

12/20/21

Have you ever watched a child jump in a puddle?

It is like watching PURE UNADULTERATED JOY!!!

When we were little, the simplest thing could send our spirits soaring. But as we grow older, too often our expectations change and it seems to take more and more to bring what passes for “happiness” ... a newer car, a better job, a bigger house, more money etc. etc. etc.

But happiness and joy are not the same. Happiness depends on external circumstances ... JOY comes from within one’s spirit! It is the feeling of deepest contentment, cultivated by extending oneself to others and allowing love to grow and grow within you until LOVE is who you are.



Back in 1513, Fra (monastic term meaning “brother” ) Giovanni wrote:

“There is nothing I can give you which you have not,  
but there is much that you can take...

No Heaven can come to us unless our hearts find rest in it today.

TAKE HEAVEN

No peace lies in the future high is not hidden in this present instant.

TAKE PEACE

The gloom of the world is but a shadow, behind it – yet within our reach –  
is joy. TAKE JOY!!



This Sunday we celebrate the third Sunday of Advent – JOY Sunday! The text of the anthem, VENI EMMANUEL, ([click here to listen](#)) invites Jesus to live within our hearts. What surer way to JOY is there than that?

