

# Joy

## Chalice Lighting

Deep calls unto deep, joy calls unto joy,  
Deep calls unto deep, joy calls unto joy,  
Light calls unto light.  
Let the kindling of this flame rekindle in us the inner  
light of love, of peace, of hope.  
And "as one flame lights another, nor grows the less,"  
We pledge ourselves to be bearers of the light,  
Wherever we are.                   –George B. McKennan

## Sharing of Joys and Sorrows

**Silence, holding ourselves and each other in silent support.**

## Shared Readings:

If I keep a green bough in my heart, the singing bird will come.                   –Chinese Proverb

Joy is not in things; it is in us.           –Richard Wagner

A great obstacle to happiness is the expectation of too great a happiness.           –Fontenelle

The greatest happiness in life is the conviction that we are loved—loved for ourselves, or rather, loved in spite of ourselves.           –Victor Hugo

One joy shatters a hundred griefs.           –Chinese Proverb

If we are not happy and joyous at this season, for what other season shall we wait and for what other time shall we look?                   –Abdul-Baha

In times of joy, all of us wished we possessed a tail we could wag                   –W. H. Auden

## Deep Sharing/Deep Listening

**Round I** Make a list of sources of joy in your life to read to the group.

**Round II** Using the homework as a guide, share your personal experience and understanding of joy in your life.

**Round III** In this session, what did you discover about yourself and joy?

## Closing Words

And now we take our leave.  
Before we gather here again,  
May each of us bring happiness into another's life...  
  –Barbara Cheatham

## Song "Go Now in Peace"

## Group Business

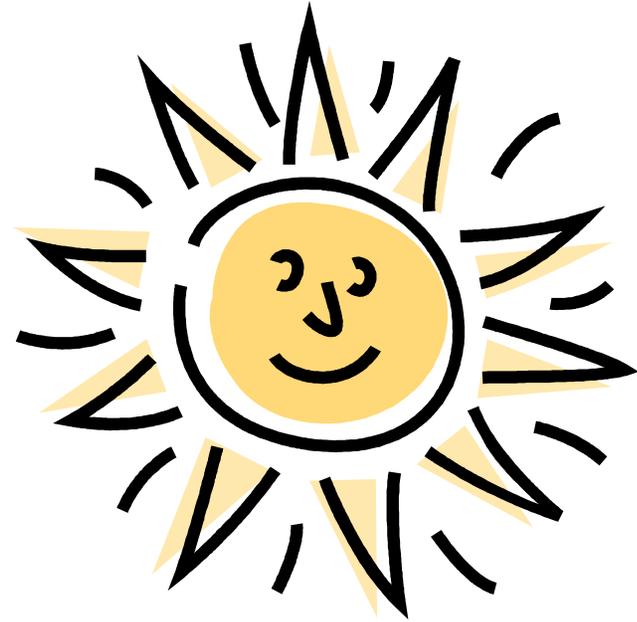
## Covenant Groups

### JOY

#### The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to honor the group by letting the leader know if I will be absent.
- to avoid cross talk, giving feedback or trying to fix anyone
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to not gossip about what is shared in the group, and not tell other people's stories.
- to listen to what others share with an open heart, and to share deeply in my turn.



## Leader's Notes for Joy

This session focuses on exploring joy in our lives. Look at Round I, bring paper if you want participants to write there, or use the bulletin cover.

### **Chalice Lighting:** (2 min)

Ask someone to do the chalice lighting.

### **Sharing of Joys and Concerns:** (10 min)

### **Silence:** (3 min)

Give your group the gift of three minutes of silence.

### **Shared Readings:** (5 min)

### **Deep Sharing/Deep Listening:**

#### **Round I** (10 min)

Make a list of sources of joy in your life to read to the group. Use the front of the bulletin or a sheet of paper.

#### **Round II** (40 min)

Using the homework as a guide, share your personal experience and understanding of joy in your life.

#### **Round III** (10 min)

In this session, what did you discover about yourself and joy?

### **Closing Words:** (2 min)

And now we take our leave.  
Before we gather here again,  
May each of us bring happiness into another's life...

- Barbara Cheatham

### **Sing:** Go Now in Peace (1min)

### **Group Business:** (2min)

Pass out Q and Q (homework) for next time.

## JOY

And Joy is Everywhere;  
It is in the Earth's green covering of grass;  
In the blue serenity of the Sky;  
In the reckless exuberance of Spring;  
In the severe abstinence of gray Winter;  
In the Living flesh that animates our bodily frame;  
In the perfect poise of the Human figure, noble and upright;  
In Living;  
In the exercise of all our powers;  
In the acquisition of Knowledge;  
In fighting evils...  
Joy is there, Everywhere.

—Rabindranath Tagore

All of us have had the experience of a sudden joy that came when nothing in the world had forewarned us of its coming—a joy so thrilling that if it was born of misery we remembered even the misery with tenderness.

—*Antoine de Saint-Exupery*

Happiness is as a butterfly which, when pursued, is always beyond our grasp, but which if you will sit quietly, may alight upon you.

—*Nathaniel Hawthorne*

Did you know...that when you walk past a flower, whether it be in somebody's garden or on a vacant hillside, the flower will always smile at you. The most polite way to respond, I've been told, is to cheerfully return the smile.

—*Ron Atchison*

I am more and more convinced that our happiness or unhappiness depends more on the way we meet the events of life than on the nature of those events themselves.

—*Alexander Humboldt*

Happiness often sneaks in through a door you didn't know you left open.

—*John Barrymore*

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

—*Abraham Lincoln*

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

—*Thich Nhat Hanh*

He who has not looked on Sorrow will never see Joy.

—*Kahlil Gibran*

I feel like a tiny bird with a big song!

–*Jerry Van Amerongen*

Joy is not in things; it is in us.

–*Richard Wagner*

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

–*The Dalai Lama*

Beauty is whatever gives joy.

–*Edna St. Vincent Millay*

### **HOMEWORK**

1. Sit in silence in a quiet place. Close your eyes. Remember a time when you felt pure, sweet joy. Savor the moment. Remember all the details. Where were you? Were you alone or with someone? What were you wearing? Was the air warm or cool? Was it day or evening? Were you much younger than you are today or was the joyful experience a recent one?
2. How would you describe the instance you just remembered? How did it feel? What caused your joy to come about?
3. Is it in our power to create joy or does joy just happen? Why?
4. Some say that to be open to joy also means that you must be open to grief or pain. Why might this be so? Have you experienced this?
5. Is joy for you a solitary or communal experience?