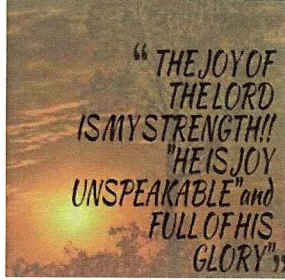




The Joy of the Lord

A sure sign the holiday season has arrived is the prominent displays that include the word "Joy".



The holidays are often referred to as the "Season of Joy". For many the holidays bring episodes of happiness. Still, while many believe joy and happiness are one-and-the-same, in truth there is a significant distinction between the two. To this point, if we ask people what they want from life, many will give some form of the following

answer: "I just want to be happy." One of the problems with the answer is that it is not possible to maintain a constant state of happiness. Conversely, joy can be achieved and maintained indefinitely.

Most of us experience happiness in association with events or achievements, like the birth of a child, or achieving an important goal. However, the emotion of happiness associated with these events soon diminishes. For example, most of us remember the Spurs last championship season. We remember the happiness as they celebrated the victory in the locker room and, of course, the Riverwalk parade. The championship was the accomplishment of a goal that brought happiness to the Spurs and many in the city of San Antonio. However, recall last year when the Clippers eliminated the Spurs from the playoffs, there was no hint of the happiness the team experienced the year before. The point is that happiness fades quickly. *Continued on page 3*

