

Joy

Finding Joy

Most people, when asked what they want from life, answer, “I just want to be happy.” This reflects a common belief that happiness is an achievable, lasting state. We imagine a future where happiness is finally within reach, but it always seems to slip away. In high school, we think, “I’ll be happy once I graduate,” but graduation feels unfulfilling. Next, we set our sights on college, the right job, marriage, children, or retirement, but happiness remains elusive. This is because lasting happiness is impossible—life constantly changes as the Wheel of Life turns.

Instead of chasing happiness, we should seek joy. While happiness is fleeting and self-focused, joy is deeper and connects us to something greater than ourselves. Joy moves us beyond self-centered desires, linking us to others and to a creative power beyond the ego. Unlike happiness, joy can sustain us through all phases of life, even amidst suffering. It exists near the center of the wheel, where happiness and suffering meet and intermingle. Finding joy requires a shift away from the endless pursuit of happiness, and this move demands faith. It isn’t something we possess before acting; it grows through action. This process doesn’t avoid suffering but engages with it, creating a foundation for both faith and joy.

What Did John Say?

“ We work with a deep awareness that giving unconditional love will beget more love in our life and the lives of those whom we serve, with faith that we might understand how our own good memories have informed who we are, and that by feeling the sorrow of others we can turn sad memories into joyful ones.”

John McGee believed unconditional love fosters more love, transforming lives. With faith, we reflect on how our good memories shape us and embrace others’ sorrows to help turn sadness into joy. Through compassion, we create meaningful connections, enriching our own journey and those we serve.

Q1

Carmel McConnell says, “Do more of what makes you happy.” What brings you happiness, even if it’s temporary?

What steps can you take to pursue lasting, life-giving joy? What changes might you need to make?

Q2

Q3

**How do you recognize happiness in those you serve?
How do you help them move from happiness to lasting joy through Gentle Teaching?**

Connecting to Our Purpose

Our ‘Central Purpose’ in the lives of others is to Nurture, Teach & Sustain the experiences of Connectedness, Companionship & Community

- We nurture deep, authentic connections, ensuring individuals feel seen, heard, and valued within a supportive community.
- We guide others in developing empathy, kindness, and mutual respect, cultivating a space where joy can grow from shared experiences.