

Anonymous Joy

Supplies:

- a bowl or basket
- a bag of individually wrapped small candies
- white paper cut into small squares
- colored markers

Cut sheets of regular typing or computer paper into squares. If you cut the paper straight down the center and then into thirds, one sheet will make six pieces. Read the statements listed below and come up with as many positive, uplifting statements you can think of. Feel your way through it and let the momentum of joy carry you. Using bright multicolored markers, write these words and others you have come up with on the strips of paper.

- Find grace today.
- Listen to the wind.
- Feel the sun on your face.
- I appreciate you.
- You're a good friend.
- May you know joy.
- Breathe.
- Be at peace.
- Let the love flow.
- Be mindful.

Wrap the papers around the candies, and twist the ends. Fill the bowl or basket, and take it to work or church or wherever you can share it with others.

We are not human beings having a spiritual experience; we are spiritual beings having a human experience.

—Pierre Teilhard de Chardin, *The Human Phenomenon*, 1955.

If we truly are, as de Chardin calls us, “spiritual beings,” what does that say about our connection with God in every aspect of our lives? How does that awareness change our sense of ourselves, our sense of mission or calling? How does it help us become aware of and cultivate beauty in our contexts?



