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Happiness!

As I write this I have just finished leading a CAMEO Group (Come and Meet Each Other) of lovely ladies and one gentleman at The Salvation Army. I am smiling from ear to ear just thinking about what we have been speaking about.

Unknown to me until recently, every year on 20th March the world celebrates the United Nations International Day of Happiness. This is a time to unite and bring joy to ourselves and to someone else.

I went to the internet to see what the word 'happy' means and it says 'feeling or showing pleasure or contentment'.

I wonder as you are reading this what makes you happy or contented? Is it waking up in the morning and seeing a beautiful sunrise or maybe it's spending time with your family. It could be taking your dog for a walk or sitting at the beach watching the waves crash over the rocks or even one of my favourites, looking out over the Heath pond and seeing the mountains of Buster Hill or better still eating a bar of chocolate.

We are all so different and I would expect there are many things that make us happy.

I wonder if you could make someone happy today! Do you know someone who is feeling lonely or sad they may be going through difficult times...give them a hug, buy them a bunch of flowers or take them for a coffee/tea! Only you know what you can do to help bring happiness to someone else.

Smile at someone, it's contagious and hopefully they will smile back.

Ecclesiastes chapter 3 verses 12 and 13 (NIV) 'I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil-this is the gift of God.'

Ultimately we need to remember that happiness is found with God and our faithfulness to him.

Think about the happiest moment of your life and I'm sure it will bring a smile to your face.