

# *Learning to Be Joyful*

This week we are celebrating ourselves and one another. We are finding more joy in our lives. Smiling more. Laughing more.

## **Activity for the Heart**

Consider a volunteer activity. Anything from signing up for a prayer group or making blankets at home to going out and volunteering at a local food bank or some other establishment.

Where did you volunteer?

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Describe your experience.

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Celebrate the moment. Where did you find the love and laughter?

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