

## Thoughts from the Chair

Joy is a gift for you! As we transition from a summer filled with splendid vacations, good times, extremely hot days to a cool autumn filled with good upcoming life experiences, the manifestation of expectations that we've been waiting for and good times with family and friends; let's choose to spend our time living in a life of joy. Joy is not mere happiness that comes and goes. It is manifested in our hearts when there is peace in our lives. It flows out of the person who has forgiven those who caused them harm and sadness. Joy comes when guilt and regret is truly released from one's life. Joy is the smile that says to the world, I'm glad to be alive. It's in the hug and the kiss that says I love you and there is nothing you can do about it. The joy in one's heart is also manifested through acts of kindness and acts of love. A joyful spirit is contagious.

Joy in the world starts with us. It starts with making a decision to refuse to gossip and complain. Joy comes when we choose peace instead of depression, hate and doubt. Where there is conflict, let us reason together and live in peace with a heart full of joy. Joy is a gift just for you.

Join us at our general neighborhood membership meeting on October 1, 2018 at **The 224 EcoSpace**, 224 Farmington Ave., Hartford, CT at 6:15 pm.

Have a beautiful month! Enjoy the beauty of the foliage! Remember to check on your neighbor.

Happy Birthday to those born in October!

Blessings...

Yvonne Matthews, Chair