of whatever  
we've got —

For it's by completing what God  
gives us to do

That we find real contentment  
and happiness, too.

—Morningside Presbyterian Church  
Fullerton, CA

Happy the man who early learns the wide chasm that  
lies between his wishes and his powers!  
—Johann W. von Goethe (1749-1832)

Happiness is essentially a state of going somewhere, wholeheartedly, one-directionally, without regret or reservation.  
—William H. Sheldon

Happiness? That's nothing more than health and a poor memory.  
—Albert Schweitzer

Happiness is the only sanction of life; where happiness fails, existence remains a mad and lamentable experiment.  
—George Santayana

Happiness makes up in height for what it lacks in length.  
—Robert Frost

It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.  
—Agnes Repplier

## MY HEART SINGS A SONG OF JOY.

### Song of Joy

Today is a day filled with the joyful music of the universe. It begins as a quiet melody stirring within me. This melody of joy beckons me, and my awareness is focused on its glad refrain. As the feeling builds and fills my being, I understand its message: this is my song of joy.

Within me, there is always a song of rejoicing waiting to be sung. Even at those times when appearances seem to be saying that there is nothing to be joyous about, I can hold to the truth that God's good is waiting to be revealed. I continue to sing my song of joy in faith, knowing that my good is always close at hand.

Today, my inner joy spills over into everything I say and do. Joy is a part of my interaction with others, for I am a channel through which joy is felt and shared. My heart sings a song of joy that goes before me and lights my path with joy.

*"These things I have spoken to you, that my joy may be in you, and that your joy may be full."*—John 15:11

HAPPINESS often sneaks in through a door you didn't know you left open.  
—John Barrymore

Many people are extremely happy, but are absolutely worthless to society.  
—Charles G. Dawes  
Happiness is like coke—something you get as a by-product in the process of making something else.  
—Aldous Huxley

The smile on your face is the light in the window that tells people that you are at home. The secret of happy living is not to do what you like but to like what you do. Some men have their first dollar. The man who is really rich is one who still has his first friend.

I give up unproductive thinking and affirm cheerfulness.

I HAVE A POSITIVE, CHEERFUL SPIRIT AND I EXPRESS IT.

### Cheerfulness

As I give expression to my own positive, cheerful spirit, I witness its amazing effect

on me and others. My spirits are lifted by my efforts, and others around me are encouraged to express cheerfulness, also.

I adopt the following as my guideline: I have a positive, cheerful spirit and I express it. I remain lighthearted and happy throughout the hours of this day. I respond to the people in my world with kind words and warm feelings. Every conversation is an exchange of positive ideas and sunny thoughts. I put a smile on my face and a song in my heart.

My world takes on a bright outlook and I delight to have a part in it. I am buoyant and happy, bringing good tidings wherever I go!

*Happy is he whose help is the God of Jacob,  
whose hope is in the Lord his God.*

—Psalms 146:5

Today I receive and share the gift of relaxation.

I RELAX IN QUIETNESS, KNOWING THAT GOD IS WORKING IN AND THROUGH MY LIFE AND AFFAIRS.

### Relax

If I have been struggling with some problem or situation, I take the time to withdraw for a while and rest. I relax and let quietness and a sense of well-being sweep over me. If I have felt overwhelmed by my activities, I relax now in the peace and love of God. I know that a balance of activity and rest is needed for productive living.

Having released any sense of stress or difficulty, I relax in the stillness of my being and receive assurance that God is working in and through my life and affairs.

God knows my every quest and stands ready to help me attain success in every undertaking. Knowing this, I allow my mind and body to rest. I relax in quietness and let God work in and through my life and affairs.

*"In returning and rest you shall be saved;  
in quietness and in trust shall be your strength."*

—Isa. 30:15

### The Best Memory System

Forget the kindness that you do,  
As soon as you have done it;  
Forget the praise that falls on you,  
The moment you have won it.  
Forget the slander that you hear,  
Before you can repeat it;  
Forget each slight, each spite, each sneer,  
Wherever you may meet it.  
Remember every kindness done,  
To you, whatever its measure;  
Remember praise by others won,  
And pass it on with pleasure.

Remember every promise made,  
And keep it to the letter;  
Remember those who lend you aid,  
And be a grateful debtor.

Remember all the happiness  
That comes your way in living;  
Forget each worry and distress,  
Be hopeful and forgiving.

Remember good, remember truth,  
Remember heaven's above you,  
And you will find through age and youth  
True joy and hearts to love you!

I SING MY SONG OF JOY TODAY.

### Joy

As a child, do you recall singing the little song that began, "I have God's joy, joy, joy, joy down in my heart"? Remember how a feeling of joy and exuberance welled up within you and overflowed as you sang those words? It was as if singing this song opened some floodgate within your soul, allowing spiritual power to surge upward and outward.

Joy songs speak to the child in each of us and help us to recapture the exuberance and vitality of a youthful state of mind. Joy songs are vehicles by which we touch the reservoir of spiritual joy within us and allow it to lift us to new spiritual heights.

Today, let us open our minds and hearts and mouths and sing the song of joy that is waiting to be expressed through us. We can sing our song silently or aloud, and let joy be expressed in our smiling faces, twinkling eyes, and cheerful words.

*He led forth his people with joy,  
his chosen ones with singing.*

—Psalms 105:43

“Never give way to melancholy; resist it steadily, for the habit will encroach.”

Sydney Smith (1771-1845)

Laughter is the Vaseline that makes the ideas penetrate better.

—Lina Wertmuller



# What Do You Do When You Need to Unwind?

Today I receive and share the gift of happiness.

HAPPINESS RADIATES FROM THE SPIRITUAL  
CENTER OF MY BEING.



## Happiness

If we were to ask a hundred people what it would take to make them happy, it is possible that we would receive a hundred different answers. Some people would mention material prosperity: a new car, a boat, a house, or a vacation on a tropical island.

The truth is that enduring happiness cannot be attained by the acquisition of material things. Just as peace, health, and prosperity begin in the inner realm of our minds, so does our happiness. Just as we affirm and demonstrate health and well-being, we can also affirm and demonstrate happiness.

People can share happiness with us. Events and possessions can add to the happiness of our lives. More importantly, we create our own happiness as we let it radiate from the spiritual center of our beings to shine forth in our lives.

*Happy is he whose help is the God of Jacob,  
whose hope is in the Lord his God.*

—Psalms 146:5

Today I receive and share the gift of renewed joy.

I RENEW MY JOY AND ENTHUSIASM FOR ALL MY  
BLESSINGS.



## Renewed Joy

There is always a possibility of taking even the special blessings in life for granted.

Today I renew my joy and enthusiasm for all the blessings that the Father has so lovingly given to me.

I think about the joy of my association with loved ones and friends. I give thanks for the love that brought us together. I think about the wonder and beauty of creation and pause often to observe and appreciate familiar sights. I think about the work I do—whether at home, in an office, in a factory, or in a school—and I renew my enthusiasm for it. I think about my goals for the future and renew joyous faith in my ability to accomplish them.

My thoughts are prayers of thanksgiving to God as my joy and enthusiasm are renewed each day.

*Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.* —I Thess. 5:16-18



## Dance, Children, Dance!

**A** merry heart  
maketh a cheerful  
countenance.

Proverbs 15:13

**“Man’s most serious  
activity is play.”**

**George Santayana (1863–1952)**

*If you're not allowed to laugh in Heaven  
I don't want to go there. Martin Luther.*



THE JOY OF THE LORD KEEPS ME HAPPY ALL DAY LONG.

### Joy

To live joyously is one of the most important and constructive things that I can do.

However, living joyously does not mean that I have an uncaring attitude toward life or challenges. My joy is not shallow; it is a deep, abiding spiritual reality, an enduring attribute of God.

I am God's radiant, joyful child. I know that God's spirit of joy is at work in every cell of my body, healing, strengthening, and invigorating me. God's spirit of joy quickens my mind and uplifts my heart.

The world I face today is filled with joy because my mind is filled with happy thoughts. My words and actions reflect my joy. My joy is constant and enduring. I am blessed and others are blessed as I share my joy with all God's children.

"Thank You, God, for joy in living."

*Thou dost show me the path of life;  
in thy presence there is fulness of joy.*

—Psalms 16:11

### IT'S ALL IN HOW YOU VIEW IT

David, a second-grader, was bumped while getting on the school bus and suffered a two-inch cut on his cheek. At recess he collided with another boy and two of his teeth were knocked loose. At noon, while sliding on ice, he fell and broke his wrist. Later at the hospital, his father noticed David was clutching a quarter in his good hand. David said, "I found it on the ground when I fell. This is the first quarter I ever found. This sure is my lucky day!"

I HAVE A RESILIENT SPIRIT OF JOY AND LET IT BE EXPRESSED.

### Joy

Do we allow outer situations or circumstances to govern our expression of joy? We may equate joy with the absence of conflict or challenge, seeing joy as a by-product rather than an ever-present spiritual reality.

Joy is an inner spiritual quality and as such is unrelated to and unaffected by outer matters. As we turn to God in the quiet of prayer, we tap the reservoir of joy within us. Spiritual joy is felt and expressed through us as a quiet feeling of peace and contentment. The spiritual joy we feel in prayer overrides all else and carries us through any experience with assurance and calm.

Joy is a natural part of our spiritual makeup. As we turn often to God and make connection with our true spiritual nature, we understand more fully the activity and power of joy. As we accept and express our resilient spirit of joy, life takes on new meaning and purpose.

*"Your hearts will rejoice, and no one will take your joy from you."*—John 16:22

Nobody ever died of laughter.

—Max Beerbohm

“There is always sunshine, only we must do our part: we must move into it.”

Clara Louise Burnham (1854–1927)

Every luxury must be paid for, and everything is a luxury, starting with being in the world.

Cesare Pavese

Enjoyment is not a goal, it is a feeling that accompanies important ongoing activity.

Paul Goodman

Most of the luxuries, and many of the so-called comforts, of life are not only not indispensable, but positive hindrances to the elevation of mankind.

Henry David Thoreau

To really enjoy the better things in life, one must first have experienced the things they are better than.

Oscar Homolka

I GREET THIS DAY AND EVERYONE I MEET WITH  
A JOYOUS SMILE.

Smile!

Smiling is a way to give expression to the divine love in our hearts. As we greet others with a smile, the divine spirit of love in us reaches out to remind them of the blessings of inner joy and gladness.

A friendly smile given at just the right moment assures loved ones that we care for them, that we are there for them if they need to talk, that we love them for who they are. A cheerful smile adds lightness and cheer where they are needed and brings harmony into play where there was seeming discord.

Just as our smiles bless others, we benefit from the smiles we receive in return. As we greet this day and everyone we meet with joyous smiles, we radiate happiness and well-being for all to see. Our smiles convey our heartfelt gratitude for all the blessings we receive from God.

*They shall obtain joy and gladness,  
and sorrow and sighing shall flee away.*

—Isa. 51:11

I THANK GOD FOR LIFE AND I JOYOUSLY LIVE  
MY LIFE NOW.

Now

It would seem unnecessary for us to remind ourselves that *now*, the current moment, is for living. However, if we are spending precious times of our lives trying to live in the past or in the future, we do indeed need to remind ourselves that life is for living *now*.

There is no other time to live but *now*. If we are scattering our life force somewhere in the past or somewhere in the future, we surely are not leaving much for today. *Now* is what life is all about. So today let's make a choice to *live*. Let's choose to experience every moment of life and to experience an awareness of the marvelous activities of life that are at our command.

Life is a gift from God. Just as we always remember to thank dear ones for loving gifts, we also remember to thank God for the gift of life so lovingly given to us. We thank God for life and joyously live life *now*!

*Behold, now is the acceptable time; behold, now is the day.* —II Cor. 6:2

What everyone wants from life is continuous and genuine happiness. Happiness is the rational understanding of life and the world. —Baruch Spinoza (1632-1677)  
(The secret of happiness is the exploration and enjoyment of genius untainted by your own lack of it.)

The happiest man is he who learns from nature the lesson of worship. —Ralph Waldo Emerson (1803-1882)

The pursuit of happiness is a most ridiculous phrase: if you pursue happiness you'll never find it.

—C. P. Snow

Though we search the world over to find happiness,  
unless we carry it with us we'll find it not.

EMERSON

Mankind has become so much one family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must resign yourself to seeing others also happy . . . Contempt for happiness is usually contempt for other people's happiness, and is an elegant disguise for hatred of the human race. —Bertrand Russell

Happiness is not a state to arrive at, but a manner of traveling.

—Margaret Lee Runbeck

“There is no cure for birth and death save to enjoy the interval.”

George Santayana  
(1863-1952)  
“War Shrines”

“It's all right letting yourself go as long as you can let yourself back.”

Mick Jagger (1943- )

*‘Life Is A Banquet And  
Most Poor Bastards  
Are Starving To Death’*

TRUE JOY IS FIRST OF ALL INTERIOR. DO NOT FEAR TO SHARE THE TRIALS OF OTHERS, NOR BE AFRAID OF SUFFERING. PERFECT JOY GIVES ITSELF. HE WHO KNOWS IT SEEKS NEITHER GRATITUDE OR KINDNESS. IT IS THANKFULNESS.

Look at Jewish history. Unrelieved lamenting would be intolerable. So, for every ten jews beating their breasts, God designated one to be crazy and amuse the breast-beaters. By the time I was five I knew I was that one.

-Mel Brooks

## Rejoice evermore.

I Thessalonians 5:16

“If you spend your whole life waiting for the storm, you’ll never enjoy the sunshine.”

Morris West (1916- )

“Ask yourself whether you are happy, and you cease to be so.”

John Stuart Mill  
(1806-1873)  
Autobiography

What I want, my God, is that by a reversal of forces which you alone can bring about, my terror in the face of the nameless changes destined to renew my being may be turned into an overflowing joy at being turned into you.  
Pierre Teilhard De Chardin

I AM A HAPPY PERSON MEETING HAPPY EXPERIENCES. I GO TO MEET ONLY GOOD.

Expect  
Happiness

What is your expectation for this day, and how do you expect to meet it? Sometimes feelings of inadequacy or hesitancy can creep up unawares. You can cancel all such feelings and begin each day in a positive frame of mind through affirmations of Truth. Today’s statement is a wonderful one to set the tone for happy experiences.

Right now, picture yourself as strong and capable, carrying a lighthearted spirit into every activity. Think of everything as going smoothly, every situation brimming over with blessings. See yourself with a smiling face, sharing in the joy of life with others. This is the way God sees you, and you are simply bringing your picture of life into proper focus with God’s ideal for you. Repeat today’s affirmation often throughout the day. It will make a difference in you and your life!

*Look at what is before your eyes. If any one is confident that he is Christ’s, let him remind himself that as he is Christ’s, so are we.* —II Cor. 10:7

I SOW EACH MOMENT IN LOVE; I REAP EACH DAY IN JOY.

Rejoice

I give thanks for this new day—a day in which I harvest, use, and share the best that is in me and in my world. I consciously reap the love, compassion, and understanding that have grown and matured through all my past challenges and victories.

Today I rejoice in all that I am, all that I have, and all that I do. I sing God’s praise and see God’s presence in my daily activities and relationships. I know God’s bounty as prospering ideas, sure guidance, unfailing inspiration. I give thanks for friends, loved ones, and co-workers who share their harvest with me.

I glean that which is worthy and valuable from the hidden blessings in every experience. New and unexpected good is assured as I place my trust in God. I sow each moment in love; I reap each day in joy. Today I gather in the good and let go the negative.

*Let all who take refuge in thee rejoice,  
let them ever sing for joy.*

—Psalms 5:11

“Happiness is  
a function of  
creativity.”

**Martin Grotjahn**  
(1904– )  
*Beyond Laughter*

THE READINESS  
TO RELISH

Festivity and contemplation  
are close cousins.  
The things that make life contemplative  
are the same things  
that make life celebrative: the capacity  
to step back from tasks and chores,  
the ability to “hang loose  
from merely material goals,  
the readiness to relish an experience  
on its own terms.

Harvey Cox  
*A Feast Of Fools*

**Robert Grudin** in *Time and the Art  
of Living:*

Happiness may well consist primarily of an attitude toward time. Individuals we consider happy commonly seem complete in the present. We see them constantly in their wholeness: attentive, cheerful, open rather than closed to events, integral in the moment rather than distended across time by regret or anxiety. Yet, even so, they give an impression of permanence and consistency. They do not change greatly from day to day. One almost feels that their lives possess a kind of qualified eternity: that past and future, birth and death, meet for them as in the completion of a circle.

—Harper & Row

*Never let anything  
so fill you with sorrow  
as to make you  
forget the joy of  
Christ risen.*

*Mother Teresa*

“Great joys, like  
griefs, are silent.”

**Shackerly Marmion** (1603–1639)

“Happiness comes uninvited; and  
the moment you are conscious that  
you are happy, you are no longer  
happy.”

**Krishnamurti** (1891– )

“A good laugh is the  
best pesticide.”

**Vladimir Nabokov** (1899–1977)

The time  
to be happy  
is now,  
The place  
to be happy  
is here,  
The way to be happy  
is to make others so.

CHELLO

HUMOR: NEVER TAKING ANYTHING TOO SERIOUSLY. BUYOED BU BY WAVES OF LAUGHTER YOU ARE FREE TO BREATHE. WHEN THE MIND ASSUMES A TRAGIC FACE, CHUCKLE. WHEN IT WEARS THE MASK OF SUFFERING, SMILE. THEN IT PLAYS MONSTER, GIGGLE. AND WHEN IT BECOMES SENTIMENTAL, GRIN.

“Laugh and the world laughs with you;  
Weep and you weep alone. . .”

**Ella Wheeler Wilcox**  
(1855–1919)  
“Solitude”

“It is the ability to take a joke, not make one, that proves you have a sense of humor.”

**Max Eastman**  
(1883–1969)  
*Enjoyment of Laughter*

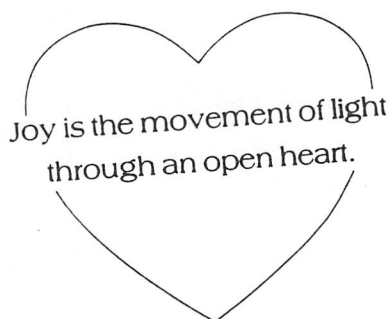
“You must play the fool a little if you would not be thought wholly a fool.”

**Michel de Montaigne** (1533–1592)

“Laughter can be heard farther than weeping.”

**Yiddish folk saying**

Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple—yet so hard for the human mind to comprehend.



**R**ejoice, and be exceeding glad: for great is your reward in heaven.

Matthew 5:12

“The happiest people are those who discover that what they should be doing and what they are doing are the same thing.”

Quoted in *Reader's Digest*,  
November, 1982

A man sufficiently gifted with humor is in small danger of succumbing to flattering delusions about himself, because he cannot help perceiving what a pompous ass he would become if he did.

—Konrad Lorenz



Laughter is a response to a gestalt formation where two previously incompatible or dissimilar ideas suddenly form into a new piece of understanding-the energy release during that reaction comes out in laughter.

-Del Close, director of Chicago's "Second City"

Nothing is quite as funny as the unintended humor of reality.

-Steve Allen

Humor is just another defense against the universe.

-Mel Brooks

Laughter is the shortest distance between two people.

-Victor Borge

The biggest laughs are based on the biggest disappointments and the biggest fears.

-Kurt Vonnegut, Jr.

“The gods too are fond of a joke.”

**Aristotle**  
(384-322 B.C.)  
*Cratylus*

“Nothing in man is more serious than his sense of humor; it is the sign that he wants all the truth.”

**Carl Van Doren**  
(1885-1950)  
Quoted in *The American Scholar*, Summer, 1957

*There is a flow  
in the universe.  
Our task is to join it.*  
-George Leonard

“Happiness is a by-product of an effort to make someone else happy.”

**Gretta Brooker Palmer**  
(1905-1953)  
*Permanent Marriage*

You grow up the day you have the first real laugh at yourself.

WRITE it on your heart that every day is the best day in the year. He or she is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety.

Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays.

RALPH WALDO EMERSON

#### WITHOUT COST

It costs nothing but creates much, it enriches those who receive it. It happens in a flash and sometimes the memory of it lasts forever. Yet, it cannot be bought, begged, borrowed, or stolen.

For it is something that is no earthly good to anybody 'til it is given away. So in the rush of our daily efforts, no one should be too busy to give you a smile.

May we ask you to leave one of yours? For nobody needs a smile so much as those who have none to give.

A LITTLE common sense, a little tolerance, a little good humor, and you don't know how comfortable you can make yourself on this planet.

SOMERSET MAUGHAM

- The surest way to create happiness for yourself is to discover ways of bringing happiness to others.

*Man is the  
only animal  
that laughs and  
cries, for he is  
the only animal that  
is struck with the difference  
Between what things are  
and what they ought to be.  
W. Hazlitt*

*When we arrive at a certain destination  
When we can be with a certain person or  
in a certain place  
When our schooling is finished  
When we get a better job  
When we arrive at a certain income  
When we are married  
When the baby is born*

*When we recover from our illness  
When our bills are all paid  
When we own a new car  
When we move into a new home  
When some disagreeable task is finished  
When we are free from some encumbrance.*

Doubtless we shall be somewhat happier WHEN—but not as much happier as we think. Life has a way of presenting new complications, and conjuring up new wants, as fast as old ones are satisfied.

It was Monday morning and a young woman got on the elevator, humming cheerfully.

"What have you got to be so happy about today?" inquired the office grouch.

"I never lived this day before!" was the reply.

Sometimes the littlest things in life are the hardest to take. You can sit on a mountain more comfortably than on a tack.

*Attitude is everything. Mae West lived into her 80s believing she was 20, and it never occurred to her that her arithmetic was lousy.*

True happiness comes to him who does his work well, followed by a relaxing and refreshing period of rest. True happiness comes from the right amount of work for the day.

LIN YUTANG

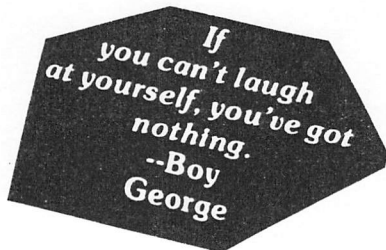
*The sky is the daily bread of the eyes.*

*You're never too old to become younger.*

MAE WEST



*'The name of  
Christ is glorified  
when we laugh.'*



IF WE ARE TO BE HAPPY,  
WE MUST FIRST REACT AGAINST  
OUR TENDENCY TO FOLLOW  
THE LINE OF LEAST RESISTANCE,  
WHICH CAUSES US TO REMAIN AS  
WE ARE, OR TO LOOK PRIMARILY  
TO ACTIVITIES EXTERNAL TO  
OURSELVES FOR WHAT WILL  
PROVIDE NEW IMPETUS TO  
OUR LIVES. PIERRE TEILHARD DE CHARDIN

22

TWO ELDERLY MEN shared a room at a nursing home in a large northeastern city. The one near the window was suffering from a weakened heart, having had a series of attacks. The other man had fallen and broken his hip. Both were confined to bed, unable to get up and walk around to relieve the tedium and monotony of their situations.

Every now and then, when both were

According to one story, when God created the world and gloried in its goodness, Satan shared his rapture—in his own way, of course, for as he contemplated marvel after marvel, he kept exclaiming, "How good it is! Let's organize it!"

*"And take all the fun out of it!"*

*Have you ever attempted to organize something like peace? The moment you do, you have power conflicts and group wars within the organization. The only way to have peace is to let it grow wild.*

**I ACTUALLY  
EMBRACE THE  
IDEA OF BEING  
HAPPY NOW.  
I'VE HAD MY  
SHARE OF  
PAIN, BUT I'VE  
GOTTA SAY, IT'S  
SCULPTED ME  
INTO THE PER-  
SON I AM NOW.**

—Annie Lennox

SMILE costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give....

# 'THIS IS A FACT- PEOPLE PREFER TO DANCE THAN TO FIGHT WARS.'

•Resolve to keep happy, and your joy and you shall form an invincible host against difficulty. Happiness cannot come from without. It must come from within.

—Helen Keller

## Remember to Be a Joyful Child of God

*Pain is unavoidable, happiness  
is fickle—but joy is a choice.*

Happiness? That's nothing more than health and a poor memory.

—Albert Schweitzer

It is the chiefest point of happiness that a man is willing to be what he is.

—Desiderius Erasmus (1465–1536)

## Send in the Clowns

Laughter is a tranquilizer with no side effects.

No man is a failure who is enjoying life.

—William Feather

Those who bring sunshine to the lives of others  
cannot keep it from themselves.

SIR JAMES BARRIE

After all, life is to enjoy.

You really can  
die laughing

... Exhilaration is that feeling you get just after a great idea hits you, and before you realize what's wrong with it.

Laughter is a tranquilizer with no side effects.

—Arnold Glasow

Life does not cease to be funny when people die, any more than it ceases to be serious when people laugh.

—George Bernard Shaw

*If you don't care where you are, you  
ain't lost.*

*Real joy comes not from ease or riches or from  
the praise of men, but from doing something  
worthwhile.*

SIR WILFRED GRENFELL

Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple—yet so hard for the human mind to comprehend.

•It is not in doing what you like, but in liking what you do that is the secret of happiness.

—James Barrie

No man is a failure who is enjoying life.

—William Feather

The test of Christian character should be that a man is a joy-bearing agent to the world.

—Henry Ward Beecher (1813–1887)

•We are at our best when we add enthusiasm to whatever we honestly believe in.

"Most people are about as happy as they make up their minds to be."

A. Lincoln

JOY IS A CHOICE

Pain is inevitable,  
but misery is optional.

We cannot avoid pain,  
but we can avoid joy.

# Joy knows no handicap

**SMILE** W.C. Fields said: "Smile first thing in the morning and get it over with."

**Humor is an affirmation of dignity, a declaration of man's superiority to all that befalls him.**

ROMAIN GARY

*The three grand essentials of happiness are: something to do, someone to love, and something to hope for.*

ALEXANDER CHALMERS

## What A Smile Creates

It costs nothing, but creates much.  
It enriches those who receive it  
Without impoverishing those who give it.  
It happens in a flash, and the memory of it sometimes lasts forever.  
None are so rich that they can get along without it,  
And none so poor but are richer for its benefits.  
It fosters good will in a business,  
It creates happiness in the home,  
And is the countersign of friends.

It is rest to the weary,  
Daylight to the discouraged,  
Sunshine to the sad,  
And nature's best antidote for trouble.  
—Henry H. Evansen

SOME years ago a congressman in Washington, D.C. had a habit of dropping a coin in the street every day on his way to work. When asked why he did it, he would smile and reply, "Oh, someone is sure to find it and be happy the rest of the day."

*'Nothing is more beautiful than cheerfulness in an old face.*

So much of our sadness comes from unanswered questions. Only when we develop confidence in the Lord and his willingness to protect and care for us can we know the day-in-day-out happiness that makes life a joy.

ONCE at a particularly dull academic meeting a fellow guest said sympathetically to Thomas Edison, "I am afraid you are terribly bored, Mr. Edison."

"Oh no," replied Edison, pleasantly. "On occasions like this I retire to the back of my mind, and there I am happy."

Human nature is something that makes you swear at a pedestrian when you are driving and at the driver when you are a pedestrian.

OREN ARNOLD

## Life Is a Cabaret

By nothing do men show their character more than by the things they LAUGH at.

Johann Wolfgang Goethe

*"If you can't make it better, you can laugh at it"*

"SURE, THE END OF THE WORLD WILL PROBABLY COME IN OUR LIFETIME, BUT I THINK WE SHOULD KEEP OUR SENSE OF HUMOR ABOUT IT."



## Laughter is good for you

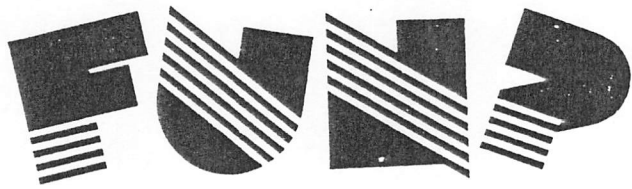
It's official! Experts agree that laughter, indeed, is the best medicine, says the author of a new book.

Liz Hodgkinson, British medical writer and author of *Smile Therapy*, says laughing gets more oxygen into the lungs, deepens breathing and improves circulation.

She cites French expert Dr. Pierra Vachet who says laughter expands blood vessels sending more blood to a person's hands and feet. He also believes laughter can speed healing of tissue.

The French expert also said people who laugh a lot are less prone to stomach ulcers.

# Can You Be a Christian and Still Have



Ulcers aren't the result of what you eat. You  
get ulcers from what's eating you.

HAPPINESS is like a butterfly. The more  
you chase it, the more it will elude you.  
But if you turn your attention to other  
things, it comes and softly sits on your  
shoulder.

## You Can Choose Joy

Seek Joy, Not Sorrow in Everyday Life

# Don't let the picnic wait.

*Laughter is  
Always a Religious  
Experience Because  
It causes expansion  
of the Heart  
Jesus the Cosmic  
Heart*

I OVERFLOW WITH JOY AND GLADNESS, FOR I  
HAVE A FOUNTAINHEAD OF JOY WITHIN.

Joy

Some persons seem to overflow with joy and gladness all the time, even in times of meeting and overcoming challenges. What is their secret? They put God first every day of their lives by turning to God in prayer and meditation. In so doing, they have found the fountainhead of all joy within. They meet their challenges with wisdom and courage and let joy quietly rise from within to overflowing.

Let us also turn within and receive from God. As we seek God first, the result will be an overflow of joy and gladness. In tapping a limitless wellspring of joy and gladness, we are given strength and courage that carry us through all experiences.

Today, we put God first. Then we relax in the flow of joy and gladness. As we let our joy overflow, we are an uplifting influence wherever we are.

*But may all who seek thee  
rejoice and be glad in thee.*

—Psalms 40:16

In the end, everything is a gag.

—Charlie Chaplin

### MAN UNBOUND

To play is to yield oneself  
to a kind of magic ...  
to give the lie  
to the inconvenient world of fact.

In play, earthly realities  
become, of a sudden,  
things of transient moment ...  
the mind is prepared  
to accept the unimagined and incredible,  
to enter a world where different laws apply,  
to be relieved of all the weights  
that bear it down,  
to be free, kingly, unfettered and divine.

Hugo Rahner  
*Man At Play*

In the light of this description of play  
it becomes clear  
that in several ways play and prayer  
are strikingly similar.

Both are acts of disciplined fantasy.  
In both we "yield to a kind of magic".  
Neither prayer nor play  
is limited or circumscribed by the  
"inconvenient world of fact".  
Both go beyond it.

Harvey Cox  
*A Feast of Fools*

All people smile in the same language.

# Now Is the Time to Spread Good News

**HAPPINESS** Helen Keller was deaf and blind from an incurable childhood disease. Anne Sullivan taught her to read through her senses of touch, smell, and taste. At the end of her autobiography Helen Keller says:

Fate -- silent, pitiless -- bars the way. Fain would I question his imperious decree; for my heart is undisciplined and passionate, but my tongue will not utter the bitter, futile words that rise to my lips, and they fall back into my heart like unshed tears. Silence sits immense upon my soul. Then comes hope with a smile and whispers, "There is joy in self-forgetfulness." So I try to make the light in other people's eyes my sun, the music in others' ears my symphony, the smile on others' lips my happiness.

Christian Communications Laboratory

*Laughter is the shortest  
distance between two people.*  
—Victor Borge

Don't complain. It's not a bad headache until you have to look in your hand to see if your eyeballs have fallen out.

**“Everybody likes a  
kidder, but nobody  
lends him money.”**

Arthur Miller (1915-)

Man is the only animal that laughs and weeps, for he is the only animal that is struck with the difference between what things are and what they ought to be.  
W. Haglitt

## Just for Laughs

LAUGHING 100 TIMES a day is as good for your heart as a 10-minute workout on a rowing machine, says Dr. William Fry, a psychiatrist at Stanford U. Why is letting your funny bone get the best of you so beneficial? Because laughter starts the production of certain hormones that increase blood flow and heart rate, which in turn burns calories.

—Seventeen magazine

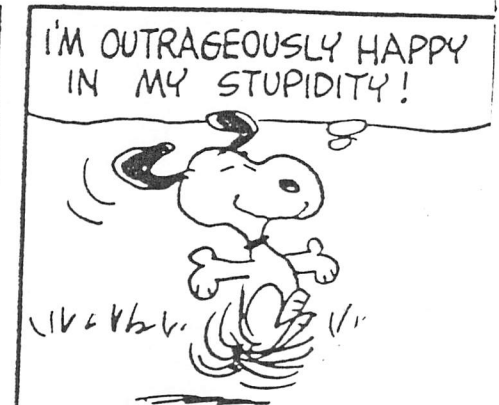
NOW IS THE TIME  
FOR ALL  
GOOD PARTIES  
TO COME TO  
THE AID OF MAN.

Whatever one does,  
Focus be fully absorbed...  
Enjoyment follows.

"SMILE"

If I could reach up  
and hold a star  
for each time  
you've made me smile,  
and entire evening's sky  
would be in  
the palm of my hand.

SOMETIMES I THINK  
"THE GOOD OLD DAYS"  
MUST HAVE BEEN  
BEFORE MY TIME..

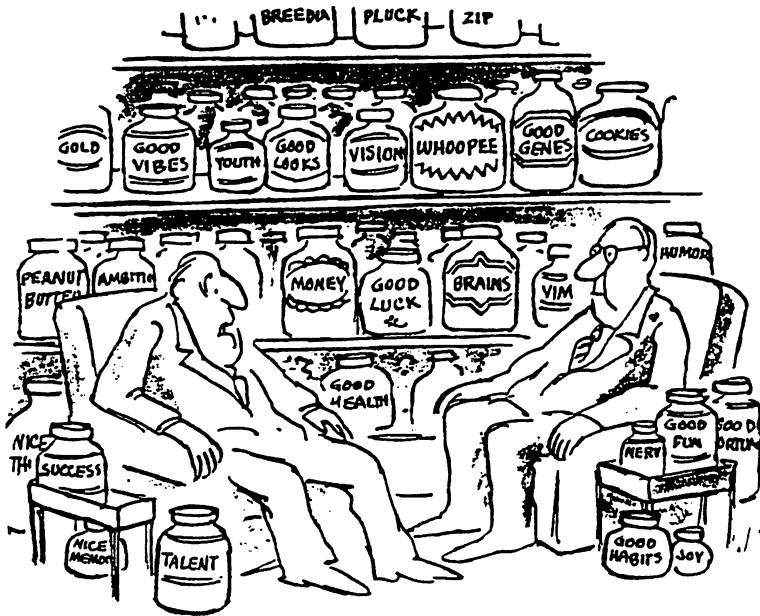




Unhappiness is the ultimate form of self-indulgence.  
—Tom Robbins, *Jitterbug Perfume* (Bantam)

Humour is just another defence against the universe.

Mel Brooks



H. M. Brooks

"I have everything but happiness."

## Rejoice!

When some dear friend drives off a bridge,  
Rejoice should he survive!  
And when that friend is beaten up,  
Rejoice if he's alive!  
And should that friend get deathly ill,  
Rejoice if he pulls through!  
But by and large and most of all,  
Rejoice it wasn't you!

“One is never as unhappy as one thinks, nor as happy as one hopes.”

“Angels can fly because they take themselves lightly.”

G.K. Chesterton (1874–1936)

“In the depth of winter, I finally learned that within me there lay an invincible summer.”

Albert Camus (1913–1960)

I RELAX.

Relax

Wherever I am, whatever I am doing, I can pause a moment and silently affirm: *I now release all tense or anxious thoughts.* When I still my mind and make relaxation a daily practice, I am doing myself a favor.

I relax my body and release any tenseness that would impede the free flow of God's healing life through me. I expect and accept healing.

I relax and release all that would keep me from hearing God's still small voice. I listen for and receive my clear guidance.

I relax and release all that would keep me from feeling God's warm love enfolding me securely.

I am now completely relaxed. I let my thoughts rest in God. My mind is filled to overflowing with thoughts of divine goodness, healing life, beauty, joy, and peace.

I consistently practice stilling my mind and relaxing my body. I release negative thoughts and contemplate the goodness of God.

“Hear, and know it for your good.”—Job 5:27

**REMEMBER, “WHEN YOU LOOK BETTER YOU FEEL BETTER!”**

During the day I often thought about a passage in Zen and the Art of Motorcycle Maintenance (Wm Morrow, NY, 1974, pp 211-12) where Pirsig makes a distinction between ego climbing and selfless climbing. It seems a very important passage for me, worthwhile quoting here. Trying to explain why his seven-year-old son, Chris, is not enjoying a camping trip to the ridge of a canyon, Pirsig writes: "To the untrained eye ego-climbing and selfless climbing may appear identical. Both kinds of climbers place one foot in front of the other. Both breathe in and out at the same rate. Both stop when tired. Both go forward when rested. But what a difference! The ego-climber is like an instrument that's out of adjustment. He puts his foot down an instant too soon or too late. He's likely to miss a beautiful passage of sunlight through the trees. He goes on when the sloppiness of his step shows he's tired. He rests at odd times. He looks up the trail trying to see what's ahead even when he knows what's ahead because he just looked a second before. He goes too fast or too slow for conditions and when he talks his talk is forever about somewhere else, something else. He's here but he's not here. He rejects the here, is unhappy with it, wants to be further up the trail but when he gets there will be just as unhappy because then it will be here. What he is looking for, what he wants, is all around him, but he doesn't want that because it is all around him. Every step's an effort both physically and spiritually because he imagines his goal to be external and distant.

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All people smile in the same language.

“Angels can fly  
because they take  
themselves lightly.”

**K. Chesterton (1874-1936)**



**Humor**



Like to crack jokes? You may be a very important person according to many psychologists. Good humor, not putdowns, can help everyone by:

- enhancing our health
- lightening our hearts
- easing tension
- mending broken spirits
- freeing others to get on with their goals in life

Use more humor, then, for it may well be your way to spread the good news of Jesus. Our God is, after all, a happy God.

THE CRITIC British columnist Bernard Levin, commenting on the taste of two music critics: "If this pair had been present at the miracle of the loaves and fishes, one of them would have complained that there was no lemon to go with the fish, and the other would have demanded more butter for the bread."

From Readers Digest, David Fingleton

**Where Is Happiness?**

Not in Unbelief—Voltaire was an infidel of the most pronounced type. He wrote: "I wish I had never been born."

Not in Pleasure—Lord Byron lived a life of pleasure if anyone did. He wrote: "The worm, the canker, and grief are mine alone."

Not in Money—Jay Gould, the American millionaire, had plenty of that. When dying, he said: "I suppose I am the most miserable man on earth."

Not in Position and Fame—Lord Beaconsfield enjoyed more than his share of both. He wrote: "Youth is a mistake; manhood a struggle; old age a regret."

Not in Military Glory—Alexander the Great conquered the known world in his day. Having done so, he wept in his tent, because he said, "There are no more worlds to conquer."

Where then is happiness found?—the answer is simple, in Christ alone."

*“We should consider every day lost on which we have not danced at least once.”*

*Friedrich Nietzsche  
(1844-1900)  
Thus Spoke Zarathustra*

There has to be contrast;  
no one can be festive all the time.  
Without the winter,  
who could appreciate the spring;  
without the cold bleakness of January ...  
April would not be noticed.  
Without 364 non-birthdays,  
the one birthday would lose all its glitter ...

Wonder drives us back into time  
even as it happens now;  
wonder makes us aware of how things are  
and how things have been  
if we merely open our eyes.  
Festivity also happens now with an emphasis  
on the present and without worry ...  
of yesterday and tomorrow.  
Without some future orientation, however,  
wonder brings no lasting effect;  
without a future, festivity is running away.  
What ushers in the future is fantasy:  
how things might be ...

HAPPINESS Helen Keller was deaf and blind from an incurable childhood disease. Anne Sullivan taught her to read through her senses of touch, smell, and taste. At the end of her autobiography Helen Keller says:

Fate -- silent, pitiless -- bars the way. Fain would I question his imperious decree; for my heart is undisciplined and passionate, but my tongue will not utter the bitter, futile words that rise to my lips, and they fall back into my heart like unshed tears. Silence sits immense upon my soul. Then comes hope with a smile and whispers, "There is joy in self-forgetfulness." So I try to make the light in other people's eyes my sun, the music in others' ears my symphony, the smile on others' lips my happiness.

Christian Communications Laboratory

A visitor to Dr. Schweitzer's hospital in Africa noticed that there were no thermometers anywhere. He asked the doctor why. "We don't dare use them," was the reply. "If we knew how hot it really was, we wouldn't be able to stand it."

**'LET'S GO NUTS;  
LET'S ENJOY  
OURSELVES'**

A SMILE A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it, sometimes lasts forever. None is so rich or mighty that they can get along without it, and none is so poor but that they can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as the one who has no more to give.



**THINKING LIKE A KING** One day Tauler met a beggar. "God give you a good day, my friend," he said. The beggar answered, "I thank God I never had a bad one." Then Tauler said, "God give you a happy life, my friend."

"I thank God," said the beggar, "I am never unhappy." Tauler in amazement said, "What do you mean?"

"Well," said the beggar, "when it is fine, I thank God; when it rains, I thank God; when I have plenty, I thank God; when I am hungry, I thank God; and since God's will is my will, and whatever pleases him pleases me, why should I say I am unhappy when I am not?" Tauler looked at the man in astonishment. "Who are you?" he asked. "I am a king," said the beggar. "Where then is your kingdom?" asked Tauler. And the beggar answered quietly, "In my heart."

Existence is a strange bargain. Life owes us little; we owe it everything. The only true happiness comes from squandering ourselves for a purpose.

*William Cowper*

If thou workest at that which is before thee, following right reason seriously, vigorously, calmly, without allowing anything else to distract thee, but keeping thy divine part pure, as if thou shouldst be bound to give it back immediately; if thou holdest to this, expecting nothing, fearing nothing, but satisfied with thy present activity according to Nature, and with heroic truth in every word and sound which thou utterest, thou wilt live happy. And there is no man who is able to prevent this.

*Marcus Aurelius*

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.

*Charles Kingsley*

One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

*Albert Schweitzer*

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

*Epictetus*

The secret of happiness is not in doing what one likes, but in liking what one has to do.

*James M. Barrie*



## CELEBRATION

Life is full of surprises:  
wonder at life is an experience  
of one's total person and  
calls for celebration ...

Celebration involves  
wonder  
as insight into life,  
festivity  
as the affirmation of this insight, and  
fantasy  
of how life might be because of this insight.

The sensational  
can easily generate wonder;  
the commonplace can do likewise.  
A sparrow can cause as much wonder  
as the scarlet tanager;

THE JOY OF THE LORD IS MY STRENGTH, MY HEALTH, MY HAPPINESS, MY ALL-SUFFICIENCY IN ALL THINGS.

Joy of the Lord

I am optimistic, joyful, enthusiastic, and confident.

Nothing can disturb my inner peace or cloud my natural joy.

The joy of the Lord is my strength, sustaining and blessing me, flowing forth to uplift me in spirit, replenish me with strength, and heal me in mind and body. Joy lightens every load.

My joy is constant because it flows from within. I rejoice in the gladness that fills me, for my joy is divine in nature. No person or circumstance can adversely affect the spirit of joy within me. This day and every day I experience and express the joy of the Lord.

The joy of the Lord is my strength, my health, my happiness, my all-sufficiency in all things. Joy radiating within me blesses me. Joy radiating through me blesses every person whose life touches mine.

"These things I have spoken to you, that my joy may be in you, and that your joy may be full."—John 15:11

ordinary walking, as much as ...  
walking on the moon.

In every case, there is the insight into life  
which is far more than an intellectual appreciation  
Wonder is the most basic ingredient of  
celebration ...

Harvey Cox ...  
speaks of three elements of festivity:  
excess, affirmation of life, and juxtaposition.  
People go too far in festive moods ...  
and feel it the next morning.

Festivity always allows a short vacation  
from the ... conventional and stuffy.  
Without some infraction of  
the more structured formulas of daily life,  
festivity would not be festivity.  
Excess, going beyond the limits of daily life,  
always characterizes festivity ...

## HAPPINESS

Happiness is like a butterfly.  
The more you chase it,  
the more it will elude you.  
But if you turn your attention  
to other things,  
It comes and softly sits upon  
your shoulder.

-I. Richard Lessor

# Are We Having Fun Yet?

... The only thing wrong about getting an unexpected compliment is the nagging suspicion that they have not said quite enough.

HAPPINESS Helen Keller was deaf and blind from an incurable childhood disease. Anne Sullivan taught her to read through her senses of touch, smell, and taste. At the end of her autobiography Helen Keller says:

Fate — silent, pitiless — bars the way. Fain would I question his imperious decree; for my heart is undisciplined and passionate, but my tongue will not utter the bitter, futile words that rise to my lips, and they fall back into my heart like unshed tears. Silence sits immense upon my soul. Then comes hope with a smile and whispers, "There is joy in self-forgetfulness." So I try to make the light in other people's eyes my sun, the music in others' ears my symphony, the smile on others' lips my happiness.

•Pride is the most peculiar disease known to the human family; it makes everyone sick except the person who has it.

• Every package from hell comes disguised as ecstasy.

*Leave people your inheritance  
while you're living - This  
way you can enjoy it with  
them*

*No man can live happily who regards himself  
alone, who turns everything to his own ad-  
vantage. You must live for others, if you wish  
to live for yourself.*

SENECA

WHEN ASKED the secret of her joy and serenity, a grand, elderly woman replied, "I make the most of what comes and the least of what goes." Hers was another way of expressing what songwriter Johnny Mercer said in his lyric: "accentuate the positive, eliminate the negative".

Make the most of your blessings, your assets, and your joyful moments; make the least of your handicaps, your liabilities, and your times of sadness.

Laughter is much more important than applause. Applause is almost a duty. Laughter is a reward.

CAROL CHANNING

When I use the talents  
God gave me  
I can feel his pleasure

THE CRITIC British columnist Bernard Levin, commenting on the taste of two music critics: "If this pair had been present at the miracle of the loaves and fishes, one of them would have complained that there was no lemon to go with the fish, and the other would have demanded more butter for the bread."

I AM ENTHUSIASTIC ABOUT LIFE. I COOPERATE  
IN CHEERFUL READINESS AND I AM  
ABUNDANTLY BLESSED.

### Enthusiasm

Do we start the day filled with enthusiasm for life? Or does it take our minds and bodies a certain amount of time to respond in willingness to what lies before us?

We all probably know people who are consistently enthusiastic about life. For some the enthusiasm and gladness of another can seem out of place at times in the home or workplace. Humming or singing a merry tune can be met with irritation. However, the enthusiasm of another is catching, for the agreeableness and eagerness expressed by one person can stir up like qualities within others.

Today let us be enthusiastic about life. Along with enthusiasm there come wonderful qualities such as cooperation, receptivity, and cheerful readiness that reward us richly. As we give enthusiasm to life, life itself responds in positive, uplifting ways that bless us.

*A glad heart makes a cheerful countenance.*—Prov. 15:13

“We’ve forgotten  
the playfulness  
of nature.”

**“Don’t  
Worry  
Be  
Happy!”**

**These are the  
good old days!**

## Grin and Bear It or Run

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

*Helen Keller*

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.

*Helen Keller*

“You grow up the day you  
have the first real laugh—  
at yourself.”

**Ethel Barrymore** (1879–1959)

Love, and do what you like.

*St. Augustine*

Matt 5:2-11 } Beatitudes  
Luke 6:20-23 }  
Luke 11:27-28 - True Happiness  
Luke 6:38  
James 1:2-3  
Phillipians 4:4 - Joy from union w/ God

Knowledge of what is possible is the beginning of happiness.

*George Santayana*

Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple—yet so hard for the human mind to comprehend.