

## A Sip at a Time

The great movie-maker, Cecil B. DeMille, once remarked on the importance of happiness in one's life and how to savor it. He said:

"The profession one chooses to follow for a livelihood seldom brings fame and fortune, but a life lived within the dictates of one's conscience can bring happiness and satisfaction of living far beyond worldly acclaim. I expect to pass through this world but once, and any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again. Happiness must be sipped, not drained from life in great gulps – nor does it flow in a steady stream like water from a faucet. 'A portion of thyself' is a sip of happiness as satisfying as it is costless."

DeMille's slow-sipping metaphor reminds me that one may sit for quite some time with a cup of hot coffee resting warmly between the hands. The fragrant aroma helps to revive a person's attitude and generally gives a feeling of contentment.

A principal way in which we may experience true happiness is to "sip" from the supply of talents God gives us and use them to benefit others. That's why I am so pleased to be associated with the men and women of Life Care, American Lifestyles and Life Care at Home. These are people who have chosen to use their abilities to serve our residents. Consequently, they radiate joy that only comes from following God's will.

Other opportunities to sip happiness include teaching a Sabbath or Sunday school class, joining a choir or musical group, coaching little league, teaching adults to read, or simply making an effort to get better acquainted with your colleagues.

Isn't it interesting that God has built an automatic measure of happiness into every act of self-sacrifice? Isaiah 65:14 states: "My servants will sing out of the joy of their hearts."

Take a sip of happiness today!

--Beecher Hunter