



# Spiritual Practice Packet

June 2023

*Joy*



Sunset Beach by Jill Wellington, pixabay

## CONTENTS

Reflection

Spiritual Practices

Questions to Ponder

Inspiration

Unity Church-Unitarian, St. Paul, Minnesota

[Unityunitarian.org](http://Unityunitarian.org)

## ***The Many Flavors of Joy***

This month's theme is joy, and to the casual observer it may seem like a simple theme. But, when we dig a little deeper, questions arise. Is joy and happiness the same thing? When we explore the etymology of the word itself: "joy" is derived from the Latin *gaudere* or *Gaudium* meaning "to rejoice." It is related to delight, pleasure, jubilation, triumph, and exultation. Happiness is understood as an emotion — a state of being which arises from pleasurable experience. J.D. Salinger, the author of *Catcher in the Rye* once wrote: "...the most singular difference between happiness and joy is that happiness is a solid and joy a liquid." We can't fully know what Salinger meant by this, but there's a case to be made that it's the other way around — that happiness is liquid, flowing in and around us due to circumstances, but joy is solid. It is something we are innately born with. Joy is our birthright.

If joy is our birthright, then we have to ask: what prevents us from feeling joyful? Not feeling joyful is different than being depressed. Clinical depression makes it impossible to feel joy. It requires good medication, therapy and support to help restore the ability to feel joy. But that's not the only reason of course. For some, expressing joy has not been part of their family tradition or cultural practice. Some cultures frown upon excessive expressions of joy. Some remember their childhood as being joyless, because of dysfunction or unaddressed grief, thereby making it difficult for them to experience joy as an adult. And some feel that to be truly joyful is a denial of the very real sufferings of others. In the Buddhist magazine *Tricycle*, Dharma teacher James Baraz reflected on the relationship between serious and disciplined practice and joylessness. Because Buddhism's first Noble Truth is about the reality of suffering, Baraz believed that his suffering would help him become more compassionate. He writes:

*The smiling Buddha who had so lovingly inspired during my first years of practice had turned into a stern taskmaster. Practice became a serious endeavor... this focus on suffering actually had a numbing effect. Shutting down my vitality left me feeling rather disconnected from myself and others, and less able to respond compassionately to the suffering of those closest to me.*

Joy then, becomes not just one of many human emotions; it is intimately connected to our ability to respond to the struggles and injustice of the world within, among and beyond us. Baraz continues:

*Joy creates a spaciousness in the mind that allows us to hold the suffering we experience inside us and around us without becoming overwhelmed, without collapsing into helplessness or despair. It brings inspiration and vitality, dispelling confusion and fear while connecting us with life... [and] Joy has many different flavors. It might overflow from us in song or dance, or it might gently arise as a smile or a sense of inner fullness. Joy is not something we have to manufacture. It is already in us when we come into the world, as we can see in the natural delight and exuberance of a healthy baby. We need only release the layers of contraction and fear that keep us from it.*

Although joy is our birthright, it can be cultivated and strengthened through regular practice. One practice is to continue to understand the nature of impermanence. When we are not attached to who we think we are, life can move through us, playing us like an instrument from which joyful music can arise. When we live in this easy connection with life, we live in joy. Another practice is inclining the mind towards the wholesome. "... This doesn't mean disregarding suffering, it means not overlooking happiness and joy... In waking up, it's important to remember that in addition to the ten thousand sorrows there are also the ten thousand joys..."

There are indeed, ten thousand reasons to live in joy — and our task is to simply find them. Every day. Even when days are hard. Even if it isn't your joy that you experience, but another's. We close with these words from the Buddha:

*Live in joy, in love,  
even among those who hate.*

*Live in joy, in health,  
even among the afflicted.*

*Live in joy, in peace,  
even among the troubled.*

*Look within. Be still.  
Free from fear and attachment,  
know the sweet joy of the way.*

—The Buddha, from the  
*Dhammapada*,  
Thomas Byrom, translator

Joyfully yours,

Rev. Kathleen Rolenz writing for the Monthly Theme Team

# ***Spiritual Practices***

## ***Option A: Joyspotting***

Designer and author, Ingrid Fetell Lee, encourages everyone she can to intentionally look for joy every day. She adds life to this simple practice by calling it “Joyspotting.” In an [article](#) of hers, she explains the impact it’s had on her:

*“Whereas before I might not have looked twice at the orange traffic cones on the street, now I savored their pops of color against the gray sidewalk. Whereas before I might have ignored the man sitting next to me on the subway, now I noticed his polka dotted socks and smiled. The world seemed to be teeming with tiny, joyful surprises. All I had to do is look for them.”*

This way of engaging our days is echoed in Mary Oliver’s arresting poem, [Mindful](#), in which she writes,

*“Every day, I see or hear something  
that more or less kills me with delight,  
that leaves me like a needle  
in the haystack of light.  
It was what I was born for –  
to look, to listen,  
to lose myself inside this soft world –  
to instruct myself over and over in joy and acclamation.”*

So let’s try to do a bit of joyspotting of our own this month. And to make it more intentional, let’s add some picture taking to our efforts. Here are your instructions:

### **Capture at least one image of joy every day for a week!**

If you don’t have a phone with a camera, you could instead keep a notebook (a “joy journal”) with you and write down what the image is, describing it in enough detail that it will pull you back to the joy you experienced when you read it later.

Whatever mechanism you use, your goal is to “capture” a handful or two of things that, as Oliver says, “kills you with delight.”

**When the week is over**, take some time to reflect on the images you’ve captured. Is there a common thread? What do the images say about your experience of delight? Is color key? Surprise? Silliness? Beauty? People? Nature?

If you are participating in a group, come ready to “show your work” and share how noticing joy changed your days.

## **Option B: Smiling, an exercise**

Why should I smile when there is no joy in me?

The answer to that is: Smiling is a practice.

There are over three hundred muscles in your face. When you are angry or fearful, these muscles tense up. The tension in these muscles creates a feeling of hardness.

If you know how to breathe in and produce a smile, however, the tension will disappear – it is what I call “mouth yoga.”

Make smiling an exercise. Just breathe in and smile – the tension will disappear and you will feel much better.

*Thich Nhat Hanh*

## **Option C: Joy (Mudita) Meditation by Jack Kornfield**

*Excerpt from jackkornfield.com*

Let yourself think of someone you care about. Picture them, remember them, see them in your mind’s eye or hold them in your heart. Imagine their happiest moment as a child.

Then begin to wish them well:

*May you be joyful.*

*May you remember that child of spirit that was born in you.*

*May your joy increase.*

*May the causes for happiness and joy grow stronger in your life.*

Then imagine this person wishing the same for you.

<https://jackkornfield.com/joy-mudita-meditation/>

## ***Questions to Ponder***

Read through the questions below and notice which ones resonate with you. One or more of the questions might seem particularly compelling – or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of that paper with your phone. Or record it in your journal – and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it, and your response to it.

1. What is your physical response to experiencing joy? Do you feel it in a particular part of your body? Does it affect your overall well-being?
2. Does joy feel different than experiencing happiness? In what way?
3. Is joy an inner (personal) experience for you, or do you need a companion to feel joy?
4. Can you generate joy from within? Or does it only catch you unexpectedly, as a blessing, or a gift, or grace?
5. Is there a person or place that is frequently part of your joy? What is it about that person, that place, that is a catalyst for your joy?
6. Can the experience of joy be fulfilling when kept private and not shared with others?
7. In what ways can joy help in understanding oneself, others, and the world?
8. What is the connection between joy and a sense of wholeness in the world?
9. What does it mean to secure a practice that leads to the experience of joy?
10. Why is actively searching for joy necessary, and why might it be elusive if not sought after?
11. **What is your question?** Your question may not be listed above. As always, if the above questions don't name what life is asking of you now, spend the month listening to your heart to hear what your question is.

# *Inspiration*

## Recommended Resources for Personal Exploration & Reflection

These resources are not required reading. They may not be analyzed in our sermons, newsletter, Chalice Circles, Wellspring, or other programs. Instead, they are here to companion you on your journey this month, get your thinking started, and open you to new ways of thinking about joy. The hope is not that you will engage them all or even most of them; rather that the variety here will offer you at least several access points to the theme that invite you to consider it thoughtfully and with new insights.

### *Word Definitions*

#### *Joy*

*noun*

- 1 a - the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : DELIGHT  
b - the expression or exhibition of such emotion : GAIETY
- 2 a state of happiness or felicity : BLISS
- 3 a source or cause of delight

*intransitive verb*

to experience great pleasure or delight : REJOICE

*Merriam-Webster Dictionary*

#### *From The APA Dictionary of Psychology*

A feeling of extreme gladness, delight, or exultation of the spirit arising from a sense of well-being or satisfaction. The feeling of joy may take two forms: passive and active. **Passive joy** involves tranquility and a feeling of contentment with things as they are. **Active joy** involves a desire to share one's feelings with others. It is associated with more engagement of the environment than is passive joy. The distinction between passive and active joy may be related to the intensity of the emotion, with active joy representing the more intense form. Both forms of joy are associated with an increase in energy and feelings of confidence and self-esteem.

<https://dictionary.apa.org/joy>

### *Wise Words*

Joy of life seems to me to arise from a sense of being where one belongs, of being foursquare with the life we have chosen. All the disconnected people I know are trying sedulously to be something they are not, to do something they cannot do. Contentment, and indeed usefulness, comes as the infallible result of great acceptances, great humiliations—of not trying to make ourselves this or that to conform to some dramatized version of ourselves, but of surrendering ourselves to the fullness of life—of letting life flow through us.

~David Grayson



Europa Park, Pexels

Poetry is a deal of joy and pain and wonder, with a dash of the dictionary.

~Khalil Gibran

Who knows whether there is life on any other planet anywhere in the universe, but there is life on this planet. And what is life like? Think of not knowing what life is and then finding out: a book suddenly learning how to read; a rock jutting out into the sea suddenly knowing the thump and splatter of the waves, the taste of salt. You are alive. It needn't have been so. It wasn't so once, and it will not be so forever. But it is so now. And what is it like: to be alive in this maybe one place of all places anywhere where life is? Live a day of it and see. Take any day and be alive in it.

~Frederick Buechner

So here we are, explorers in a vast universe at the end of the first decade of the third millennium. We've peered back to the dawn of time to question the Big Bang. We have learned to take our baby steps into space. But the thing we desire most continues to elude us. The inner path of peace and its twin, the outer path of justice, are difficult to find in a world confronted with war, political and economic terrorism and injustice. To seek inner peace and use it publicly at this time in the search for outer peace is our greatest challenge.

~J.J. Hurtak

To be joyful in the universe is a brave and reckless act. The courage for joy springs not from the certainty of human experience, but the surprise. Our astonishment at being loved, our bold willingness to love in return – these wonders promise the possibility of joyfulness, no matter how often and how harshly love seems to be lost. Therefore, despite the world's sorrows, we give thanks for our loves, for our joys and for the continued courage to be happily surprised.

~Molly Fumia

Joy is the reward, really, of seeking to give joy to others. When you show compassion, when you show caring, when you show love to others, do things for others, in a wonderful way you have a deep joy that you can get in no other way.

~Dalai Lama XIV from *The Book of Joy*

It is the wind and the rain, oh God, the cold and the storm that make this earth to blossom and bear its fruit. So in our lives it is storm and stress and hurt and suffering that make real men and women bring the world's work to its highest perfection. Let us learn then in these growing years to respect the harder sterner aspects of life together with its joy and laughter, and to weave them all into the great web which hangs holy unto God.

~W.E.B. DuBois

If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it.

~Mary Oliver, from *Don't Hesitate*

Is sorrow the true wild?

And if it is — and if we join them — your wild to mine — what's that?

For joining, too, is a kind of annihilation.

What if we joined our sorrows, I'm saying.

I'm saying: What if that is joy?

~Ross Gay, from *Tending Joy and Practicing Delight*, an *On Being* interview with Krista Tippett.

<https://onbeing.org/programs/ross-gay-tending-joy-and-practicing-delight/>

## Poetry

### ***Ode to My Socks***

by Pablo Neruda

translated by Robert Bly

*Excerpt:*

...Like explorers  
in the jungle who hand  
over the very rare  
green deer  
to the spit  
and eat it  
with remorse,  
I stretched out  
my feet  
and pulled on  
the magnificent  
socks  
and then my shoes.



The moral  
of my ode is this:  
beauty is twice  
beauty  
and what is good is doubly  
good  
when it is a matter of two socks  
made of wool  
in winter.

<https://poets.org/poem/ode-my-socks>

### ***Joy is the Justice We Give Ourselves***

by J. Drew Latham

*Excerpt:*

...Joy is the murmuration,  
then the stillness.

Joy is the inexplicable coincidence.  
Joy is what was meant to be.  
The mystery of impossibility happening.  
The assurance of uncertainty.

Joy is my seeking.  
Your being.  
It is mine for the taking.  
Ours to share.  
More than enough to go around,  
when it seems nowhere to be found.

Have yourself a heapin' serving.  
Have seconds. Or thirds.  
'Cause  
joy is the justice  
we must give ourselves.

*Read or listen:* <https://bit.ly/3BLnwJB>

### ***From Blossoms***

by Li-Young Lee

*Excerpt:*

There are days we live  
as if death were nowhere  
in the background; from joy  
to joy to joy, from wing to wing,  
from blossom to blossom to  
impossible blossom, to sweet impossible blossom.

<https://bit.ly/2lihjjR>



Three Leap, Unsplash

### ***Perhaps the World Ends Here***

by Joy Harjo

The world begins at a kitchen table. No matter  
what, we must eat to live.

The gifts of earth are brought and prepared, set on  
the table. So it has been since creation, and it will  
go on.

We chase chickens or dogs away from it. Babies  
teethe at the corners. They scrape their knees  
under it.

It is here that children are given instructions on  
what it means to be human. We make men at it,  
we make women.

At this table we gossip, recall enemies and the  
ghosts of lovers.

Our dreams drink coffee with us as they put their  
arms around our children. They laugh with us at  
our poor falling-down selves and as we put  
ourselves back together once again at the table.

This table has been a house in the rain, an umbrella  
in the sun.

Wars have begun and ended at this table. It is a  
place to hide in the shadow of terror. A place to  
celebrate the terrible victory.

We have given birth on this table, and have  
prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray  
of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table,  
while we are laughing and crying, eating of the last  
sweet bite.

<https://www.poetryfoundation.org/poems/49622/perhaps-the-world-ends-here>

## ***Instructions on Not Giving Up***

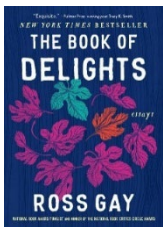
by Ada Limón

More than the fuchsia funnels breaking out of the crabapple tree, more than the neighbor's almost obscene display of cherry limbs shoving their cotton candy-colored blossoms to the slate sky of Spring rains, it's the greening of the trees that really gets to me. When all the shock of white and taffy, the world's baubles and trinkets, leave the pavement strewn with the confetti of aftermath, the leaves come. Patient, plodding, a green skin growing over whatever winter did to us, a return to the strange idea of continuous living despite the mess of us, the hurt, the empty. Fine then, I'll take it, the tree seems to say, a new slick leaf unfurling like a fist to an open palm, I'll take it all.

## ***Video***

### ***The Book of Delights: Essays***

by Ross Gay



Ross Gay reads from his spirited collection of short lyrical essays. Written daily over a tumultuous year, they remind us of the purpose and pleasure of praising, extolling, and celebrating ordinary wonders.

Video: <https://amzn.to/3ML0IxV>

Book: <https://bit.ly/3MVW8it>

### ***Dr. Brené Brown on Joy: It's Terrifying***

Dr. Brown speaks here with Oprah Winfrey about how opening ourselves to the experience of joy means opening to the experience of a whole range of emotion, which for some can be a scary experience – but if we close ourselves off to pain, then we necessarily mute our experience of joy, too.

<https://bit.ly/3WrgSBO>

## ***Freedom***

Jon Batiste

When I move my body just like this  
I don't know why but I feel like freedom

<https://bit.ly/3Wq9g25>

## ***Black and Jubilant: Unpacking Black Joy From the Revolutionary to the Ordinary***

From The Root:

A 9+ minute video discussing and celebrating Black joy in large and small ways, and as a tool for healing from the barrage of images showing violence against Black people.

<https://bit.ly/41ZxEZy>

## ***Joy Comes Back***

performed by Ruthie Foster

<https://bit.ly/3org9nh>

## ***Ode to Joy***

A beautiful flash mob performance that started with a young girl and grew to include the Hans-Sachs Choir and the Philharmonic Orchestra of Nuremberg.

<https://bit.ly/3MN8Vuf>

## ***Articles/Online Resources***

### ***Black Joy Is Black Resistance***

by Broderick Greer

Excerpt:

In... struggles for black liberation... demonstrators are embodying a rebellious joy, from playful chants to rhythmic choreography. We do this, not because of black deaths, but because of black life; life that is fleeting, complex, and beautiful.

<https://bit.ly/42XIIOR>

## ***We Need Joy***

by Rev. Peggy Clarke, First Unitarian Society of Westchester, NY

*Excerpt:*

Joy is not in the circumstance, but in the response. The sun rises every day, like it or not. Being entranced by it is a choice.

<https://bit.ly/42U1hg9>



Hammock Joy, Karen Gustafson

## ***The Unbridled Joy of Dogs Catching Treats***

by Kyle Almond

photographs by Christian Vieler

Bask in the joyful simplicity of dogs catching treats. Science shows that even small moments, including looking at a photograph, can help foster joy.

<https://cnn.it/2zEGRel>

## ***The Contagion of Happiness***

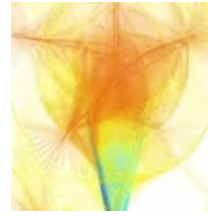
by Jessica Cerretani

*Excerpt:*

Joy, on the other hand, is more complex. It's that warm, fuzzy feeling you get when you hear your child's laughter, embrace your sweetheart, or cuddle a puppy. "Joy is all about our connection to others," explains Vaillant. It's a subconscious, almost visceral feeling that appears to stem from the brain's limbic system, which is believed to control emotions, including pleasure. Unlike happiness, joy involves little cognitive awareness—you just feel good without thinking about it—but it's more enduring.

<https://bit.ly/44ZGZ6I>

## ***NPR Joy Generator***



Science shows you can boost happiness by taking time for small moments of delight....Click for Joy.

Eight short modules include sounds, videos, activity ideas, photos, and more to help people find those small moments of joy.

<https://n.pr/42LRs3O>

## ***Where to Find Joy According to Science***

by Julia Hogan-Werner

*Excerpt:*

It's also important to note that joy is different than happiness. Research has found that joy activates different systems than happiness does. Joy activates the parasympathetic nervous system, which promotes feelings of peace and calm; while happiness activates the sympathetic nervous system, which is associated with excitement, energy, and activity. ...Another difference between joy and happiness is that joy can coexist with more negative emotions, such as grief or pain, while happiness is much harder to sustain in the presence of negative emotions....We see this paradox most clearly in the example of the lives of the saints. For example, St. Mother Teresa was surrounded by pain, suffering, and death — and yet was joyful. "The best way to show my gratitude is to accept everything, even my problems, with joy," she said.

<https://grottonetwork.com/navigate-life/health-and-wellness/how-to-find-joy/>

## ***Books***

### ***Joy on Demand: The Art of Discovering the Happiness Within***

by Chade-Meng Tan

*From the website:*

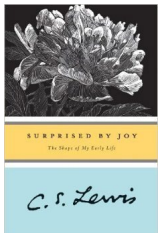
The path to joy on demand is through mindfulness, but it doesn't have to be a lot of work, take a lot of

time, or require you to abandon all your possessions and live in a hut on a remote island. In *Joy on Demand*, Chade-Meng Tan reveals the innate contentment that we all possess, and how to tap into this natural, infinite capacity for joy.

<https://joyondemand.com/>

## ***Surprised by Joy: The Shape of My Early Life***

by C. S. Lewis



*Surprised by Joy* is a partial autobiography describing Lewis' conversion to Christianity. The book overall contains less detail concerning specific events than typical autobiographies. This is because his purpose in writing wasn't primarily historical. His aim was to identify & describe the events surrounding his accidental discovery of & consequent search for the phenomenon he labelled "Joy". This word was the best translation he could make of the German idea of *Sehnsucht*, longing.

<https://bit.ly/3Wn9uHo>

## ***Inciting Joy: Essays***

by Ross Gay

In these gorgeously written and timely pieces, prizewinning poet and author Ross Gay considers the joy we incite when we care for each other, especially during life's inevitable hardships.

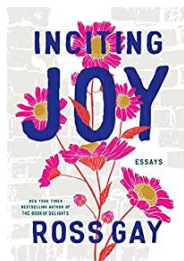
Throughout *Inciting Joy*, he explores how we can practice recognizing that connection, and also, how we can expand it.

In an era when divisive voices take up so much airspace, *Inciting Joy* offers a vital alternative: What might be possible if we turn our attention to what brings us together, to what we love?

In the Unity Bookstall

In the Unity Library:

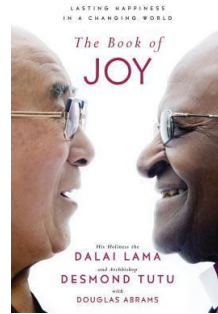
<https://www.librarycat.org/lib/UnityChurch/item/240851734>



## ***The Book of Joy: Lasting Happiness in a Changing World***

by the Nobel Peace Prize Laureates Tenzin Gyatso, the 14<sup>th</sup> Dalai Lama, and Archbishop Desmond Tutu.

Translated by Douglas Carlton Abrams



From the beginning the book was envisioned as a three-layer birthday cake: their own stories and teachings about joy, the most recent findings in the science of deep happiness, and the daily practices that anchor their own emotional and spiritual lives. Both the Dalai Lama and

Archbishop Tutu have been tested by great personal and national adversity, and here they share their personal stories of struggle and renewal.

In the Anderson Library: <https://bit.ly/3Oabl4x>

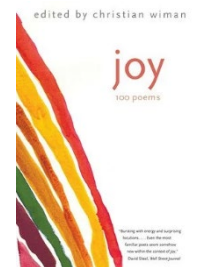
Read online: <https://bit.ly/3o14aNI>

<https://bit.ly/3BRwdSI>

## ***Joy, 100 Poems***

edited by Christian Wiman

In this revelatory anthology, Wiman takes readers on a profound and surprising journey through some of the most underexplored terrain in contemporary life. Rather than define joy for readers, he wants them to experience it. Ranging from Emily Dickinson to Mahmoud Darwish and from Sylvia Plath to Wendell Berry, he brings together diverse and provocative works as a kind of counter to the old, modernist maxim "light writes white"—no agony, no art. His rich selections awaken us to the essential role joy plays in human life.

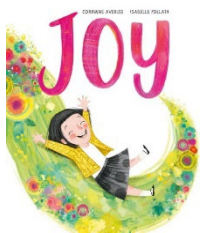


<https://bit.ly/3nWPxdH>

## Children's Books

### Joy

by Corinne Averiss  
illustrated by Isabelle Follath



*From the publisher:*

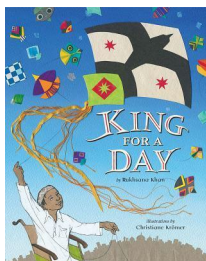
Fern's Nanna has not been herself of late. And when Mum remarks that all the joy seems to have gone out of her life, Fern decides to fetch the joy back. With her catching-kit at the ready, she goes to the park and finds joy in all sorts of unusual places. Whoooooshh! But Fern soon realizes that joy doesn't fit in a bag, or a box or a tin! How will she manage to bring some back to Nanna?

<https://bit.ly/437evpM>

### King for a Day

by Rukhsana Khan  
illustrated by Christiane Kröme

Basant is here, with feasts and parties to celebrate the arrival of spring. But what Malik is looking forward to most is doing battle from his rooftop with Falcon, the special kite he has built for speed. Today is Malik's chance to be the best kite fighter, the king of Basant.



<https://bit.ly/3Ox1B0k>

### The Little Book of Joy

by the Dalai Lama and Desmond Tutu  
illustrated by Rafael López



If you just focus on the thing that is making you sad, then the sadness is all you see. But if you look around, you will see that joy is everywhere.

## Movies

### Inside Out

Directed by Pete Docter and Ronnie Del Carmen,  
2015

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions – Joy, Fear, Anger, Disgust and Sadness – conflict on how best to navigate a new city, house, and school.

<https://www.imdb.com/title/tt2096673/>

### Amélie

Directed by Jean-Pierre Jeunet, 2001

Despite being caught in her imaginative world, Amélie, a young waitress, decides to help people find happiness. Her quest to spread joy leads her on a journey where she finds true love.

<https://www.imdb.com/title/tt0211915/>

### Shadowlands

Directed by Richard Attenborough, 1993

C.S. Lewis, a world-renowned Christian theologian, writer and professor, leads a passionless life until he meets spirited poet Joy Gresham from the U.S.

<https://imdb.to/3ltDXh6>



Gutter Joy, Unsplash

## Music

### Joy Spotify playlist

<https://spoti.fi/3MqQCmm>

- *Oh, What A Beautiful Mornin'* – Hugh Jackman
- *How Sweet It Is (To Be Loved By You)* – Marvin Gaye
- *Joy* – Lucinda Williams
- *Full of Joy* – The Chieftains
- *I Second That Emotion* – Smokey Robnson and The Miracles
- *Good Time To Be Alive* – Lady A
- *Let It Out* – Switchfoot
- *Three Little Birds* – Bob Marley & The Wailers
- *Put Your Records On* – Carinne Bailey Rae
- *Joyful Girl (Live with the Buffalo Philharmonic Orchestra)* – Ani DiFranco

### Additional Music

- *The Dance* – Garth Brooks  
<https://bit.ly/3py9doJ>

## Photos

- *Sunset Beach* by Jill Wellington, pixabay
- *Europa Park*, Pexels
- *Three Leap* by Zachary-Belson, Unsplash
- *Hammock Joy* by Karen Gustafson
- *Gutter Joy* by Nathan Dumlao, Unsplash

Hammock Joy by permission. Pixabay, Pexels, and Unsplash photos are all free downloads.

**Contributors:** *the Spiritual Practice packet team – Merrill Aldrich, Andrea La Sonde Anastos, Shelley Butler, Mike Funck, Lia Rivamonte, and Madeline Summers; with ministerial support from Rev. Karen Gustafson and Rev. Kathleen Rolenz.*

Some content is adapted from Soul Matters *Opening to Joy* Small Group Packet.