

## INTERN MINISTER

### Greetings from the Twitter-verse!

**Kellie Kelly, Intern Minister**

**kkelly@unitytemple.org**

As a reminder, I explore each month's Soul Connections theme on my Twitter account (@kellieukelly) using a hashtag (#) and the month's theme (example: "#Identity"). I also would love to join your explorations of the monthly themes—simply include my Twitter handle at the beginning of your Tweet: "@kellieukelly" or post to my Facebook wall. For those of you who aren't interested or able to sign up for a Twitter account, I include some of my favorite tweets here in our newsletter.



This month, we explore #Joy.

Joy is such a personal emotion and yet it isn't, is it?

As I think about joy, many personal stories arise and almost as many joy-with-others and joy-for-others moments swim into focus. Just thinking about them, I feel a huge smile on my face and an opening of my chest.

Why don't we both take a moment, right now, to think of one of our personal stories of joy?

I bet that you'll be able to feel it in your body if you allow yourself to take a moment, right now. Willing to give it a try? Come on, humor me.

After each sentence, take a few seconds before moving onto the next. Okay, here we go:

Settle into your chair.

Set aside your worries and your to-do list. They'll wait for you to finish.

Just breathe.

That's it—in and out.

How about one more?

Okay, now think of one of your personal moments of joy.

When was it?

Where were you?

Were you alone or with others?

What were the sounds?

Did the location have any distinct smells?

Was it light or dark?

How did your body feel in this moment of joy?

Can you feel some of that now?

Can you hold it for a few seconds more?

One of my personal memories of joy was of turning in my last assignment for my bachelor's degree. Once I checked to make sure my online

submittal really went through, I felt a rush of relief pass through me, tears wash my eyes, my chest open, and a giddy giggle play in my throat. After working on my degree off and on for 20+ years, I had finally done it. I wanted to climb on top of my roof and tell everyone my exciting news. I wanted to call all my loved ones so that they could share in my joy. And during this all, an exuberant song was playing in my mind, [https://www.youtube.com/watch?v=PHQLQ1Rc\\_Js](https://www.youtube.com/watch?v=PHQLQ1Rc_Js).

Now here's a question: when I described my joy, did you experience either joy-with-me or joy-for-me? Did you feel your chest open and face smile? I hope so. Joy is even sweeter when it is shared.

So in this month of joy, I encourage you to remember your personal stories of joy and share them with each other so that our joy can spread and increase. In connecting with each other, I believe we also will be making more moments of joy together.

The next time we see each other, please share one of your stories with me. I look forward to seeing your eyes dance.

May you remember, share, and create joy. May your eyes dance, your lips curl, and your heart sing with joy. May joy transform you and connect you to others.

**Kellie Kelly** @kellieukelly · May 3  
White Women need to read about the danger inherent in their tears!  
#Embodiment



**White Women's Tears and the Men Who Love Them** -  
White tears are a reminder to people of color that white people don't notice racism on a daily basis; we only notice racism when the media presents it to us loudly  
[goodmenproject.com](http://goodmenproject.com)

**Kellie Kelly** @kellieukelly · May 17  
"The strong live in the storm without worshipping the storm." -@MarkNepo  
#Embodiment @utuuc This might become my new mantra!

**Kellie Kelly** @kellieukelly · May 17  
I don't know how long it will last, but I'm not afraid of storms for I'm learning how to sail my ship. -Louisa May Alcott #Embodiment @utuuc