



Daily Reflections

THE SECRET

By Julie Mussché

A Quote

"To find joy in another's joy, that is the secret of happiness."

GEORGE BERNANOS

Reflection

Several days following Christmas while washing dishes at the sink, I was delighted to see the neighborhood children playing with what I assumed to be newly acquired items. The young people belonged to two households across the street and ranged from about ages five to pre-teen. The neighborhood is situated on a cul-de-sac and offers some degree of protection from traffic. With parents keeping a watchful eye, the children played with abandon. The oldest practiced with in-line skates, her brother cut the asphalt deftly with a kick scooter. The youngest, two little girls, stutter stepped on roller skates, slowly moving awkwardly until they established a rhythm of movement, up and down

the block, joyful and fearless in the moment.

Looking back, can you recall a time from your childhood when you learned something new, like riding a bike, skating, using a skateboard or how to swim? As you focus in on that time, consider the fullness of the experience. One might describe such efforts as requiring the integration of mind, body, heart and spirit, almost like a contemplative practice. There is a certain freedom to just letting go into the movement. Certainly, as children, we would not have defined this level of awareness; we were just present to the moment and having fun. On the other hand, would you grant that there appears to be something sacred about such moments?



Silhouette photo of two people jumping
Photo by Jill Wellington

For Pondering

- When have you experienced happiness while witnessing the joy of others?
 - In addition to happiness, what are some other spiritual fruits of such moments? How does this deepen your relationship with the Divine?
 - In the remembering of your own experience, what are you thankful for?
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For Prayer

*God my Exceeding Joy,
thank you for the gift of awareness to your presence in my life.
In every moment, with each breath I take,
through my relationships and encounters with all people and living things,
you are there.
Grant that I may always find you and in all things.
Amen.*

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