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"Seeking Joy" (from your Community Wellness Co-Ordinator)

"When anxiety was great within me, your consolation brought me joy."

Psalm 94:19 New International Version

These post-Easter days were certainly anxious days for the early disciples.

Locking themselves away in an upper room, they struggled to cope with the loss of their beloved leader, hiding out from the threat of the authorities who murdered him, trying to understand the mystery and meaning of his resurrection while facing an uncertain future.

We too face our own anxious days; wondering, worrying, waiting. Secluded away in our own form of 'upper room' as we watch events unfold beyond our doors, beyond our control, uncertain of our own futures.

In times such as these, it may seem difficult to fathom, or even to remember, the simple feeling of joy. Fear and anxiety have a way of suppressing and preventing joy from bubbling to the surface.

But in times such as these, the need for joy looms even greater!

The Good News, is that joy endures, waiting to be found.

We may need to look a little harder, as it may be less obvious, less grand. We may be surprised to discover joy in unexpected places – as we do unexpected things during these unexpected times. But I invite you to keep your eyes open for glimpses of joy throughout your day. And to treasure them. Share them with others as you connect by email or phone. Tell someone else what put a smile on your face today, and maybe it will put a smile on theirs too.

And if you're *really* in need of a joy fix, a group of Calgary students in a Recreational Leadership Program have set up a wonderfully creative initiative to spread joy! Through a website and joy hotline (1-877-JOY-4ALL) they are sharing jokes, stories, poems and acts of kindness in recorded messages that are updated daily. Aimed at socially isolated seniors, but appealing to stir-crazy folks undergoing isolation all across North America, the students' young voices bring cheer and put smiles on faces while offering listeners a sense of connection and belonging. Hearing about this simple project created by isolated students wanting to reach out and touch lives, sure brought a smile to my face!

Check it out at: joy4all.ca or by calling: 1-877-569-4255. Maybe even put it on speed dial! But most certainly, please share the number with those you know without computers. It's a free, low-tech way to engage, encourage and entertain those who need a healthy daily dose of joy!

Grace to you, and peace,

Elise huronshoreswellness@gmail.com

*"Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life."*