

## Happy Pharrell Williams

It might seem crazy what I am 'bout to say  
Sunshine, she's here, you can take a break  
I'm a hot air balloon that could go to space  
With the air, like I don't care, baby by the way

Huh (Because I'm happy)  
Clap along if you feel like a room without a roof  
(Because I'm happy)  
Clap along if you feel like happiness is the truth  
(Because I'm happy)  
Clap along if you know what happiness is to you  
(Because I'm happy)  
Clap along if you feel like that's what you wanna do

Here come bad news talking this and that (Yeah)  
Well give me all you got, don't hold back (Yeah)  
Well I should probably warn you I'll be just fine (Yeah)  
No offense to you don't waste your time  
Here's why

Uh, bring me down  
Can't nothing, bring me down  
My level's too high to bring me down  
Can't nothing, bring me down, I said  
Bring me down, can't nothing  
Bring me down  
My level's too high to bring me down  
Can't nothing, bring me down, I said  
Clap along if you feel like a room without a roof  
(Because I'm happy)

Prayer Leader:

Naja Yasbek  
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## I Want to be Happy



Our prayer is characterized by silence ~

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

Renew · Refresh · Refocus

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An Interfaith Ministry of the Sisters of Charity of St. Augustine

**To Ponder:** Anthony DeMello *On Wanting Happiness*

I was saying that we don't want to be happy. We want other things. Or let's put it more accurately: We don't want to be unconditionally happy. I'm ready to be happy provided I have this and that and the other thing. But this is really to say to our friend or to our God or to anyone, "You are my happiness. If I don't get you, I refuse to be happy." It's so important to understand that. We cannot imagine being happy without those conditions. That's pretty accurate. We cannot conceive of being happy without them. We've been taught to place our happiness in them. So that's the first thing we need to do if we want to come awake, which is the same thing as saying: if we want to love, if we want freedom, if we want joy and peace and spirituality. In that sense, spirituality is the most practical thing in the whole wide world. I challenge anyone to think of anything more practical than spirituality as I have defined it — not piety, not devotion, not religion, not worship, but spirituality — waking up, waking up!



**Reading:** Brianna Weist  
*The Things Happy People Know*

Happy people know that everything is fleeting. They know that the struggles they face will pass, but at the same time, they also know that the great things that are in their lives will pass as well. Happy people live in the moment.

Happy people don't call themselves "happy people" or think of themselves that way. They define happiness as a sense of peacefulness and contentment mixed with pursuing their deepest passions. This is what happy people know.

They know that few things matter more than how much you love everyone, starting with yourself. They know that loving yourself means respecting yourself and doing for yourself what will make you the best "you" possible.

They know that nothing should be taken too seriously, and that all they give will be returned to them twofold. They know that there is a greater plan and a higher force. They live in awe and wonder of the universe and try to maintain a sense of childlike wonder.

Sharing...  
a word...  
a phrase...  
a reflection...