

Chaplain's Spot

International day of Happiness

In 2012 the first ever **UN** conference on **Happiness** took place and the **UN** General Assembly adopted a resolution which decreed that the **International Day of Happiness** would be observed every year on 20 March. It was celebrated for the first time in 2013.



ACTION FOR HAPPINESS

Here are a few quotes to encourage us on the theme of happiness. The deepest happiness exists within you when you have a sense of your own value, and you can find happiness in the simplest pleasures. As a grandfather, my grandchildren certainly contribute to my happiness. Also, I love music, so this gives me great pleasure in life.

What would be the top 3 things that bring you happiness?



One-liner of the week: **Be happy with what you have, while working for what you want.** Helen Keller

Alan Silverwood – Chaplain [silverwood.alan.a@edumail.vic.gov.au]
Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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