

# Bulletin for Joy

## Business

### 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 Concerns

### Silence

### 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*

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.—*Marcel Proust*

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**

Share deeply from readings and questions in the preparation material. Tell stories and personal experiences of joy in your life.

### **Round III**

As time allows share additional thoughts or reflect on what others have shared.

## **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**

### **The Covenant**

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to let the leader know if I will be absent or need to quit.
- 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 do the reading and thinking about the topic ahead of time.
- to not gossip about what is shared in the group, and tell only my own story to others.
- to honor the safety of the group by listening to what others share with an open heart.
- to refrain from cross-talk, judging, or giving advice.
- to share as deeply as I can when it is my turn.

# **Leader's Notes for Joy**

## **Business**

## **Chalice Lighting**

**Sharing of Joys and Concerns** (about 2 min. per person)

**Silence** (3 min.)

## **Shared Reading**

**Deep Sharing/Deep Listening** During your rounds of deep sharing/deep listening, pay close attention to the time allotted each person to ensure all get to share at least once.

**Round I** (about 2 min. per person)

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

**Round II** (about 5 min. per person)

Share deeply from readings and questions in the preparation material. Tell stories and personal experiences of joy in your life.

**Round III** (about 2 min. per person)

As time allows share additional thoughts or reflect on what others have shared.

## **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**

## Preparation for 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-Exupéry*

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 seems more closely related to aliveness than to happiness.—*Rachel Naomi Remen*

Joy is distinct not only from pleasure in general but even from aesthetic pleasure. It must have the stab, the pang, the inconsolable longing.—*C. S. Lewis*

Beauty is whatever gives joy.—*Edna St. Vincent Millay*

If you're happy and you know it, clap your hands ...—*attributed to Alfred B. Smith*

### **Questions to Ponder**

1. Who or what brings joy into your life?
2. 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?
3. How would you describe the instance you just remembered? How did it feel? What caused your joy to come about?
4. Is it in our power to create joy or does joy just happen? Why?
5. 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?
6. Is joy for you a solitary or communal experience?
7. Who is the happiest person you know or have known? What do you imagine is their secret?