

Weekly Meditation September 16, 2010
By Rev. Teri Lubbers

The Witness of Joy

Joy is the greatest cleanser, and it is the greatest testimony to our faith...A kind face is a precious gift. ~ St. Francis of Assisi, translation by Daniel Ladinsky in "Love Poems from God"

Joy comes in many flavors: delight, happiness, pleasure, bliss, ecstasy, elation, source of pleasure, wonder, and charm. I sometimes think of joy as a state of being happy for no apparent reason, I just am, just being. When I got married many years ago, my wedding music did not include "Here Comes the Bride." I chose instead "Joyful, Joyful, We Adore Thee" and people sang it as I came down the aisle. I love the line from that hymn that says: hearts unfold like flowers before Thee. Joy.

Joy as cleanser...my first thought was cleanser like Comet? That seemed a little rough. Then I thought, cleanser like how the air feels and smells after a good rain, like something heavy has been let go of and released, and all is refreshed and renewed. Or how you feel after a good cry, cathartic, emptied, free, and space has been created where joy may live again.

Joy as testimony...I don't care what you say you believe about life, love, God, the universe, if it doesn't make you smile with delight at times then maybe you might want to rethink what you believe. We are not called to be G.D. people of faith – that's grim and determined – our joy should be so apparent and irresistible that everyone wants some of what we have. Practice having a kind face. Practice all day with people you know and people you don't, with people you love being around and people who get under your skin and push all your buttons. Kindness and joy are connected, inextricably linked, inseparable.

Prayer: Creator, may this day bring opportunities to practice kindness and experience joy. Surprise me with joy in unexpected places today. Let laughter bubble up in me like fresh water from a spring. Amen.